The family magazine. In two parts. Part I. Containing useful directions on all the branches of house-keeping ... Part II. Containing a compendious body of physick.

Contributors

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Publication/Creation

London : J. Osborn, 1747.

Persistent URL

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pp 23-26, 111-112, 151-154, 165-168

waiting from pt. II

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THE Family MAGAZINE:

In TWO PARTS.

PART I.

Containing Useful *Directions* in All the BRANCHES of

HOUSE-KEEPING *and* COOKERY.

Particularly Shewing

How to Buy-in the Best of all Sorts of PROVISIONS;

As *Poultry-Ware*, *Butchers-Meat*, *Fish*, *Fruit*, &c.

With several Hundred RECEIPTS in

COOKERY,	DISTILLING,
PASTRY,	BREWING,
PICKLING,	COSMETICKS, &c.
CONFECTIONARY,	

Together with the ART of

MAKING *ENGLISH WINES*, &c.

PART II. Containing, A Compendious

BODY *of* PHYSICK;

Explaining the Virtues and Properties of all Sorts of *Meats*, *Drinks*, *Herbs*, *Plants*, *Roots*, *Seeds*, &c. used either as Food or Physick.

And succinctly TREATING of

All the DISEASES and ACCIDENTS incident to MEN, WOMEN and CHILDREN:

With Practical *Rules* and *Directions* for the Preserving and Restoring of HEALTH and Prolonging of LIFE.

As also how to make All Kinds of

BALSAMS,	ELIXIRS,	SYRUPS,
SALVES,	CORDIALS,	ELECTUARIES,
OINTMENTS,	DIET-DRINKS,	POWDERS, &c.

In a METHOD intirely New and Intelligible; in which every Disease is *rationally* and *practically* considered, in its several STAGES and CHANGES; and approved RECIPE's inserted under every Distemper, in *Alphabetical Order*.

Being principally the *Common-place Book* of a late able PHYSICIAN, by which he successfully, for many Years, regulated his PRACTICE.

To which is Added, *An* Explanation *of such* TERMS OF ART *used in the* WORK, *as could not be so easily reduced to the Understanding of common Readers.*

The THIRD EDITION, *Revised*, *Corrected*, and greatly *Inlarged*.

To which is Prefixed,

A brief Account of the great Efficacy of TAR-WATER in most Distempers; Directions for Making it, &c.

LONDON:

Printed for J. OSBORN, at the *Golden-Ball* in *Pater-noster Row*.

MDCCXLVII.

1747. 1764

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PREFACE.

THE Piece which we now preſent to the Publick, carries with it ſuch a viſible Preference to all others that have hitherto been publiſhed of the Kind, as well for the Excellency and Choice of the Materials, the Quantity of Matter, and the eaſy, intelligible, and convenient Method in which the Whole is diſpoſed, that we ſhall make no Apology for its Publication; nor do it the Injury to compare it with thoſe which have gone before it.

The Work conſiſts of *Two* principal Parts:

The *Firſt*, Contains uſeful Directions in all the Branches of *Houſe-keeping* and *Cookery*.

And the *Other*, comprehends practical *Rules* and *Directions*, with *approved Recipe's*, for preſerving of HEALTH, and prolonging of LIFE.

The FIRST of theſe, though the leaſt conſiderable as to Bulk, we will venture to ſay, by the Largeneſs of the Page, and the Smallneſs of the Character, contains more Matter than moſt Books of the Kind.

For the Reader will find in it,

1. The *Complete* CATERER, containing eaſy and intelligible Inſtructions how to Buy-in all Sorts of Proviſions for a Family, and to know whether what is bought be new

or ſtale, young or old; and this with regard not only to *Poulterers-ware*, as Water-fowl, Land-fowl, Hares, Rabbets, &c. but alſo Directions for curing the *Diſtempers* incident to *Poultry*, and likewiſe how to feed and manage all Kinds of *Birds* for the Table: Together with eaſy Rules to know the beſt Sorts of *Butchers-meat*, as Pork, Beef, Mutton, Lamb, Veal; alſo *Bacon*, *Hams*, *Veniſon*: FISH of all Sorts; and even *Butter*, *Eggs*, *Cheeſe*, &c.

2. *The Myſtery of the* FRUITERERS, ſhewing the moſt approved ways to gather, keep, and order all Sorts of Fruit, native or foreign, throughout all Seaſons of the Year; and how to judge of their Goodneſs.

3. The TERMS OF ART uſed in CARVING, and Inſtructions to carve according to thoſe Terms.

4. An ample Bill of Fare for every Month in the Year, with ready Meſſes for SUPPERS, &c.

5. Directions and *Schemes* for placing the Diſhes on the Table, with the *Regalia* for a SIDE-BOARD, &c.

6. Sundry Kinds of *Sauces* and *Garniſh*.

7. A great Number of choice Receipts in the ſeveral Branches of COOKERY; as how to dreſs (in every Shape of Preparation for the Table) all Sorts of *Poulterers-ware*; *Beef*, *Mutton*, *Pig*, *Pork*, *Lamb*, *Veal*, *Veniſon*, *Hams*, *Tongues*, and FISH of all Sorts, each under its proper Head.

8. Practical Inſtructions in the Arts of PASTRY; including all Sorts of Pyes, Paſties, Puddens, Cakes, Cuſtards, Cheeſe-cakes, Florendines, &c.

9. The Art of PICKLING; which gives proper Rules for that Work, in all Sorts of *Fleſh* and *Fiſh* uſually pickled, as well as *Fruit*, *Berries*, *Plants*, &c.

10. *The Complete* CONFECTIONER; containing Directions for *preſerving*, *candying* and *drying* all Sorts of *Fruit*; as alſo how to make all Kinds of *Creams*, *Jellies*, *Syrups*, *Marmalades*, *Conſerves*, &c. adapted as well for *Health* as *Delight*; to which is prefixed, The Art of boiling and managing Sugar, for the ſevera. Uſes of the *Confectionary*.

11. The

11. The Art of DISTILLING, ſhewing how to make a great Variety of the moſt wholſome CORDIAL WATERS, &c.

12. *The Art of making* ENGLISH WINES; alſo *Mum*, *Mead*, *Metheglin*, *Cyder*, *Perry*, &c. and how to fine-down Wines, and to recover thoſe which are vitiated or decaying.

13. *The* FAMILY BREWER; in which Directions are given for chuſing good *Malt*, *Hops*, *Water*, &c. and every thing neceſſary to the Art of *Brewing*; likewiſe how to fine, recover, and preſerve all Sorts of *Malt Liquors*, as alſo how to make *China-ale*, *Ebulum*, *Purl*, &c.

14. COSMETICKS; or, The Art of beautifying the SKIN, by the moſt wholſome and innocent Ingredients; alſo how to preſerve the *Teeth*, mend the *Complexion*, make the *Hair* grow; to cure *Morphew*, *Freckles*, *Ring-worms*, *Tetters*, *Pimples*, and prevent the *Pitting* of the *Small-pox*, &c.

15. And to conclude this *Firſt Part*, the Reader will find, under the Title of, *The Frugal* HOUSEKEEPER'S DIRECTORY, ſome choice Receipts neceſſary to be known by all good Houſewives, for the better Management of *Family Affairs*; with uſeful Additions to ſeveral of the foregoing Articles; and, moreover, Directions for deſtroying moſt Kinds of noxious Vermin, and Inſects; as *Bugs*, *Flies*, *Ticks*, *Moths*, *Fleas*, *Lice*; *Mice*, *Rats*, *Weaſles*, &c.

So that we may venture to ſay, That this *Firſt Part* is a curious Compendium of all that is requiſite to be known in a Family, as to Proviſions of all Sorts from the Market and Shop, to the Kitchen and Table, and to every other Branch of good Oeconomy.

Thus far has the Editor of the Work ventured to aſſert, on a careful Peruſal of the *Firſt Part*.

The SECOND PART is of that Importance to Mankind, that we ſhall leave it to the ingenious Lady herſelf, who

communicates it to the World, to give an Account of it; (as alſo of her Part in the Firſt Treatiſe, the Particulars of which we have enumerated) and we ſhall ſubjoin it as follows, in her own Words.

Courteous Reader,

THE above is the Account which the Perſon who may properly be called the Editor of the Work, has given of the *Firſt Part* of it, as he ſays, on a careful Peruſal. For as to myſelf, who collected and furniſhed the Materials for it, I am quite unskilled in Applications of this Sort to the Publick. But it behoves me, however, (at leaſt I am made to believe ſo) to give ſome little Account myſelf, of the Matter, and the Occaſion of publiſhing it.

As to the Matter and Materials, they are what I had collected and digeſted for my Obſervance in the buſy Lot that had for many Years, befallen me, in the *Houſekeeping* and *Catering* way; having always had to provide for and manage a large and numerous Family, firſt of my own, and afterwards of a Relation's in high Life; and for their Uſe and Excellency, the Gentleman has ſaid too much above, to leave me any room to add to his Account of them in that reſpect.

But with regard to the *Second Part*, that being not my own, I can ſpeak more freely of it.

I had a Brother (and it is my great Misfortune, and that of Hundreds of others, his Patients, that I am forced to ſay I *had*) whoſe Practice and Succeſs in Phyſick was ſecond to none in all the populous Towns around the Place of his Reſidence. And he thought it proper to digeſt what he had read, and what he had experienced, into a Kind of *Common-place Book*, to which he frequently had recourſe, and added and alter'd, and obſerv'd upon, as he found Occaſion, from his own Experience; and there are many Notes in it, throughout, of, [*This I found efficacious in Mr.——— Caſe*;] [*This had not the Succeſs in Lady ——'s Caſe as it had in Mrs. ——'s ——*; *and there-*

fore

fore I ſubſtituted what follows] and other Obſervations of the like Nature; which ſhew, that he made it the Directory of his Practice, in moſt of the Caſes he was concerned in: And indeed, the firſt Leaf, by way of Title to it, was written upon, — *Phyſick, &c. Common-placed, for a Help to my Memory and Practice.*

Theſe Papers, on his much-lamented Death, fell into my Hands, as his Executrix: And a good Lady, whoſe Life is one continued Series of Charity to the Poor and Sickly, inſiſted, that they might be printed for the Good of the Publick; and I had too many Obligations to her Ladyſhip to deny her Requeſt. Accordingly I conſulted a Friend who was a good Judge of Books and Mankind, upon it, who repreſented, that there were many Book of Phyſick, and that ſince I refuſed to affix my Brother' Name to it for *Family Reaſons*, and as it ſeem'd ſo well fitted for the Generality of People, and to be written in ſo plain and intelligible a manner, he was of Opinion, that it would be of more general Uſe, and in more Requeſt, if the Subjects relating to Family Matters (which he complimented me with being a Miſtreſs in) were prefixed to it; as many ſuch Books, he ſaid, compiled of very ſlight and ſuperficial Materials, had been well received by the Publick, although they had given only general Recipes perhaps, and thoſe choſen at random, for a Diſeaſe, that had many *Stages* and *Changes*, and in which a Preſcription that might be *good* in *one Stage*, might be very *hurtful* in *another*; and where neither *Bleeding*, *Purging*, nor *Vomiting*, which were often of abſolute Neceſſity to be *begun with*, were ever ſuitably directed. By which *general* Treatment and Neglects, many Lives, no doubt, had been caſt away. Whereas, as he obſerved, my Brother's Papers treating the Subject according to *Art*, and with regard to its *progreſſive Steps*, would be of infinite Uſe to the Publick, if it could be brought into a portable Compaſs, and ſold at an eaſy Rate. And this he inſtanced in the Articles of *Fevers*, *Small-pox*, *Colds*, *Conſumptions*, *Dropſies*, &c. that

had each ſeveral *Stages* and *Changes*, which requir'd quite *different* Managements.

My ever-valuable Friend the good Lady I have mention'd, approv'd the Gentleman's Scheme, and joining to urge me to purſue it, I reſolved to ſet about preparing for the Preſs, thoſe Materials which compoſe the *Firſt Part* of this Work; though, I muſt needs ſay, not without ſome Reluctance, becauſe of their Unworthineſs to appear in Company with my Brother's Papers.

I had however, after this, other Objections of no ſmall Force, which were, That as my Brother had no Thought of publiſhing his Papers, having written them for his own private Uſe, ſo they wanted the Method, and Addreſs to the Readers, which were neceſſary to fit them for general Uſe; and that many of the private Obſervations which related to particular Perſons and Caſes, (ſome of which, I was ſure, would not be well taken to be publiſhed as they ſtood) ſhould be alter'd or omitted, as the Caſe might require; and alſo that the Introductions to the Diſtempers ſhould receive a more general Air and Turn, than they already had: And particularly I was of Opinion, that the Article of *Venereal Diſtempers* ſhould be wholly omitted; leſt it ſhould encourage unhappy Creatures, when they were taught the Method of Cure, to perſiſt in their profligate Courſes: And having obſerved ſome Repetitions of particular Management in ſome Diſtempeas, which were hardly avoidable, as he had written the Sheets at particular and very diſtant times; (for Inſtance, in ſuch Articles as *Hyſtericks*, *Feminine Diſtempers*, *Hypochondriack Diſtempers*, &c. which bear a Relation to one another; and again in *Apoplexy*, *Epilepſy*, *Lethargy*, *Palſy*, &c.) I inſiſted, that the Whole ought to be inſpected by a Perſon of Skill, and reduc'd to one uniform Method, and that for avoiding Repetitions, &c. *more* References ought to be made (for my Brother had made many, and obſerved an alphabetical Method in the Whole): All which, I ſaid, I thought ſo neceſſary to be done, and yet ſo difficult to get perform'd

perform'd as it ought, that I thought theſe were inſuperable Objections againſt publiſhing the Papers.

And indeed theſe Reaſons appeared ſo conſiderable to *both* my Friends, as well as to myſelf, that the Matter reſted here ſome Months; till at laſt, on the agreeable Succeſs in a conſumptive Caſe managed according to the Preſcription in my Brother's Papers, upon a young Gentleman known to us all, who was far gone in a waſting way, I was again urged to a Publication of the Whole, to which I conſented, upon my Friend's procuring me a careful and skilful Perſon, who having Time upon his Hands, undertook to *reviſe*, *claſs*, *refer* to, and *introduce* the Subjects, as the Caſe ſhould require; and in ſhort, to fit the Papers for publick Uſe, and to give them the requiſite general Air and Turn for that Purpoſe; and at the ſame time, he undertook to render the phyſical Terms, where-ever it could be done, plain and eaſy to every one; and where it could not with Advantage, to explain in a ſhort kind of Dictionary at the End, thoſe difficult Terms that occur not uſually in common Reading. And with regard to my Objection as to the *Venereal Article*, he gave me a Specimen of what I might expect from his Care, in the manner it appears as an Introduction to that Article; and I was well ſatisfied with the Reaſon he there gives, why ſuch a Subject ſhould not be excluded this Collection.

All my Objections being thus removed, I committed the Papers to the Care of the Gentleman who had thus undertaken to be the Editor of them, for the Preſs. And after he had performed the Task he had ſet himſelf, he returned them to me, with the Title-page that now is prefixed; and I took the Pains to compare what he had done with the original Papers, and found great Cauſe to be pleaſed with his Care, Dexterity, and Diligence.

But that I might ſtill further proceed with the Conſideration due to the Importance of a Work, which, when publiſhed, was to concern the Health and Welfare of

ſo

ſo many Thouſands of my Fellow-ſubjects, I determined (though I had no Reaſon to doubt my good Brother's Judgment, any more than the Care of the Editor) to put the Manuſcript, alter'd as it was by the latter, into the Hands of a worthy and experienced Phyſician, deſiring his Opinion of it, and telling him, that at the Requeſt of my good Friend the Lady ——— I was inclined to publiſh it for the general Good, if he thought it capable of contributing to it; and that I was prevailed upon to prefix to it the Subjects of Family Management, &c.

And this Requeſt the Lady herſelf (to whoſe Family, when in *London*, the Gentleman is Phyſician) joining in, the Reſult was, that after it had lain near twelve Months in his Poſſeſſion (his great Practice not permitting him to go through with it ſooner) he returned it to me in the Country, accompany'd with a kind Letter: Which, becauſe it will ſave me a great deal of Trouble in ſpeaking of the Merit of the Performance, I hope the Gentleman will forgive me for inſerting. And which is as follows:

Good Madam,

" I AM at a Loſs to know how the Buſineſs of *Cookery*
" and the *Kitchen* comes to be joined with a Treatiſe
" of *Phyſick*; except for one Reaſon; which is, that the
" latter may be thought a proper Antidote to the Miſ-
" chiefs which luxurious Eating and intemperate Drink-
" ing always bring upon Mankind. But be it as it will,
" it is your Buſineſs, who have had ſuch large Expe-
" rience in all the Branches of Houſekeeping, and are ſo
" excellent an *Œconomiſt*, to anſwer for *that*: As it is
" mine, at your Requeſt, to tell you what I think of
" your good Brother's Papers. And, in few Words, my
" Opinion is, That you have choſen for the Treatiſe, a
" happy and very expreſſive Title, which promiſes much;
" but I truly think, not more than the Work performs:

" For,

" For, under the Articles of *Air*, *Aliment*, *Appetite*, *Con-*
" *ſtitutions*, *Diet*, *Digeſtion*, *Evacuations*, *Exerciſe*, *Herbs*,
" *Odours*, *Old Age*, *Palliattves*, *Perſpiration*, *Plague*, *Spi-*
" *rituous Liquors*, *Temperance*, *Venomous Bites*, and *poiſonous*
" *Vegetables*, &c. it gives us excellent Inſtructions for the
" PRESERVATION of HEALTH, and PROLONGATION
" of LIFE. Under the Heads of *Burns*, *Bruiſes*, *Ears*,
" *Eyes*, *Inflammatory Diſtempers*, *Scalds*, *Wounds*, &c. it
" provides againſt the ACCIDENTS to which Mankind is
" ſubject. By the Articles intituled *Childrens Diſtempers*,
" *Cutaneous Diſtempers*, *Feminine Diſtempers*, *Hypochon-*
" *driack* and *Hyſterick Diſorders*, *Milk*, *Teeth*, *Thruſh*,
" *Worms*, &c. the Diſeaſes uſually incident to WOMEN
" and CHILDREN, are guarded againſt. And by the
" other numerous Heads of Diſtempers (ſo uniformly
" rang'd and diſpos'd in alphabetical Order) it inſtructs
" the Reader in the Management of all the Diſeaſes to
" which MEN, in common with *Women* and *Children*,
" are liable. And I cannot but ſay, that I think the
" Whole a well-digeſted and uſeful Performance, which
" may do a great deal of Good in the Hands of well-
" diſpoſed Gentlemen and Ladies, who charitably incline
" to aſſiſt their poor Neighbours and Tenants, where a
" ſkilful Phyſician is not at hand; and at the ſame time
" is not unworthy of the Peruſal and Obſervation of ſuch
" young Beginners in the *Lower Branches* of the Phyſical
" Science, in the Country, who may not have Opportu-
" nity of readier and larger Helps.

" This I am the more diſpos'd to hope for, ſince you
" aſſure me, it was generally the Regulator of the Practice
" of our good Friend, whoſe Loſs you ſo juſtly deplore;
" and whoſe ſucceſsful Practice, we all know, brought
" him the *Bleſſings* of Multitudes of Patients, and was the
" *Envy* of leſſer Practitioners in the populous Towns in
" his Neighbourhood.

" I could ſay much more on this Subject, and in Praiſe
" of the Performance; but I think it needs it not: Leſs
" I could not ſay, in Juſtice to the Piece, and to the

" Memory

" Memory of its judicious Compiler; as well as in Obe-
" dience to your Commands. For I am,

MADAM,

Your moſt obedient humble Servant.

" P. S. I have taken the Liberty to *alter* and *inlarge*
" ſome of the Articles; and to *add* here and there
" a little *new Matter*, to ſhew my Willingneſs
" to contribute to the good Deſign. I hope this
" will not be unacceptable. I have, to diſtinguiſh
" what I have done, that you may approve or
" reject with the greater Eaſe, written with
" *red Ink.*"

The Reader need not doubt that I returned my thankful Acknowledgments to this learned Gentleman, as well for his kind Letter, as for his condeſcending to make Alterations and Additions, which are not a few: And as to the Hint he gives in the Beginning of his Letter, of the Miſchiefs accruing from Exceſs and Intemperance in Meats and Drinks, I hope I have taken Care not to deſerve Reproof, in the Receipts and Directions I have collected and furniſhed, in the *Firſt Part* of this Treatiſe. For I muſt ſay, that I have in all the Articles of it, and in every Receipt I have recommended, ſtudied at one and the ſame time, the *Elegance*, the *Frugality*, and the *Wholſomeneſs* of the *Compoſition*, as well as the *ſeveral Ingredients*, and have never once intended to comply ſervilely with a *depraved Taſte* or *luxurious Appetite*; by which *Health* might ſuffer, or be endanger'd. I muſt needs ſay, however, that the Gentleman has (tho' pleaſantly intended by him) furniſhed me with a good Hint to permit the two Subjects to appear together: For however innocent in themſelves the Materials and the Recipes which I have communicated, may be, yet as the beſt things may be abuſed to the worſt Purpoſes, and ſo become *Poiſon* to the Conſtitution, the *Antidote*, in caſe of ſo bad a Uſe, ſhould always be at hand.

It may be farther neceſſary to obſerve, that in the original Papers, my Brother had in many Places, prefixed marginally,

marginally, to the Rules and Recipes, particular Names of Phyſicians, and initial Letters of Titles of Books; and, among many others equally eminent, (beſides many Foreign Practitioners) were the Names of the following; *viz.*

LOWER,	Lord BACON,
WILLIS,	BOYLE,
HARVEY,	ARBUTHNOT,
PITT,	BOERHAAVE,
SYDENHAM,	CHEYNE,
MORTON,	H——
ALLEN,	H——
FULLER,	T——
GARTH,	M——
FREIND,	M——
RADCLIFFE,	P——

And ſometimes ſeveral Phyſicians Names together, and his own with them, which I ſuppoſe was in particular Caſes, where a Conſultation was held. Againſt very many, he had made this Mark *, by which, I find, he diſtinguiſhed what were the Reſults of *his own Experience* and *Practice*. A large Number alſo he had noted with the Names of *private Perſons*, to whoſe Communication he was obliged for ſome Receipts, which he could depend upon had been attended with Succeſs.

As I could not tell how far he had, or had not, depended on thoſe Names, and made uſe of their Preſcriptions, he having, in ſome Places, (as I preſume, on further Experience) controverted and alter'd ſome of the Rules they laid down, I thought it would be beſt in the Preface to obſerve thus much, and omit all thoſe private Marks and Names, as well for this Reaſon, as to avoid giving Offence to any Perſon now in being, who might not be pleaſed to be mentioned on this Occaſion.

I have been much preſs'd to put my Name to the *Firſt Part* of this Work; but I cannot conſent to it, for two Reaſons: The Firſt, That I have not the Vanity to believe ſo well of myſelf, as the Perſons pretend to do,

who

who would perſuade me to it: The Second, Becauſe of my Relation to ſeveral honourable Perſons, who would not be well pleaſed, perhaps, to ſee my Name in publick, on ſuch an Occaſion. Nor do I think it material to the Work; for if that has not a Merit in itſelf, it is not to be expected, that *any* Name ſhould give it a Reputation; and if it has, it needs none.

I believe I have written enough; but will ſay one thing more; and that is, That as I intended no other Advantage to myſelf, than a few Copies for Friends, I deſired that it might be printed in ſuch a manner, as ſhould make it come as eaſy as poſſible to the Publick, for whoſe Good it was principally intended. And indeed there was the more Neceſſity for this; as my Brother's Part (the far moſt uſeful of the Two) is ſo extenſive, that I was told, it would in a common-ſized Character, make two large Volumes of itſelf; and yet, I think, it is ſo contriv'd, as to be very legible, in the Sheets before us.

P. S. Being ſtill teized for ſome Name, I will, tho' not my right one, ſubſcribe That of

ARABELLA ATKYNS.

The above is the Preface to the *Firſt Edition* of this Work; which giving ſo ample an Account of its Uſe and Excellency, it was thought adviſeable not to alter or omit it.

And with regard to this *New Edition*, it is neceſſary to add, That the favourable Reception this Work has met with, having ſo ſoon brought it again to the Preſs, tho' a large Number was printed off, each Part was put into the Hands of a very able Perſon (the original Compiler wanting Leiſure) one in the *Phyſical*, the other in the *Cookery* Way: Who have corrected and inlarged both. Omitting only ſuch Receipts in the *Cookery*, as the Alteration of Modes and Faſhions made neceſſary to be replaced by more modern ones; and inlarging it by ſeveral very conſiderable Additions. And as to the *Phyſical*, the Gentleman, who undertook that Province, has very carefully gone through the Whole, and has expunged ſeveral leſs experienc'd Preſcriptions, to make room for others of more approved Efficacy, taken from the beſt Authors, and the modern Practice: He has alſo been particularly exact in the preſcrib'd Quantities, and in all the Receipts where *Handfuls* of Herbs are directed, the ſame is adjudged by *Weight*, which is by far the moſt certain and correct Method. And in this Edition, the *Supplements* to the ſeveral Articles are inſerted under their proper Heads.

Of the Uſe *and* Efficacy *of* TAR-WATER, *in moſt Diſtempers.*

THE uſe of Tar-water, as recommended by the learned and ingenious Dr. *Berkeley*, Biſhop of *Cloyne*, in *Ireland*, is now ſo general, and its efficacy ſo well known, that it may well warrant us to prefix to the preſent edition of this work a brief account of its virtues; and directions how to make it, *&c.* which we ſhall take from the words of that prelate; who has not been of more ſervice to the cauſe of Chriſtianity, by his excellent writings in defence of it, and by his admirable example, and truly primitive life and converſation, than, by this noble diſcovery, he has been to the health and bodily welfare of the whole human Species.

This great benefactor to mankind tells us, That, by what he has already ſeen and tried, he is moſt ſincerely perſuaded, that Tar-water may be drank with great ſafety and ſucceſs, for the cure or relief of moſt, if not all diſeaſes; of *Ulcers*, *Itch*, *Scald-heads*, *Leproſy*, *King's-evil*, *Cancers*, the *foul Diſeaſe*, and all foul caſes; *Scurvies* of all kinds, diſorders of the *Lungs*, *Stomach*, and *Bowels*, in *Rheumatic*, *Gouty* and *Nephritic Ailments*, *Megrims*, *inveterate Head-achs*, *Epilepſies*, *Pleuriſies*, *Peripneumonies*, *Eryſipelas*, *Small-pox*, all kinds of *Fevers*, *Colics*, *Hyſteric* and all *Nervous Caſes*; *Obſtructions*, *Dropſies*, *Decays*, and other maladies.

For *Agues*, he ſays, it ſhould be drank warm, and often, in ſmall glaſſes both in and out of the fit, and continued for ſeveral days, to prevent a relapſe. Nor is it of uſe only in the cure of ſickneſs; it is alſo uſeful to preſerve health, and guard againſt infection, and in ſome meaſure even againſt old age, as it gives laſting ſpirits, and invigorates the blood.

I am even induced, adds the Biſhop, by the nature and analogy of things, and its wonderful ſucceſs in Fevers of all kinds, to think, that Tar-water may be very uſeful againſt the Plague, both as a preſervative and a cure.

But I doubt no medicine can withſtand that execrable plague of diſtilled ſpirits, which do all, without exception (there being a cauſtic and coagulating quality in all diſtilled ſpirits, whatever the ſubject or ingredients may be) operate as a ſlow poiſon, preying on the vitals, and waſting the health and ſtrength of body and ſoul.

Tar-water is of itſelf a ſufficient cordial, friendly and congenial to the vital heat and ſpirits of a man. If therefore ſtrong liquors are in the accuſtomed quantity ſuperadded, the blood being already, by Tar-water, ſufficiently warmed for vital heat, the ſtrong liquors ſuperadded will be apt to over-heat it, which over-heating is not to be imputed to the Tar-water, ſince, taken alone, I could never obſerve it attended with that ſymptom.

Of the Uſe *and* Efficacy *of* TAR-WATER.

Nothing doth ſo much obſtruct the good effects of Tar-water, as the abuſe of ſtrong liquors. Where this is avoided, it ſeems no chronical malady can keep its ground, or ſtand before Tar-water conſtantly and regularly taken, not even hereditary diſtempers, as the moſt inveterate *King's-evil*, nor even the moſt confirmed *Gout*; provided it be drank a quart a day, at 6 or 8 glaſſes, and at all ſeaſons, both in and out of the fit, and that for a great length of time, the longer the better. It is to be noted, that in fits of the *Gout*, *Colic*, or *Fever*, it ſhould be always drank warm; on other occaſions, warm or cold, as the patient likes.

The inference I make is, that thoſe who expect health from Tar-water, have leſs need of any other cordial, and would do well to ſacrifice ſome part of their pleaſure to their health. At the ſame time I will venture to affirm, that a *Fever*, produced either from hard drinking, or any other cauſe, is moſt effectually and ſpeedily ſubdued, by abſtaining from all other cordials, and plentifully drinking of Tar-water; for it warms the cold, and cools the hot: ſimple water may cool, but this, at the ſame time that it cools, gives life and ſpirit. It is, in truth, a ſpecific for all kinds of *Fevers*; the ſame medicine, which is a leiſurely alterative in chronical diſorders, being taken in larger quantities, is a ſpeedy cure in acute ones.

Thoſe who, without knowledge or experience of Tar-water, have been ſo active and earneſt to diſcredit its virtues, have much to anſwer for, eſpecially with regard to acute inflammatory diſtempers, in which it doth wonders. It is, in thoſe diſorders, ſo fatal and frequent, that I have had moſt opportunities of obſerving its virtues; nor can the world ever know the juſt value of this medicine, but by trying it in the like caſes.

When the patients are given over, and all known methods fail, it is allowed to try new remedies. If Tar-water was tried in ſuch caſes, I do verily believe, that many patients might thereby be reſcued from the jaws of death: Particularly, I would recommend the tryal of it in the moſt malignant and deſperate *Fevers*, or *Small-pox*, attend with purple, livid, or black ſpots. It is my ſincere opinion, that warm Tar-water, drank copiouſly, may often prove ſalutary, even in thoſe deplorable caſes.

My opinion is grounded on its ſingular virtues in correcting, ſweetening, and invigorating the blood, and in curing *Cancers* and *Gangrenes*, or beginning *Mortifications*, ſuch as thoſe ſpots do indicate. I have lately known it drank with good ſucceſs in a very painful and unpromiſing wound; and am perſuaded, that if it were drank plentifully, during the dreſſing of all ſorts of dangerous wounds, it might aſſwage the anguiſh, and forward the cure; as it abates feveriſh ſymptoms, and by rendering the blood balſamic, and diſpoſing the parts to heal, prevents a *Gangrene*.

Tar itſelf is an excellent medicine, being ſpread on a cloth, and applied warm to an *Ulcer* or wound. I have known the ſame, applied to a very large and painful *Tumor*, cauſed by a ſprain or bruiſe, ſpeedily aſſwage the pain, and reduce the ſwelling. I may add, that Tar (mixed with honey, to make it leſs offenſive, and) taken inwardly, is an admirable

mirable balſam for the lungs; and a little of this, taken together with Tar-water, haſtens its effects in curing the moſt obſtinate and waſting Coughs; and an egg-ſhell full of Tar, ſwallowed and waſhed down with a quart of Tar-water, night and morning, hath been found very uſeful for the ſame diſorder in horſes.

The method of preparing and uſing it, his Lordſhip directs as follows:

"Pour a gallon of cold water on a quart of liquid Tar, in a glazed "earthen veſſel; ſtir, mix, and work them thoroughly together, with "a wooden ladle or flat ſtick, for the ſpace of five or ſix minutes. "Then let the veſſel ſtand cloſe covered three days and nights, that the "Tar may have full time to ſubſide. After which, having firſt care-"fully ſkimmed it, without moving the veſſel, pour off the clear "water, and keep it in bottles, well corked, for uſe."

This method will produce a liquor ſtronger than that firſt publiſhed in *Siris*, but not offenſive, if carefully ſkimmed. It is a good general Rule; but as ſtomachs and conſtitutions are various, it may admit of ſome latitude. Leſs water, or more ſtirring, makes it ſtronger; as more water, or leſs ſtirring, makes it weaker.

It is to be noted, that if ſeveral gallons are made at once in the ſame veſſel, you muſt add five or ſix minutes ſtirring for every gallon. Thus two gallons of water, and two quarts of Tar, require ten or twelve minutes ſtirring.

The ſame Tar will not do ſo well a ſecond time, but may ſerve for other common uſes: The putting off Tar that hath been uſed, for freſh Tar, would be a bad fraud. To prevent which, it is to be noted, that Tar already uſed is of a lighter brown than other Tar. The only Tar that I have uſed, is that from our Northern Colonies in *America*, and that from *Norway*; the latter, being thinner, mixeth eaſier with water, and ſeems to have more ſpirit. If the former be made uſe of (as I have known it with good ſucceſs) the Tar-water will require longer ſtirring to make it.

Tar-water, when right, is not paler than *French*, nor deeper coloured than *Spaniſh* White-wine, and full as clear: if there be not a ſpirit very ſenſibly perceived in drinking, you may conclude the Tar-water is not good: if you would have it good, ſee it made yourſelf.

Thoſe who begin with it, little and weak, may, by habit, come to drink more and ſtronger. According to the ſeaſon, or the humour of the patient, it may be drank either cold or warm: in *Colics* I take it to be beſt warm. If it diſguſts a patient warm, let him try it cold, and *vice verſa*. If at firſt it creates, to ſome ſqueamiſh perſons, a little ſickneſs at ſtomach, or nauſeating, it may be reduced both in quality and quantity.

In general, ſmall inconveniences are either removed, or born with ſmall trouble: it lays under no reſtraint as to air, exerciſe, cloaths, or diet, and may be taken at all times of the year.

As to the quantity; in common *chronical* indiſpoſitions, 1 pint of Tar-water a day may ſuffice, taken on an empty ſtomach, at 2 or 4 times, to wit, night and morning, and about 2 hours after dinner and breakfaſt: more may be taken by ſtrong ſtomachs. Alteratives in general, taken

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in ſmall doſes, and often, mix beſt with the blood; how oft, or how ſtrong each ſtomach can bear, experience will ſhew.

But thoſe who labour under great and inveterate maladies, muſt drink a greater quantity, at leaſt 1 quart every 24 hours, taken at 4, 6, or 8 glaſſes, as beſt ſuits the circumſtances and caſe of the drinker.

All of this claſs muſt have much patience and perſeverance in the uſe of this, as well as all other medicines, which, if ſure and ſafe, muſt yet, from the nature of things, be ſlow in the cure of inveterate chronical diſorders.

In *acute Caſes*, fevers of all kinds, it muſt be drank in bed warm, and in great quantity (the fever ſtill enabling the patient to drink), perhaps a pint every hour, which I have known to work ſurpriſing cures. But it works ſo quick, and gives ſuch ſpirits, that the patients often think themſelves cured before the fever hath quite left them. Such therefore ſhould not be impatient to riſe, or apply themſelves too ſoon to buſineſs, or their uſual diet.

To ſome, perhaps it may ſeem ſtrange, that a ſlow alterative in chronical caſes cannot be depended on in fevers, and acute diſtempers, which demand immediate relief. But I affirm, that this ſame medicine, which is a ſlow alterative in chronical caſes, I have found to be alſo a moſt immediate remedy, when copiouſly taken, in acute and inflammatory caſes. It might indeed be thought raſh to have tried it in the moſt threatening fevers and pleuriſies without bleeding, which in the common practice would have been held neceſſary. But for this I can ſay, that I have patients who would not be bled; and this obliged me to make trials of Tar-water without bleeding, which trials I never knew unſucceſsful. The ſame Tar-water I found a ſlow alterative, and a ſudden febrifuge. If the reader is ſurpriſed, I own myſelf to be ſo too. But truth is truth, and from whatever hand it comes, ſhould be candidly received. If phyſicians think they have a right to treat of religious matters, I think I have an equal right to treat of medicine.

Authority I have no pretence to; but *Reaſon* is the common birthright of all: my *reaſons* I have given in *Siris:* my *motives* every one will interpret from his own breaſt: But he muſt own himſelf a very bad man, who, in my caſe (that is, after long experience, and under full conviction of the *virtues* and *innocence* of Tar-water), would not have done as much.

All men are, I will not ſay *allowed*, but *obliged* to promote the common benefit; and for this end, what I could not in conſcience conceal, that I do and ſhall publickly declare, maugre all the ſpleen and raillery of a world, which cannot treat me worſe than it hath done my betters.

As the morning's draught is moſt difficult to nice ſtomachs, ſuch may leſſen, or even omit it, at the beginning, or rather poſtpone it till after breakfaſt; and take a larger doſe at night.

The diſtance from meal-time need not be more than one hour, for common ſtomachs, when the liquor is well clarified and ſkimmed.

The oil that floats on the top, and was ſkimmed off, ſhould be carefully laid by, and kept for outward ſores.

In

Of the Uſe *and* Efficacy *of* TAR-WATER.

In the variety of caſes and conſtitutions, it is not amiſs that there ſhould be different manners of preparing and taking Tar-water: Trial will direct to the beſt.

Whether there be any difference between old Tar and new Tar, or which of all the various Tars, produced from different trees, or in different parts of the world, is moſt medicinal, future trials muſt determine.

I have a *ſecond* ſort of Tar-water, to be uſed externally, as a *Waſh* or *Lotion*, for the *Itch*, *Scabs*, *Ulcers*, *Evil*, *Leproſy*, and all ſuch *foul Caſes*: Which I have tried with very good ſucceſs, and recommend it to the trial of others.

For inveterate caſes of that kind, Tar-water ſhould be drank, a quart every 24 hours, at 4, 6, or 8 glaſſes: And after this hath been done, at leaſt for a fortnight, the lotion is to be applied outwardly, and warm, by bathing, fomenting and ſteeping, and this ſeveral times in the 24 hours, to heal and dry up the ſores, the drinking being ſtill continued.

This water, for external uſe, is made in the following manner: "Pour 2 quarts of hot boiling water on a quart of Tar, ſtir and work "it ſtrongly, with a flat ſtick, or ladle, for a full quarter of an hour; "let it ſtand 6 hours, then pour it off, and keep it cloſe covered for "uſe." It may be made weaker or ſtronger, as there is occaſion.

From what I have obſerved of the LOTION, I am inclined to think, it may be worth while, in obſtinate and *cutaneous Ailments*, *Leproſy*, and *Weakneſs of Limbs*, to try a BATH of Tar-water; "allowing a gallon of "Tar to every ten gallons of boiling hot water; ſtirring the ingredients "a full half hour; ſuffering the veſſel to ſtand 8 or 10 hours, before "the water is poured off, and uſing the bath a little more than milk-"warm." This experiment may be made in different proportions of Tar and water.

My experiments have been made in various caſes, and on many perſons; and I make no doubt that the virtues of Tar-water will ſoon be more fully diſcovered, as it is now growing into general uſe, though not without that oppoſition which uſually attends upon novelty.

The great objection I find made to this medicine is, that it *promiſes too much*. What! ſay the objectors, do you pretend to a PANACEA? a thing ſtrange, chimerical, and contrary to the opinion and experience of all mankind!

Now, to ſpeak out, and give this objection, or queſtion, a direct anſwer, I freely own, that I ſuſpect Tar-water *is* a PANACEA. I may be miſtaken, but it is worth trial; for the chance of ſo great and general a benefit, I am willing to ſtand the ridicule of propoſing it. And as the old philoſopher cried aloud, from the houſe-tops, to his fellow citizens, *Educate your children*; ſo, I confeſs, if I had a ſituation high enough, and a voice loud enough, I would cry out to all the Valetudinarians upon earth, *Drink Tar-water*.

For the uſe of travellers, a Tar-water may be made very ſtrong; for inſtance, with one quart of water and a quart of Tar, ſtirred together for the ſpace of twenty minutes. A bottle of this may ſerve long on a road,

road, a little being put to each glaſs of common water, more or leſs, as you would have it ſtronger or weaker. Near ten years ago, a quart of about this ſtrength was given to an old woman, to be taken at one draught, by direction of a young lady, who had conſulted one in my family, about the method of preparing and giving Tar-water, which yet ſhe happened to miſtake. But even thus, it did ſervice in the main, though it wrought the patient violently all manner of ways. Which ſhews, that errors and exceſſes in Tar-water are not ſo dangerous, as in other medicines.

Tar-water ſeldom fails to cure, or relieve, when rightly made of good Tar, and duly taken. I ſay, of good Tar, becauſe the vile practice of adulterating Tar, or of ſelling the dregs of Tar, or uſed Tar, for freſh, is grown frequent, to the great wrong of thoſe who take it. Whoever hath been uſed to good Tar-water, can readily diſtinguiſh the bad by its flat taſte, void of that warm cordial quality found in the former: it may alſo be expedient for knowing freſh Tar, to obſerve, whether a fat oily ſcum floats on the top of the water, which is found to be much leſs, if any at all, on the ſecond making of Tar-water. This ſcum was directed to be taken off, not from its being apt to do harm when drank, but to render the Tar-water more palatable to nice ſtomachs.

This medicine of Tar-water worketh various ways, by urine, by perſpiration, as a ſudorific, carminative, cardiac, aſtringent, detergent, reſtorative, alterative, and ſometimes as a gentle purgative or emetic, according to the caſe or conſtitution of the patient, or to the quantity that is taken; and its operation ſhould not be diſturbed. I knew two brothers ill of a *Fever* about the ſame time; it wrought on the one by copious ſweating, on the other altogether by urine; and I have known it to act at different times differently, even on the ſame perſon, and in the ſame diſorder; one as a diaphoretic, or ſudorific, another as a diuretic. Its general character is diuretic, which ſhews, that it cleanſeth the urinary paſſages, preventing thereby both ſtone and gravel, againſt which it hath been found very uſeful, and much ſafer than mineral waters, by reaſon of its balſamic healing quality.

Tar-water doth recover and impart vital heat, but imparts no inflameing heat. I have ſeen a wonderful cure wrought on a child about 8 years old, and paſt all hopes, by pouring ſeveral ſpoonfuls of Tar-water down his throat, as he lay quite ſubdued by a moſt violent Fever, without any appearance of ſenſe or motion, the noſtrils drawn back, the eyes fixed, the complexion deadly wan. And yet Tar-water, forced down by ſpoonfuls, ſeemed to kindle up life anew; and this after ſage-tea, ſaffron, milk-water, Venice-treacle, *&c.* had been uſed without any ſucceſs.

For further ſatisfaction, and for proof of the Univerſality of this noble Medicine, the reader is referred to the learned author's excellent treatiſe called SIRIS; and alſo to Mr. *Prior*'s authentic narrative of the ſucceſs of Tar-water in curing great numbers and variety of diſtempers.

A New and Accurate

TREATISE

OF

COOKERY, &c.

According to the

Politeſt and moſt Improved Taſte.

The Complete CATERER;

Containing INSTRUCTIONS *for the* Choice *and* Management *of all kinds of* POULTRY; *and how to chuſe all ſorts of* BUTCHERS MEAT, FISH, BUTTER, EGGS, *&c.*

THE Art of CATERING, or *Buying in Proviſions* for a Family, and to know whether what is bought, be New or Stale, Young or Old, is ſo eſſential to COOKERY, that we cannot better enter upon this Treatiſe than with Inſtructions relating to thoſe important Points. We ſhall therefore begin with the POULTERERS ART; and treat, firſt,

Of WATER-FOWL.

How to chuſe a Swan, Cygnet, *or other broad-footed Fowl.*

A SWAN, When killed, is either pull'd, or ſcalded; if full of hairs, then it is old; but if not, then it is young. A young Swan is called a Cygnet.

A WILD GOOSE, If old, is red-footed, and full of hairs; if whitiſh-footed, and not full of hairs, it is young.

A BROAD GOOSE, If full of hairs, when pu'l'd, is old; if not, it is young.

A TAME GOOSE, *ſcalded*, If it lie in water in a poulterer's ſhop, or elſewhere, rub your finger upon the breaſt of it; if it feel rugged or rough, it is new killed; but if it feel ſlippery or ſlimy, it is ſtale kill'd.

A TAME GOOSE, *dry-pull'd*, If red-footed, red-bill'd, and full of hairs, it is old; but if it hath a yellowiſh foot, and a yellowiſh bill, and not very hairy, you may be ſure it is young.

A WILD DUCK, If fat, will feel thick and hard upon the belly; but if lean, thin and ſoft: and if new kill'd, it will be limber-footed; but if ſtale kill'd, will be dry-footed: and if it be right wild, it will be found to have a ſmall reddiſh foot.

A TAME DUCK, Muſt be choſen after the ſame manner as a Wild one, as to new or ſtale; but it has a thicker foot, blackiſh, and ſomewhat yellowiſh; but a Duck ſcalded, that lies in water in a poulterer's ſhop, or elſewhere, if new killed, is known by rubbing your finger upon the breaſt of it; for if it feel rough, it is new killed; but if it feel ſlippery or ſlimy, it is a certain mark of its being ſtale.

TEALS, If they feel thick or hard upon the belly, then they are fat; but if they feel thin, then they are lean; and if they are dry-footed, they are ſtale kill'd; but if limber-footed, new kill'd.

LAND WIDGEONS, Are to be choſen as Teals.

A PIN-TAIL is almoſt as big as a Duck, and as good meat; and is to be choſen (as to good or bad, fat or lean, new or ſtale) as Ducks are.

A WATER WIDGEON is worſe than a Land Widgeon a great deal; for it is very full of blood, and will eat rank, and look black, when dreſſed.

NUNS, Reſemble Water Widgeons, in their qualities, and are alſo full of blood, and will eat rank, and look black when dreſſed.

A WHEWAR, Is like a Land Widgeon, but hath a broader bill, and is good meat.

A CURLEW, Hath a long hooked bill; if fat, it will be firm upon the belly; if lean, it will feel thin in that part; if new kill'd, it will be limber-footed.

A STONE CURLEW, Hath a ſhort bill; but there is no great difference in the eating for goodneſs of meat between that and the Curlew.

An OLIVE, Is white-breaſted, and black-back'd, and hath a ſmall long red leg; it eats fiſhy and oily.

A STENT, Is about the bigneſs of a Jack-Snipe, and like-bill'd, but grey-feather'd, and a little ſhorter; it is very bad meat.

Moor-Hens, *Dydappers*, and *Coots* are good for nothing but ſport.

Of LAND-FOWL.

A BUSTARD, Is as big as a Gooſe, and is the beſt, rareſt, and deareſt fowl in *England*; it hath no heel, and therefore moſt commonly is taken with grey-hounds; 'tis ſeldom bought or ſold in poulterers ſhops, or markets, but is deemed a worthy preſent to perſons of rank.

A

A PHEASANT COCK, If young, hath a ſhort ſpur; but if old, a ſmall ſharp one: obſerve that it be not cut or par'd. If fat, it will have a fat vein upon the ſide of its breaſt under the wing; if new, it will have a faſt firm vent; but if ſtale kill'd, a green vent; and if you do but touch it any thing hard with your finger, it will peel. But mind the vent is not ſtopp'd with loam, duſt, or any other thing, as flour or ſuch-like.

A PHEASANT HEN, If young, hath a ſmooth leg, and fine ſmooth-grain'd fleſh; but if old, hath a rugged wrinkled-grain'd fleſh, full of hairs, like an old yard Hen; if ſhe be full of eggs, ſhe will have a faſt, but open vent, as a yard Hen hath; if not full of eggs, a cloſe vent.

A PHEASANT POWT, Hath a fine ſmooth leg, and ſmooth-grain'd fleſh: if it be green in the vent, or dry-footed, it is ſtale kill'd; but if limber-footed, and white in the vent, then it is new kill'd.

A HEATH COCK, If new, will be ſtiff and white in the vent, and limber-footed; and if fat, will be hard in the vent: if ſtale, it will be dry-footed, and green in the vent; and if you touch it hard with your finger in the vent, it will peel.

A HEATH POWT, *Male*, If new, will be ſtiff and white in the vent, and limber-footed; if fat, it will be hard in the vent; but if ſtale, it will be dry-footed, and green in the vent; and if you touch it hard in the vent, it will peel.

A GROWSE, is a female Powt; but male and female are of one bigneſs, when pull'd; if it be new, it will be ſtiff and white in the vent, and limber-footed; if ſtale, it will have a green vent, and be dry-footed. It is greyer than the male Heath Powt.

A WOODCOCK, If fat, will feel thick and hard in the vent, and have a fat vein upon the ſide of the breaſt under the wing; but if lean, it will feel thin in the vent; if new kill'd, limber-footed; if ſtale, dry-footed. Have a care that it hath not got a ſnotty noſe, or a mooriſh muddy throat; you may know that, by ſqueezing the throat.

A PARTRIDGE, if old, hath a white bill, and a bluiſh leg; but if young, a blackiſh bill, and a yellowiſh leg; if new, it will have a faſt firm vent; but if ſtale, a green vent, and will peel if you touch the vent hard with your finger; but you muſt have a care of the crop of it; for if it hath eaten green wheat, and is full-cropt, it will ſtink, and be green in the crop.

A SNIPE, If fat, will feel thick and fat in the vent, and have a fat vein upon the ſide of the breaſt under the wing; but if lean, it will feel thin in the vent. If it be new kill'd, it will be limber-footed; if ſtale, dry-footed; but have a care it hath not a ſnotty noſe, nor a mooriſh muddy throat.

A GREEN PLOVER, Hath no heel, and if ſhe be new and good, will be limber-footed; if fat, ſhe will feel thick and hard in the vent; but if lean, ſhe will feel thin in the vent; if ſtale kill'd, ſhe will be dry-footed, and will keep the longeſt ſweet and good of any Fowl in *England*.

A GREY PLOVER, Is like a Green Plover in bigneſs and goodneſs, and is to be choſen in the ſame manner.

A STONE PLOVER, Is like a Grey Plover, and about the ſame bigneſs; but eateth oily and fiſhy.

A BASTARD PLOVER, or A LAPENT, Is the worſt of all, being far ranker in taſte, and very full

of blood, and it looks black when dreſſed: If fat, it will feel thick and fat in the vent; and if new, limber-footed.

A BLACK-BIRD, If thick and hard in the vent, is fat; if limber-footed, new kill'd; but if thin in the vent, and dry, then it is both ſtale and poor.

A FELFAIR, If thick and hard in the vent, is fat; if limber-footed, it is new kill'd; but if thin in the vent, and dry-footed, then it is both ſtale and poor.

A MAVES, Is a little bigger than a Black-bird, and as good to eat: If fat, ſhe will feel thick in the vent; and if new, limber-footed; but if poor, then ſhe will feel thin in the vent; and if ſtale, dry-footed.

A FIELD-LARK, Hath a long heel: If fat, ſhe will feel thick and hard in the vent; and if new, limber-footed; but if ſtale, ſhe will be dry-footed, and peel in the vent, if you touch it with your finger.

A WOOD-LARK, or *Singing Lark*, Is ſmaller and greyer than the Heath Lark, and hath a long heel, like the Field Lark.

A TIT-LARK, Is as ſmall as a Wood-Lark, and hath a heel like the other, and many times we have them come among our Field-Larks; they are all three known by the ſame marks, as to good or bad, new or ſtale.

BUNTENS, Commonly come among the Field Larks, and are ſold with them, and for Larks; but they have not a long heel as the Lark hath; and they have a perfect tooth in the roof of their mouth, which may be felt by the finger.

A TURTLE-DOVE, For the moſt part is white, and has a bluiſh ring about its neck.

A STOCK-DOVE, Is bigger than a Wood-Pigeon, and better meat a great deal, eſpecially if larded and roaſted very well.

A RING-DOVE, Is leſs than a Stock-Dove, and more bluiſh, but nothing near ſo good meat

A WOOD-PIGEON, *or* WOOD-QUIST, *as ſome call it*, is almoſt as big as a Stock-Dove, but nothing near ſo good meat.

A DOVE-HOUSE PIGEON, If new kill'd, will be ſtiff and firm in the vent; and if ſtale kill'd, limber and green in the vent; and if old, red-legged.

TAME PIGEONS, Are of divers ſorts, and too well known to need further mention.

A PEACOCK, Is ſeldom uſed, except at great feaſts; and then more to make a ſhew, than for the goodneſs of the meat.

A PEA-HEN is very fine meat, if young; but is ſeldom uſed, except for great feaſts, or the like.

A PEA-CHICKEN, Is as fine meat as any Pheaſant-Powt; or rather better, if new kill'd.

A TURKY-COCK, If young, hath a ſmooth blackiſh leg, and a ſhort ſpur; but if old, a ſharp ſpur and a red leg; if ſtale, he will be dry-footed, and his eyes will be ſunk in his head; but if new kill'd, his eyes will ſtand firm in his head, as if alive.

A TURKY-HEN, If old, will have a red leg, and a rugged grain; but if young, a ſmooth grain: If full of eggs, ſhe is faſt and open-vented; if har-dvented, the contrary.

A TURKY-POWT, *or* CHICKEN, Is as hard to be pull'd as any fowl; but ſcalded, is as eaſy: Gentlemen are often deceived in theſe fowls; for large Hen-chickens with white legs are frequently ſold for them; and if ſcalded and truſs'd Turky-faſhion, and Turky-ſauce made to them,

them, it muſt be a good palate that can find it out, unleſs he had notice of it before.

A CAPON, If alive, will have a fat thick rump, a fat thick belly, and a fat vein under its wing on the ſide of its breaſt; and if young, it will have a ſhort ſpur, and a ſmooth leg; but if old, a ſharp ſpur: but have a care the ſpur be not cut, par'd, or ſcraped leſſer; and if you miſtruſt it, preſs it upon the breaſt with your thumb; and if your thumb goes in eaſy, then it is young; but if hard, then it is old. If alive, have a care it be not bruiſed upon the breaſt with carriage, or have any ſore or wen about it. If it be pale about the head, and have a ſhort comb, then it is young; but if red about the head, it is no clean Capon.

A CAPON *and* A CAPONET, As to good or bad, fat or lean, new or ſtale, are to be known alike; but a Caponet hath a ſhorter ſpur, and is tenderer and younger meat.

A PULLET, If right good, will have a ſmooth leg and breaſt, and will pinch tender upon the breaſt. If full of eggs, ſhe will be open in the vent, and ſoft in the belly; but if not, ſhe will be hard and ſmall in the vent.

A COCK, I need not ſay, is known by its red comb and gills: If it hath a ſhort ſpur, not cut, nor par'd, and fat, it is fine food.

A HEN, In *January*, will ſpend better than the beſt Capon or Pullet that can be, if young, and full of eggs; and that you may know by her ſoft and open vent, and by her red comb.

A CHICKEN *dry-pulled*, If new kill'd, will be ſtiff and white, and firm in the vent; but if ſtale kill'd, will be limber, and green in the vent.

A CHICKEN *ſcalded*, When lying in water in a poulterer's-ſhop, or elſewhere, do but rub your finger upon its breaſt, and if it feels rough, it is new kill'd; but if it feel ſlippery and ſlimy, then it is ſtale.

A CRAMM'D CHICKEN, If fat, will have a fat rump, and a fat vein upon the ſide of the breaſt, like a fat Pullet.

A SHUFFLER, Is like a Duck, but not ſo big, and hath a broader bill. It is fed with red and white wheat boiled; alſo with malt, and bullock's liver cut in ſmall pieces.

A GODWARD, hath a long bill like a Woodcock, and is fed with the ſame ſort of meat as a Shuffler.

A RUFF, Is one of the ſtrangeſt Fowls that is; for you ſhall ſee a hundred of them together; and not one of them like the other. It is fed with the ſame ſort of meat as the Godward.

A KNOT, Is leſſer than a Ruff, and is fed with the ſame ſort of meat.

A MARREL, Is about the bigneſs of a Knot, and ſold commonly for a Knot, to thoſe who have no skill in them; but it is nothing near ſo good meat; it is grey-feathered like a Stent.

GULLS, Are a good deal bigger than Ducks. They are fed with bullock's liver cut in ſmall pieces. This and plenty of water will make them very fat.

HEARNS, Are fed in the ſame manner as Gulls.

BITTERNS, Are alſo fed in the ſame manner with bullock's liver cut in ſmall pieces, and be ſure give 'em water enough.

A PEVET, Is generally kept alive by poulterers. It is fed with liver cut in ſmall pieces, and muſt have plenty of water. If fat, it will have

a fat vein upon the ſide of the breaſt under the wing.

A DOTTREL, Is about the bigneſs of a Thruſh, but is redder breaſted, and is as fine a bird for meat as can be bought for the bigneſs of it. If fat, it will have a fat vein upon the ſide of the breaſt under the wing, and will feel hard, fat, and firm in the vent, if new, it will be ſtiff in the body, and limber-footed; but if ſtale, limber and dry-footed.

A WHEATGEAR, Is a ſmaller bird than a Dottrel; but as fine meat as can be eaten: If fat, it will have a fat vein upon the ſide of the breaſt under the wing, and will feel hard, fat, and firm in the vent; if new, it will be ſtiff in the body, and limber-footed; but if ſtale, dry-footed.

A QUAIL, Is a fine bird, if fat; but *French* Quails are the beſt, and will feel better than our *Engliſh* ones a great deal; it is a dogged bird, and will beat itſelf againſt the cage's ſides, or flutter up to the top of the cage. The beſt way to make Quails fat, is to keep them dry and cloſe together, and in the dark; but be ſure let them always have meat and water enough before them. They may be fed with wheat, but hemp-ſeed is a great deal better.

Young or Old PARTRIDGES, *how to keep them alive.*

Partridges are fed with wheat, or elſe with freſh cheeſe-curds, and give them milk to drink; you muſt keep them very warm with dry ſtraw, and keep the cold from them; for if they are kept cold and dirty, they will fall away and die.

FOUR-FOOTED BEASTS.

How to know whether they are young *or* old, new kill'd *or* ſtale; *and how to cure the* Diſtempers *incident to* Poultry; *and other matters neceſſary to be known by Country Houſewives, &c. in relation thereto.*

A HARE, If new kill'd, will be ſtiff; if large, white and clean, then ſhe is good; if limber, ſhe is ſtale kill'd, and the fleſh will have a blackiſh hue.

A LEVERET, If new kill'd, will be ſtiff; but if ſtale kill'd, will be limber. If it be a right Leveret, it will have a ſmall bone; if not, a knob on the outſide of the fore-leg near the foot; and therefore you ſhou'd ſtroke your finger down upon the outſide of the leg, near the foot; and if you feel this ſmall bone, or knob, it is no Leveret, but a Hare.

A CONEY, If new kill'd, will be ſtiff; but if otherwiſe, will be limber, and have a kind of ſlime upon her.

A RABBET, If new kill'd, will be ſtiff; but if otherwiſe, will be limber: and if it be a right Rabbet, it will have a ſmall knot or knob upon the outſide of the fore-foot, a little above the joint.

When you have kill'd a *Hare*, a *Leveret*, a *Coney*, or *Rabbet*, you muſt let them be thoroughly cold before you truſs them up in paniers or baskets; for if they are truſs'd up hot, they will turn green and ſtink, and ſpoil preſently, and particularly in the ſummer-time.

Of

Of the Diſtempers *incident to* Conies, Hens, *and other ſorts of* Poultry.

Of the ROT *in Conies.*] The Rot, incident to Conies, is occaſioned by giving them too much green meat, or gathering their greens with the dew on them: if therefore they have it but ſeldom, the drineſs of the hay you give them, will drink up that moiſture ſo pernicious to them, and keep them ſound, without danger.

Of MADNESS *in Conies.*] It is ingendered by corrupt blood, occaſioned by the rankneſs of their keeping. You will know it by their wallowing and tumbling with their heels upward, and leaping in their boxes: to cure them, you muſt give them thiſtles to eat, which will anſwer the purpoſe.

Of the PIP *in Poultry.*] A Pip is a white thin ſcale growing on the tip of the tongue, and will hinder Poultry from feeding. It is eaſy to be diſcerned, and proceeds generally from drinking puddle-water, or for want of water, or eating filthy meat. The cure is, to pull off the ſcale with your nail, and then rub the tongue with ſalt.

Of the RUP *in Poultry.*] The Rup is a filthy bile or ſwelling on the rump; it will corrupt the whole body: it is ordinarily known by the ſtaring or turning of the feathers backwards. To cure this, you muſt pull away the feathers, and open the ſore, thruſt out the core, and then waſh the place with ſalt and water, or with brine.

Of the FLUX *in Poultry.*] The Flux in Poultry comes with eating too much moiſt meat: The cure is, to give them peas and bran, ſcalded.

Of STOPPAGE *in the Belly.*] This is a diſtemper contrary to the flux, and aſſaults Poultry ſo, that they cannot move. To cure it, you muſt anoint the vents, and then give them ſmall bits of bread, or corn ſteep'd in urine.

Of LICE *in Poultry.*] If your Poultry be much troubled with Lice; as it is common, proceeding from corrupt food, or want of bathing or fluttering in ſand, aſhes, or ſuch-like; take pepper ſmall beaten, and mixing it with warm water, waſh your Poultry therein, and it will kill all ſorts of vermin.

Of Poultry ſtung with any venomous worms, or other poiſonous thing.] This you may perceive by their louring and ſwelling; in which caſe anoint them with Rue and Butter mixt together.

Of SORE EYES in *Poultry.*] In this caſe take a leaf or two of Ground-ivy; and chewing it well in your mouth, ſuck out the juice, and ſpit it into the ſore eye, and it will aſſuredly heal it, as hath been often tried.

Of Hens that eat their eggs.] Lay in your neſt a piece of chalk, cut like an egg, at which the hen will often be pecking; and loſing her labour, ſhe will refrain the thing.

Other Matters neceſſary to be known by Country Houſewives, &c. *in relation to* Poultry.

Of making Hens lay ſoon and often.] If you feed your Hens often with toaſt taken out of ale, with barley boil'd, or fiſhes, they will lay often and all the Winter.

How to make a Capon lead Chickens.] A Capon will lead Chickens, Ducklings, young Turkies, Peahens, Pheaſants, or Partridges, naturally and kindly; and by reaſon of the largeneſs of his body, will brood, or cover eaſily thirty or forty; he will lead them forth ſafely, and defend them from Kites, or Buzzards, better then the Hens. The way to make him take the charge, is with a fine ſmall bryer, or elſe ſharp nettles, at night, ſting all his breaſt and nether parts, and then in the dark ſet the chickens under him; the warmth or heat taketh away the ſmart, ſo he will fall much in love with them; and whenſoever he proveth unkind, you muſt ſting him again, and this will make him never forſake them.

Of FEEDING *and* CRAMMING *Capons.*] The beſt way to cram a Capon, is to take barley-meal reaſonably ſifted, and mix it with new milk; make it into a good ſtiff dough-paſte; then make it into long crams, or rowls, biggeſt in the midſt, ſmall at both ends, and wetting them in luke-warm milk, give the Capon a full gorge, three times a day, morning, noon, and night, and he will in two or three weeks be very fat.

How to feed and manage all ſorts of BIRDS, *to make them in good plight for the Table.*

Of feeding the Partridge, Pheaſant, and Quail.] Theſe three are the moſt dainty of all other Birds: The Pheaſant and Partridge you may feed both in one room, where you may have little boxes for them to run and hide themſelves in the corners of the room; in the middle of the room you muſt have three Wheat-ſheaves, two with their ears upwards, and one with the ears downward, and near unto them ſhallow tubs with water, that they may eaſily drink out of, and peck the ears of corn at pleaſure; by this manner of feeding of them you ſhall have them as fat as is poſſible. As for Quails, the beſt feeding of them is in long flat ſhallow boxes, each box able to hold two or three dozen, the foremoſt ſide being ſet with round pins ſo thick that the Quail can but put out her head; before the open ſide ſet one trough full of Wheat, another with Hemp-ſeed, and another with Water, by which means in two or three weeks you will have them exceeding fat.

Of feeding Godwards, Knots, Ruffs, or Curlews.] To feed any of theſe Fowls, which are eſteemed very dainty, and always fetch a good price, give them good Childer-wheat and water, morning, noon, and night, which will do it effectually; but if you intend to have them extraordinary, and will cram them, you muſt take the fineſt dreſt Wheat-meal, and mixing it with milk; make it into paſte, and as you knead it, ſprinkle into it the grains of ſmall wheat till the paſte be fully mixt therewith; then take little crams thereof, and dipping them in water, give to every Fowl according to his bigneſs, till their gorges be well fill'd; do this as often as you ſhall find their gorge empty, and in a fortnight they will be exceeding fat. With theſe crams you may feed any Fowl, of what kind and nature ſoever.

How to feed Blackbirds, Thruſhes, Felfairs, or any other ſmall Birds.] If theſe birds are taken wild and old, it is good to have ſome of their kind

kind tame, to mix among them; and putting them into a great cage, three or four yards ſquare, place therein divers troughs, ſome fill'd with Haws, ſome with Hemp-ſeed, and ſome with water; the tame will ſoon teach the wild to eat, ſo that they will in twelve or fourteen days grow exceeding fat, and fit for the uſe of the kitchen.

A STARLING is one of the worſt Birds for the table, for it will eat bitter; but to keep alive, it is one of the beſt Birds to talk or whiſtle. There are two ſorts of them, a Field-Starling, which breeds in a tree, and a Houſe-Starling, which breeds in chambers, or in houſes. A Cock-Starling hath a white throat, and a black ſtreak underneath his tongue, which the Hen hath not.

Directions to know good BUTCHERS MEAT.

HAving thus given Directions how to avoid being impoſed upon in the choice of Poultry, as to old and young, new and ſtale, *&c.* we ſhall now give General Inſtructions to the Houſekeeper or Caterer, how to chuſe the beſt Proviſions of the reſpective kinds of Butchers meat, Veniſon, *&c.* And firſt,

How to know good BEEF.] Right *Ox Beef* will have an open grain; the fat, if young, of a crumbling, or oily ſoftneſs, neither tough nor ſpongy, except the Briſket and Neck-pieces, and thoſe parts which are very fibrous: the lean is of a pleaſant carnation-red, and the fat rather white than yellow. *Cow Beef* is of a cloſer grain, leſs boned, and of rather leſs colour, the fat whiter, and tender; if it be young, eaſily dents with your finger, but preſently riſes again. *Bull Beef* is of a more dusky red, cloſer and firmer than either Ox or Cow Beef, and harder to be dented with the finger, and ſuddenly riſing again upon the leaſt touch when it is ſo dented; the fleſh brawny, the fat groſs, very fibrous, hard to melt, and of a ſtrong ſmell. There are but few ſigns to judge of the newneſs or ſtaleneſs; only when new, it will be of a lively freſh colour; and when ſtale, of a darkiſh dull colour; but when the meat is cut in pieces where the veins may be diſcern'd, obſerve as ſhall be preſently ſhewn in *Lamb* and *Veal.*

When Beef has been over-driven, there will, upon preſſing it hard, iſſue out a red juice from the veins, which will tincture your fingers, and it will alſo have a ſtrong ſmell, like Bull Beef. If you ſhould happen at any time to buy either of theſe to ſalt, make a ſtrong brine-pickle, boil'd and well ſcumm'd, and put the Beef into it, when cold, for 24 hours; then take it out, and ſalt it with dry ſalt.

To know MUTTON, *whether young or old, new or ſtale.*] If Mutton be young, the fleſh will pinch up tender, and preſently fall down again; but if old, it will wrinkle, and continue ſo; if young, the fat will eaſily part; but if old, will ſtick faſter, it being skinny and fibrous: but to try effectually, put ſome of it on a plate over a candle, or a gentle fire; and if it melt preſently, it is young; but if it hiſs

or

or melt ſlowly, it is old, or elſe *Ram Mutton*, which is alſo known by the cloſeneſs of the grain, and the deep redneſs and toughneſs of the fleſh. *Ewe Mutton* is known by being more looſe and pale than the fleſh of Weathers; but the colour and firmneſs does in a great meaſure depend upon the different ſorts of feedings. If the fleſh is paliſh, the fat of a faint white, inclining to yellow, it is a certain ſign of a rot. You may judge of the newneſs or ſtaleneſs of it in the ſame manner as in the directions for Veal or Lamb.

To know Good or Bad LAMB.] When you would buy a Fore-quarter of Lamb, caſt your eye on the vein in the Neck; and if it look of a yellowiſh hue, tho' the meat ſmell well at that time, yet it is about tainting, and will not keep good till the next day, if the weather be warm; and if it be greeniſh, it is already tainted: but if it look ruddy, or of a bluiſh colour, then it has not been long killed. If you buy a Hind-quarter, ſmell under the kidney, and try whether the joint of the knuckle be limber or ſtiff; and if there be a faint or ill ſcent in the one place, and (except it be killed when the creature is hot) an unuſual limberneſs in the other, it is not for your purpoſe, unleſs you dreſs it immediately, and your price ought to be accordingly.

To know Good or Bad VEAL.] If the vein in the Shoulder appear as in Lamb, you by the ſame rule may chuſe or refuſe it; and alſo, if it is clammy and grows more than uſual limber and ſoft, or if any ſpots of greenneſs appear about it, then it is tainting, or already tainted: it will ſmell muſty, if wrapt in wet cloths. The Loin firſt taints under the kidney; the Neck and Breaſt at the upper end, firſt ſhewing a faint yellow, and afterward a dusky green, which is the worſt ſymptom of tainting. The leg is known to be good or bad, by the livelineſs or changing of ſuch veins, or the ſmall ſtreaks that appear in it, according to the former directions, as clammineſs, *&c.* The fleſh of a Bull-Calf is redder, and of a firmer grain than that of a Cow-Calf, and the fat more curdling.

To know Good and Bad PORK *and* BRAWN.] If you ſee little kernels in the fat of the pork, like ſmall peas, then you may conclude it to be meaſly, and not wholſome. If the lean break, and feel ſoft and oily when it is pinched with the fingers, then it is young; as alſo if you can nip the skin with your nails, and the fat is ſoft and pulpy, like lard, you may know it is young; but when old, the lean will be tough, the fat very rough, ſpongy, and will not expand well between the finger and thumb, and the skin will be ſtubborn: theſe ſigns are likewiſe in the fleſh of a pigging Sow, eſpecially if the fleſh be extraordinary flabby, and the skin crinkled. But if it is the fleſh of a Boar, or a Hog gelt at full growth, then it will ſmell rammiſh, look redder than ordinary, or at leaſt of a dusky red, and the fat and lean will feel harder and tougher than uſual; the skin will be thicker, and not eaſily pinch'd up; and when it is, it will preſently fall again. If you would know whether it be new or ſtale, try the legs and hands, or ſprings, at the bone that comes out of the middle of the fleſhy part, by putting in your finger, and ſmelling to it, for it taints firſt in that place; the skin will alſo be ſweaty and clammy,

my, when ſtale; but ſmooth and cool, when new; and in like manner you muſt judge of the reſt.

BRAWN is known to be old or young, by the extraordinary or moderate thickneſs of the rind, and the hardneſs or ſoftneſs of it. The beſt is made of a Barrow, gelt when it is about 9 or 10 months old, and killed when it is about two years old.

To know Good and Bad VENISON.] To try the Haunches and Shoulders, put the knife as directed in the next article for Hams; and if it have a good ſcent, there is no danger but it may ſpend well; and for other parts, obſerve the colouring of the fleſh; if ſtale, it will look black, with ſome yellowiſh or greeniſh ſpecks; if it be old, the fleſh will be tough and hard, the fat more contracted, and of a skinny ſubſtance; the claws (if you can ſee them) will be large and broad ſpreading in the clefts, with a deep cleft, the heel horny and much worn; the griſtles dry; and upon breaking the bone, you will find the marrow much ſpent.

To know the Defects of dried HAMS, *and other* BACON.] To diſcover the defects in Hams, take a ſharp-pointed knife, and run it under the bone in the inſide of the Ham, about the middle; and quickly drawing it out, ſmell to it; and if it has a reliſhing flavour, and come out with little dawbing, then the Ham is good and ſweet; but if it ſmell rank, and the knife be much clouded, and the vent it made caſt a Hogo, then it is tainted; or if the fat, when it is cut, be firm, and well ſcented and white, it is a ſign the Ham is good; but if looſe and yellow, or of a ruſty colour, it is not good; but if not already tainted, will be ſo in a ſhort time. You may try a Gammon of Bacon in the ſame manner, and if the fleſh ſtick cloſe to the bones, and the fat to the lean, it is good; but if not, it is a ſign the Hog was diſeaſed, or it is inclining to be bad. When Bacon is ruſty, it will be of a murry colour in the extreme parts of the fat next the rind; the lean will be hard and pale, and ſometimes of a dark dirty colour. If Bacon gives much in moiſt weather, and is flabby and ſoft, then it has not been well ſalted and dried; and therefore muſt be quickly uſed, or it will grow naught.

To know moſt ſorts of FISH, *whether new or ſtale, &c.*

STURGEON.] If this fiſh be not well cured, it will never have its true goodneſs. To know this, cut it with a ſharp knife; and if it crumble or ſhiver, and feel rough and brittle between your finger and thumb, it is not for your turn: but if it be good, it will be a little tough, and ſqueeze oily out, in a manner like wax, look white, and in ſome places have blue ſtreaks or veins, the skin limber, feeling fat underneath, and emit a pleaſant ſcent.

Boil'd SALMON.] If the ſcales are bright and ſhining, of a light azure colour, the skin, when preſs'd down, riſing again quickly, the fleſh of a bluſhing colour, the flakes parting kindly, and large, without breaking, feel oily and moiſt between your fingers, and of a pleaſant ſcent, then it is good, and has not been made up again when damaged: But if the ſcales be cloudy, dark, eaſily ſlip off the skin, rough and ſtubborn, the flakes ſhort, dry

and

and brittle, then is the goodneſs gone from it, and is either decay'd fiſh, or has been recovered by pickle after damage.

Turbots, Cod, Freſh Salmon, Carp, Pike, Bream, Roch, Trout, Grayling, Ruff, Chub, Tench, Eel, Barbel, Whiting, Smelts, &c.] Theſe and all ſuch-like fiſh when dead, if new, will be ſtiff, and their eyes well ſtanding, of a lively colour for the time; but when they begin to taint, their own cold, ſlimy ſubſtance makes them limber, and the moiſture falling from the brain, renders the eyes more dull to appearance, and, as it were, ſhrinking or ſinking; their fins, tho' often wetted by the fiſhmongers to prevent it, will however crimple; ſhewing ſigns of approaching putrefaction, if not already tainted.

Thoſe that are by nature red about the gills, have a peculiar mark beſides all theſe; for the lively colour, as they grow ſtale, will fade, and become paler and paler, to a deadiſh colour: And by theſe rules you may generally make your judgment of all kinds of fiſh.

LOBSTERS.] The Cock is uſually ſmaller than the Hen, and of a deeper red, when boiled; neither has it any ſpawn or ſeed under its tail.

To know whether theſe be new or ſtale, unbind the tail, and if it be ſtiff in opening, and ſnap to again, then it is new; but if limber and flagging, it is ſtale: If new, it has a pleaſant ſcent at that part of the tail which joins to the body; if ſtale, a rammiſh faint ſcent. If it is ſpent, a white ſcurf will iſſue out among the roots of the ſmall legs, and at the mouth, To ſee whether it is full, open it with the point of a knife, on the bend of the tail, as it is tied down; and if it fill the ſhell there, and be red, hard, and pleaſant-ſcented, it is good; but if ſinking and ſoft, it is ſpent and waſted; for the fiſhmonger, to deceive the ignorant buyer, will only open them at the extreme part of the tail; and tho' they be waſted, they will appear well enough there. If you ſuſpect the claws filled with water, to make them weighty, as ſometimes they do, pull out a plug you will find there, and the water will guſh out.

CRAB-FISH, *Great and Small.*] If ſtale, the joints of their claws will be limber, the colour of their ſhells of a dusky red, and an ill ſcent juſt under the throat; their eyes will be very looſe, turn any way with the tip of your finger, and ſink inward.

PRAWNS *and* SHRIMPS.] If new, they will be hard and ſtiff, caſt a pleaſant ſcent, and their tails turn ſtrongly inward; but if ſtale, then limber, and will fade in their colour, ſcent faintly, and will feel clammy, unleſs in that to deceive you they have new-waſhed them; however, if they have, you may know it by their limberneſs and colour.

SALT COD, and OLD LING.] Are known to be good, when the flakes riſe well and oily, the bone parts clean from the fleſh, and they are of a bright, natural colour, and good ſcent; but they are bad when they break ſhort, are hard and dry, change colour, the bone dry and diſcolour'd, the skin rough, and ſticking cloſe, not well to be ſtirred or removed.

PICKLED HERRINGS, and PILCHARDS.] Open the back; if the fleſh be ſoft and mellow, kindly parting from the bone, comes out in long flakes, the bone white, and ſomewhat inclining to a light red, then

then are they new and good; but if the fleſh ſtick to the bone, be brittle and rough, the bone of a yellowiſh, blackiſh, or murry colour, they are ruſty, and of little worth.

RED HERRINGS.] If they carry a good gloſs, and the fleſh part kindly from the bone, and they be of a light, bright colour, they are good; but the contrary ſhews them decayed or ruſty.

FRESH HERRINGS, and MAYCRIL.] Their newneſs or ſtaleneſs is known by their keeping or loſeing their lively ſhining redneſs on their gills; for a deadiſh, fading colour, the frog within their gills turning dusky or blackiſh, with an ill ſcent, their fins crimpling and limber, and their eyes looking dry and dull, ſhew that they are ſtale, whereas the contrary denotes them new.

PLAICE, or FLOUNDERS.] If they be alive, this ſcrutiny needs not; but if the contrary, ſee if their eyes are any ways ſunk, or look very dull; if they be limber, and have an unuſual cold, clammy ſlime upon them, then are they ſtale; but if they be ſtiff, their eyes clear and moderately dry, their fins ſtiff, and not crimpling or ſhriveling together, it is a ſign of newneſs, or that they have not long been dead.

To diſtinguiſh theſe the one from the other, they being much alike in ſhape, obſerve theſe directions:

The *Plaice* has red or orange-colour'd ſpots on her back, her fins more ſpreading, of a tawnyiſh or brown colour on the back, and a more earthy white belly, her mouth ſtanding, as it were, more awry.

The *Flounder* is dusky, or cloudy on the back, without ſpots, thicker, and more compacted, and a kind of an azuriſh white belly.

MAIDS and THORNBACK.] The ſtaleneſs appears in theſe, by their eyes beginning to ſink, and look dull, their fleſh feeling flabby, and a ſlimy matter coming from their vent, their lips beginning to hang, and the corners of their mouths to be corrupted: But when no ſuch bad ſigns appear, they may well enough paſs for new.

Theſe fiſh are held to be one and the ſame in kind; but the Maid growing old, has thorns or prickles growing out upon her back, and is from thence called a Thornback.

ANCHOVIES.] Open the cork in the middle of the head of the barrel, put in your little finger, and taſte the pickle; if it taſtes mellow, has a good reliſh, and looks of a dusky red, then it is the natural pickle, and they may prove well; but if it be whitiſh, watery, rough, and very brackiſh, it ſignifies new pickle has been put to them. But to try the fiſh, open the backs of two or three of them; and if the fleſh be of a pleaſant red, ſoft and mellow, the bone moiſt and oily, the fleſh eaſily parting to good lengths, without breaking, then are they good; but if it be ſtiff, brittle, of a dusky colour, the bone dry and of a whitiſh yellow, or blackiſh, then they are decay'd, or have been ruſty, and artificially recovered, and conſequently naught.

To preſerve Fiſh a while when near tainted.] This is meant of freſh fiſh: The beſt way to do it, if they are not too far gone, is, Take out their guts, but do not wet them with water; then ſprinkle them within and without with ſalt, and lay them in rows, on flags or ruſhes, in a cool dry cellar, but ſuffer them not to touch one another; then cover them with Hyſſop, or Winter-ſavoury, and ſo they will keep 24 hours

hours pretty well, the herbs drawing the ſcent from them, and the ruſhes the moiſture and ſlime; but they will afterwards be better boiled or baked, than fry'd, ſtew'd, or roaſted, unleſs they are ſtew'd with ſpice and wine.

How to buy Butter *and* Eggs, *and chuſe good* Cheeſe *and* Bread.

IF you are to buy Butter, eſpecially of Higglers or Carriers, or of ſuch as you ſuſpect they have ſold it to, take not the taſte they give you, but taſte it yourſelf at a venture, leſt a well-taſted and ſcented piece may be purpoſely placed in the pound to deceive you; for when ſalt Butter is rank and decay'd, they work it up with water, and make freſh Butter of it, ſuch as is ſometimes cry'd about for four pence-halfpenny a pound; for the water, by much working, takes out the ſaltneſs, and much of the rank ſcent; but then the ſtrength and nouriſhing part is loſt, and in melting it turns to a faint oil, or wheyiſh ſubſtance, not fit for uſe. Salt Butter is better ſcented than taſted, by clapping a knife into it, and preſently putting it to your noſe: If it be a cask, truſt not the top only, for that may be purpoſely packed; but unhoop it to the middle, and thruſt your knife there through the creviſe of the ſtaves; and ſo you may be too hard for the deceiver.

Eggs are ſometimes brought by ſea, and ſometimes far by land, and conſequently long in coming, and ſo grow naught. To know this, if you have not the opportunity of a candle, hold them up againſt the ſun; and if the white appears of a muddy or cloudy colour, and the yolk lies not round, or is broken in any, then are they naught; but if they be clear and fair, then they are good. If you have none of theſe advantages, you may inform yourſelf by ſhaking them; and if they ſwag much, they are waſted, and perhaps their yolks are broken, and they addled; tho' ſome new eggs will ſhake a little, but not ſquaſh ſo as you can hear the ſhaking to any purpoſe. The beſt way to keep them long, is in Bran, or Meal, tho' ſome do it in ſand.

How to judge of good CHEESE *and* BREAD.] I ſhall ſay little of theſe, becauſe every one loves to pleaſe his palate herein; tho' if the larger ſorts of cheeſe be very rough-coated, dry, and rough or rugged, as if worm-tracks appeared, beware of weavels, little worms, or mites in it: If it be over-moiſt and ſpongy, 'tis ſubject to maggots; two defects proceeding from ill making. If you ſee any ſoft or periſh'd places on the outſides, try them with a cheeſe iron, or ſcoop, to know how far they go, that you may know what you buy.

If among your *Bread* you find little knots or knobs, old bread has been maſh'd with it. If your bread taſtes ſweet, it has been made of grown corn, and will ſoon be muſty: If it be gritty or rough, then is it made of ſmutty or waſhed corn, that has loſt much of its virtue and nouriſhing quality, by waſhing, drying on kilns, and the like: If rye be mix'd among wheat, the bread will be more moiſt, and of a ſad colour, and any reaſonable palate may taſte and diſcern it.

AS Apples, Pears, Quinces, Nectarines, Peaches, and other ſorts of fruit contribute ſo large a ſhare to the *Paſtry*, and the *Deſſert*; our Readers will doubtleſs be well pleaſed with the following uſeful Article.

The MYSTERY *of the* FRUITERERS;

CONTAINING

The moſt approved ways to gather, keep, *and* order *divers ſorts of* FRUIT *and* BERRIES, *to have them ſound, and with their natural* Scent *and* Taſte, *in all Seaſons of the Year.*

Of gathering Fruit in Seaſon, &c.

IN gathering Fruit in ſeaſon, if you deſign them to be long laſting and unperiſhed, there ought to be great care taken: Wherefore in general, for all Fruits growing on Standard-trees, you muſt have ſuch a ladder as may bear lightly on the boughs, ſo as not to endanger their breaking, and bruiſing the Fruit.

Gather your Fruit by the ſtalks, to prevent bruiſing of them; do it when they are well ripening, but not over-ripe; and have a basket to put them in, with a hook to hang on the round of the ladder, or ſome convenient boughs, laying fern or nettles in the bottom, to keep 'em from preſſing by their weight too hard; lay them gently in, and as gently out into the Receiver, and never proceed to gather them in a wet day, nor ſo early in the morning as that the ſun has not time to draw up the moiſture from them, leſt the dampneſs ſoon periſh them; and where fruit, eſpecially Stone-fruit, is not all ripe at once, gather them as they ripen, and ſo thoſe that remain (having the greater advantage of the ſap) may ripen the kinder, and grow larger: Gather thoſe that have no ſtalk to hold by, with a tender hand; lay them not on heaps, but ſingly on nettles, or ſome ſuch weeds not offenſive in ſmell; and they will not only perfect their ripeneſs, but ſweat out their ſuperfluity, and be ſweeter in taſte. Keep them in dry places; and if the weather be hot, let the cool North, Eaſt, or Weſt winds breath on them, by the opening of windows, or other conveniencies, in clear, dry days.

To know whether Pears or Apples be ripe, gather one from the middle of the tree, cut it in the middle, and if there be a great hollowneſs, and the kernels ſeem looſe, they are of a ſufficient ripeneſs.

Apricots, Nectarines, and ſuch-like, are known in ripeneſs by the ſtones eaſily parting from the fruit, and growing of a dusky colour. As for other things, your judgment will direct you, by ſeeing, handling, ſmelling, and taſting.

When you gather Quinces, rub off gently the woollineſs, pack them in ſtraw, and in a dry cask, with a layer of Straw between each layer of fruit; for they are very ſubject to mouldineſs and rotting upon the leaſt contracted moiſture, and muſt be

be placed at a diſtance from other fruit, becauſe their ſcent is offenſive to them.

If you gather Medlers, or Services, you muſt do it before they are ripe, juſt when they are turned brown; and by laying the firſt in ſtraw, thinly, and hanging the other upon lines in bunches, they will kindly ripen of themſelves.

As for your winter apples, it is proper to gather them without the ſtalks, becauſe the ſtalks will ſooneſt periſh and wither.

How to ſtow and order Fruit, the better to keep them ſound and long in the Fruit-loft, or Ware-houſe.

1. Your Winter-fruit, in this caſe, muſt not be too hot nor too cold, too cloſe nor too open, but removed from all offenſive ſmells; for if any be near them, they will be apt to attract it, and ſpoil their taſte, alſo it will corrupt them.

2. The proper place to ſtow 'em in, is a low room or cellar, clean and ſweet, either paved or boarded, but not too ſtifling or cloſe; and into theſe it will be proper to lay or ſhift your Winter-fruit at *Chriſtmas*; and with ſhifting and airing at convenient times, you may let them continue there till the middle of *March*, ſtopping in extreme froſty weather all the crevices with a little ſtraw, to keep out the froſt and bleak winds.

3. When the warm air returns, brought by the influence of the ſun, if you find any conſiderable defect among your Fruit, remove them from thoſe cloſe places to airy, lightſome, ceiled rooms, giving them freſh ſtraw, and leaving a window open in all clear, dry days, letting in the ſun-beams as much as may be. Obſerve, that when you have placed your Fruit in cellars, there be no damp, ſweaty walls; for they will caſt a mouldineſs, and that will bring a ſpecking, and total rot in time among them; beſide, it much abates the natural taſte and ſcent of thoſe that remain ſound; and thus you may order them till *Michaelmas*. Some ſorts of fruit there are that rarely laſt beyond *Allhallow-tide*; but by this management they have been kept much longer well condition'd.

To rub them over with the juice of *Spearmint*, but not to let the moiſture long continue on them, is a great preſerver of Winter-fruit.

4. Thoſe that are earlieſt ſubject to decay, it is proper they ſhould be laid by themſelves: Thoſe that uſually continue till *Chriſtmas*, by them-ſelves: Thoſe that uſually continue till *Shrove-tide* by them-ſelves; and Pearmains, John-Apples, Pippins, and Winter-Ruſſettings, which laſt all the year, are proper to be laid by themſelves.

5. As for Pears, they keep very long, many of them all the year; as, the Winter-Bon-Chreſtien, the Great Kareville, the Black pear of *Worceſter*, the Bloſſom-pear, *&c.*

6. There are other apples than what I have named, that may be managed to keep till new ones come again; *viz.* the Golden-Ducat, the Bon-Pearmain, the Reneting, and many more I might name; but they being well known to thoſe who deal in fruit, for brevity's ſake I omit.

7. As for thoſe that are ſpeck'd, take them away, and diſpoſe of them whilſt a good part remains ſound, leſt they infect the reſt. Put no fallings among laſting fruit, but rather make Cyder, Perry, Pies, Tarts, *&c.* of them, which will turn to a greater advantage. You need

need not turn the moſt laſting fruit, unleſs you ſee great occaſion, till *Chriſtmas*, and then ſhift their ſtraw, if it be any-ways damp; however, turn it well, and lay it hollow; then you may let them remain till *Whitſuntide*, and ever obſerve in your turning, to lay your heap lower and lower: But obſerve never to handle any in a great froſt, but thoſe you take for preſent uſe, unleſs they lie in a very warm cellar; nor for a time afterward, becauſe at any conſiderable thaw their giving and dampneſs makes them ſoft, and the leaſt bruiſe will ſubject them to rot: alſo in great rains, or exceeding damp airs, forbear to meddle with them; yet ſet open the windows, if the weather be warm, to air them.

8. Whether you are to carry them by water, or by land, obſerve you do it not in froſty weather, nor in *March*, when the winds are ſharp and high; nor in the extreme heat of ſummer; but in moderate weather, and they will be the longer laſting.

To keep Grapes, Goosberries, Apricots, Peaches, Nectarines, Cherries, Currans, and Plums, the whole Year.

Take fine dry ſand, that has little or no ſaltneſs in it; make it as dry as poſſible, with often turning in the ſun; gather your fruits when they are juſt ripening, or coming ſomething near ripeneſs; dip the ends of their ſtalks in melted pitch, or bees wax; and having a large box, to ſhut down with a cloſe lid, dry your fruit in the ſun a little, to take away the ſuperfluous moiſture, and lightly ſpread a laying of ſand in the bottom of the box, and a laying of fruit on it, but not too near each other; then ſcatter ſand, with much evenneſs, about an inch thick over them, and ſo another laying, till the box be full; then ſhut the lid down cloſe, that the air may not penetrate; and always, as you take out any, lay them even again; and ſo you will have them fit for Tarts, or other uſes, till new ones come again; and if they are a little wrinkled, waſh them in warm water, and it will plump them up again. You may uſe Millet, inſtead of ſand, if you think it convenient.

To keep Figs and Stone-fruit ſound, and fit for uſe, all the year.

Take a large earthen pot, put the fruit into it in layings, their own leaves being between them; then boil up water and honey, ſcumming it till no more will riſe; but make it not too thick of the honey, and pour it in warm to them; ſtop up the veſſel cloſe; and when you take them out for uſe, put them two hours in warm water, and they will have in a great meaſure their natural taſte.

To keep Strawberries, Raspberries, Currans, Goosberries, and Mulberries.

Take new ſtone-bottles, air them well in the ſun, or by a fire; dry your fruit from ſuperfluous moiſture, to prevent its ſweating; take off the ſtalks, and put them into the empty bottles, by a fire, that may draw out as much of the air as may be; then ſuddenly cork them up, and tie down the corks with wires; let the corks be ſound, and not any-ways viſibly porous; for if they be, the air will come in abundantly, and corrupt the fruit; then in a moderately cool place cover the bottles with ſand, laying them ſideways, and the cloſeneſs will preſerve them.

Some Obſervations in buying Fruits, Engliſh *and Foreign.*

AS for Cherries, Strawberries, Apricots, Plums, Currans, Goosberries, Mulberries, Malacatoons, or the ſeveral ſorts of Peaches, or any ſuch-like fruits, your taſte, feeling, and eye, will inform you whether they are ripe, under-ripe, or over-ripe; ſome delighting in them in one condition, and ſome in another: But my purpoſe reaches farther, which is to prevent your buying periſh'd, prick'd, or muſty fruit, which may yet bear a fair outſide, and deceive you.

If you doubt Pears, whether ſound or not, tho' they may feel well; pull at the ſtalk, and if it comes out eaſily, with the ſpires belonging to it, and they look of a ruſty, darkiſh colour, then is the Pear periſhing at the core.

In Apples, tho' outwardly appearing firm, if there be a ſpeck where the ſtalk grew, the core is periſhing, and they will not long keep, if they be not already decay'd. And the like obſerve by Quinces, at either end, either the ſtalk-place, or the bloſſom-end; for either of theſe two places being ſpeck'd or tainted, they are more dangerous than any ſpeck, tho' much larger, in another place, becauſe they putrify to the heart or centre. Muſtineſs in theſe fruits is diſcerned by their roughneſs, and deadiſh or paliſh colour, to what in their lively condition they ſeem.

Oranges and *Lemons*, whether dry, or full of juice, are known by their weight; their goodneſs by their perfection of colour: if they be prick'd, they will be ſoft, and ſome ſpots appear, or bruiſed places; then they are for the moſt part black at heart, and periſhing.

Pomegranates are known to be full or empty, by their rattling, or not rattling; their goodneſs by the rednes of their berries or ſeeds.

As for ROOTS, HERBS, FLOWERS, *&c.* it is unneceſſary to give an account of them, they being ſo well and commonly known to the buyer.

TERMS of ART in CARVING.

BArbel *to* tuſk
Bittern, *to* diſjoint
Brawn, *to* leach
Bream, *to* ſplay
Buſtard, *to* cut up
Brew, *to* untach
Capon, *to* ſouce
Chevin, *to* fin
Chicken, *to* fruſh
Coney, *to* unlace
Crab, *to* tame
Crane, *to* diſplay
Curlew, *to* untach
Deer, *to* break
Eel, *to* tranſon
Egg, *to* tire
Flounder, *to* ſauce
Gooſe, *to* rear
Haddock, *to* ſide
Hen, *to* ſpoil
Hern, *to* diſmember
Lampry, *to* ſtring
Lobſter, *to* barb
Mallard, *to* unbrace
Partridge, *to* wing
Paſty, *to* border
Peacock, *to* diſfigure
Pheaſant, *to* allay
Pigeon, *to* thigh
Pike, *to* ſplat
Plover, *to* mince
Quail, *to* wing
Salmon, *to* chine
Small Birds, *to* thigh
Sturgeon, *to* tranch
Swan, *to* lift
Tench, *to* ſauce
Trout, *to* culpon
Turkey, *to* cut up
Woodcock, *to* thigh.

INSTRUC-

INSTRUCTIONS *for* CARVING, *according to the foregoing Terms of Art.*

To unjoint a Bittern.] Raiſe the wings and legs as a Hern, which ſee, and uſe no other ſauce but ſalt.

To cut up a Buſtard.] See Turkey.

To ſauce a Capon.] Lift up the right leg, and ſo array forth, and lay in the platter; ſerve your Chickens in the ſame manner, and ſauce them with green ſauce, or verjuice.

To unlace a Coney.] Turn the back downward, and cut the flaps or apron from the belly or kidney; then put in your knife between the kidneys, and looſen the fleſh from the bone on each ſide; then turn the belly downward, and cut the back acroſs between the wings, drawing your knife down on each ſide the back-bone, dividing the legs and ſides from the back: pull not the leg too hard, when you open the ſide, from the bone, but with your hand and knife neatly lay open both ſides from the ſcut to the ſhoulder; then lay the legs cloſe together.

To diſplay a Crane.] Unfold his legs, then cut off his wings by the joints; after this take up his legs and wings, and ſauce them with vinegar, ſalt, muſtard, and powder'd ginger.

To unbrace a Duck, or Mallard.] Raiſe up the Pinions and Legs, but take them not off, and raiſe the merry-thought from the breaſt; then lace it down each ſide of the breaſt with your knife, wriggling your knife to-and-fro, that the furrows may lie in and out. After the ſame manner unbrace a Mallard.

To rear a Gooſe.] Take off both legs fair, like Shoulders of lamb; then cut off the belly-piece round cloſe to the end of the breaſt; then lace your Gooſe down on both ſides of the breaſt half an inch from the ſharp bone; then take off the pinion on each ſide, and the fleſh which you firſt laced with your knife; then raiſe it up clean from the bone, and take it off with the pinion from the body; then cut up the merry-thought; then cut from the breaſt-bone another ſlice of fleſh, quite through; then turn up your carcaſe, and cut it aſunder, the back-bones above the loin-bones; then take the Rump-end of the back-bone, and lay it in a diſh, with the skinny ſide upwards; lay at the fore-end of it the merry-thought, with the skinny ſide upwards, and before that the apron of the Gooſe; then lay the pinions on each ſide contrary, ſet the legs on each ſide contrary behind them, that the bone-ends of the legs may ſtand up croſs in the middle of the diſh, and the wing-pinions may come on the outſide of them; put the long ſlice, which you cut from the breaſt-bone, under the wing-pinions on each ſide, and let the ends meet under the leg-bones, and let the other ends lie cut in the diſh betwixt the leg in the pinion; then pour in your ſauce under the meat, throw on ſalt, and ſerve it to table.

To diſmember a Hern.] Take off both the legs, and lace it down the

breaſt on both ſides with your knife, and open the breaſt-pinion, but take it not off; then raiſe up the merry-thought between the breaſt-bone, and the top of it; than raiſe up the brawn; then turn it outward upon both ſides, but break it not, nor cut it off; then cut off the wing-pinions at the joint, next the body, and ſtick in each ſide the pinion in the place you turn'd the brawn out; but cut off the ſharp end of the pinion, and take the middle piece, and that will juſt fit in the place. You may cut up a Capon or Pheaſant the ſame way.

To unbrace a Mallard.] This is done the ſame way as to unbrace a Duck; which ſee.

To wing a Partridge.] Raiſe the legs and wings, and ſauce them with wine, powder'd ginger, and a little ſalt.

To allay a Pheaſant.] Do this as you do a Partridge, but uſe no other ſauce but ſalt.

To wing a Quail.] Do this the ſame way as you do a Partridge.

To lift a Swan.] Slit the Swan down in the middle of the breaſt, and ſo clean through the back, from the neck to the rump; then part it in two halves, but do not break or tear the fleſh; then lay the two halves in a charger, with the ſlit ſides downwards; throw ſalt upon it; ſet it again upon the table; let the ſauce be chaldron, and ſerve it in ſaucers.

To break a Teal.] Do this the ſame way as you do a Pheaſant.

To cut up a Turkey.] Raiſe up the leg fairly, and open the joint with the point of your knife, but take not off the leg; then with your knife lace down both ſides of the breaſt, and open the breaſt-pinion, but do not take it off; then raiſe the merry-thought betwixt the breaſt-bone, and the top of it; then raiſe up the brawn; then turn it outward upon both ſides, but break it not, nor cut it off; then cut off the wing-pinions at the joint next the body, and ſtick each pinion in the place you turned the brawn out; but cut off the ſharp end of the pinion, and take the middle piece, and that will juſt fit in the place. You may cut up a Buſtard, a Capon, or a Pheaſant, the ſame way.

To thigh a Woodcock.] Raiſe the wings and legs as you do a Hen, only lay the head open for the brains; and as you thigh a Hen, ſo you muſt a Curlew, Plover, or Snipe, excepting that you have no other ſauce but ſalt.

A BILL of FARE, for every Month in the Year.

JANUARY.

Firſt Courſe.

SOUPS of Peaſe, Gravy, Herb, Fiſh, Vermicelli, *&c.*

Fiſh; as Biſque of Fiſh, Carp, Soles, or Tench ſtew'd, Turbot, Flounders, Plaiſe, Cod, Thornback, or Scate boil'd, *&c.* Whitings broil'd or boil'd

Bacon or pickled Pork, and Fowls and Greens in one diſh

Calf's head, or Knuckle of Veal, and Bacon and Greens

Collar of Brawn

Leg of Pork boil'd with Turneps, and Peaſe Pudden

Leg of Lamb and Spinach

Briſket of Beef ſtew'd

Ache-bone of Beef, or Rump, either boil'd

boil'd with Greens, or roaſted with Horſe-radiſh, *&c.*
Turkey and Chine
Neats Tongue and Udder
Pullets roaſted and Eggs
Veal, roaſted, ragou'd, boiled, *&c.*
Paſtry; as, Puddens and Pyes of various Sorts, Pancakes, Fritters, minc'd Pyes
Scots Collops
Brocoli, Aſparagus, Spinach, Cabbage-Sprouts, Coleworts, Cabbages, Savoys, Red and White Beets, Carrots, Potatoes, Horſe-radiſh, Onions, Parſnips, Turneps, Leeks, Thyme, Sage, Parſley, Celery, Endive, Winter-ſavoury, *&c.* are Garden ſtuff, to be had in this Month, as well as in the ſucceeding Spring Months.

Second Courſe.

Poultry; as, Wild Fowl of all ſorts, Gooſe or Turkey, Chickens roaſted with Aſparagus
Fiſh; as, Jowl of Sturgeon, Marinated Fiſh
Roaſt Beef with Greens, or Horſe-radiſh
Quarter of Lamb
Hare roaſted, with a Pudden
Chine of Mutton roaſted, with Pickles
Pig roaſted, or collar'd
Calf's Head, or Hog's Head roaſted
Dry'd Tongues
Paſtry; as Butter'd Apple-pyes, hot, Lamb and other Pyes
Fruits of all Sorts; or Sweet-meats.

FEBRUARY.

First Courſe.

Soups of different ſorts
Poultry; as Hen, or Turkey, with Oyſter ſauce, or Eggs
Fiſh; as, Turbot, Cod's head, *&c.* boil'd; Tench, Carp, *&c.* ſtew'd; Pike roaſted, with a Pudden in its belly; Whiteings, Plaiſe, Flounders, boil'd or broil'd; Eels ſpitchcock'd, or broil'd, or boil'd
Salt Fiſh and Eggs, or Parſnips
Salmagundy
Scots Collops
Ham and Chickens, with Sprouts, or Brocoli, Lupines, *&c.*
Beef Marrow-bones, and black Puddens
Chine of Mutton and Caper ſauce
Marrow and other Puddens.

Second Courſe.

Poultry; as, Chickens and Aſparagus, roaſted Partridges, or Quails, Squab Pigeons, Young Rabbets roaſted or fricaſy'd; Turkey
Fiſh; as, Sole, Flounder, Lobſter, Sturgeon, *&c.*
Paſtry; as, Tarts, Cheeſe-cakes, Pear-pye and Cream, hot Butter'd Apple-pye, *&c.*
Sweetmeats
Fruits of all Sorts.

MARCH.

First Courſe.

Soup of Gravy, Herbs, Fiſh, Peaſe, *&c.*
Fiſh of all ſorts, either fry'd, broil'd, ſtew'd, or boil'd; as, Carp, Tench, Turbot, Mullets, *&c.*
Neats Tongue and Udder, with Greens, Roots, *&c.*
Stew'd Veal
Knuckle of Veal boil'd with Greens
Ham and Chickens, or Pigeons
Ache-bone, or Buttock of Beef, with Greens and Roots
Ache-bone, or Rump, or Sir-loin, or Ribs of Beef roaſted, with Pickles, Horſe-radiſh, *&c.*
Paſtry; as, Marrow Puddens, Hogs Puddens, Almond Puddens, Battalia, and other Pyes.

Second Course.

Poultry; as, Chickens and Asparagus, Knots, Ruffs, Reeves, or Ducklings, Quails
Fish; as, Broiled Pike, Salmagundy
Pastry; as, Skerret-pye, Tongue slic'd with Butter, Pear-tarts, with Cream, Jellies of all sorts, Puffs of Apples, Marrow-puddens, Yolks of Eggs, *&c.* Shrewsbury Cakes, *&c.*
Fruits of all sorts; as, Apples, Pears, Figs, China Oranges, dry'd Grapes, French Plums, Almonds, Raisins, in this as in the Two preceding Months.

APRIL

First Course.

Poultry; as, Bisque of Pigeons, Rabbets or Chickens fricasy'd.
Fish; as, Maycril with Goosberry Sause, if to be had; Carp, Tench, *&c.* stew'd or boil'd.
Beef boil'd, roasted, or stew'd
Calf's head or Knuckle of Veal, or Fowls with Bacon and Greens, as Brocoli, Spinach, *&c.*
Neck of Veal boil'd with Rice
Ham and Chickens, or Pigeons, with Brocoli, or other Greens
Chine of Veal or Leg of Lamb, with Spinach, boil'd or stew'd
Scots Collops
Pastry; as, Lumber-pye, Veal or Lamb-pye, *&c.*

Second Course.

Poultry; as, Green Geese, Ducklings roasted, or sucking Rabbets, Chickens, and Asparagus
Fish; as, Butter'd Sea-Crabs, fry'd Smelts, roasted Lobsters, Lobsters and Prawns, Crab-fish, Marinated Fish, pickled Salmon or Herrings, souc'd Mullets
Roast Lamb, with Cucumbers or French Beans, if to be had
Pastry; as, Hot buter'd Apple-pye, Tarts, Cheese-cakes, Custards, Rock of Snow and Syllabubs
Fruit of all sorts; as, Nonpareils, Pearmains, Russet-pippens, Bonchretien Pears, *&c.* Cherries and Raspberries, if to be had.

MAY.

First Course.

Poultry; as, Roasted Fowls, forc'd
Fish; as Jowl of Salmon, boil'd with Smelts, *&c.* Carp and Tench stew'd; Collar'd Eel with Cray-fish, *&c.* Roasted Lobsters, Bisque of Shell-fish
Boil'd Beef, Mutton, Veal, with Greens, Roots, *&c.*
Calf's Head
Breast of Veal ragou'd
Chine of Mutton with Pickles
Neats Tongue and Udder, roasted or boil'd, with Cauliflower or Brocoli, if to be had
Beans and Bacon
Pastry; as, Boil'd Puddens of several sorts, Chicken or other Pyes

Second Course.

Venison; as, Haunch of Venison, Leverets or Fawn roasted, Quarter of Kid, *&c.*
Poultry; as, Turkey-pouts or Quails, young Ducks, Green Geese, roasted
Fish; as, Collar'd Eels, roasted Lobsters, Prawns, or Cray-fish
Asparagus upon Toasts
Green Pease
Pastry; as, Orangado-pye, Tarts, Custards, Cheese-cakes, Creams, *&c.*
Fruits; as, Apples, Strawberries, Cherries, *&c.*

JUNE.

First Course.

Venison; as, Haunch roasted or boil'd, with Cauliflowers, *French* Beans, *&c.*

Poultry;

Poultry; as, Fricaſy of Chickens, or young Rabbets; boil'd Pigeons with Bacon and Greens
Fiſh; as Stew'd Carp, Tench, Soles, boil'd Trouts, Mullets, Maycril, Salmon, roaſted Pike, or Barbels
Lamb and Mutton with Cauliflowers, Cabbages, Kidney-beans, *&c.*
Beans and Bacon
Breaſt of Veal ragou'd
Ragou of Lamb-ſtones and Sweetbreads
Weſtphalia or *Yorkſhire* Ham, with young Fowls
Beef and Cauliflowers
Roaſted Pig
Paſtry; as, Marrow Puddens, Veniſon Paſty, Umble Pye, *&c.*

Second Courſe.

Veniſon; as, Roaſted Fawn, Leverets
Poultry; as, Pheaſants or Turkey Pouts, young Ducks, young Rabbets, Quails
Fiſh; as, Lobſters, Prawns, or Crayfiſh, Jowl of Sturgeon, Fry of ſpitchcock'd or collar'd Eels, Chine of Salmon, butter'd Crabs
Peaſe, or Skirrets
Paſtry; as, Potatoe Pye, Tarts, Cuſtards, Cheeſe-cakes, Creams, Jellies, Syllabubs
Fruits of all ſorts; as, Cherries, Raſpberries, Strawberries, Junetin Apples and Pears, ſome early Figs, Currans, early Apricots.

JULY.

Firſt Courſe.

Veniſon; as, Haunch roaſted or boil'd
Poultry; as, Pigeons, Fowls and Bacon, *&c.* Green Geeſe
Fiſh; as, Freſh Salmon boil'd, Carp and Tench ſtew'd, Maycril, Turbot, Trouts, boil'd with butter'd Lobſters
Beans and Bacon
Calf's head, with Bacon and Greens, or Cauliflowers
Scots Collops
Chine of Veal
Pig, larded
Beef, or Mutton, boil'd or roaſted
Ham and Chickens, with Cauliflower, Cabbage, *&c.*
Roaſted Geeſe, or Ducklings
Paſtry; as, Pigeon Pye, Pudden of ſeveral ſorts; Patty Royal, *&c.* Veniſon Paſty.

Second Courſe.

Veniſon; as, The Shoulder roaſted; Potted Veniſon, in ſlices; Hare, roaſted
Game and *Poultry*; as, Young Ducks, tame or wild, Partridges, Quails, Pheaſant Pouts, Turkey Pouts, Pigeons, Rabbets, *&c.*
Fiſh; as, Sauced Maycril, Lobſters, or Prawns, Marinated Fiſh
Potted Beef in ſlices
Collar'd Beef in ſlices
Peaſe.
Paſtry; as, Tanſy, Tarts, Cuſtards, Cheeſe-cakes, Jellies
Fruit; as, Pine Apples, Plums, early Grapes, early Peaches and Apricots, Currans, Goosberries, Raſpberries, ſome Strawberries, Apples, Pears, Cherries, Filberts.

AUGUST.

Firſt Courſe.

Veniſon; as, Haunch boil'd, with Cauliflowers, Cabbages, or French-beans; or roaſted with Gravy and Claret ſauce
Poultry; as, Fricaſy of Chickens or Rabbets, forc'd Fowls, or Fowls *à la Daube*; Rabbets and Onions, roaſted Turkeys larded, Green Geeſe.
Fiſh; as, Tench or Carp ſtew'd, Biſque of Fiſh

Pig roaſted
Beef à-la-mode
Beans and Bacon
Chine of Mutton with Pickles, or French Beans, or ſtew'd Cucumbers
Ham and Chickens
Paſtry; as, Pigeon Pye, Umble Pye, Veniſon Paſty
Florendines.

Second Courſe.

Poultry; as, Turkey Pouts, Pheaſants or Partridges, roaſted Chickens, young Ducks
Fiſh; as, Lobſters roaſted or cold, Butter'd Crabs in ſhells, or on Toaſts, Broil'd Pike, Spitchcock'd Eel, Collar'd Eel, Salmagundy, Marinated Fiſh
Calf's liver, or Ox-heart ſtuffed and roaſted with Gravy ſauce
Pork Griskins
Collar'd Pig
Potted Veniſon, in ſlices
Collar'd Beef in *ditto*
Peaſe
Paſtry; as, Tanſey, Tarts, Jellies, Creams, Sweetmeats, Rock of Snow, and Syllabubs
Fruits; as, Melons, Grapes, Apples, Pears, Figs, Mulberries, Raſpberries, Currans, Peaches, Apricots, *&c.*

SEPTEMBER.

Firſt Courſe.

Veniſon; as, the Haunch, *&c.*
Poultry; as, Roaſted Geeſe, Pigeons and Bacon boil'd, Rabbets and Onions, Pullets and Oyſters, with Bacon
Fiſh; as, Skate or Thornback, Biſque of Fiſh
Boil'd Beef and Garden-ſtuff
Leg of Pork with Greens
Knuckle of Veal, Bacon and Greens
Chine of Mutton with a Sallad and Eggs
Boil'd Leg of Mutton with Turneps
Calf's Head and Bacon
Paſtry; as, Pigeon, or Squab Pye, Pork Pye, a Pye with Rabbets and Pork Steaks, Lumber Pye, Veniſon Paſty, Beef-ſteak Pye, Pork Pye with Potatoes cut in Dice, Veal Pye, Battalia Pye.

Second Courſe.

Poultry; as, Ducks, Partridges, Pheaſants, Teals, Wigeons, roaſted
Fiſh; as Spitchcock Eel, fry'd Smelts, and Soals, Jowl of Sturgeon, pickled Salmon, collar'd Eel, Lobſters
Roaſted Shoulder of Mutton
Collar'd Beef in ſlices
Collar'd Pig, in *ditto*
Cold Neats Tongue in *ditto*, with Butter
Peaſe
Artichokes
Paſtry; as, Hot butter'd Apple-pye, Cheeſe-cakes, Tarts, Creams, Jellies
Fruit; as, Melons, Apples, Pears, Figs, Peaches, Nectarins, Morello Cherries, Currens, Grapes, Mulberries, *&c.* Walnuts, Filberts.

OCTOBER.

Firſt Courſe.

Veniſon; as, Haunch of Doe, boil'd with Garden-ſtuff
Poultry; as, Biſque of Pigeons, Geeſe roaſted, Turkey with Oyſters
Fiſh; as, Cod's head with Shrimps and Oyſter ſauce, Tench or Carp ſtew'd, Gurnets
Ham and Fowls, with Roots and Greens
Bacon or Pickled Pork and Fowls, or Pigeons with *ditto*
Turkey and Chine
Chine of Veal and Ragou
Chine of Mutton and Pickles
Powder'd Beef, with Roots and Greens

Neats

Neats Tongue and Uddet roaſted
Scots Collops
Pork ſalted and boil'd with Greens, *&c.* and a Peaſe Pudden
Paſtry; as Lumber Pye, Veniſon Paſty, Mutton Pye, Pigeon Pye.

Second Courſe.

Poultry; as, Wild Ducks, Teals, Wigeons, Eaſterlings, Woodcocks, Snipes, Larks upon Scuers, Partridges, Pheaſants
Fiſh; as, Eels boil'd, Smelts fry'd, Chine of Salmon broil'd or fry'd with Anchovies and Shrimp ſauce, Salmagundy
Artichokes
Slic'd Tongue and Pickles
Paſtry; as, Tarts, Cuſtards, Cheeſecakes, Jellies, Creams, Quince Pye, Potato Pye, *&c.*
Fruit; as, Apples, Pears, Peaches, Nectarins, Plums, Grapes, Mulberries, Figs, Walnuts, *&c.*

NOVEMBER.

Firſt Courſe.

Stew'd Beef in Soup, or good Broth
Poultry; as, Turkey boil'd with Garden-ſtuff, roaſted Geeſe, Hen-Turkey roaſted with Oyſter ſauce, Rabbets and Onions
Fiſh; as, Tench or Carp ſtew'd, Diſh of Gurnets, ſcollop'd Oyſters and ſtew'd Carp
Boil'd Leg of Pork with Turneps and Greens
Boil'd Haunch of Doe Veniſon with Herbs and Roots
Leg of Mutton boil'd with Greens, *&c.*
Boil'd Fowls and Bacon, or Ham, or Pickled Pork and Greens
Chine of Mutton roaſted, and Pickles
Chine of Veal, with Pickles
Breaſt of Mutton ragou'd
Ragou'd Veal
Calf's Head boil'd, grill'd, or haſh'd
Ox cheek ſtew'd or bak'd
Paſtry; as, Veniſon Paſty, Minc'd-Pyes.

Second Courſe.

Poultry; as, Woodcocks, Snipes and Larks, Partridges, Pheaſants, Wild Ducks, Wigeons, Teals
Fiſh; as, Smelts fry'd, Chine of Salmon *ditto*, Marinated Fiſh
Neats Tongue in ſlices, with Pickles
Collar'd Beef, in *ditto*
Potted Beef, potted Hare, potted Pigeons, *&c.*
Paſtry; as, Hot butter'd Apple Pye, Pear Pye with Cream, Potato Pye, Quince Pye, Jellies, Tarts, Cheeſecakes
Fruits; as, Apples, Pears, Walnuts, Cheſnuts, dry'd Plums, Grapes, *&c.*

DECEMBER.

Firſt Courſe.

Soups of Gravy or Peaſe; or Plum-pottage
Poultry; as, Boil'd Pullets and Oyſter ſauce, or with Sauſages, Rabbets and Onions, Hare grigg'd, Pigeons and Bacon
Fiſh; as, Cod's Head, with Shrimp and Oyſter ſauce, and garniſh'd with Smelts or Gudgeons, ſtew'd Carp or Tench, with Eels ſpitchcock'd or fry'd, ſtew'd Soles, Turbot, *&c.* Oyſters before dinner
Ham and Fowls, boil'd with Greens
Buttock of Beef *ditto*
Leg of Pork, Greens, and Peaſe Pudden
Haunch of Veniſon boil'd, and Garden ſtuff
Leg of Mutton boil'd, with Turneps and Greens
Leg of Lamb with Spinach, and the Loin fry'd in Chops round the diſh
Chine of Pork and Turkey

Calf's

Calf's Head and Bacon, *&c.*
Sir-loin of Beef roaſted, with Cauliflowers, Horſe-radiſh, *&c.*
Chine of Mutton and Pickles
Paſtry; as, minc'd Pyes, Lumber Pye, Veal Pye, Squab Pye, Veniſon Paſty, Battalia Pye, Marrow Puddens, *&c.*

Second Courſe.

Poultry; as, Capon, Rabbets, Hare, Turkey, Pheaſants, Partridges, Woodcocks, Snipes, Larks, Wild Ducks, Teal, Eaſterlings, Wigeons, Buſtard, Squab Pigeons, roaſted
Fiſh; as, Potted Lamprey, potted Chars, potted Eels, Jowl of Sturgeon, Lobſters, Biſque of Shellfiſh, *&c.*
Brawn in thin ſlices
Fore-Quarter of Lamb roaſted, and Mint ſauce, and Sallads garniſh'd with Orange
Leg of *ditto* boil'd with Spinach, Loin in ſteaks round the diſh, and Orange in ſlices
Paſtry; as, Tanſey, Pear Tart cream'd, Potted Veniſon, Apple Pye, Tarts, Cheeſe-cakes
Fruit; as, China Oranges, Cheſnuts, Pomgranates, Apples, Pears, dry'd Grapes, *&c.*

Ready Meſſes for SUPPERS, *&c.*

BRawn, Ham, Dutch or Hung Beef
Collar'd Beef, Mutton, Pig, Veal, Pork, Eel, *&c.*
Potted Beef, Pigeons, Hare, Veniſon, Eel, Char, Lampreys, Trouts, *&c.*
Neats Tongues, Calves, Stags, or Sheeps Tongues
Stew'd Beef, Veal, Mutton, Hare, Pigeon, Ducks, Wild-Fowl, Pig
Ox or Calf's Heart ſtuffed and roaſted; Sheep's Heart
Haſh'd Veal, Mutton, Beef, Lamb, with Pickles
Minc'd Veal, *&c.*
Mutton or Beef Sweetbreads and Kidneys
Veal Sweetbreads ragou'd
Lambs Liver and Bacon, fry'd
Hogs Liver, Crow, and Sweetbread, fry'd
Calf's Liver and Bacon fry'd, or roaſted and ſtuffed
Tripe fry'd, boil'd, or fricaſy'd
Eggs and Bacon
Eggs in ſhells
Eggs poach'd
Eggs poach'd, and Spinach ſtew'd
Salmagundy
Sallads of different ſorts, according to the ſeaſon
Pig's Pettitoes
Beef Steaks and Oyſters, or with Gravy and Horſe-radiſh, or with a reliſh of Anchovy, or Walnut pickle
Scots Collops
Veal Cutlets
Mutton Cutlets, or Chops, with Pickles or Horſe-radiſh, or with ſauce made of Capers, Butter, and a little Sugar
Chickens boil'd with Parſley and Butter, or roaſted with Egg ſauce, or fricaſy'd
Rabbets fricaſy'd, or roaſted, with Parſley and Butter
Butter'd Turneps
Artichokes
Potatoes
Anchovies, Capers, Walnuts, Cucumbers, Mango, and other Pickles
Pickled Herrings, Oyſters, Salmon, Sturgeon, *&c.*
Maycril boil'd, ſous'd, or broil'd
Cod and Oyſter ſauce, Trout, Soles, Smelts, Gudgeons, Tench, Carp, Whitings,

Whitings, Skate, Plaiſe, Flounders, *&c.* Lobſters, Crabs, Prawns, Cray-fiſh, Oyſters, and other fiſh in ſeaſon.

Tarts, Cheeſecakes, Cuſtards, Jellies, Sweetmeats, Pyes, Paſties, and Fruits according to the Seaſon.

General Obſervations.

ALL Houſekeepers, in the Country eſpecially, ſhould lay in their Groceries at beſt hand, and be provided with ſtore of Nutmegs, Cinamon, Ginger, Cloves, Mace, *Jamaica* Pepper, Long Pepper, Black Pepper, *&c.*

Red Sage, Sage of Virtue, Mint, Thyme, Peny-Royal, Sweet Marjoram, *&c.* ſhould be kept dry in paper bags for uſe, if not in the garden, or in ſeaſon.

Eſchallots, Onions, dry'd Orange and Lemon Peel, Anchovies, Olives, Muſhrooms, Katchup, pickled Walnuts, Mango, pickled Cucumbers, Capers, *&c.* ſhould likewiſe be always at hand.

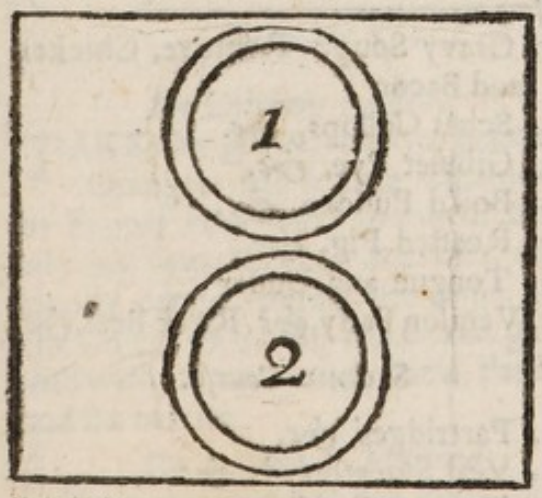
Boil'd Meats are uſually brought in firſt, Baked next, Roaſted laſt.

How to place the Diſhes on the Table.

THE following method may be obſerved for this purpoſe, from Two diſhes to Nine; varying the kinds according to the ſeaſon, as in the preceding Bill of Fare. For Example:

I.

FIRST *Courſe of* TWO *Diſhes.*



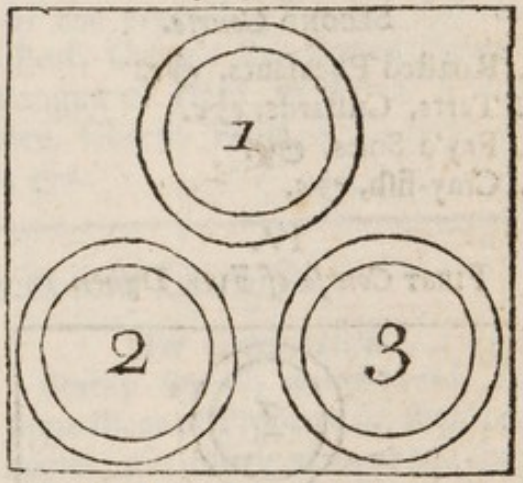
1. Boil'd Beef, Pork, Mutton, *&c.*
2. A Pudden of any kind.

SECOND *Courſe.*

1. Roaſted Fowls, *&c.*
2. Tarts, *&c.*

II.

FIRST *Courſe of* THREE *Diſhes.*



1. Boil'd Leg of Pork, *&c.*
2. Peaſe Pudden
3. Greens and Roots.

OR,

1. Fiſh, or Soup
2. Scots Collops
3. Pudden.

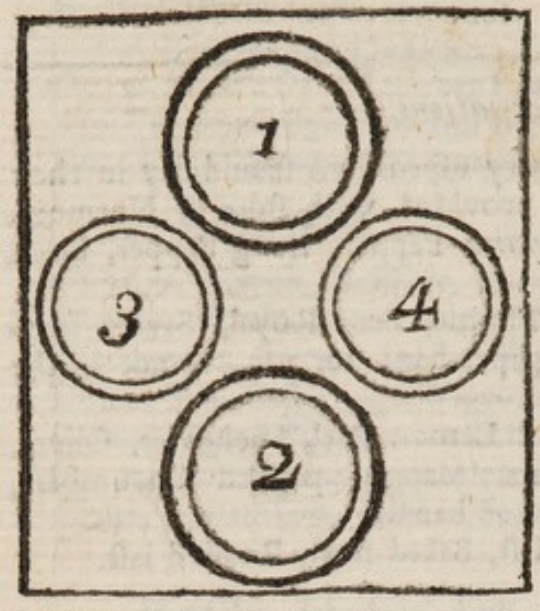
SECOND *Courſe.*

1. Roaſted Turkey, or other Fowls
2. Tarts or Cheeſe-cakes
3. Fruits, *&c.* or Aſparagus, Peaſe, *&c.*

III.

III.

FIRST *Courſe of* FOUR *Diſhes.*



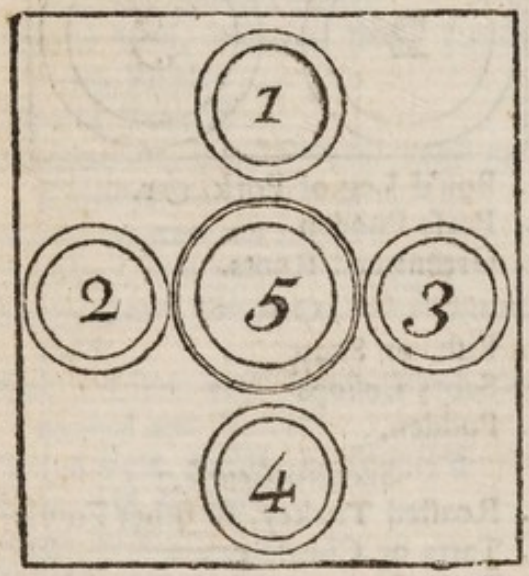
1. Soup remov'd with Fiſh, or any boil'd Diſh
2. Chickens boil'd with Greens, *&c.*
3. Pigeon Pye, *&c.*
4. Boil'd Rabbets and Onions.

SECOND *Courſe.*

1. Roaſted Pheaſants, *&c.*
2. Tarts, Cuſtards, *&c.*
3. Fry'd Soles, *&c.*
4. Cray-fiſh, *&c.*

IV.

FIRST *Courſe of* FIVE *Diſhes.*



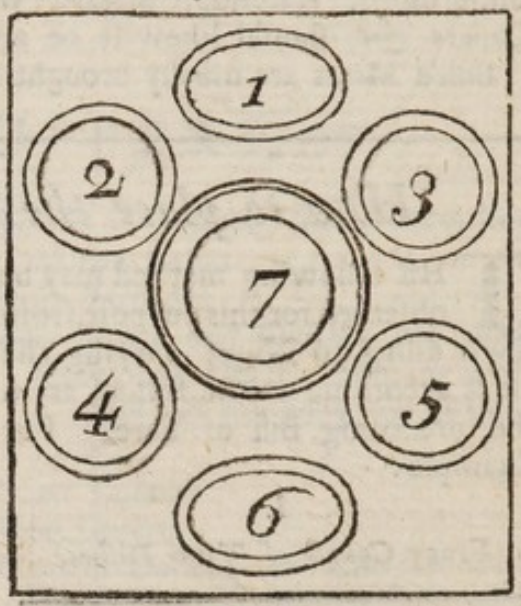
1. Soup, and a Remove of Ham and Chickens
2. Fricaſy of Rabbets
3. Bread Pudden
4. Beans and Bacon
5. A Sir-loin of Beef, or Chine of Mutton, or Veal, *&c.*

SECOND *Courſe.*

1. Partridges, roaſted Capons, *&c.*
2. Peaſe, or Veal Sweetbreads, *&c.*
3. Snipes, *&c.*
4. Pear Pye, *&c.*
5. Lobſters, *&c.*

V.

FIRST *Courſe of* SEVEN *Diſhes.*



1. Gravy Soup. Remove, Chicken and Bacon
2. Scots Collops, *&c.*
3. Gibblet Pye, *&c.*
4. Boil'd Pudden, *&c.*
5. Roaſted Pig, *&c.*
6. Tongue and Udder
7. Veniſon Paſty, *&c.* Roaſt Beef, *&c.*

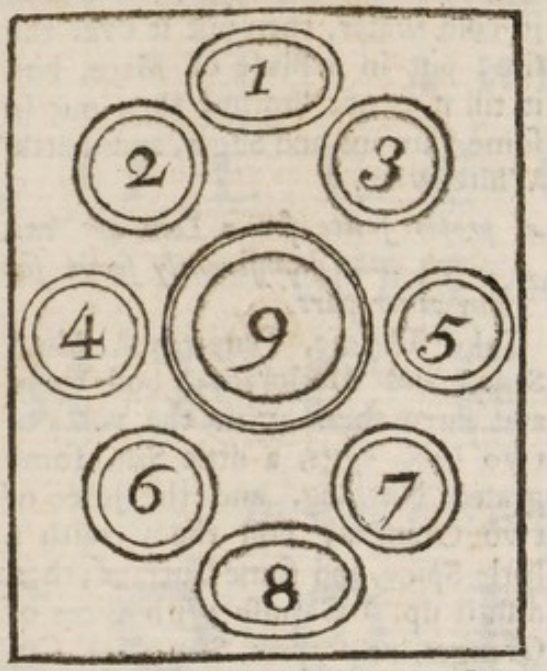
SECOND *Courſe.*

1. Partridges, *&c.*
2. Veal Sweetbreads, *&c.*
3. Marrow Puddens, *&c.*
4. Young Peaſe, if in ſeaſon
5. Roaſted Pigeons, *&c.*
6. Rabbets, *&c.*
7. Paſtry, Sweetmeats, *&c.*

VI.

VI.

FIRST *Courſe of* NINE *Diſhes.*



1. Soup. Remove, ſtew'd Carp, Veal ragou'd
2. Marrow Pudden
3. Bacon and Beans
4. Pig
5. Tongue and Cauliflowers
6. Chine of Mutton
7. Stew'd Eels
8. Chickens and Herbs
9. Roaſt Beef.

SECOND *Courſe.*

1. Partridges, Quails, *&c.*
2. Lamb-ſtones, *&c.*
3. Fry'd Soals, *&c.*
4. Artichokes, *&c.*
5. Green Peaſe, *&c.*
6. Sturgeon, *&c.*
7. Potted Pigeons, collar'd Eel, *&c.*
8. Almond Cheeſe-cakes, Cuſtards, *&c.*
9. Lobſters, *&c.*

Regalia *for a* SIDE-BOARD, *&c.*

MAY be diſpos'd according to any of the preceding Forms; and may conſiſt of Pickled Oyſters, Potted Beef, Collar'd Eel, Potted Pigeons, Hung Beef, Pickled Salmon, Neats Tongue or Ham in ſlices, Anchovies, ſplit Prawns, Salmagundy, Butter, Cheeſe, Fruit of all ſorts, according to the ſeaſon, Sallads, Melons, *&c.*

Sundry kinds of Sauces *and* Garniſh.

For Chickens roaſted,

TAKE the gravy, and the juice of Oranges, and a little Cinamon, or Pepper very finely beaten or ſifted; lay ſome ſlices of Manchet, curiouſly carv'd, round the diſh; lay the Chickens in the ſauce, and garniſh with Lemons thinly ſlic'd, Parſly and Barberries.

For a Duck or Mallard.

Take the gravy of the fowl, and Oyſter liquor, boil in it a whole Onion, a few ſlices of Nutmeg, and an Anchovy; and if they be lean, farce and lard them; garniſh with green and red Cabbage or Beets.

For Green Geeſe.

Stamp Sorrel, white-bread, and ſome ſlices of Pippens, or ſuch hard apples; put a little vinegar and ſugar to them, then preſs out the liquid part, and ſerve it up in ſaucers. Garniſh with Parſley, Marigold-flowers, and ſome ſlices of Oranges or Lemons. Or for ſauce, take the juice of Sorrel, ſcalded Goosberries, and Sugar, ſerv'd on ſippets, with ſugar and butter.

Green Sauce.

Beat Spinage in a mortar, ſqueeze the juice in a ſauce-pan, put the yolks of two Eggs beaten to half a

pint

pint of juice, ſome Sugar, ſqueeze half an Orange, and ſet it over the fire; ſtir it all the time till it thickens.

For an Hare roaſted.

After you have parboil'd, truſs'd and larded her, beat Cinamon, Nutmeg, Pepper, and Ginger; put to them boil'd Prunes, and a little White-wine; boil them, and ſtrain out the liquid part, and ſerve it up in ſaucers. Or, take Currans, and muskified Bisket-bread beaten to powder; boil them with Sugar and Cloves, in water, to the thickneſs of a Gruel.

For Hens or Pullets roaſted.

Take the eggs you find in them, if any; if not, the yolks of 6 eggs boil'd hard, and ſmally minced; put them in White-wine, or Wine-vinegar, with beaten butter and the gravy; add the juice of an Orange. Garniſh with ſlices of Lemon, Greens, or Flowers.

For any Land Fowl.

Strain a little of the pulp of boil'd Prunes into the blood of the Fowl; put to it a little Cinamon and Ginger finely beaten; boil it with the gravy and a little ſugar, to an indifferent thickneſs, and ſerve it up with the Fowl.

For a Pig.

Take the Sage that has been roaſted in its belly, with the Cruſt or Manchet; beat or ſhred them ſmall together; boil them in water, with Currans, and a little beaten Cinamon; then add to a quart of it a gill of Sack.

Sweet Sauce for a Pig.

Soak the crum of a French Roll in cold water, then put it over the fire; put in a Blade of Mace, boil it till it is not lumpy; then put in ſome Currans and Sugar, and a little White-wine.

A proper ſauce for a Loin of Veal, which may indifferently ſerve for any other part.

Take Thyme, Peny-royal, Mint, Sage, and Marjoram; boil them and ſhred them with the yolks of two hard eggs, a little Salt, ſome grated Nutmeg, and the juice of two Oranges; boil them with a little Spice, and ſome Currans; then diſh it up. Garniſh with ſlices of Oranges, or Capers, Samphire, Cucumbers, *&c.*

For Mutton roaſted.

Slice Onions, and boil them in Claret, with grated Nutmeg, and the gravy.

For Red Deer.

Boil ſweet herbs well minced, with the gravy, white bread, and juice of Oranges and Lemons; beat theſe up with curious ſweet butter.

For Stubble-Geeſe.

Take Pippens, or other hard Apples; boil them to pulp; ſtrain it, and put Sugar, a little beaten Cinamon, and a little Sack to it.

For Pork roaſted.

Boil Sage, and mince it ſmall; mix it well with fine Pepper, Muſtard, and Sugar, made thin with ſome Vinegar. Garniſh with ſlices of Oranges, Lemons, Greens, and Flowers.

Having premiſed theſe uſeful Articles, we ſhall now give, in an intelligible and eaſy method, particular Receipts for dreſſing all ſorts of Proviſions in an elegant and polite manner, fit either for publick or private entertainments.

A NEW

A NEW COLLECTION Of Eaſy and Elegant RECEIPTS In every BRANCH of COOKERY.

POULTRY.

Pullets with Oyſters.

BOIL your Pullets. Take a quart of Oyſters, put them over the fire till they are ſet; ſtrain them through a ſieve, ſave the liquor, put into this liquor a blade or two of Mace, a piece of Onion, a little Thyme, and Parſley, two Anchovies; boil this up together, ſtrain it off; then make a little white thickning, put your liquor to it, and half a pound of butter; draw it up together, ſqueeze half a lemon in it; then waſh your oyſters, that were ſet one by one, in cold water; then put them in this lear, making it very hot, and pour it over your Pullets. You may lay ſauſages and bacon round.

Pullets bon'd and forced.

BOne them as whole as poſſible; fill the bellies with Cheſnuts, Muſhrooms, Forc'd-meat-balls and Sweetbreads; lard the breaſt with groſs lard; then paſs them off in a pan brown, and either ſtew or roaſt them; make a ſauce with oyſters and muſhrooms, and lay under them.

To roaſt Fowls with Anchovies.

INſtead of Butter in your Gravy, you muſt take a bit of Butter, and put in a ſtew-pan, with a little Flour; keep this ſtirring over the fire, not too hot, till it is of a gold colour: put a little of this into your gravy to thicken it.

Turkeys with Oyſters.

YOU muſt boil your Turkeys, and the ſame Oyſter ſauce as is for Pullet, only put ſome muſhrooms in.

To boil Pigeons.

TAKE them and ſtuff with ſweet herbs chopt, bacon, grated bread, butter and ſpice, and the yolk of an egg; tie them at both ends, and boil them. Garniſh them with barberries and ſliced lemons.

Pigeons

Pigeons in Comport.

TRUSS, lard and force them; ſeaſon them, and ſtew them in ſtrong broth; make for them a ragoû, and garniſh with ſweetbreads, ſippets, and ſprigs of parſley; fry them all in batter of eggs, and ſlic'd lemon.

In the ſame manner you may garniſh moſt made diſhes.

A Pompeton of Pigeons.

YOU muſt butter your pan, ſlice ſome ſtreaky bacon, and put next the pan, in order; then cover all the inſide of your pan with forc'd-meat. Take your Pigeons and brown them off in a pan, put them in good ragoû, ſtew them up together, put a ladle full of ragoû into your forc'd-meat; then lay your Pigeons breaſt downwards, pour the remainder of you ragoû over them; then cover this with a forc'd-meat, and bake it; then turn it out and ſerve it up.

Pigeons à la Pears.

TAKE your Pigeons, cut off one leg, truſs them as to boil, let the leg come out of the vent, fill them with forced meat, brace them with pack-thread, ſtew them in good broth till tender; then take them off of the broth, then beat ſome yolks of eggs, roll the Pigeons in, then roll them in crumbs of bread; then have a ſtew-pan with lard, not too hot, fry theſe in till they are the colour of a popling-pear; lay theſe in a diſh, put gravy and orange in a baſon with them.

To boil Rabbets with Onions.

TRUSS the Rabbets cloſe, and waſh them very well, and boil them off white; boil the Onions alone, changing the water two or three times; ſtrain them very well, chop them and butter them; put in a quarter of a pint of cream, and ſerve up the Rabbets, cover'd with Onions.

To boil Rabbets.

TRUSS them and lard them with bacon, and boil them white; and for the ſauce, take the liver boil'd, ſhred it with fat bacon, dreſs them up with ſtrong broth, white-wine and vinegar, mace, ſalt, and nutmeg, parſley minced, barberries, and drawn butter; lay the Rabbets in a diſh, and pour the ſauce over them. Garniſh with lemon and barberries.

A Gooſe or Turkey à la Daube.

YOU muſt bone them, or take out the breaſt-bone; force them, fry them in a ſtew-pan for colour, put them in another ſtew-pan, with gravy, pepper and ſalt, and broth, onion, thyme, parſley, and mace; cover them cloſe, ſtew them till enough, pour over them a ragoû.

To pot Hare.

TAKE three pounds of the fleſh of Hare, and a pound and half of clear fat of pork or bacon; beat them together in a mortar, till they are very well mixt; then ſeaſon with pepper, ſalt, nutmeg, a large handful of ſweet herbs ſhred very fine; mix them together, and put it in a pot, lay it lower in the middle than in the ſides, and paſte it up; bake it, and then put clarified butter over it, and lay it by for uſe.

Another.

TAKE a Hare and waſh it clean; dry it well with a cloth; quarter it; ſeaſon it with ſalt, pepper, nutmeg, cloves, and mace; put it into a pot with a few bay-leaves, and a pound of freſh butter; bake it; then take out all the bones, and beat it in a mortar; pour the butter from the gravy, and mix it with the fleſh, and put it into a well-glaz'd

glaz'd pot; preſs it down cloſe, and cover it about an inch thick with clarified butter.

To pot Pigeons.

TRUSS them and ſeaſon them with ſavoury ſpice; put them in a pot, cover them with butter, and bake them; then take them out, and let them drain; when they are cold, cover them with clarified butter.

In the ſame manner you may pot fiſh, always boning them when they are baked.

To make Forc'd meat.

TAKE a pound of veal, thyme, parſley, a little bit of onion, a pound of beef ſuet, chop it ſmall, grate the inſide of three Rolls, put all together, ſoup, pepper, ſalt, and nutmeg; ſeaſon this to your taſte; put in as many eggs as will make it of a right ſtiffneſs; then roll them in balls.

To jugg Hares.

CUT them to pieces, half lard them, ſeaſon them; then take an earthen jugg with a large mouth, and put in the Hares with a faggot of ſweet herbs, and two onions ſtuck with cloves; cover it cloſe down, and boil it in water three hours; then take it out, and ſerve them up.

To roaſt a Hare.

LARD it with bacon, and make a pudden of grated bread; the heart and liver parboil'd and chopt ſmall with beef ſuet and ſweet herbs; mix with marrow, cream, ſpice and eggs, and ſew it in the belly of the Hare; roaſt it, and ſerve it up with butter drawn with cream, gravy, or claret.

Chickens forced with Oyſters.

LARD and truſs them; make a forcing of oyſters, ſweet herbs, parſley, truffles, muſhrooms and onions; chop them together, and ſeaſon it; mix it with a piece of butter, and the yolk of an egg; tie the Chickens at both ends, and roaſt them; then make a ragoû, and garniſh with lemon.

A Bisk of Pigeons.

TAKE Pigeons, waſh them clean, and parboil them; put them into ſtrong broth, and ſtew them; make for them a ragoû with gravy, artichoke bottoms, and onions; ſeaſon them with ſavoury ſeaſonings, the juice of lemons, and lemons diced, bacon cut as for lard, muſhrooms, truffles and morels; pour the broth into a diſh with carved and dried ſippets; then place the Pigeons, and pour on the ragoû. Garniſh with ſcalded parſley, beet-roots, and lemons.

A brown Fricaſſy of Rabbets.

YOU muſt fry the Rabbets brown, have ſome gravy, an onion, thyme, parſley tied together; ſtew the Rabbet in it; ſeaſon it, and thicken it with brown thickning; you may put morels, muſhrooms, forc'd-meat-balls and lemon.

A white Fricaſſy of the ſame.

CUT them in pices, and waſh away the blood, and fry them on a ſlow fire; then put them into a toſſing-pan with a little ſtrong broth; ſeaſon and toſs them up with muſhrooms and oyſters; when almoſt enough, put to them a pint of cream, and thicken with a piece of butter roll'd in flour.

To make a white Fricaſſy.

WHEN your Rabbets are tender, take half a pint of cream, the yolks of five eggs, beat them together, put in two or three ounces of butter into the cream; you muſt have but little liquor in your Rabbets; then toſs in your cream and eggs, and keep them toſſing up

over the fire till they are thick enough; you muſt ſqueeze a lemon in; you may put in morelles, truffles, muſhrooms, artichoke-bottoms, cocks-combs, pallets, forc'd-meat balls, or any parts of theſe.

To fricaſſy Ducks.

QUarter them, race them, beat them with the back of a cleaver, dry them well, and fry them in ſweet butter; when they are almoſt enough, put in a handful of onions ſhred ſmall, a little thyme; then put in a little claret, thin ſlices of bacon, parſley and ſpinach boil'd green, and ſhred ſmall; put the yolks of three eggs into a diſh, with a little pepper and grated nutmeg; toſs them up with a ladle-full of drawn butter; pour this on the Ducks, lay the bacon upon them, and ſerve it up.

To fricaſſy Ducklings.

CUT them into ſmall pieces, dry and flour them; fry them in butter; then take a little canary, parſley, an onion chop'd ſmall, groſs pepper, and a blade of mace, and put in them ſome ſugar, butter and verjuice; then take the ſtalks off of a large handful of clary; make a batter of eggs, flour, and cream, with a little nutmeg; fry theſe: When you have diſhed the Ducklings, lay the clary round.

To powder a Gooſe in roaſting.

TAKE a handful either of ſage, onion, or parſley, bruiſe it very ſmall; then mould it with butter and a good quantity of ſalt; roll it up; put it into the belly of the Gooſe, and tie the neck and vent cloſe to the ſpit, and as the fire heats thro' it by degrees, the butter and gravy will carry the ſalt into all parts of the fleſh, ſo that it will be as well ſeaſoned as if it had been powder'd a week or more.

To make any Fowl very tender.

ABout an hour before you deſign to kill them, pour down the throat of each a ſpoonful of vinegar, and let them run about in the room or yard, and when they are kill'd, hang them up in their feathers, by the heels, in a ſmoaky chimney; then pull and dreſs them, and they will be very tender.

Another.

THE minute you kill the Fowl, put it in a pail of cold water, and let it lie till cold; then pull it.

To fatten any ſorts of Fowl in fifteen days.

TAKE nettle-leaves and ſeeds, gather'd and dry'd in their proper ſeaſon; beat them into powder, and make it into paſte with wheat-bran or flour, adding a little very ſweet olive-oil; make this up into little crams, coop them up, and duly feed them with it, giving them water wherein barley has been boil'd, and they will be fat at or before the time propoſed.

To preſerve Fowl from tainting.

TAKE a large cask that has very lately had wine in it; knock out a board or two at the head, and in the others drive hooks to hang your fowls on, ſo as they may not touch each other, and cover the open places with the boards, leaving only the bung-hole for an air-vent; ſet them in a dry, cool place, and they will keep as long again as in any other place. And thus you may keep Fleſh or Fiſh.

To make a Fricaſſy of Rabbets.

CUT a couple of Rabbets to pieces, cover them with water, boil and ſcum them clean; then put into them a bunch of thyme, a blade or two of mace, and a little butter; afterwards take as much butter as two eggs, and fry it black; then put

put in the Rabbets, and as much liquor as will ſauce, and a little ſhred parſley with one onion; ſprinkle into it two ſpoonfuls of flour to make the ſauce thick; put in a few capers, and diſſolve two anchovies with a little claret and vinegar; put in a little pepper and ſalt, and a little butter; ſtir all theſe well together, and ſerve it up.

To make a Fricaſſy of Chickens.

CUT your Chickens in pieces, and take a frying-pan, with juſt as much liquor as will cover them; half of it muſt be white-wine, and half water, with one nutmeg ſliced in it, two or three blades of large mace, half a dozen cloves and ſome whole pepper: let all theſe be boil'd together in the frying-pan; then put in half a pound of ſweet butter, and ſcum it very clean; put in your chickens, and let them boil till they are tender; afterwards put in a little handful of ſhred parſley; next take four eggs, but put away two of the whites; beat the reſt well; put to them ſome thick butter beaten well together; then put it to the chickens in the pan, and toſs it over a ſlow fire, till it is thick; laſt, ſerve it up with ſippets.

To heat Chickens.

TAKE the wings, the legs, the brains, and the rump; put them into a little white-wine vinegar, with a little claret-wine, a little ſweet butter, and water of an onion, a little ſliced nutmeg, a little pepper, and heat them between two diſhes.

To make Gravy-ſauce for Pullets.

SHRED two eggs boil'd hard into the gravy, an onion ſliced very thin, a little ſliced bread, with a little orange-peel cut very ſmall; ſtew it together; then put in a little more gravy, and a little pepper and ſalt, with a little thick butter.

To bake Brangeeſe in Pots.

YOU muſt take out the breaſt and back-bone of your Geeſe; then parboil them; when they are cold, ſeaſon them well with pepper and ſalt; afterwards put them into a pot with their necks downwards; let the pot be according to your number of Brangeeſe: You muſt bake them with ſo much butter as will cover them in the baking; throw in ſome blades of mace, according as your reaſon dictates: they muſt be cover'd with paſte: they will be about three hours baking: againſt they are baked, you muſt have ſome clarified butter ready to fill up the pot about two inches higher than the meat; paper it up cloſe, and ſet it aſide.

To make Forced meat.

TAKE half a pound of the lean of a leg of veal; cut it in ſmall pieces, and pick out all the skin; mince it very ſmall; then take a pound of beef-ſuet, and ſhred it very ſmall alſo; ſhred them both together; when you have ſo done, take a nutmeg, and grate it; about half ſo much mace beaten ſmall, three cloves beaten with it, pepper and ſalt as you think fit, a little roſemary, winter-ſavory, thyme, and ſweet-marjoram ſhred very ſmall, about the quantity of a nutmeg, when it is grated. Put all this to the aforeſaid meat, then put them into a mortar, and beat them all together, till it be ſo ſmooth, that it will work with one's hand like paſte; afterwards break in two new-laid eggs, yolks and whites together, and a little white-bread crums; make it up into a paſte with your hands, and fry them in butter. You may leave out the herbs.

To make a Fricaſſy of Muſhrooms.

FIRST, peel and waſh them; then boil them with a little fair

water, ſalt, and a piece of butter; this will keep them white: afterwards throw them into a colander to drain them; next, toſs them up with a piece of freſh butter, a blade of mace, and what ſpice elſe you pleaſe: for a taſte, put in a whole onion, and a ſprig of thyme; but let it not remain long there, for fear it change your fricaſſy black; then put in a little ſtrong broth, or elſe a little of their own liquor: this done, ſtew them together; afterwards put in your lear, made thus: Take the yolks of eggs, a little white-wine or verjuice, a piece of ſweet butter, and a little grated nutmeg: toſs theſe well together juſt as you are going to ſerve them away, till they are thick; garniſh your diſh, and ſerve them up hot.

To mince a Hare.

BOIL the Hare with apples, onions, and parſley; when 'tis boil'd tender, ſhred it ſmall; then put into it a pint of claret, one nutmeg, a little pepper and ſalt, and two or three anchovies; afterwards ſtir it all together with the yolks of twelve hard eggs ſhred ſmall; when 'tis ſerv'd up, put in as much melted butter as will make it moiſt: garniſh the diſh with ſome of the bones, and the whites of eggs cut in halves.

For PYES made of Chickens, and other Poultry-ware, ſee the Article of PASTRY.

VENISON.

To roaſt a Haunch of Veniſon.

BUtter your fat, ſprinkle it with ſalt, lay a ſheet of paper over it, then roll a ſheet of thin paſte, lay that over it; lay another ſheet of paper over the paſte, tie it with a packthread, then ſpit it; baſte your paper with butter, and roaſt it till enough; then carefully take off your paper and paſte, baſte it with ſome thick butter, and dredge up; let this turn round ſome time, to give the fat a colour: the parting of it is to ſave the fat: put curran-jelly in a cup by it.

Another.

LARD the Haunch with thick bacon; ſeaſon with pepper, ſalt, fine ſpices, ſweet-herbs, parſley, ciboul cut ſmall; pickle it with vinegar, ſalt, pepper, onions, parſley, ſweet baſil, thyme, and bay-leaves; when it is pickled enough, ſpit it, and baſte it with the pickle: when it is roaſted, diſh it with pepper and vinegar, and thick ſauce.

Another.

LARD it with fine bacon; put paper round it; roaſt it, and ſerve it up with a ſauce under it, made up of good cullis or broth, gravy of ham, capers, anchovies, vinegar, ſalt, and pepper.

To broil a Haunch of Veniſon.

CUT half a Haunch into ſlices about half an inch thick; ſalt and broil them over a brisk fire; when they are pretty well ſoak'd, bread them, and ſerve them up with gravy. In the ſame manner you may broil a Chine.

To boil Veniſon.

SALT it a little, and boil it in water. In the mean time boil ſix cauliflowers in milk and water; then put them into a large pipkin with drawn butter; keep them warm, and take ſix handfuls of ſpinach waſh'd; boil it in ſtrong broth, and pour off the broth, and put ſome drawn butter to it: lay ſippets in the diſh; then lay the ſpinach

nach round the ſides of the diſh; lay the Veniſon in the middle, with the cauliflowers all over it; pour your butter over all; garniſh with barberries and parſley minced.

To ſtew Veniſon.

CUT it into ſlices; put them into a ſtew-pan, with a little claret and gravy, ſix cloves, pepper and ſalt; put a bit of butter rubb'd in flour: toſs this up together; ſqueeze half a lemon in it, but don't let it boil, for it will make it hard; ſtew them for ſome time; then grate in ſome nutmeg, and ſerve it up.

To make Sauce for roaſted Veniſon.

TAKE claret, vinegar, and water, of each a glaſsful, an onion ſtuck with cloves, anchovies, ſalt, pepper and cloves, of each a ſpoonful; boil them all together, ſtrain them through a ſieve.

To recover tainted Veniſon.

TAKE ale and vinegar with bay-ſalt, boil them together, and make a ſtrong brine; ſcum it, and let it ſtand till it is cool; ſteep the Veniſon in it for a whole day; then preſs and dry it; parboil it; ſeaſon it with ſalt and pepper, and it will be fit for uſe.

Another way.

TIE the Veniſon up in a clean cloth, and put it in the earth for a whole day, and the ſcent will be gone.

To pot Veniſon.

TAKE a Haunch of a fat buck; bone it; take a ſufficient quantity of ſalt, with a nutmeg, and pepper; mix them, lay the fat ſide downwards, and pour on clarified butter; cover the pot with a paſte, and ſet it in the oven: when it is bak'd, and cold, take it out of the pot, put it in a mortar, and beat it well; put in a little beaten mace; taſte it, whether it be ſeaſon'd enough; if not, put more; put your meat into pots, ſqueez'd down tight, with ſome clarified butter over the top; put the pots in an oven, till the meat is hot through; take theſe out of the oven, put them into a cold place; pour a little more butter on the top, and when cold are fit for uſe.

To pot Red-deer Veniſon.

BONE the veniſon, cut it in pieces inch-thick, and round the breadth of your pots; then ſeaſon it with pepper and ſalt, ſomething higher than a paſty; afterwards put it into large pots; add half a quartern of butter, and two nutmegs ſliced, cloves and mace about the ſame quantity, rather leſs cloves; then put into your pots a lean and fat piece, ſo that there may be fat and lean mixt, till your pots be full, that you may put in a pint of butter more upon the top; afterwards make a paſte of rye-flour, and ſtop your pots cloſe on the top; heat your oven, as you do for a paſty, and let it ſtand as long; then draw it out of the oven, and let it ſtand half an hour; afterwards unſtop it, and turn your pots upſide down; if you think fit, you may put them into leſſer pots, or the ſame; then take off all the butter, leaving the gravy behind, and put into each pot the butter which came out; let them ſtand all night; the next day fill them up with freſh butter. To make a pye of the ſame, order your Veniſon the ſame way, not ſeaſoning it ſo high; but put in a good ſtore of butter.

For *Veniſon Paſty*, &c. ſee in the Article of PASTRY.

BEEF.

To roaſt a Fillet of Beef.

TAKE out the Fillet of the inſide of a ſirloin of Beef, and lard the middle with bacon, and lay it in a pan, and pour on it a marinade of vinegar, lemon-juice, crackt pepper, broken mace, ſlic'd nutmeg, an onion, and ſweet herbs; let it lie two hours, then ſpit it; baſte and dredge it with flour, and make for it a ragoû. In the ſame manner you may marinade any fowls, ſweetbreads, or collops.

To roaſt a Chine of Beef in Bones.

TAKE a Fore-chine, cut it very narrow into 10 or 12 pieces; ſeaſon it with pepper, ſalt, thyme, and parſley, together with crums of bread; ſpit them, but not too cloſe; roaſt them quick; make a ſauce with capers and ſhallots, gravy and horſe-radiſh. Diſh it up with horſe-radiſh.

Beef Olives.

TAKE a rump of Beef, cut it into long ſteaks; cut them ſquare, waſh them with an egg, and ſeaſon them; lay on forc'd-meat, roll and tie them up faſt, and roaſt them tender. Make a ſauce of ſhallots, gravy and vinegar.

To farce a ſhort Rib of Beef.

TAKE it and roaſt it till it is almoſt enough; then take off the fleſh in the middle, and mince it with middling bacon, beef ſuet, ſweet herbs and ſpice, and with this ſtuff the ſhort Rib between the skin and the bone; ſew it up cloſe, and roaſt it till it is enough; ſerve it up hot.

Stewed Beef.

CUT the Beef into pound pieces, and paſs off the brown; or waſh and ſtew it in broth or water; put in ſquare bits of carrots and turneps, and quarter'd ſavoys, ſliced cabbage, and whole onions; ſeaſon it with pepper, ſalt, cloves and mace; when all is very tender, toaſt ſome ſippets, and ſerve it up: thicken with thickning.

To fry Beef-ſteaks.

CUT the Steaks off the rump, and beat them well with a roller; fry them; after they are fry'd, take them out; pour all the fat out of the pan; put in half a pint of gravy, chopt ſhallot, thyme, and parſley, a piece of butter rubb'd in flour, and pepper and ſalt to your taſte; toſs this together till thick; lay your Steaks in the diſh, and pour this ſauce over it: you muſt garniſh with pickles.

To bake Ox Cheeks.

BONE them, pick out the eyeballs, cleanſe the mouth, ſoak and waſh out the blood, wipe them dry, ſeaſon with ſalt, pepper and nutmeg; put them into an earthen pan, with three or four large onions, mace and cloves: Lay the jawbones upon the meat; then put in half a pint of water, and half a pint of clarret; cover the pan with coarſe paſte, and bake it; ſerve it up.

Beef Scarlet.

TAKE a briſket of Beef, and rub it over with half a pound of ſalt-petre, bay-ſalt, and a little white ſalt mixt with it; then put it into an earthen pan, turn it every day, and in four days it will be red; then boil it four hours, and ſerve it with ſavoys, or other greens, or without; garniſh with onions, celery, the skins and fat of the beef; lay ſlices of turnep and carrot at bottom.

To ſtew a Rump of Beef.

CUT ſteaks off the Rump, half broil them, ſeaſon them high; put them into a ſtew-pan, and cover them with gravy; roll a piece of butter in flour, put it in; add the yolk of an egg, and ſerve it up.

To make Beef Alamode.

TAKE the hinder part of a Buttock of Beef; lard it with thick lardoons of bacon; put it into a ſtew-pan, with ſome ſlices of bacon at the bottom; ſeaſon with ſalt, pepper, nutmeg, cloves, and ſweet herbs; cover it with bards of bacon, cover the pan, and ſtew it gently between two fires, for ſome hours; then garniſh with pickles, and ſerve it up hot or cold.

To pot Beef.

TAKE a Buttock of Beef, or Leg of Mutton piece; cut it in pieces, ſeaſon it with ſavoury ſpice, an ounce of ſalt-petre, half a pint of claret; let it ſtand all night, then put it into a pan, and lay over it three or four pounds of butter; tie a paper over it, and bake it with houſhold bread; then take it out, and dry it with a clean cloth, and beat it very fine in a mortar; then pour to the butter, clear from the gravy, and mix it together; then put it cloſe in pots: Set it in the oven to ſettle; when it is cold, cover it with clarified butter.

To collar Beef.

TAKE the Flank of Beef, skin it, and bone it; you muſt mix your ſalt-petre with your white ſalt, and ſalt your Beef at firſt, or it will not take colour; and let it lie forty-eight hours; then take pepper, ſalt, cloves, mace, nutmegs and ſalt-petre; beat them all together very fine, and rub the inſide of the Beef with it; roll it up hard, and tie it faſt with tape; put it in a pan, with a few bay-leaves, cover the pot with an ordinary paſte, and bake it with houſhold-bread.

Baked Beef.

LARD and bone ſome tender Beef, and ſeaſon it with pepper, ſalt, and cloves, and tie it up tight, putting in whole pepper, an onion ſtuck with 12 cloves, two or three bay-leaves a-top, a bunch of ſweet herbs, a quarter of a pound of butter, with half a pint of claret and vinegar; bake it four or five hours.

To bake Beef.

TAKE the ſirloin, and skin it three times; bone it, and beat it well with a rolling-pin; then lard it well with good bacon ſeaſon'd well with pepper and ſalt, and ſome parſley and thyme minced ſmall amongſt it; afterwards ſeaſon your beef with the aforeſaid ſpice, but not too much, becauſe it is eaten hot: it will take good baking, becauſe of being tender; and when it comes out of the oven, pour the greaſe out, and put a ladle-full of good gravy in it; if not enough, put more, to make it ſwim; and ſhake it well together, to incorporate; and ſerve it up hot.

For PYES, ſee PASTRY.

MUTTON.

A Leg or Shoulder of Mutton, with Oyſters.

TAKE a Leg or Shoulder of Mutton, make ſix holes with a knife; then roll up Oyſters in eggs, with crums and nutmegs, and ſtuff three in every hole; if you roaſt it, put a caul over it; if you boil it, a napkin; then make good Oyſter-ſauce, which

you muſt lay under it, and ſerve it hot.

To roaſt Mutton, and ſtewed Cucumbers.

TAKE a Neck and Loin, and bone them; leave the top bones about an inch on; draw the one with parſley, and lard the other with bacon, very cloſe; skewer them, and roaſt them: Then fry Cucumbers, ſtew them, and put them under the Mutton; ſeaſon the Cucumbers with vinegar, pepper, ſalt, and minced ſhallot; and lay the ſauce under the Fillet of Mutton; garniſh with horſe-radiſh, and pickled Cucumbers.

Mutton in Epigram.

TAKE a Shoulder of Mutton, three parts roaſted, and let it cool; then raiſe the skin quite up to the knuckle, and cut off all to the knuckle; ſave the blade-bone, and broil it, and haſh the reſt; put in ſome pickle-cucumbers, capers, with good gravy and ſhallot; toſs them up, and lay the blade-bone on with the skin.

To roaſt a Chine of Mutton.

RAISE the skin from the chine-bone downwards, let it hang by the lower-part; then take ſlices of a lean gammon of bacon; ſeaſon with white pepper, cives, and parſley; ſpread them over the Chine, lay the bacon upon them; then turn the skin over them, and tie it up with tape or pack-thread; put paper over it, and roaſt it: when it is almoſt enough, dredge with crum bread; put a ragoû under it, and ſerve it up; garniſh with mutton cutlets.

You may roaſt a quarter of Mutton or Lamb the ſame way.

To roaſt a Neck of Mutton.

DRAW it with parſley, and roaſt; when it is almoſt enough, dredge it with ſalt, white pepper, and crum bread: ſerve it with gravy, and the juice of orange.

Mutton grilled with Capers.

TAKE a large Breaſt, and boil it tender; then carbonade it all over; waſh it with yolks of eggs, and ſeaſon with pepper, ſalt, and crum bread, a little chopt thyme and parſley; then broil it gently; make a ſauce with butter, capers, gravy, ſhallot, and mangoes, or muſhrooms, cut; and ſerve it up hot.

To dreſs a Saddle of Mutton and Kidneys.

TAKE the fore Chine of Mutton, raiſe the skin, and draw it with thyme and lemon, and force part of it with ſauſage-meat; then take twelve Kidneys, force them, and skewer and broil them, and lay round, with horſe-radiſh between, with gravy under.

To boil a Neck of Mutton.

LARD it with lemon-peel, and boil it in ſalt and water, with a faggot of ſweet herbs: In the mean time, take half a pint of oyſters, and ſtew them in a little of their own liquor, half a pint of white-wine, as much ſtrong broth; put in anchovies, whole onions, two or three of each; ſome grated nutmeg, and a little thyme; then take a little of the broth, and thicken it with the yolks of three or four eggs, and then diſh it with ſippets: Lay the oyſters under the meat, garniſh with lemon or barberries.

Thus you may dreſs a Chine, or Leg, *&c.*

To haſh a Leg of Mutton.

CUT the fleſh into broad ſlices, cut off the fat and skin; beat it well; then rub a diſh with garlick, put in the Mutton, with water, and ſeaſon it with ſalt and an onion cut in half, a bundle of ſa-

voury

voury herbs; ſet it over a ſtove, cover it, and ſtew it; when it is half ſtewed, add a quarter of a pint of white-wine, two or three blades of mace, and an anchovy: Let it ſtew till it is enough, take out the herbs and onion; put the haſh into a diſh, rub a piece of butter in flour to thicken it, (it will make it ſmooth) and ſerve it up.

To haſh a Shoulder of Mutton.

CUT the Mutton, three-parts roaſted, into thin ſlices; put into it ſix good onions boil'd, and beaten ſmall; then put in ſome claret, and a ſpoonful of vinegar; ſeaſon it with pepper, ſalt, ſome nutmeg, and two anchovies, the bone being broil'd; put in a little thick butter, and lay the meat upon it, after which ſerve it up.

To make a Diſh of Mutton Cutlets.

CHOP a Neck of Mutton into ſteaks, and beat it to make it tender; waſh it over with butter melted thick, and have ready ſome ſweet-herbs chopp'd ſmall with grated bread, a little ſalt, and nutmeg; ſtrew it over that ſide which is butter'd; then lay it on a grid-iron over a charcoal fire; butter the other ſide of the meat, and put on the ſame ingredients; make your ſauce with gravy, anchovies, and ſhallot, a little nutmeg, thick butter, and lemon.

See PYES in the Article of PASTRY.

LAMB.

A Fricaſſy of Lamb.

TAKE a hind-quarter of Lamb, cut it into thin ſlices, ſeaſon it with ſpice, ſweet herbs, and a ſhallot; then fry them, and toſs them up in ſtrong broth, balls, and palates, a little brown to thicken it.

To ragoû Lamb.

TAKE a quarter of Lamb, roaſt it, and when it is almoſt enough, dredge it well with grated bread, which you muſt put in the diſh you ſerve it in; veal cullis, with ſalt, pepper, an anchovy, lemon-juice; warm it, lay it in the Lamb, and ſerve it up.

A Ragoû of Lamb-ſtones and Sweet-breads.

TAKE Lamb-ſtones and Sweet-breads, parboil them, and cut them into ſlices; cocks-combs blanch'd and ſlic'd; then ſeaſon them all with pepper and ſalt, and other ſpices; then fry them in a little lard, and drain them, and toſs them up in good gravy, a bunch of ſweet herbs, two ſhallots, ſome muſhrooms, truffles; thicken it with a brown thickening, with a glaſs of claret; garniſh with red beet-roots, or pickled muſhrooms.

For LAMB-PYES, ſee PASTRY.

TONGUES.

To roaſt a Neats-Tongue and Udder.

BOIL and blanch the Tongue and Udder; the Tongue muſt be ſalted with ſalt-petre; lard them with large lardoons, all their length; then ſpit and roaſt them; baſte with butter; when they are roaſted, dreſs them with grated bread and flour:

flour: ſerve them with gravy, and ſome curran-jelly in a cup, and ſlices of lemon.

To bake a Neats-Tongue and Udder.

SEaſon them with ſalt, pepper, and nutmeg; lard them with large lardoons; ſteep them all night in vinegar, claret, ginger; ſeaſon with ſalt, whole pepper, nutmeg ſliced, and whole cloves; bake them in an earthen pan, and ſerve them on ſippets; lay the ſpice over them, with ſlices of lemon and ſauſages.

To boil Neats-Tongues.

PUT them into a kettle, with a good quantity of hay-flowers; tie up in a cloth, or elſe hay; boil them till they are tender, and they will eat ſhort and mellow, and be of a good colour.

To ſalt Neats-Tongues.

CLEANSE the roots well from the moiſture, and waſh them well in warm water, to open the porous parts, that the ſalt may the better penetrate; dry them well again, and make a pickle of common ſalt and bay-ſalt, well boil'd in it; let them be cover'd in this a week; then take them out, and rub them over with ſalt-petre: ſalt them very well, that they may penetrate, and colour them red, preſſing them down hard with a board and a weight, that being put into the kiln to dry, they may keep their due proportion. They are uſually dry'd with ſaw-duſt burnt, which, together with the ſalt, gives them that dusky-red colour, which appears on the outſide of them before they are boil'd.

To ſalt and dry Tongues, Hams, &c.

TAKE a gallon of water, put to it two ounces of ſalt-prunella, four pounds of white-ſalt, a pound of bay-ſalt, half a pound of ſalt-petre, and a pound of brown-ſugar; boil it a quarter of an hour, and ſcum it well; when it is cold, ſever it from the bottom into the veſſel you ſteep it in: Let the Hams continue in this pickle about a month, or five weeks; Tongues about a fortnight. In the ſame manner may be made Dutch-beef, by letting it lie in the pickle for a month, and Collar'd-beef about eight or ten days; then dry them in a ſtove, or wood-chimney.

To dry Neats-Tongues.

TAKE bay-ſalt bruiſed ſmall, a little ſalt-petre, and mix common ſalt; rub the Tongues with a linen-cloth, then ſalt them with the ſalt, eſpecially the roots; and as the brine comes, put ſome more when they are hard and ſtiff; when they have taken ſalt, roll them up in bran, and dry them.

Another way.

LET them lie in brine two or three days; then take them out, and ſalt them with fine ſalt, for two or three days more; hang them up near the chimney.

To dreſs Sheeps-Tongues, or any other Tongues, with Oyſters.

BOIL ſix Sheeps-Tongues in water and ſalt, till they are tender peel them, ſlice them thin, and put them into a diſh, with a quart of great Oyſters, a little claret-wine, and ſome whole ſpice; let them ſtew together a while; then put in ſome butter, and the yolks of three eggs well beaten; ſhake them well together, and lay ſome ſippets, and pour your Tongues upon them.

To dry Weſtphalia Hams.

PRick the Hams very well with a skewer on the wrong ſide; hang them in an airy place, as long as they will keep ſweet; make a pickle with a gallon of petre-ſalt; ſtir it in the water, till it will bear

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an egg; then boil it, and ſcum it; afterwards put into it three pounds of brown ſugar; let them lie three weeks in this pickle; turn them every day; the pickle muſt be cold, when you put them in; then dry them with ſaw-duſt and charcoal: this quantity will do ſix hams.

To make Weſtphalia Ham.

MAKE a brine of bay-ſalt and water ſtrong enough to bear an egg; boil it, and ſcum it clean; let it ſtand till 'tis quite cold; rub the bacon all over with ſalt-petre and ſalt-prunella beat together; then lay it in a convenient veſſel, and put the brine to it; when the bacon hath lain fourteen days in the brine, take the brine from it, and boil it, adding to it a little more ſalt; boil it till 'tis clear, then ſcum it, and when 'tis cold, put in your bacon, rubbing it over with ſalt-petre and ſalt-prunella, as you did at firſt; let the bacon lie in the brine three weeks longer; afterwards rub it all over with bran, and dry it with wood-fire.

Another way.

CUT the leg of a quarter of pork into Weſtphalia ſhape; then take white ſalt; ſet it on the fire in a skillet till 'tis dry; put to it two ounces of ſalt-petre finely beaten; the ſalt muſt be laid as hot as your hand can endure it; let it lie a week in ſalt, and then hang it in the chimney three weeks or a month to dry: two ounces of petre is enough to a quantity of ſalt to one Ham.

PIG and PORK.

A Pig Lamb-faſhion.

SKIN it, and leave the skin whole with the head on, and then chine it down as Mutton; lard it with lemon-peel and thyme; roaſt it in quarters like Lamb; fill the other part with a good plum-pudden; ſew up the belly, and bake it, and it will look as if it was roaſted.

To roaſt a Pig.

TAKE out the liver, and chop it ſmall by itſelf; mince blanch'd bacon, muſhrooms, truffles, capers, anchovy, a crum of garlick, with ſweet herbs; blanch and ſeaſon the whole; fill the Pig with it, and tie it up; ſpit it, and ſprinkle good olive-oil over it; roaſt it, and ſerve it up hot.

Another way to roaſt a Pig.

PUT into the belly a piece of bread, ſage, parſley, chopt ſmall, and ſalt; ſew up the belly, and ſpit it; roaſt it, then ſplit it, and cut off the ears and under jaws, which you muſt lay round; make a ſauce with the brains, thick butter, and gravy, and lay under. If you chuſe curran-ſauce, lay it in a cup.

Pork Cutlets.

TAKE a Loin or Neck of Pork, cut off the skin, and make Cutlets; ſeaſon them with ſage, parſley, and thyme, minced together with crums of bread, pepper and ſalt; then broil them; make the ſauce with muſtard, butter, ſhallot, and gravy; to be ſerved up hot.

To roaſt a Chine of Pork ſtuffed.

MAKE a ſtuffing with ſage, parſley, thyme, the fat leave of the Pork, eggs, and crums of bread; ſeaſon with pepper, ſalt, nutmeg, and ſhallot, and ſtuff the Chine thick; then roaſt it gently; when it is about a quarter roaſted, cut the skin in ſlips: The ſauce to be made with lemon-peel, apples, ſugar,

gar, butter, and muſtard. In the ſame manner you may roaſt a Leg.

To broil a Leg of Pork.

SKIN part of the Fillet, cut it in thin ſlices, hack it on the back with your knife; ſeaſon it with ſalt, pepper, ſage and thyme minc'd ſmall; broil them on a gridiron; diſh them; let the ſauce be made with drawn butter, muſtard, and ſugar.

To roaſt a Spring of Pork.

TAKE a Spring of Pork, and cut off the knuckle, and leave as much skin on the ſpring as you can; part it from the neck, take out the bones, and rub it over well with ſalt, ſtrew it all over with ſage and thyme, ſhred ſmall; a nutmeg, cloves, and mace, beat ſmall, and mix'd together; rub them well in, then roll it up tight with the fleſh inwards; ſew it faſt, ſpit it length-ways, and roaſt it.

To keep Brawn.

TAKE ſome Bran, put it in a kettle of water over the fire, and two or three handfuls of ſalt; boil this up, ſtrain it through a ſieve, and when 'tis cold you muſt put your Brawn in it.

To collar Pork.

TAKE a Breaſt of Pork, bone and ſeaſon it, with ſavoury ſpice, ſage, parſley, and thyme; roll it in a hard collar in a cloth, tie it cloſe, and boil it; when cold, keep it in ſouſe.

To collar Pig.

CUT the Pig down the back, bone it, waſh it clean from the blood, wipe it dry, and ſeaſon it with ſavoury ſpice, thyme, parſley and ſalt; roll it in a hard collar; tie it cloſe in a dry cloth, and boil it with the bones, in three pints of water, a handful of ſalt, a quart of vinegar, a faggot of ſweet herbs, and whole ſpice; when it is tender, take it off, let it cool; then take it out of the cloth, and keep it in the pickle.

To collar a Pig in Colours.

BONE your Pig, waſh it well, then lay it on a dreſſer, chop ſage, thyme, and parſley; ſtrew them over the inſide of the Pig; beat ſome cloves and mace; mix ſome pepper and ſalt with it; ſprinkle that over; boil ſome eggs hard, take out the yolks, and chop them; lay them in layers croſs your Pig; boil ſome beet-root, cut that in ſlices, lay them croſs the Pig, then roll it up in a cloth, and boil it; before it is cold, preſs it with a weight, and it will be fit for uſe.

To make Engliſh *Hams like thoſe of* Weſtphalia, *in ſhape and taſte.*

TAKE the legs of young, well-grown Porkers, and cut with them part of the fleſh of the hind-loin, on either ſide, more than is uſual; then lay them in cloths, to preſs out the remaining blood and moiſture as much as may be, laying planks on them, and on them great weights, which will bring them into form: Some have boxes purpoſely ſhap'd for them, with ſcrews or weights to preſs down the lid. This being done, ſalt them well with common ſalt and ſugar, finely beaten, and lay them in troughs, one upon another, cloſe preſs'd down, and cover'd with hyſſop, which will infuſe into them a pleaſant flavour: Let them continue thus a fortnight, then throw away the common ſalt, and rub them well over with ſalt-petre, which may be continued for three or four days, till it ſoaks in, it being of a wonderfully penetrating nature; then take them out, and hang them in a very cloſe ſmoak-loft, and make a moderate fire under them, if poſſible, of juniper-wood,

wood, but ſo that it may laſt long; and let them hang to ſweat, and dry well; afterwards hang them up in a dry airy place, to the wind, three or four days, which will purge off the ill ſcent the ſmoak has cauſed; and then hang them up in any dry place, till you have occaſion to uſe them; which when you do, wrap them up in ſweet hay, and put them into a kettle of water, when it begins to boil; and keep them well cover'd till they are boil'd, and they will cut of a curious red colour, and eat ſhort and ſavoury; ſo that few can diſtinguiſh them from true *Weſtphalia* Hams.

To roaſt a Gammon.

SOAK it twenty-four hours in warm water; then boil it tender, but not too much; when 'tis hot, ſcore it with your knife, and put ſome large pepper on it: afterwards put it into a diſh, to criſp in a hot oven. You muſt not forget to pull the skin off.

To bake a Gammon.

PUT a Weſtphalia gammon to ſoak in warm water forty-eight hours; then boil it three parts: when it is hot, take out the bones, and lay it very cloſe in the paſty, that it may eat firm: you muſt put ſtore of butter in to bake it; being bak'd and fill'd up, it muſt ſtand to mellow with the ſpice, being only pepper, and a little nutmeg: let it be ſerv'd up for the ſecond courſe.

To make Sauſages equal to thoſe brought from Bologna.

TAKE the Fillets of young, tender Porkers, three parts lean, and one fat, to the weight of 25 pounds; ſeaſon them well in the ſmall ſhreading, with pepper and ſalt, a little grated nutmeg, and a pint of white-wine, mix'd with a pint of hog's blood; then ſtir and beat it all together, till it is very ſmall; add a few ſweet-herbs, ſmall chopp'd, and bruis'd, as peny-royal, ſweet-marjoram, and winter-ſavoury; then with a funnel open the mouths of the guts you are to fill with this meat, and thruſt it leiſurely down with a clean napkin, leſt forcing it with your hands, you break the gut; make diviſions of what length you think convenient, tying them with fine thread; dry them in the air two or three days, if it be clear, and the wind brisk; then hang them in rows, at a little diſtance one from the other, in your ſmoak-loft; and when they are well dry'd, rub off the duſt they have contracted, with a clean cloth; anoint them over with ſweet oil-olive, and cover them with a dry earthen veſſel; and either roaſted or boil'd, they will equal thoſe, ſo much boaſted of, from *Italy*.

To make Engliſh *Sauſages.*

TAKE the lean of a fillet of young Pork, chop and bruiſe it ſmall, then to every pound put a quarter of a pound of fat, well skinn'd; ſeaſon it with pepper, ſalt, and a little nutmeg; add ſome grated bread: mix them all well together; put the maſs into guts ſeaſon'd with water and ſalt; and tie them.

For PORK-PYES, *&c.* ſee the Article of PASTRY.
For PICKLED-PORK, *&c.* ſee the Article of PICKLING.

VEAL.

VEAL.

To make Scots-Collops, brown.

TAKE a Fillet of Veal, cut it in thin collops, and hack them well; ſeaſon them with nutmeg, pepper, and ſalt; then fry them off quick and brown; then brown off a piece of butter, gold colour, thicken'd with flour; and put in ſome good clear gravy, muſhrooms, morels, truffles, and force-meat-balls, with ſweet-bread diced; ſqueeze in an orange or lemon; let this boil of a right thickneſs, then put in your Collops, but don't let them boil: toſs up the Collops quick, and ſerve them up.

To make white Collops.

CUT them ſmall, and hack them well; ſeaſon with nutmeg, pepper and ſalt, and paſs them quick of a pale colour, in a little bit of butter; ſqueeze in a lemon, put in half a pint of cream, the yolks of four eggs; toſs them up thick, and ſerve them up.

Olives of Veal.

TAKE eight or ten Scots-collops, waſh them over with egg-batter; ſeaſon, and lay over them a little forced-meat; roll them up, and roaſt them, and make a ragoû for them; garniſh the diſh with ſliced orange.

Bombarded Veal.

TAKE bacon, a piece of a long ſquare, cut that in thin ſlices, lay them on a dreſſer, cut ſlices of Veal, lay them on your bacon, make a piece of good forced-meat, ſpread ſome thin, and lay it on your Veal, but ſeaſon your Veal firſt, with pepper and ſalt, before you lay your forced-meat; then roll theſe up one by one, ſpit them on a lark-ſpit all even, waſh them over with eggs, and crum them with Crums of bread; then roaſt them, and have a good ragoû to ſerve up with them.

To fry Veal Sweet-breads.

BLanch them, and cut every one of them into three or four pieces; lay them two hours in a marinade made with lemon-juice, ſalt, pepper, whole cloves, a bay-leaf, and an onion ſliced; afterwards take the ſweet-breads out of the marinade, dry them with a cloth, dip them in beaten yolks of eggs, and crum them, and fry them in lard: when they are brown, drain them; fry ſome parſley; put fry'd parſly in the middle, and ſerve them on plates or little diſhes.

To roaſt Veal Sweet-breads.

LARD them with ſmall lardoons of bacon; put them on a skewer, faſten them to a ſpit, and roaſt them brown; put ſome good gravy into a diſh, lay in the ſweet-breads, and ſerve them up.

You muſt ſet your ſweet-breads, and ſpit then, then egg and bread them, or they won't be brown.

A Ragoû of a Breaſt of Veal.

BONE a Breaſt of Veal; take out a large ſquare piece; cut the reſt into ſmall pieces; brown it in butter; then ſtew and toſs it up in your ragoû for made diſhes; thicken it with thickening; put the ragoû in the diſh, and lay on the ſquare piece diced lemon, ſweet-breads, ſippets and bacon fry'd in batter and eggs. Garniſh with ſliced orange.

To farce and roaſt a Fillet of Veal.

TAKE beef-ſuet very ſmall minced with ſweet-marjoram, winter-ſavoury, and thyme; ſeaſon with ſalt,

ſalt, cloves, and mace beaten; put in grated bread; mix them all together, with the yolk of an egg: make ſmall holes in the Veal, and ſtuff it very thick with theſe; then ſpit it, and roaſt it well. Make the ſauce of butter, gravy, and juice of lemon very thick; diſh the Veal, and pour the ſauce over it. Garniſh with ſlices of lemon.

To roaſt a Loin of Veal.

SPIT it, and roaſt it; baſte it with ſweet butter; ſet a diſh under it, with ſome vinegar, a few ſage-leaves, and a little roſemary and thyme; let the gravy drop on theſe, and when the Veal is roaſted, let the herbs and gravy boil once or twice on the fire; ſerve it under the Veal.

To boil a Leg of Veal and Bacon.

LARD the Veal over with large lardoons of bacon, and lemon-peel; boil it with a piece of middling bacon; when the bacon is boil'd enough, cut it in ſlices; put the veal into a diſh, and lay the bacon round it; ſerve it up with green ſauce in ſaucers, which is made thus: Beat two or three handfuls of ſorrel in a mortar, with two pippens quarter'd, and put vinegar and ſugar to it.

To ſtew Veal.

CUT it into ſmall pieces, ſeaſon them with ſalt, whole pepper, and onion, lemon-peel, and mace, two or three ſhallots; ſtew them in water, or port-wine, with a little butter; when it is enough, put in ſome yolks of eggs beaten; let them boil once or twice; diſh, and ſerve them up.

To make a Fricaſſy of Veal.

ROAST the lean end of a loin of Veal, let it ſtand till it is cold, cut it into ſlices; ſet a ſauce-pan with butter over the ſtove, melt the butter, and put in a pinch of flour, a few cives, and parſley ſhred; move the pan over the ſtove about a minute or two; ſeaſon the Veal with ſalt and pepper, put it into the pan, and give it two or three turns over the ſtove; then put a little broth, and let it boil a little; afterwards put in three or four yolks of eggs, beat up in cream, and ſome ſhred parſley to thicken it; keep it moving over the fire, till it is thick enough; then ſerve it up.

To fricaſſy a Calf's Head.

TAKE a Calf's Head, clean it, and boil it, then cut it into ſquare pieces of the bigneſs of a walnut, put into it half a pint of its own liquor; then toſs it up with muſhrooms, ſweet-breads, and artichoke-bottoms, cream, and yolks of eggs; ſeaſon it with mace and nutmeg, ſqueeze in a lemon, and ſerve it up hot.

Calf's Head haſh'd.

CLean and boil your head enough, take half your head, and cut in thin ſlices; have a good ragoû of forced-meat-balls, morels, truffles, muſhrooms, artichoke-bottoms, veal ſweet-breads, throw in your ſlices, ſeaſon your ragoû, a faggot of thyme and parſley, a bit of garlick, and ſqueeze a lemon in it, but ſcum it well; for the other half head ſcore it like diamonds croſs-and-croſs, ſeaſon it with pepper and ſalt, then rub it over with a yolk of an egg, then ſtrew ſome crums of bread over it, and broil it, pour your haſh in your diſh, and lay the half head in the middle, the brains after ſet off and cut in ſlices, you muſt egg and flour, and fry, to lay round; you muſt fry ſome bacon, and lay round with ſliced lemon.

To collar Veal.

TAKE a breaſt of Veal, bone, waſh, and ſteep it in three or four waters, dry it with a cloth, and ſeaſon it with ſavoury ſpice; ſhred ſweet herbs, and ſlices of bacon; roll them up in a collar, in a cloth, and boil in water and ſalt, and whole ſpice; ſcum it clean, then take it up, and when cold, keep it in the pickle.

To ragoû a Breaſt of Veal.

TAKE a breaſt of Veal, bone it, cut a large ſquare piece; then cut the reſt into ſmall pieces, brown it in butter, ſtew it in your ragoû for made diſhes, thicken it with brown butter, and put the ragoû into the diſh; lay on the ſquare piece, dic'd lemon, ſweet-breads, ſippets, and bacon fry'd in batter of eggs: Garniſh with ſlic'd oranges.

A Ragoû of Sweet-breads.

TAKE Sweet-breads, waſh them, and put them into boiling water, to blanch them, and then throw them into cold water; dry them with a linen cloth, ſet them in a ſauce-pan over the fire, with a little melted bacon, ſalt, pepper, and a faggot of ſweet herbs; toſs them up together, put to them ſome good gravy to moiſten them, let them ſimmer a while over the fire. You muſt thicken it with thickening.

A Ragoû for made Diſhes.

TAKE cocks-combs, boil'd and blanch'd, ſweet-breads ſlic'd, and lambs-ſtones; toſs them up in gravy, with ſweet herbs, ſavoury ſpice, muſhrooms, truffles, morels, and oyſters; uſe it when you have occaſion.

To make Sauſages for Scots Collops.

TAKE ſome veal and beef-ſuet, ſage, thyme, a little winter-ſavoury, ſome grated nutmeg, beaten cloves and mace, a little pepper and ſalt; beat all theſe very well together; afterwards beat two eggs, and put to it; heat them again all together; roll them up with grated bread; fry, and ſerve them up.

For VEAL-PYE, ſee the Article of PASTRY.

SOUP.

To make Stock for Soup.

TAKE a leg of Beef, a knuckle of Veal, two or three carrots, three turneps, three onions, thyme and parſley; boil this and ſcum it well, put ſome pepper and ſalt, two or three blades of mace, boil it till the meat breaks to pieces, then ſtrain it off, and ſcum the fat off. This Stock will ſerve for any brown ſoup.

Soupe Santé.

TAKE Beef and Veal cut in thin ſlices, put ſliced turneps, carrots, onions, bacon, in the bottom of your ſtew-pan; then lay your meat on the carrots, put on your meat ſome thin thyme, parſley, a head or two of celery, a little mace; cover them down, put them over a charcoal fire, draw it down till it ſticks to the bottom; then fill it up with the above Stock, let it boil ſlowly till the goodneſs is out of your meat, then ſtrain it off; cut and waſh celery, endive, ſorrel, a little chervil, ſpinach, a piece of leek; put theſe in a ſtew-pan, with a bit of butter; ſtew this over a fire till tender; then put this in your

your Soup, give it a boil up together, and ſcum the fat off, cut the cruſt of french-rolls, dry them and ſoak them in ſome of your Soup; put this in, and ſerve your Soup away.

To make a white Soup.

TAKE a knuckle of Veal, ſoak it in water, then put it in a pot, with carrot, turnep, thyme, parſley, onion, mace, a quarter of a pound of rice, a head or two of celery; boil this till your meat breaks to pieces; then ſtrain it off, ſend a little of your rice up in it.

Soupe à la Reine.

TAKE a knuckle of Veal, part of a neck of Mutton, ſoak it in water, put it in a pot with liquor, carrots, turneps, thyme, parſley, and onions; boil and ſcum it, then ſeaſon it with ſome mace, a head or two of celery; boil this down, take half a pound of almonds, blanch and beat them; take two fowls, half roaſt them, then two ſweet-breads ſet off; beat theſe in a mortar, put theſe in your ſtock, with the crum of two french-rolls; then rub this through a tammy, and ſerve it up.

To make Gravy-Soup.

CUT ſome bacon, veal, and buttock of beef in ſlices; carrots, turneps, onions; put theſe in a pan well ſeaſoned, cover this cloſe, ſet it over a fire-draught, fill it thick, then fill it up with your Stock for brown ſoups.

Peas-Soup.

TAKE ſome beef and mutton, a piece of pork, a quart of ſplit-peas, thyme and parſley, carrots, turneps, pepper and ſalt; boil all this till the meat is tender; then cut and waſh celery, endive, ſorrel, a leek, ſpinach; put theſe in a ſtew-pan, with a bit of butter, ſtew them till tender; take your Stock, and rub it through a ſieve or tammy; then put theſe herbs to it, with ſome dried mint; dry ſome bread and fry in butter; ſend your pork in the middle of your diſh.

To make a Fiſh-Stock.

TAKE a ſcate, put it in a pot, cut your ſcate in pieces, turneps, carrots, thyme, parſley, onion; take an eel or two, ſome flounders, cut to pieces; put theſe in a ſtew-pan with a piece of butter, ſtew them down till to pieces; then put theſe to your ſcate; boil it well, and ſtrain it off.

To make Cray-fiſh-Soup.

BOIL off your Cray-fiſh, take the tails out of the ſhells; then roaſt a couple of lobſters, beat theſe with your cray-fiſh ſhells, put this into your Fiſh-ſtock, with ſome cruſts of french-rolls; then rub this thro' a tammy, and then put your tails into it. You may force a carp, and put in the middle, if you pleaſe, or force ſome of the ſhells, and ſtick on a french-roll.

To make Water Souchey.

GET ſome of the ſmalleſt perch, put them in ſome water, with ſome parſley-roots and ſalt; boil theſe together very ſlowly, ſcald off ſome green parſley, and lay in it. This is commonly eat with brown bread and butter.

Green Peas-Soup.

TAKE ſome Veal and Mutton, and make a Stock, boil off ſome old peas in your ſtock; then get young peas boiled off by themſelves; ſtrain off your ſtock, ſcald off a handful of ſpinach; rub them through a tammy or ſieve, with your young and old peas.

To make a Maigre-Soup.

SLice ſome carrots and turneps, put them in a ſtew-pan, with a

piece of butter; draw them down till they ſtick to the pan, have ſome boiling water ready; then pour it into the carrots; boil it up with ſome ſeaſoning, ſtrain off, then ſtew celery, endive, ſpinach, a bit of chervil, a piece of leek, cut ſmall; then pour your liquor to this, and boil it up.

To make ſtrong Broth.

TAKE three or four gallons of water, and put in it a leg of beef, and a crag of mutton; cut them to pieces, and let them boil 12 hours, between whiles ſtirring them with a ſtick; and cover it cloſe; afterwards ſtrain and cool it, let it ſtand till it will jelly; then take the fat from the top, and the droſs from the bottom.

To make Plum-pottage.

TAKE two gallons of ſtrong broth, put into it two pounds of currans, two pounds of raiſins of the ſun, half an ounce of ſweet ſpice, one pound of ſugar, a quart of claret, a pint of canary; ſqueeze three ſeville-oranges, and three lemons into it, and thicken it with flour, and a pound of prunes.

To make Cullis to thicken Sauces.

TAKE carrot, turnep, onion, put this in the bottom of a ſtew-pan; ſlice ſome veal and ham, and lay over your carrots, thyme, parſley and ſeaſoning; put this over a fire gently; when it ſticks to the bottom, pour in ſome good ſtock; put in the crum of ſome french-rolls, boil them up together, ſtrain it through a ſieve, and rub the bread through: this will thicken any brown ſauce.

Fiſh Cullis muſt be as above, only with Fiſh inſtead of Meat.

To make brown Thickening.

PUT a piece of butter in a ſtew-pan, put it over a fire, put ſome flour to it, keep it ſtirring till it is of a gold colour; then put ſome gravy to it. This Cullis will thicken any ſauce.

A Fricaſſy of Artichokes.

SCRAPE the bottoms clean, cut them into large dice, and boil them, but not too ſoft; then ſtove them in a little cream, ſeaſon'd with ſalt, pepper, and nutmeg; thicken it with the yolks of four eggs, and melted butter, and ſerve it up.

To fricaſſy Tripe.

TAKE double Tripe, cut ſome of the fat part into ſlices, and dip them into eggs or batter, and fry them to lay round the diſh; cut the other part into long ſlips, and into dice; and toſs them up with onion, chopt parſley, melted butter, yolks of eggs, and a little vinegar; ſeaſon with pepper and ſalt, and ſerve it up.

FISH.

To ſtew Carp.

KNOCK them on the head, gut and cleanſe them, waſh out the blood with vinegar and ſalt, and cut them cloſe to the tail, to the bone; waſh them clean; put them in a broad ſauce-pan, with two quarts of claret, a faggot of ſweet herbs, a ſliced nutmeg, large mace, four or five cloves, whole pepper, and anchovies; cover them cloſe, and ſtew them about a quarter of an hour; then put to it the blood, with a piece of butter rolled up in flour; lay about them the ſpawn, milt, and liver.

To

To ſtew Carp white.

SCALE them, gut and cleanſe them, ſave the roes and milts, then ſtew them in ſome good white broth; ſeaſon them with cloves and mace, ſalt, and a faggot of herbs, onion, anchovies, and white-wine; and when they are ſtewed enough, thicken the ſauce with the yolks of five eggs, and paſs off the roes, and dip them in yolks of eggs and flour, and fry them with ſome ſippets of french bread; then fry a little parſley, and when you ſerve them up, garniſh the diſh with the roes, parſley, and ſippets.

To fry Eels.

SCOTCH them very thick in, and cut every Eel in eight pieces, mix them with yolks of eggs, and ſeaſon them with pepper, ſalt, and grated bread, thyme, and parſley; then put flour on them, and fry them. You may dreſs them a plain way, only with flour and ſalt; ſerve them up with melted butter, and fried parſley.

To collar Eels.

TAKE large ſilver Eels, ſcouer them with ſalt, ſlit them down the back, and take out the bones, waſh and dry them, and ſeaſon them with ſpice, parſley ſhred, thyme, ſage, and an onion; then roll each of them in collars, in a little cloth; tie them cloſe, and boil them in water and ſalt, with the heads and bones, and a faggot of herbs; when they are tender, take them up, and tie them cloſe again; ſtrain the pickle, and put them into it.

To roaſt Eels.

TAKE Eels, skin and turn them quite round, and ſcotch them; waſh them with melted butter, and ſpit them croſs-wiſe with a skewer, and tie them on the ſpit; then ſtrew over them a little thyme, parſley, pepper, ſalt, and nutmeg: roaſt them quick; fry parſley, and lay round the diſh; make the ſauce with butter and gravy.

To broil Eels whole.

SKIN them, and waſh, and dry them; ſcore them with a knife, and ſeaſon them with crums of bread, thyme, parſley, pepper and ſalt; then turn them round, and skewer them croſs-wiſe, and you may roaſt or broil them as you pleaſe: The ſauce may be melted butter, with lemon-juice.

To ſpitch-cock Eels.

SCOUER them in their skins with ſalt, and waſh and dry them; then ſlit them down the back, and take out the back-bone, and ſlaſh them with the back of a knife; ſeaſon them wilth ſalt, pepper, chopp'd parſley, and thyme; waſh the inſide with melted butter, and cut them into pieces about three inches long, and broil them; make the ſauce with melted butter, and orange-juice.

To pot Eels.

TAKE jamaica-pepper, common pepper pounded fine, and ſalt; mix them together, and ſtrew ſome of it at the bottom of an earthen pan; cut the Eels, and lay them over it, and then ſtrew more of the ſeaſoning over them, and put in another lay of Eels, repeating this method till you have put in all the Eels; then place a few bay-leaves upon them, pour in as much vinegar as is convenient with the like quantity; cover the pan with brown paper, and bake them; then pour off the liquor, and take as much clarified butter as will cover them, pour it upon them, and lay them by for uſe.

To ſtew Cod.

TAKE a Cod, cut it into thin ſlices, lay them in rows at the

bottom of a diſh; put in a pint of white-wine, half a pound of butter, a few oyſters, with their liquor, a little mace, ſome crums of bread, with pepper and ſalt; ſtew them all till they are enough: Garniſh the diſh with lemon.

To boil a Cod's Head.

TAKE vinegar and ſalt, a faggot of ſweet herbs, and an onion; ſet them on the fire, in a kettle of water, boil them, and put in the head; and while it is boiling, put in cold water and vinegar; and when it is boiled, take it up, and put it into a diſh, and make for ſauce as follows: Take gravy and claret, boil'd with a faggot of ſweet herbs and an onion, two or three anchovies, drawn with two pounds of butter, a pint of ſhrimps, oyſters, the meat of a lobſter ſhred fine: You may ſtick little toaſts on the head, and lay on and about the roe, milt, and liver: Garniſh the diſh with fried parſley, lemon, barberries, horſe-radiſh, and fried fiſh.

To make a Ragoû of Cod.

WASH the Cod clean, and boil it in water, with vinegar, pepper, ſalt, a bay-leaf, and lemon; make a ſauce of burnt butter, fry'd flour, capers, and oyſters; when you ſerve it up, put in ſome black pepper and lemon-juice.

To dreſs a diſh of Fiſh in general.

TAKE water, ſalt, half a pint of vinegar, a ſprig of thyme, a ſmall onion, and a little lemon-peel, boil them all together; then put in your Fiſh, and when it is enough, take them out, and drain them well; lay them over a ſtewing-hole to keep them warm. If you want to fry any Fiſh, ſtew ſome crums of grated bread, very fine, over them, and fry them in ſweet oil; then drain them well, and keep them warm.

To roaſt Lobſters.

TIE them to the ſpit alive, and baſte them with hot water and ſalt, roaſt them till they turn red, and ſerve them up with melted butter in one cup, and anchovy and butter in another.

To butter Lobſters.

PUT by the tails whole, to lay in the middle of the diſh; then take the meat, and cut it into large pieces; put in a large piece of butter, two ſpoonfuls of rheniſh-wine, and ſqueeze the juice of a lemon, and ſerve it up.

To roaſt a Pike.

TAKE a Pike, ſcale and ſlaſh it from head to tail, lard it with the fleſh of Eels roll'd up in ſweet herbs and ſpice, fill it with fiſh and forc'd meat; roaſt it at length, baſte and bread it; make the ſauce of drawn butter, anchovies, the roe and liver, with muſhrooms, capers, and oyſters: Garniſh with ſliced lemon.

To boil a Turbot.

PUT the Turbot into a kettle, with white-wine-vinegar and lemon; ſeaſon with ſalt and onions, add to theſe water; boil it over a gentle fire; you muſt ſcum it very clean: Garniſh with ſlices of lemon on the top.

To make Fiſh Sauce.

TAKE ſome gravy, ſlice an onion, waſh ſome anchovies, thyme, parſley ſliced, horſe-radiſh, cloves, and mace; boil theſe together, ſtrain this off, put a bit of thickening in it, and ſome butter; draw this up together, and ſqueeze a lemon in it; you may put ſhrimps or oyſters in it; if you make it lobſter ſauce, you muſt cut your lobſter in ſlices, and the ſpawn you muſt beat in a mortar, with a bit of butter: this will colour your ſauce.

To broil a Pike.

SPLIT it, and ſcotch it with a knife on the outſides; ſeaſon it with ſalt, put the gridiron on a clear fire, make it very hot; then lay on the Pike, baſte it with butter, turn it often, and when it is broiled criſp and ſtiff, put it into a diſh, and ſerve it up, with butter, and the juice of lemons, or white-wine-vinegar: Garniſh with ſlices of oranges or lemons.

To broil Maycril.

YOU may ſplit them, or broil them whole, pepper and ſalt them; for ſauce, ſcald ſome mint and fenel, chop them ſmall; then melt ſome butter, and put your herbs in: you may ſcald ſome gooſberries, and lay over your Maycril.

A Biſque of Fiſh.

TAKE any ſort of Fiſh, clean it well, and ſteep it in white-wine-vinegar, a handful of ſalt, whole ſpice, a bunch of ſweet herbs, a few whole onions, and a lemon ſhred; cover the Fiſh with theſe ingredients, and let them ſtand almoſt an hour; then put them all together into a pot, and when they are half boil'd, add ſome boiling water to it, to make the fiſh firm; then fry ſome of the other in hot liquor; make a ſauce with oyſters, ſhrimps, muſhrooms, capers, a bundle of ſweet herbs, two anchovies, two whole onions ſtuck with cloves, the yolks of eggs, the juice of a lemon, nutmeg and horſe-radiſh ſcrap'd, intermixt with butter; draw it up very thick, then diſh your Fiſh, and run over the ſauces: Garniſh your fry'd Fiſh with parſley, horſe-radiſh, and ſlic'd lemon.

To recover Anchovies that have, by the loſs of the Pickle, become muſty, or decay'd.

TO a gallon of fair water put two pounds of ſalt-petre, boil it till a fourth part is conſum'd, ſcumming it continually as the ſcum riſes; then put to it a quarter of an ounce of cryſtal of tartar; mix theſe, well ſtirring them; then unpack the damag'd Fiſh, and repacking them lightly, pour in the new pickle, mix'd with a pint of good old pickle, and ſtop them up cloſe 24 days; and when you open them again, cover them with fine beaten bay-ſalt, and let them ſtand three or four days; then, as you take them out for uſe, be careful to cover them down with a ſlate, and they will ſucceed well.

To recover Sturgeon, or Salmon that is decay'd.

TAKE a gallon of white-wine-vinegar, boil it by itſelf, with three or four ſlices of ginger in it; boil ſeparately two quarts of water, and a pint of white-wine, with a handful of ſalt; mix theſe together, then ſteep the Fiſh four or five hours in warm water, take it out, and dry it; mix the pickles together, and put them to it luke-warm; cover or head up cloſe the veſſel or cask you put them in, and let them ſtand 10 or 12 days before you open them.

To make Cray-fiſh red.

RUB them with aqua-vitæ, and it will ſucceed to admiration.

To ſtew Carps.

TAKE your carps freſh out of the water; ſcale them, and gut them; then waſh the blood out of the body of each carp with a few ſpoonfuls of claret wine; ſave that by itſelf; cut the carps in pieces, and ſtew them in a little freſh butter; three or four great onions whole, a few blades of mace, with a little bunch of thyme and winter-ſavoury; after they have ſtew'd awhile, take out the carps, and lay them by, folding them up in a linen,

nen, till your liquor be fitted to receive them again; otherwiſe the carps would be boil'd to pieces before the liquor were conſum'd to a fit thickneſs: after the carps are out, put in the blood you waſh'd out of their bodies, with the claret, and half a pint or a pint of gravy of mutton or beef, according to the quantity of your fiſh, with a little butter and ſalt to the butter you ſtew'd the carps in; and when you think this butter almoſt boil'd to a fit conſiſtence, put in the carps again, and ſtew all together, till the ſame be almoſt as thick as well-drawn butter; and ſo ſerve it in. If you put two ſpoonfuls of elder-vinegar to the liquor, when you take it up, it will acquire a more grateful taſte.

To dreſs a Crab.

TAKE all the body and the meat of the legs, and put them together in a diſh to heat with a little broth or gravy, juſt to make them moiſt; then when they may be hot, have ready ſome good broth or gravy with an anchovy diſſolved in it, and the juice of a little lemon together; heat it; afterwards thicken it up with butter, and ſtir it in the Crab, as it is hot: then ſerve it all up in the ſhell.

To make a Fricaſſy of Perch.

BOIL the Perch, and ſtrip them of the bones; then half cover them with white-wine; put in two or three anchovies, a little pepper and ſalt, and grated nutmeg; afterwards warm it over the fire; put in a little parſley and onions, and the yolks of eggs well-beaten: toſs it together, put in a little thick butter, and ſerve it up.

To roaſt a Pike.

SCale and gut it, but not upon the belly; then take a ſweetbread broil'd, ſhred it very ſmall, and mix it with crums of brown bread, one anchovy, two yolks of eggs, half a nutmeg, a few muſhrooms cut ſmall, a little lemon without the rind cut ſmall, a little ſweet-marjoram and parſley cut ſmall: mix theſe all together to a pretty thickneſs; afterwards put it into the belly of the fiſh, tie it on a ſtick with new packthread, and roaſt it. Make for the ſauce ſome good gravy, with a bit of onion ſtuck with cloves, ſome muſhrooms, and the liquor; ſtir together with a little white-wine, and the juice of an orange; thicken it with butter, put it to the Pike, and ſerve it up.

To ſtew Soles.

GUT and skin the ſoles; half-fry them; then have ready the quantity you like of half white-wine and half water, with ſome gravy mixt together, a whole onion ſtuck with cloves, and a little whole pepper; afterwards ſtew them all together, with a little ſhred lemon, and two or three muſhrooms: when they are done enough, thicken the ſauce with good butter, and ſerve it up.

To dry Whitings.

TAKE the Whitings, when they come freſh in, and lay them in ſalt and water about four hours, the water being not too ſalt; then hang them up by the tails with a ſtring two days near a fire; after which skin and broil them.

For FISH-PYES, ſee the Article of PASTRY.

See alſo PICKLING.

PASTRY.

PASTRY.

PASTE, LEARS, PYES, &c.

To make Puff-Paſte.

TO a pound of flour, put half a pound of butter, and two eggs, work it up light with fair water; then roll it out, and lay ſeveral little bits of butter upon it, the bigneſs of a large nutmeg; fold it up, and roll it out again; then butter and fold it up again, and flour it; repeat it three times, and then roll it for uſe, and it will riſe well. It is a Paſte that may be uſed on ſeveral occaſions.

Paſte for a Paſty.

TAKE a peck of flour, put to it ſeven pounds of butter, and four eggs; work it up with cold water.

To make Paſte for a high Pye.

TAKE a peck of flour, and work it up with three pounds of butter, melted in a ſauce-pan of boiling liquor into a ſtiff Paſte.

To make Paſte for Patty Paſte.

TO four pounds of flour put a pound and a half of butter; work it in well with half a pound of eight-penny-ſugar ſifted; then work it up quick with water. This will ſerve all ſorts of Tarts or ſweet Patties. —— Or you may make it thus:

TAKE two pounds of flour, a pound of butter, and two eggs; work it up, but not too ſtiff. This Paſte will come well out of your pans.

To make Almond Paſte.

TAKE a pound of almonds; blanch them and beat them very fine in a mortar; put ſome water to them, to prevent their oiling; then mix them with two pounds of flour, rub it in with a pound of powder'd ſugar; after which put in half a pound of butter, ſix yolks and two whites of eggs. This will ſerve for rich Tarts and ſweet Pyes.

To make Paſte for a Cuſtard.

TAKE flour, and make it into a ſtiff Paſte with hot water, and ſprinkle it with cold water to prevent its cracking.

To make Crocant Paſte.

TAKE one pound of flour, half a pound of ſifted ſugar, a quarter of a pound of butter worked together; mix this with eggs.

LEARS *for Pyes.*

A Lear for Savoury Pyes.

TAKE claret, gravy, oyſter-liquor, two or three anchovies, a bunch of ſweet herbs, and an onion; boil them up, and thicken it with brown thickening, then pour it into your Savoury Pyes, when called for.

A Lear for Fiſh-Pyes.

TAKE claret, white-wine vinegar, oyſter-liquor, anchovies, and drawn butter; and when the Pyes are baked, pour it in with a funnel.

A Lear for Paſties.

TAKE the bones of the meat of which it is to be made, cover them with water, and bake them with the Paſty; and when it comes out, ſtrain the liquor, and put it into the Paſty; put ſome pepper and ſalt in it.

A Caudle for Sweet-Pyes.

TAKE Canary and white-wine equal quantities, a little verjuice and ſugar; boil them, and brew them with two or three eggs, as butter'd ale: when your Pyes are baked, pour the Caudle in at the funnel, and ſhake it together.

PYES.

Ingredients for Sweet-Pyes; the meat being Fiſh or Fowl.

SPice balls, citron, lemon and orange-peels, Spaniſh potatoes, skirrets, raiſins, currans, grapes, goosberries, and damſins.

Ingredients for Savoury Pyes.

SAvoury ſpice-balls, bacon, ſhiver'd palates, lamb-ſtones, cocks-combs and ſtones, artichoke-bottoms, oyſters, muſhrooms, truffles, and morels.

To make Lumber Pye.

RAiſe your cruſt, then fill it with minced-meat, ſuch as minced-pyes, only chop ſome ſpinach, and mix with it; lay on the top citron, orange-peel, damſins, white plums, hard eggs; when it is baked make a white-wine Caudle, and put into it: which is made thus:

HALF a pint of white-wine, a quarter of a pint of verjuice, ſome ſugar and nutmeg, the yolks of four eggs beaten; ſtir this over the fire till it thicken; pour this into your Pye.

An Artichoke Pye.

TAKE the bottoms of ſix or eight Artichokes boil'd and ſliced; ſeaſon them with ſpice, and mix with them the marrow of three bones, upon theſe lay ſome dates, yolks of hard eggs, citron and mace; then cover theſe with butter; bake, and pour in hot wine and ſugar.

A Battalia Pye of Pigeons.

SHeet your diſh, ſeaſon your Pigeons, and lay them; in lay on them ſome ſlices of bacon, forced-meat-balls, muſhrooms, ſweet-breads, tops of aſparagus, cocks-combs, artichoke-bottoms blanched and ſliced with the yolks of hard eggs, a blade of mace, ſome ſlices of butter; then cover your Pye, have a good gravy to put in it when baked. You may make them of Chickens or Rabbets.

A Calf's Head Pye.

TAKE a Calf's Head, boil it till you can take out all the bones, cut it into thin ſlices, and lay it in the Pye, with ingredients for ſavoury Pyes.

A Chicken Pye.

TAKE ſix ſmall Chickens, put into them a piece of butter rolled up in ſweet ſpice; ſeaſon them, and put them into the Pye, with the marrow of two bones, with a few currans and raiſins of the ſun ſtoned, a few skirrets boil'd and blanch'd, dates, candied lemon and dried citron, preſerved barberries, ſliced lemon, large mace and butter; cloſe it, bake it; and when it is taken out of the oven, make a Caudle of white-wine, verjuice and ſugar, beat up with the yolks of three or four eggs; ſet them on the fire, and keep ſtirring till it is thick; then put it in, and ſhake it; ſcrape ſugar upon it, and ſerve it up.

Egg Pyes.

TAKE the yolks of 20 hard Eggs, ſhred them with the ſame weight of marrow and beef ſuet; ſeaſon it with ſweet ſpice, citron and lemon; fill and cloſe the Pyes.

A Gooſe Pye.

TAKE a Gooſe, bone it; ſeaſon it with ſavoury ſpice, and lay it into the Pye with two rabbets; lay on butter, and cloſe the Pye.

Another

Another Gooſe Pye.

PArboil and bone the Gooſe; ſeaſon it with ſalt and pepper, and put it into a deep cruſt, with a quantity of butter; bake it well, and fill it up at the vent-hole with melted butter, and ſerve it up.

A Hare Pye.

CUT the Hare in pieces, and ſeaſon them with ſavoury ſpice; lay them into the Pye with balls, ſliced lemon and butter, and cloſe the Pye; put ſlices of bacon.

A Hen Pye.

TAKE a Hen cut in pieces, ſeaſon it, and lay it in the cruſt with balls, yolks of hard eggs, ſliced lemon, butter, and cloſe the Pye; bake it, and then pour a lear thicken'd with eggs, into it.

A Lamb Pye.

TAKE a hind quarter of Lamb, cut it into thin ſlices; ſeaſon them with ſavoury ſpice, and lay them into the Pye, with a hard lettuce, artichoke-bottoms, the tops of 100 aſparagus; cover them with butter, and cloſe the Pye; and when it is baked, pour a lear into it.

A Lumber Pye.

TAKE a pound and half of fillet of veal, and mince it with an equal quantity of beef ſuet; ſeaſon it; add five pippens, a handful of ſpinach, a hard lettuce, thyme and parſley; mix with it a penny white loaf grated, the yolks of two or three eggs, canary, and orange-flower-water, a pound and a half of currans, and preſerves as in the chicken Pye.

Minced Pyes.

TAKE a neat's tongue, parboil and ſhred a pound of it, with two pounds of beef ſuet, five or ſix pippins, and a green lemon-peel; ſeaſon it with half an ounce of ſweet ſpice and a pound of ſugar; add two pounds of currans, a quarter of a pound of citron, lemon and orange peel, half a pint of canary, a little orange-flower water, half a pint of roſe water, the ſame of verjuice; mix all theſe together, and fill your Pyes.

A Mutton Pye.

CUT a loin of Mutton into ſteaks, ſeaſon it with ſavoury ſpice, and fill the Pye; lay on butter, and cloſe it: when it is baked, take a handful of capers, cucumbers and oyſters chopt in gravy, an anchovy and drawn butter, and put to it.

A Sweet-bread Pye.

TAKE two or three Sweet-breads, cut them the bigneſs of half a crown; cut artichoke-bottoms boil'd tender; take out all the skins from the Sweet-breads, take truffles and morels, boil them in a little gravy, put in ſome muſhrooms and palates boil'd tender, and cut in pieces with oyſters; ſeaſon the Sweet-breads with ſalt and pepper; put in three yolks of eggs boil'd hard; let theſe ingredients lie in your diſh, with three ſpoonfuls of water; put puff-paſte in the diſh, and cover it with the ſame when it comes out of the oven; take white gravy with a little white-wine boil'd well, cut the lid tranſverſly; take out ſome of the quarters, and pour in the liquor; ſend it to the table with the quarters cut out.

A Pigeon Pye.

TRUSS and ſeaſon the Pigeons with ſavoury ſpice, lard them with bacon, and ſtuff them with forced meat, and put them into the Pye, with the ingredients for ſavoury Pyes, and butter, and cloſe up the Pye; and when it is baked, make a lear.

A Veal Pye.

RAISE a high Pye, cut a Fillet of Veal into three or four Fillets; ſeaſon

ſeaſon them with ſavoury ſpice, and a few ſweet herbs and ſage minced; lay ſlices of bacon at the bottom and between each piece, ſlices of butter on the top; and cloſe up the Pye, and bake it.

Haſhed Patty.

TAKE the breaſt of your fowls or pheaſants that have been roaſted off, mince them, ſeaſon it with pepper, ſalt, and beaten mace; toſs this up in a pan with gravy and butter; put this into your cruſt, cover it over, bake it; then cut ſix pointed pieces out of the lid, lay them round the ſide of the diſh, poach ſix eggs, put one upon each piece of cruſt, and ſerve it up.

To make a Spinach Toaſt.

BLanch off ſome Spinach, put it it into cold water, ſqueeze it dry, chop it very ſmall, and chop ſome citron ſmall, melt ſome butter, mix the butter, citron and ſpinach together, with ſome ſugar and ſix eggs; put this into your cruſt, and croſs-bar it over, then bake it.

A Veal Paſty.

TAKE a quarter of a peck of fine flour, and a pound of butter, which break into little pieces; put in ſalt, and half an egg, as much cold milk as will make it into paſte; make a ſheet of Paſty; take a breaſt of Veal, bone and ſeaſon it with pepper and ſalt; lay butter in the bottom of your paſte, and lay in the Veal; put in whole mace with a lemon ſliced thin, and the rind of it; cover it with butter, cloſe it up; and when it is baked, cut it up, and heat white-wine, butter, yolks of eggs and ſugar; pour them in, and ſerve it up.

A Veniſon Pye.

RAISE a high Pye, and ſhred a pound of beef-ſuet, put it at the bottom; cut the Veniſon in pieces, and ſeaſon them with pepper and ſalt, and put them upon the ſuet; then lay on butter, and cloſe the Pye; let it ſtand in the oven ſix hours.

A Veniſon Paſty.

TAKE half a peck of flour, four pounds of butter, and mix them into a paſte with cold water; take Veniſon, and bone it; break the bones, ſeaſon them with ſalt and pepper; boil them, and when the Paſty is baked, fill it with this liquor: take a pound of beef-ſuet, cut it into ſlices, ſtrew pepper and ſalt on it; put in the Veniſon, ſeaſoned pretty high with ſalt and black pepper bruiſed; ſet pudden-cruſt round the inſide of the Paſty; lay on freſh butter, and cloſe it; and when it is baked, put in the foregoing liquor, and ſhake it all well together.

A Carp Pye.

TAKE a Carp, bleed it at the tail, cut open the belly, draw and waſh out the blood with claret, vinegar, and ſalt; then ſeaſon it with ſavoury ſpice, and ſweet herbs ſhred; lay it in the Pye with a pint of large oyſters and butter; cloſe the Pye, and when it is baked, put into the lear the blood and claret, and pour it into the Pye.

An Oyſter Pye.

TAKE a quart of large Oyſters, parboil them in their liquor, with piſtachio-nuts, marrow, an onion, and ſavoury ſpice, and a little bread grated; when the Pye is baked, take out the onion, lay on butter, and cloſe the Pye.

To candy Tarts, or Puff-paſte.

TAKE two or three whites of new-laid eggs; beat them with a ſpoon in a deep diſh; and ſtill, as the froth riſes, take it off, and ſtir it with very fine ſugar, and a very little roſe-water; then, either with a ſpoon or feather, lay it upon that you would candy; but obſerve particularly,

ticularly, to take none but the froth that riſes.

To make a Salmon Pye.

FIRST, take a piece of Salmon, peel and waſh it; then put ſome ſpice, onions, ſweet-herbs, and boil'd vinegar over it, hot; let it lie thus for half an hour; afterwards bake it in a patty-pan, open, with a border of rich paſte, either of cold butter, or of puff; when 'tis bak'd, take off the oil, and put over it a good lear made of ſhrimps, oyſters, crabs, lobſters, or what elſe you pleaſe; ſerve it away hot. You may make any other freſh-water fiſh-pye that way.——To make your lear, if you uſe oyſters firſt, parboil them; then take ſome of the cleareſt of their liquor, with white-wine, or very nice anchovy, pepper, ginger, and grated nutmeg; draw up your butter thick with this; afterwards put in your oyſters, ſhrimps, crabs, or lobſters; and if you do not think it enough, ſtir in the yolk of an egg, and put it over your Pye hot: Thus you may make any lear, either ſweet or ſour, at your own diſcretion.

Savoury Balls.

TAKE part of a leg of lamb or veal, chop it fine, with the like quantity of beef-ſuet minced, a little lean bacon, ſweet herbs, a ſhallot, and anchovies; put ſome grated bread and eggs, and mix it; beat them in a mortar till they are as ſmooth as wax; ſeaſon with ſavoury ſpice, and make it up into little Balls.

Sweet Balls.

TAKE part of a leg of lamb, or veal, chop it fine, with the like quantity of beef-ſuet; put to it a pretty quantity of currans; ſeaſon it with ſweet ſpice, a little lemon-peel, three or four yolks of eggs, ſome grated bread, and a few ſweet herbs; mix them well together, and make little Balls.

Fiſh Balls.

TAKE Carp and Eels, mince them fine, mix them together, with the like quantity of ſuet, ſweet herbs, and ſavoury ſpice, grated bread and eggs; beat them in a mortar, and make up into little Balls.

FLORENDINES, PUDDENS, &c.

A Florendine.

TAKE two pounds of cheeſe-curds, a pound of blanch'd almonds finely beat, half a pound of currans, half a pound of butter, ſix eggs, roſe-water, and ſugar according to your palate; mix them with ſtew'd ſpinach cut ſmall; lay puff-paſte on the top and bottom of the diſh, and bake it in a gentle oven.

An Apple and Orange Florendine.

TAKE ſix ſeville-oranges, cut them in two, ſave the juice; take the pulp, and lay it in water 24 hours, ſhifting it three or four times; then boil them in three or four waters, and in the laſt put to them a pound of fine ſugar, and their juice; boil them to a ſyrup; let them ſtand in the ſyrup in an earthen pot: When you uſe them, cut them in thin ſlices. Two of theſe Oranges, mixt with 10 Pippens, pared and quarter'd, and boil'd up in water and ſugar, will make a Florendine. Lay it on puff-paſte in a diſh, and garniſh the brim.

A Florendine of Kidney of Veal.

TAKE the Kidney of a Loin of Veal, together with the fat, and ſhred

ſhred them with ſpinach, parſley, and lettuce, three pippins, and ſome orange-peel; ſeaſon it with ſweet ſpice and ſugar, and a good handful of currans, two or three grated biskets, ſack, and orange-flower water; 2 or 3 eggs; mix them well together, and put them into a diſh cover'd with puff-paſte; lay on a cut lid, and garniſh the brim.

To make an Almond-Pudden.

TAKE half a pound of Jordan Almonds blanch'd; pound them in a mortar, with four grated biskets, and three quarters of a pound of butter, ſack, and orange-flower water; then mix it with a quart of cream boiled, and mix with twelve eggs, ſweet ſpice, and ſugar; cover the diſh with puff-paſte, pour it in, and garniſh it.

An Almond-Pudden boiled.

TAKE ten eggs, beat and ſtrain them into a quart of cream; then grate in a penny white loaf, with a nutmeg, half a pound of Almonds blanch'd and beat fine, ſix ſpoonfuls of flour; mix them well, and ſweeten them with ſugar; flour your bag, or cloth; put the Pudden into the pot while it boils, and when it is enough, take it out, and pour on it a little roſe-water, with ſome melted butter: Garniſh it with blanch'd Almonds, and ſerve it up.

A baked Bread-Pudden.

TAKE a penny loaf, cut it into thin ſlices; boil a quart of cream, or new milk, and put in the bread; break it very fine, put in a nutmeg grated, half a pound of butter, 10 eggs, and half a pound of ſugar; ſtir them all well together; butter a diſh, and let it bake an hour.

A boiled Bread-Pudden.

TAKE a quart of cream, boil it with ſalt, ſugar, and ſweet ſpice; the ſugar muſt not be boiled in the milk; boil 3 laurel-leaves in the milk, it will taſte like almonds; then take 3 French rolls, and ſlice in, and let it ſtand till it is cold; after which drain it, and rub the bread through a colander; put in the yolks of 12, and whites of 4 eggs; then ſtir them well together, butter a diſh, and put it in; tie a cloth over it, boil it, and ſerve it up with drawn butter.

A Carrot-Pudden.

TAKE raw Carrots, ſcrape them clean, grate them, and to half a pound of Carrot put a pound of grated bread, a nutmeg, a little cinamon, and ſalt; half a pound of ſugar, and half a pint of ſack, 12 eggs, a pound of butter melted, and as much cream or new milk as will mix it well together; ſtir and beat it well, and put it into a diſh, with puff-paſte at the bottom, and bake it.

An Orange-Pudden.

TAKE the rinds of two Seville-oranges, the yellow part only; grate them, and boil them as a Florendine of oranges and apples; and ſeaſon them as the carrots.

An Oatmeal-Pudden.

TAKE three pints of thick cream, boil it, and put to it three quarters of a pound of beef-ſuet ſhred very fine; a pound of butter, and half a pound of ſugar, a grated nutmeg, a little ſalt; thicken them all with a pint of fine Oatmeal; ſtir it together, and pour it into a pan, and cover it cloſe, till it is almoſt cold; then add the yolks of 12 eggs; mix all well together, put a ſheet of puff-paſte in the diſh, and ſtick lumps of marrow in it: Let it ſtand in the oven two hours.

To make a Cream-Pudden.

TAKE flour, and mix it with a like quantity of grated bread, ſome dates minc'd, cinamon and

nutmeg

nutmeg finely beaten, beef-ſuet, ſugar, eggs, and warm cream; then take half the Pudden for one ſide, and half for the other; make it up round, and put ſome butter and cream into the middle of it, and cloſe it up; put it into the pot, in a cloth, when the liquor boils; and when boil'd, ſerve it up in two halves, with butter, roſe-water, and ſugar, beaten well together, and warm.

To make excellent Black-Puddens.

TAKE oatmeal a little ground; grate to every quart of it a half-penny ſtale white loaf; ſoak theſe in milk a night, then in the hog's blood warm 12 hours; after which mince your fat or lard ſmall, mingle and ſtir them to a proper thickneſs; then mince penny-royal, white-ſavoury, and ſuch other proper ſweet herbs as the ſeaſon will afford, and ſtir them together; ſeaſon them with a ſprinkling of ſalt, and fill the guts with them, tying them at what convenient lengths you pleaſe; and when you have boil'd them, hang them up in a dry loft, near the chimney, to keep them from moiſtneſs or mouldying.

White-Puddens, the beſt way to make them.

GRATE fine manchet, ſprinkle a little flour on it, and beat a ſmall quantity of mace and nutmeg; ſteep theſe in as much milk as they will thicken like pap; then to every quart of this put a quarter of a pound of currans, and four ounces of almonds, chopt marrow and ſugar; mix them well together, and put them into fine thin guts, well clean'd, and rinſed in warm water; tie them up as the former, and keep them in dry boxes when boil'd.

Plain Pudden.

TAKE your milk, and ſcald it, and put in equal quantities of grated bread and ſuet, and 8 eggs; let it ſtand cover'd a quarter of an hour; ſeaſon it with nutmeg and ſugar; mix them up with a little flour, and let it boil two hours.

Marrow-Pudden.

TAKE a quart of cream, or new milk, put to it four ounces of biſcuit, twelve eggs, nutmeg, ſalt, the Marrow of two bones; ſeaſon it with a little ſugar, put in two ounces of currans, ſet it ſoftly on the fire, then let it cool, and bake it in puff-paſte; cut ſome candied orange-peel on the top, and ſome bits of Marrow.

Rice-Pudden.

TAKE a pint of thick cream, ſet it on the fire, and put into it three ſpoonfuls of the flour of Rice; ſtir it, when it is thick, pour it into a pan, and put to it half a pound of freſh butter; ſtir it till it is almoſt cold, then add a grated nutmeg, a little ſalt, ſugar, and ſack, the yolks of ſix eggs; ſtir it well together, put puff-paſte at the bottom of the diſh, pour it in, and bake it about an hour.

A Tanſey.

TAKE twenty yolks, and eight whites of eggs, beat them well, and ſtrain them into a quart of thick cream; one nutmeg, and three Naples-biſcuits grated, as much juice of ſpinach, with a little Tanſey; ſweeten it to your palate; you muſt butter the diſh, and butter a ſheet of paper, and put in your diſh, or it will not come out; and ſet it in an oven fit to bake cuſtards; watch it, and when it is done, take it out, and turn it on a pye-plate; ſcrape ſugar, and ſqueeze orange over it: Garniſh the diſh with orange and lemon, and ſerve it up.

A Plum-Pudden.

TAKE a pound of beef-ſuet, cut it ſmall, mix it up with a quart of

of new milk; put in ſome nutmeg, ſalt, and ſix eggs; then mix thick with flour; add to it half a pound of currans, and the like quantity of raiſins: Bake it, or boil it.

Apricot-Pudden.

CODDLE ſix large Apricots very tender, break them very ſmall, ſweeten them to your taſte; when they are cold, add ſix eggs, but only two whites, a little cream; put it in puff-paſte, and bake it. You may thus make any Fruit-Puddens.

To make Tunbridge Puddens.

TAKE a pint of great oatmeal, pick'd and dry'd; then put it into a mortar, and bruiſe it, but not ſmall; put to it a quart of new milk, and boil it a quarter of an hour; then cover it cloſe, and let it ſtand till 'tis cold; afterwards take eight eggs beaten and ſtrain'd, a penny-loaf grated, half a pound of beef-ſuet ſhred ſmall, half a nutmeg grated, three ſpoonfuls of ſack, a quarter of a pound of ſugar, or more: mix all theſe well with your hand; it will require three hours boiling; pour a good deal of butter over it. This quantity will make a large Pudden.

To make a Tanſy.

OUT of ſixteen eggs, take eight of the whites, half a pint of thick cream; beat the eggs and cream together; put into it the crums of a penny manchet, a nutmeg grated, a little ſugar and ſalt, according to your taſte; then get a handful of ſpinach, beat, ſtrain, and colour it, as you think fit; beat all theſe ingredients well together; afterwards take a frying-pan, heat it over the fire with a bit of butter the bigneſs of a ſmall nut; pour it into a pan over a ſlow fire; keep it ſtirring, till it will all leave the pan; put in no more butter; put it out upon a plate; then put ſome oranges in quarters about it, and ſerve it up.

Another Way for a Tanſy.

BEAT ſixteen eggs well, put into them a pint of cream, half a pint of juice of Tanſey, and ſome nutmeg; ſweeten it to your taſte; put in two penny-loaves grated; if it be too thick, put in more cream to fry with it.

To make Black-Puddens.

TAKE two quarts of cutlings, and five quarts of milk; boil the cutlings very well in the milk, till they be tender; let them ſtand all night ſtopt cloſe; then take them out, and beat them very well in a mortar; after which mix them with twelve eggs and ſweet herbs, cloves, mace, nutmeg, and a little ſalt, according to your palate; put in two pounds of beef-ſuet, two pounds of hogs lard, and as much ſheeps blood as you think convenient; and do not ſeaſon them till your ingredients are all together.

CUSTARDS, CHEESECAKES, &c.

To make Orange-Loaves.

SCRAPE the Seville-oranges, and cut off a piece of the top; take out all the meat, and as much of the white as you can, without breaking them; boil them in water till they are tender, ſhifting the water (always put hot water to them, except the firſt time) till they are not bitter; take them up, and wipe them dry; then take a pound of eight-penny ſugar, and a quart of water; let it boil, and ſcum it clean; then put in the Oranges, and let them boil

boil a little; then let them ſtand in that ſyrup all night; take them out of the ſyrup, and fill them with a thick cuſtard (before 'tis bak'd); put on the lids, and bake them; and when they are cold, ſend them to the table. You may fill them with any ſort of rich Puddens; but muſt then eat them hot, with ſack and butter pour'd over them.

A Cuſtard.

TAKE a quart of cream, or new milk, and a ſtick of cinamon, four laurel-leaves, and ſome large mace; boil them all together; take twelve eggs, beat them well together, and mix them with ſugar and canary, till a white ſcum ariſes; skim it off: Then, the coffins being firſt dried in an oven, fill them.

Cheeſe-cakes.

TAKE the curd of a gallon of milk, three quarters of a pound of freſh butter, two grated biskets, two ounces of blanch'd almonds pounded, with a little ſack and orange-flower-water; half a pound of currans, and ſeven eggs, ſpice and ſugar; beat it up with a little cream, till it is very light; then fill your Cheeſe-cakes.

Orange Cheeſe-cakes.

TAKE half a pound of Jordan-almonds; beat them very fine, and put to them a little ſack, or orange-flower-water, leſt they turn to oil; the yolks of eight eggs, and three whites; three quarters of a pound of melted butter, and the rinds of two Seville-oranges grated and well beaten: Mix theſe all together, and ſweeten it to your taſte. The oven muſt be as quick as can be, without burning them: A very little time will bake them.

Plum-Cake.

TAKE ſix pounds of flour, ſix pounds of currans, a pound of fine ſugar ſifted, twenty eggs, leave out the whites of half; a pint of new ale-yeſt, a full quart of very thick cream, two pounds and a half of butter, two nutmegs grated, a quarter of an ounce of mace beaten fine, two large ſpoonfuls of roſe-water, four large ſpoonfuls of brandy, and two large ſpoonfuls of orange-flower-water; melt the butter with the cream, not too hot; let the eggs be well beaten, and the yeſt ſtrained; a pound of almonds blanch'd with cold water, cut in ſmall bits: Mingle the dry things together, make a hole in the middle, and put in the wet ingredients; mix them well, and beat the whole up quick with your hands; ſet it before the fire to riſe, while the oven is heating: When 'tis bak'd, ice it; if you like it, you may put into the Cake a pound of candy'd orange-peel and citron together.

To make a Plum-Cake.

TAKE three pounds of flour, and a little ale-yeſt, a pint of milk, a pound of ſugar, a pound of butter, and a little ſpice; make it into dough, before you put in the plums; work in as many plums as you pleaſe.

Another Plum-Cake.

TAKE five pounds of fine flour, and put to it half a pound of ſugar; nutmegs, cloves, and mace beat fine, half an ounce, and a little ſalt; mix them all well together, then take a quart of cream, boil it, then cut into it two pounds of freſh butter; let it ſtand till it is melted, and, while it is blood-warm, mix in it a pint of ale-yeſt, a pint of canary, and 20 eggs, but only 10 whites, well beaten; put ſix pounds of currans to the flour, make a hole in the middle, and pour in the mixture: make up the Cake, by mixing it well with your hands; cover it warm, and ſet it before the fire for half

half an hour, and put it in the hoop, and bake it in a quick oven two hours: When it is cold, ice it, and paper it up.

Another.

TAKE ſix pounds of currans, five pounds of flour, cloves and mace, a little cinamon, nutmegs, half a pound of pounded and blanch'd almonds, the like weight of ſugar, three quarters of a pound of ſlic'd citron, lemon and orange-peel, half a pint of canary, a little honey-water, and a pint of ale-yeſt, a quart of cream, a pound and half of butter melted, and pour'd into the middle of it; ſtrew a little flour upon it, put it before the fire to riſe, having firſt work'd it well; then put it into a hoop, with a paper floured at the bottom.

A Seed-Cake.

TAKE two pounds of flour, two pounds of freſh butter, rubb'd well in ten eggs (leaving out five whites); three ſpoonfuls of cream, four ſpoonfuls of ale-yeſt; mix all well together, and put it to the fire; and when it is riſen, put in a pound of caraway-comfits, and bake it an hour and a quarter.

Another.

TAKE three pounds of flour, two pounds of freſh butter, work in the butter very well into two pounds of the flour; take fourteen eggs, ſix ſpoonfuls of roſe-water, half a pint of ſack, and 18 ſpoonfuls of ale-yeſt; mix all the liquors, and ſtrain them into the remaining pound of flour: It muſt be well beat together, and ſet before the fire to riſe: When it is riſen, put in that which is mixt with the butter, and four ounces of ſugar, and a little ſalt; work it well with your hands, then put two pounds of caraway-comfits; put it into a hoop, and bake it a ſmall time: You may try with a knife when it is enough.

Almond-Cake.

TAKE a pound of Almonds, blanch and beat them exceeding fine, with a little roſe or orange-flower-water; then beat three eggs, but only two whites, and put to them a pound of ſugar ſifted; put in your Almonds, and beat all together very well; butter ſheets of white paper, and lay the Cakes in ſeveral forms as you pleaſe, and bake them in a cool oven.

Banbury Cakes.

TAKE half a peck of fine flour, three pounds of currans, a pound and half of butter, a quarter of a pound of ſugar, a quarter of an ounce of cloves and mace, and three quarters of a pint of ale-yeſt, a little roſe-water; boil as much milk as will ſerve to knead it; and when it is almoſt cold, put in as much canary as will thicken it; then work it all together at the fire, pulling it to pieces two or three times before you make it up.

Ginger-bread.

TAKE four pounds of treacle; citron, lemon and orange-peel, and candy'd ginger, of each half a pound; ſlice them all thin, put in beaten ginger, coriander-ſeeds, and caraway-ſeeds, of each two ounces; mix them all with as much flour as will make a ſoft paſte; lay it in cakes upon tin plates, and bake it in a quick oven.

Another way.

TAKE three pounds of flour well dry'd, a pound and half of honey, and a pound of dry ſix-penny ſugar, an ounce and a quarter of ginger, finely beaten and ſifted; mix the ginger with the flour, and melt the honey with the ſugar; knead it up, and make it into what ſhape you pleaſe;

pleaſe; bake it on tin ſheets; half an hour will bake it. If you love it hot of the ginger, you may add another quarter of an ounce.

To make Wigs.

TAKE two pounds of flour, a quarter of a pound of butter, as much ſugar, a nutmeg grated, a few cloves and mace, a quarter of an ounce of caraway-ſeeds, cream and yeſt as much as will make it up into a light paſte; make it up, and ſet them by the fire to riſe till the oven is ready; they will be baked in a quarter of an hour.

To ice a Cake.

TAKE a pound of the fineſt double-refin'd ſugar, beat it and ſift it fine, and put to it the whites of five eggs, whipp'd up to a froth; put in a ſpoonful of roſe-water, whip them all together, while the Cake ſtands in the oven; and when it is drawn, ice it, but you muſt ſet it in again.

To make a Cake.

TAKE five pounds of the fineſt flour dry'd, ſix pounds of currans waſh'd, pick'd, and dry'd; let the currans be ſmall; a pound of raiſins ſton'd, and chopt very ſmall and dry; half a pound of citron, twenty or thirty yolks of eggs, three dozen of cloves, three nutmegs, half a dozen blades of mace, a pennyworth of cinamon, a pound of ſweet almonds. Beat all the ſpices well dry'd to powder; one grain of ambergris, one grain of musk, half a pound of double-refin'd ſugar, beaten to powder very fine, two pounds and a half of butter without ſalt, a pint and a half of cream, half a pint of roſe-water, half a pint of ſack, a pint of good new bawm.

The manner of making it up.

Take your flour, when 'tis dry'd; put it into a tub, or any clean veſſel, with your ſpices and ſugar; then take your cream and butter; warm them till the butter is melted, after which beat the yolks of your eggs: mix them with your ſack, bawm, and roſe-water; and paſs it thro' a ſieve into your cream and butter, which you muſt ſtir very well before and after. Let all be but blood-warm; then put it all into your flour; afterwards cover your liquor thinly over with flour; then whilſt your oven is heating, (which muſt be as hot as to bake white bread) ſet it by a good fire, and cover it with a cloth, that no air may get into it: when it is well riſen, mingle it all together; afterwards put your almonds, and two-third parts of your musk, into it: mingle all together very well, but be not too long, for fear it make it heavy; then butter your rim within, and throw a little flour over it, that it may not ſtick; and upon the paper you ſet it on, do the ſame; in the middle of your Cake put your citron cut in thin pieces; then put it into the oven, in which it may ſtand two hours. You may try your oven with ſome flour; if the flour change its colour but little, it is well; but if much, it is too hot. You may cool it with a baſon of water; for if you ſtand till it is colder, your Cake will be ſpoil'd.

To make the Icing for it.

All the while your Cake is in the oven, you muſt pound in a ſtone mortar a pound and half of doubly-refin'd ſugar, which hath been ſearced with the reſt of your musk, and two whites of eggs beaten with ſome roſe-water; and only take the froth as it riſes; put it in by little and little, till you ſee it is wet enough to ice your Cake upon and about: when it is out of the oven, lay but half of it in ſmooth Ice, and the reſt in what figure you pleaſe.

Hull Cakes the beſt.

TAKE thirty apricocks pretty ripe; hair and cut them in ſlices, but not in water; when they are cut, put to them a ſpoonful and half of the choiceſt of the clear liquor cakes which is left; then boil them carefully for fear of burning, till they be tender, and the liquor dry'd up, and they come from the skellet; afterwards take a pound of ſugar to a pint of pulp; the ſugar muſt have been ſifted and dry'd in a diſh well over the fire; then put out the pulp, and when 'tis warm, ſtir in the ſugar, till 'tis all diſſolv'd, and the ſcum that riſes next, take off, and let it ſtand till the ſcum riſes all: laſtly, take it off, and glaze it.

To make little Cakes.

TAKE two pounds of fine flour, one pound and half of butter, the yolks of five or ſix eggs, one pound and half of ſugar, ſix ſpoonfuls of roſe-water, nine ſpoonfuls of ſack, three ſpoonfuls of caraway-ſeeds, two nutmegs, one pound of currans; beat your batter with your hand, till it is very thin; dry your flour well; then put in your ſugar, caraway-ſeeds, and nutmegs being finely grated; afterwards put them all into your batter with your eggs, ſack, and roſe-water: mingle them well together; then put in your currans; let your oven be pretty hot, and they will be bak'd in leſs than a quarter of an hour, or as ſoon as they are colour'd a little.

To make Liquorice Cakes.

TAKE hyſſop-water and red roſe-water, of each half a pint; half a pound of green liquorice, the outſide ſcrap'd off, and beaten to pieces with a peſtle: put to it half a ſpoonful of aniſeeds, and then ſteep it all night in the waters; boil it with a gentle fire, till the taſte be well out of the liquorice; afterwards ſtrain it, and put to it three ſpoonfuls of liquorice-powder; ſet it on a gentle fire, and keep it ſtirring, till it be come to the thickneſs of cream; then take it off, and put to it half a pound of white ſugar-candy ſearced very fine; beat this together as you do biſcuit; it muſt be beat at leaſt three hours, and never ſuffer'd to ſtand ſtill; as you beat it, you muſt ſtrew in doubly-refin'd ſugar finely ſearced; this quantity will take at leaſt three pounds of ſugar; half an hour before 'tis finiſh'd, put in half a ſpoonful of gum-dragon ſteep'd in orange-flower water; the gum muſt not be too thick: when it looks very white, 'tis beaten enough; then roll it up with fine ſugar; if you will have it perfum'd, you muſt put a paſtil or two in it.

To make light Sugar Cakes.

TAKE one pound of ſearced ſugar, and almoſt a pound of butter; work them together a quarter of an hour with your hands; then beat it half an hour with a ſlice; afterwards take ſix eggs, leaving out two of the whites; four ſpoonfuls of roſe-water: beat all theſe together three quarters of an hour; then put in one pound of fine flour well dry'd, and work them all together; after which, your oven being ready, butter your tin pans; then bake them leſs than half an hour; when they are put in, if you pleaſe, candy them over with a little roſe-water, and ſugar, warmed together.

To make red Cakes.

TAKE a pound of fine flour well dry'd, a pound of ſweet butter well waſh'd in roſe-water, a pound of doubly-refin'd ſugar well ſearced; mix your ſugar and butter together, beating well with your hands, ſix eggs; take the treads out of them, beat them well, and put them into your ſugar and butter; then take

and

and ſhake your flour with a dredging-box, put in a few coriander-ſeeds, and beat all together with a ſpoon and your hands; afterwards take ſome wafer-paper and white paper under it, make them into the bigneſs of a walnut, and put them thin on the papers; bake them in a pretty hot oven, but firſt roll them with a little refin'd ſugar, that you may leave of the pound.

Clear cakes the beſt.

TAKE about twenty-five or thirty apricots; hair them; ſlice them into water as little as will ſave them from turning red; when they are all haired, put them into a bell-metal skellet, with ſomewhat more than a quarter of a pint of water; put them on the fire, boil them faſt with ſtirring; when they are turning tender, put in four ſpoonfuls of codling juice, and boil them till you ſee them grow thickiſh; then put them into a clean ſtrainer, and hold both ends up, rolling it till all the clear is out; afterwards to a pint of this liquor a pound of ſugar, which hath been beaten and ſifted thro' a fine ſieve; then put the liquor and the ſugar together, and ſtir it till all the ſugar is melted, and the ſcum doth ariſe; after which take it off, and let it ſtand till the ſcum doth come off all together; then take it all off, glaze it, and put it in the ſtove; let not the fruit be too ripe.

To make Almond Butter.

TAKE three pints of cream, and ſet it on the fire; the yolks of eight eggs; a quarter of a pound of almonds blanch'd and pounded very well: ſtrain theſe, and put them into the boiling cream, and ſweeten it to your taſte: put in a little orange-flower water; and when it is well boil'd, put it into a ſieve; when the whey is run from it, beat it up together, and lay it high.

To make Almond Puffs.

TAKE half a pound of almonds blanch'd and pounded very well in a mortar; five whites of eggs; the rinds of two lemons grated and dry'd: make them up with fine ſearced ſugar into ſtiff paſte; form them into what faſhion you pleaſe, and then ice them, and ſo bake them.

To make Apricot-chips.

TAKE half a pound of Apricots, cut in ſlices, but not too thin; then take half a pound of doubly-refin'd ſugar; put them to a very little water, ſet them on the fire, and let them boil very faſt, till they are clear; then let them ſtand in, till they are half cold; afterwards take them gently out of that ſyrup, and put them into a clean baſon, or diſh that is not too big; then ſtrew half a quarter of fine ſearced ſugar upon them in every place, and ſo let them ſtand until the ſugar be diſſolved, not ſetting them on the fire again; afterwards take them out with a bodkin, for fear of breaking; and lay them upon glaſs plates; ſet them into the ſtove; and as they dry, turn them on the other ſide.

To make Cakes of Apricots.

TAKE the ripeſt apples or codlings, or any other ſort which may be had, about ſix apples to three dozen of the ripeſt Apricots: pare your apples, and ſlice them into ſome boiling water: do the ſame with the ripeſt Apricots; boil it as faſt as poſſible till they are tender; then let it ſtand a little before you ſtrain it; it will taſte the ſharper of the fruit, and grow more thick: afterwards take the weight of the jelly of the fineſt ſugar, which muſt be pounded ſmall: ſtir that and the jelly together, over a pretty quick fire, till it riſe with a ſcum; but by no means boil: then put in your glaſſes ſome

little bits of Apricots very well dry'd; for if they be the leaſt wet, it will hinder the Cakes drying; afterwards put the jelly on them, and place them in a ſtove to dry; but the ſun is better for this purpoſe.

To make Wafers.

TAKE a pound of ſifted ſugar, and a pound of fine flour; beat up ſix yolks of eggs, a very little ſalt, and ſome fair water, all together, till 'tis as thick as pancake-batter, to be uſed.

Another Way.

TAKE ſix eggs, but three whites; one pound of fine flour; one pound of doubly-refin'd ſugar: mix them very well together; then put to them a quart of cream not too thick; a little orange-flower-water to give it a taſte, and the peel of a lemon: mix them well together, and let it ſtand an hour or two, before you bake them.

To make Mackaroons.

BEAT two pounds of almonds very fine with roſe-water; then take two pounds of ſearced ſugar: beat them very well together with the whites of eight eggs; afterwards dreſs them upon wafers, and bake them in a hot oven.

To fry Puffs.

TAKE two quarts of milk, and a quart of cream; make curds thereof; ſtrain the whey very well from them; break them well; then put in the yolks of ſeven eggs, and the whites of two; put in ſome ſugar, a little roſe-water, a ſpoonful of ſack, a little nutmeg grated; work it pretty ſtiff with grated bread; afterwards take two ſquare trenchards, flour them, and ſpread it pretty thick on the trenchard; then have a pan half full of beef-lard, and let it boil; cut them the bigneſs of a Naples-biſcuit; put them in as you cut them; fry them very well; ſerve them to table with a little thick butter, and ſack and ſugar; ſend them in hot; otherwiſe they will fall.

To make Fritters.

TAKE the yolks of ſeven eggs, and the whites of four, and beat them very well; half a pint of ſack; a quarter of a pint of ale; half a pint of ſweet cream; two or three ſpoonfuls of ale-yeſt; a little beaten ginger; ſome mace; one nutmeg grated, and ſome ſugar; then put in as much flour as will make the batter as thick as for wafers, and let them ſtand an hour: afterwards take ſome good pippins, pare them, and take out the cores; cut the apples thin all over, that they may lie in rings in the batter: when it is ready to be fry'd, ſeaſon it with as much ſalt as will lie upon a knife's point; then take the ſliced apples, dip them in the cold batter; and take beef-ſuet try'd, put it into a frying-pan; and when the liquor is boiling-hot, put in the apples dipt in the batter, one by one, to the liquor, that they may not ſtick together; fry them criſp.

To make Raſpus Cakes.

TAKE a pound of the paleſt red Raſpus, with a few white in them, and ſtrain a few ſeeds out of them; then put to them a pound of ſugar, and ſtir them together, till the ſugar is melted, but be ſure they do not boil; afterwards put them into glaſſes to dry.

To make Orange Cakes.

TO ſix ounces of orange-flowers, put twelve of fine ſugar; boil the flowers in two waters; weigh them after they are boil'd; then beat them to a pulſe, and ſqueeze in half a lemon; boil the ſugar to ſomething more than a candy-height; and when 'tis cool, put it in the flowers; but do not let them boil,

boil, only ſtir them as a clear Cake till they be thick; then drop or glaſs them.

For the ſame.

PARE your oranges very thin, or raſp them with a grater; then cut them in two in the middle; take out the ſeeds, and put the meat and juice into a clean veſſel; afterwards take the rinds, and put them into a cabbage-net; boil them in two or three waters, till they be tender; when they are enough, ſqueeze the water from them; then weigh them and pound them in a ſtone mortar, till they are pretty fine from lumps; afterwards take to a pound of the peel a pound and an half of doubly-refin'd ſugar, finely ſearced, and put them all together with the meat and juice; mix it well; if you pleaſe you may put in the juice of a lemon or two; ſet it over the fire, and keep it ſtirring all the while, till it be very hot, but not boil; when 'tis cold, put it into your glaſſes, and ſet it in your ſtove.

To make Savoy Biſcuits.

TAKE eight eggs, part the yolks from the whites, beat your whites till they be very high; then put your yolks in with a pound of ſugar; beat that for a quarter of an hour, and when your oven is ready, put in one pound of fine flour, and juſt ſtir it, till 'tis well mixt; lay your Biſcuits upon the paper, and ice them, which will be infallibly effectual: only take care your oven be hot enough to bake them ſpeedily.

For CREAMS, JELLIES, *&c.* ſee CONFECTIONARY.

The ART *of* PICKLING,

As well Fiſh, Pork, &c. *as Flowers, Berries, Fruits, Roots,* &c.

To make good Vinegar, for Pickling, &c.

TAKE the middling ſort of beer indifferently well hopp'd, let it work as long as poſſible; then fine it down with iſinglaſs, draw it off from the ſettlings, and to every 10 gallons put 10 pounds weight of the preſſings or husks of grapes; maſh them together, and let them ſtand in the ſun, if in a hot ſeaſon, otherwiſe in a cloſe room heated by fire; and in 30 or 40 days it will prove, being drawn off by inclination, an excellent Vinegar: For want of grape-husks, you may uſe the preſſings of crabs, or ſour apples; but they will not bring it to ſo good a body or taſte. Foul white or rheniſh-wines, ſet in a warm place, will grow tart, and fine themſelves to a very good Vinegar; clarets, or red-port, will do the ſame, but not alter their colour: cyder will make a tolerable good Vinegar, and ſo will unripe grapes, or plums, *&c.*

To make Alder-Vinegar.

TAKE white-wine, or good rape-vinegar, and fill a cask three quarters full with it; then gather Alder-flowers moderately blown, in a dry day; pick off the little ſprigs and flowers from the greater ſtalks; air them well in the ſun, that they may grow dry, but not ſo as to crum-

ble; then put a pound of them to every four gallons of Vinegar, ſewing them up in a fine rag, and ſtopping the cask cloſe; let it ſtand in a warm place four or five days, and at 10 or 12 days end the Vinegar will have the perfect taſte of the Alder-flowers, and prove not only grateful in taſte, but very wholſome.

To pickle Melons.

TAKE your Melons, and ſcoop them clean from the pulp; then fill them with horſe-radiſh ſcrap'd, ſliced garlick, ginger, nutmeg, whole pepper, mace, and muſtard ſeed, and tie them up; then take the beſt white-wine-vinegar, a handful of ſalt, a nutmeg quarter'd, whole pepper, cloves, and mace, or a race or two of ginger; boil the vinegar and ſpice together, and pour it boiling hot to the melons, and ſtop them down cloſe two days; and when you would have them green, ſet them over the fire in a bell-metal pot, in their pickle, till they are ſcalding hot and green; afterward pour them into pots, and ſtop them cloſe down; and when they are cold, cover them with a wet bladder, and a piece of leather.

To pickle Cucumbers.

LET them lie two or three days in brine, ſo ſtrong as to bear an egg; afterwards drain them well from the brine, and pour upon them the ſame pickle as is uſed with the melons, and prepare them in the ſame manner.

Another Way.

WHEN you have poured your pickle on the Cucumbers ſcalding hot, let it ſtand till the next day; then pour it off, and boil it again; pour it on your Cucumbers three times in this manner; you muſt put a little Dill amongſt them.

To pickle French-beans.

LET them lie two days in very ſtrong brine, and then drain them, and pickle them in the ſame manner as above directed for the melons.

To pickle Walnuts.

PUT them into water and ſalt for nine or ten days; change the water every day; then take them out, and dry them with a coarſe cloth, and pickle them as you do melons.

To pickle Muſhrooms.

TAKE the ſmall hard Muſhrooms called buttons; cut off all the dirt from the ſtalks, waſh them with water, and rub them clean with a flannel; then boil water and ſalt; when it boils, put in the Muſhrooms, and let them juſt boil; then ſtrain them through a cloth, after which make a pickle of white-wine-vinegar, mace, and ginger; put them in, and ſtop them cloſe up in pots or glaſſes, with a little oil on them.

To pickle Onions.

TAKE ſmall white Onions, boil them in water and ſalt, ſtrain them, let them cool in a cloth; make the pickle preſcribed for Muſhrooms; and when it is cold, put them in, and cover them down: if your Onions ſhould mother, boil them over-again, and ſcum off the droſs well; then let them cool, and order them as before. You may alſo pickle Cauliflowers in the ſame manner.

To pickle Beet-roots, and Turneps.

BOIL the Beets in ſalt and water, vinegar, and a little cochineal; when they are about half boiled, put in the Turneps pared; when they are boiled enough, take them off, and keep them in the ſame liquor wherein they were boiled.

To pickle red Cabbage.

CUT the Cabbage into thin ſlices, which muſt be put into a pickle of vinegar and ſpice cold.

To pickle Barberries.

TAKE water, and colour it with the bad Barberries, and put in ſome ſalt; then boil it about half an hour; ſcum it; when it is cold, ſtrain it on the Barberries; preſs them cloſe into the liquor, and cover them with leather.

To pickle Flowers to be uſed in Sallads, as Clove-gilly-flowers, &c.

TAKE an equal weight of Flowers and ſugar, put them in a gallipot, and fill it with vinegar; give to every pint of vinegar a pound of ſugar.

To pickle Alder, or any other Buds of Trees.

BOIL them a little in vinegar and ſalt, with whole pepper, long mace, a little lemon-peel cut in pieces; afterwards drain them, and let the buds and liquor cool ſeparately; then put them together into a pot, and cover it cloſe up.

To pickle Oranges and Lemons.

BOIL them in vinegar and ſugar, and put them into the ſame pickle; cut them into ſlices. It is beſt to boil them in water, before you boil them in vinegar.

Another way to pickle Oranges and Lemons.

TAKE thoſe which are free from ſpots, and lay them gently in a barrel; then take fair water, and make it ſo ſtrong with bay-ſalt, that it will bear an egg, and fill up the barrel with it, and ſtop it cloſe up.

To pickle Artichokes.

PUT the Artichokes in water and ſalt about ſix hours; then put them into a pot of boiling water, and continue to boil them till you can draw the leaves from the bottom; which cut ſmooth and clean, and put them into a pot with pepper, ſalt, cloves, mace, bay-leaves, and as much vinegar as will cover them; then melt ſome butter, and pour over them enough to cover them an inch thick: Stop the pot down cloſe, and keep it for uſe; when you uſe them, put them into boiling water, together with a piece of butter to plump them, and uſe them for what you pleaſe.

Another way to pickle Artichokes.

CUT off the ſtalks within two inches of the head, making a ſtrong liquor of them, by boiling them in water and ſalt; and when it is cold, put in the Artichokes, and keep them cloſe from the air. When you uſe them, lay them in warm water, and then in cold, to take off the bitterneſs; it is beſt to ſlice the ſtalks before you boil them.

To make Mango of large Cucumbers.

SCRAPE out the ſeeds and cores, and fill them with whole pepper, and other ſpice, and a clove of garlick; then tie them cloſe, and put them into ſalt and water 20 hours; after which wipe them dry; boil as much vinegar with ſpice as will cover them, and pour it on ſcalding hot.

To pickle Samphire.

PICK it, and lay it in a ſtrong brine of water and ſalt cold; let it lie 24 hours, then make it boil once on a quick fire, and inſtantly pour it on the Samphire. After it has ſtood 24 hours, make it juſt boil again on a quick fire, and let it ſtand till cold, when it muſt be unſtopt, and taken up to drain. When this is done, lay it in a pot, and let the pickle ſettle, and cover it with the clear of it. Let it be put in a cool dry place; and if the pickle mothers, boil it once a month, and when cold, put the Samphire to it.

To pickle Pigeons.

BOIL the Pigeons with whole ſpice, in about three pints of water, a pint of white-wine, and a pint of vinegar; then take them out, and let the Pigeons and liquor cool ſeparately; then put the Pigeons in again, and keep them for uſe.

An excellent way to pickle Pork.

TAKE out the bones, cut it into ſteaks, and rub them with ſalt-petre; then take two parts of common ſalt, and one part of bay-ſalt, and rub every piece well with it; after which cover it with ſalt, and take a ſtrong large powder-tub, the narrower and deeper the better; and ſtrew ſalt at the bottom of it, and lay the pieces as cloſe as you can, ſtrewing ſalt at the ſides of the tub; and as it diſſolves, throw in more, and it will keep good a long time.

To pickle Oyſters.

TAKE what quantity you will of pretty large Oyſters, with the liquor; waſh them clean from the grit, and put to every three pints of fair water half a pint of white-wine-vinegar, half an ounce of groſly bruiſed pepper, an handful of ſalt, and a quarter of an ounce of mace; boil theſe over a gentle fire till a fourth part be conſumed, takeing off the ſcum; juſt ſcald the Oyſters, put their own liquor into the pickle, and then put them up into little barrels or pots, and ſtop them very cloſe; and they will keep, in cool places, the year round.

Another way to pickle Oyſters.

TAKE large Oyſters, and parboil them in their own liquor; then make a pickle of the liquor, a pint of white-wine, and vinegar, mace, pepper and ſalt; boil and ſcum it, and when it is cold, put in the Oyſters, and keep them.

To pickle Salmon, and other Fiſh.

WHEN you have cut your Fiſh into fit pieces, cleanſe it from the blood, by wiping and preſſing it in a dry cloth; then lay it in a kettle of water that is boiling, or a tin fiſh-plate, ſo that it may be taken up without breaking; and being boil'd pretty well, make a pickle thus: Take three quarts of rape-vinegar, and two quarts of water; boil it up with a little fennel and ſalt, till it will taſte ſtrong; ſcum it, and cool it; then lay the Fiſh in a convenient veſſel, and pour the pickle to it pretty warm. The ſame directions you may obſerve with regard to Sturgeon, bating the fennel, and putting in a little more ſalt; alſo any other boil'd Fiſh, proper to pickle, ſouſe, *&c.* for keeping.

To pickle and collar a Calf's Head.

TAKE out the bones, and cleanſe it well, waſh it with eggs, and ſeaſon it with pepper, ſalt, and nutmeg, thyme, and parſley; put on it ſome forced-meat, and roll it up; boil it tender, and take it out, and lay in Sturgeon-pickle, and let it lie about four days, when you may cut it in ſlices as you do Sturgeon.

To pickle Smelts.

LAY them in rows in a pot, and lay upon them ſliced lemon, ginger, nutmeg, mace, pepper, and bay-leaves powder'd, and ſalt; make your pickle of red-wine-vinegar, bruiſed cochineal, and ſalt-petre; and when it is cold, pour it on your Smelts, and cover the pot cloſe.

To pickle Neats-Tongues.

LET the Tongues lie about a fortnight in common ſalt, and ſalt-petre; then boil them till they are tender, and blanch them; cut off the roots; afterwards put them into a pot, and pour over them a

pickle

pickle made of white-wine-vinegar boil'd with pepper, cloves and mace, and a little ginger; then take it off the fire, and put in a bit of lemon-peel, and three or four bay-leaves; and when it is cold, put it to the Tongues, and ſtop it up.

To make Ketchup.

TAKE a pint of the beſt white-wine-vinegar, put it into a wide-mouth'd quart bottle; then take 12 or 14 cloves of ſhallot, peel'd and bruis'd; put them into the vinegar; afterwards take a quarter of a pint, or more, of the ſtrongeſt red or white-port; let it boil a little; then take 12 or 14 anchovies, waſh and bone them, and diſſolve them in the wine; when cold, put them into the vinegar-bottle; take it and ſtop it cloſe with a good cork, and ſhake it: Take the ſame quantity of wine, or more, put into it a ſpoonful of white pepper, juſt crack'd or bruis'd; five, ſix, or ſeven races of ginger ſlit; half a ſpoonful of cloves bruis'd, five or ſix blades of large mace; boil them over the fire till they have receiv'd the ſtrength of the ſpice; when almoſt cold, ſlice into it a couple of large nutmegs; when quite cold, put nine or ten bits of lemon-peel into it; put that alſo into the bottle; then take a piece of a large ſound horſe-radiſh-root, ſcrape it thin, and put it into the bottle; ſtop it cloſe, and ſhake it well together; ſhake it once a day for 10 days; after which time you may uſe it, two or three ſpoonfuls to a pound of butter, for fiſh-ſauce. The ſame quantity uſe to a joint of roaſt mutton.

Another way.

TAKE a quart of red-wine, ſome muſhroom-flaps, half a pound of anchovies, 2 onions ſlic'd, ſome thyme and parſley, cloves and mace; ſtew this gently on the fire, ſtrain it off; a ſpoonful of this, with a little gravy, butter, and lemon, will make good fiſh-ſauce, and is always ready.

To pickle Muſhrooms.

IN Auguſt or September gather your Muſhrooms, and with a knife peel off the uppermoſt skin; the great ones cut in quarters, and fling them into fair water as you do them; be ſure you put in no worm-eaten ones: the button you may put in whole; the white are the beſt, and will look better colour'd than the red; then take them out of that water, and waſh them in another clean water; afterwards take them out, put them into a dry skellet without any water, ſet them on the fire to boil, put in ſome ſalt, and let them boil in their own liquor till half the water is conſumed, and they are as tender as you would have them; as the ſcum riſes, take it off; then remove them from off the fire, and pour them into a colander, that the water may all drain from them; after which, have a pickle ready boil'd, and cold again, made of the beſt white-wine-vinegar you can get; put in a few cloves, mace, ginger, and whole pepper, when you boil it: when your muſhrooms are cold, put them into the pickle; tie them up cloſe, and keep them for uſe.

To make Muſhroom-Ketchup.

PICK and clean the muſhrooms well, but do not waſh them; put them in an earthen pipkin; throw a little ſalt over them, and cover the pot cloſe with coarſe paſte: they muſt be in the oven ſix or ſeven hours; then preſs them a little, and pour off the liquor, which muſt be put over freſh muſhrooms, and bak'd as long as the firſt; afterwards pour off that liquor without preſſing them, and boil it very well with

with ſalt ſufficient for keeping: it muſt be boil'd above half away, and till it feels clammy when you put your fingers to it: when 'tis cold, bottle it up, and keep it in a moderate place, as to cold or heat. Thus it will continue good for years.

To pickle Cauliflowers.

TAKE the whiteſt and cloſeſt Cauliflowers; cut them the length of your finger from the ſtalks; then boil them in a cloth with half milk and water; do not boil them tender; afterwards take them out carefully, and ſet them by to be cold; then take the beſt white-wine-vinegar, cloves, mace, and nutmeg cut into quarters, a little whole pepper, and a bay-leaf; let theſe boil well in the vinegar, and ſet them to be cold; after which put in your Cauliflowers, and in 3 days they will be fit to eat.

See for other uſeful matters, on this head, the *Frugal Houſe-keeper's Directory*, at the end of this Treatiſe.

The Complete CONFECTIONER:

Shewing the whole Art of Preſerving, Candying, and Drying of Fruit of all ſorts; alſo how to make all ſorts of Creams, Jellies, Syrups, Marmalades, Conſerves, &c. *as well for* Health *as* Pleaſure.

IN this undertaking Sugar is the general thing you muſt work withal: Conſider it then in its goodneſs, and whether you have it ready refin'd, or are to do it yourſelf; chuſe that which is the beſt, and moſt weighty, quantity for quantity with others; and try it in liquors, or any other thing, weight for weight, which ſweetens moſt; by which means you will not be deceived in the quantities.

To know when the Sugar is arriv'd to the juſt degrees of boiling, neceſſary for the ſeveral uſes in Confectionary.

The degrees of boiling are five, *viz. ſmooth, pearled, blown, feathered,* and *cracked.*

THE ſmooth boiling.] When you dip the tip of your finger in the Sugar, and afterwards touch it with the thumb, which being drawn away, a ſmall thread or ſtring ſticks to the finger, and the thread breaking, a drop remains upon it, and the ſtring becomes almoſt imperceptible, the Sugar is a little ſmooth boiled; and when it ſtretches itſelf farther before it breaks, it is boiled very ſmooth.

The pearled boiling.] When it is boiled a little longer, try it again; and if, when the fingers are ſeparated, the ſtring ſticks to both without breaking, the Sugar is come to its pearled quality.

The blown boiling.] Let it ſtill continue boiling a little longer, and ſhake the skimmer with your hand, and beat the ſide of the pan; blow through the holes from one ſide to the other, that the ſmall bubbles may fly out; then it is come to the degree called blown.

The feathered boiling.] Let it ſtill ſeeth a little more, and blow again through the skimmer, or ſhake it, and thicker and larger bubbles will ariſe up high, and your Sugar is become feathered.

The cracked boiling.] Dip your finger in water, and put it into the boiling Sugar; take it out quick, put it again into the water, and rub the fingers together, ſcraping off the Sugar, and if it break with a cracking noiſe, it is come to the degree called cracked.

PRESERVING.

To clarify Sugar for preſerving, &c.

TAKE a convenient pan, according to the quantity of Sugar to be clarified; break an egg or two into water with the ſhells, ſtir them with a whisk, pour them on the ſugar; then ſet it on the fire, and ſtir it continually; ſcum it carefully as it boils; put a little cold water to it as it riſes, to prevent the Sugar boiling over, and to raiſe the ſcum; add the froth of the white of an egg: when the liquor has been thoroughly ſcumm'd, there will be only a ſmall whitiſh froth, and the Sugar will appear clear upon the ſpatula: Take it off the fire, and ſtrain it through a bag, by which means it will be clarified.

To preſerve Apricots in Jelly.

TAKE out the ſtones of 24 large Apricots; pare them, and cover them with a pound and half of fine ſugar powder'd; let them ſtand thus ſix or ſeven hours, then ſet them on a ſlow fire; boil them till they are tender and clear; if any are clear before the reſt, take them out, and put them in again till they are all become ſo; let them ſtand with paper cloſe to them till morning, and then take a very ſtrong codlin-jelly; boil a quart of jelly, and two pounds of ſugar; make the Apricots ſcalding hot, pour the jelly upon them, boil them gently together, and when the Apricots riſe in the jelly, put them into pots and glaſſes, and ſtop them down with papers.

Another way.

TAKE a pound of Apricots, after being ſtoned and pared, and one pound and quarter of doubly-refined ſugar powder'd, and lay it amongſt the Apricots; and when the ſugar is diſſolv'd, ſet them upon the fire, and boil them; ſtrew them with ſugar whilſt they are boiling, and as the ſcum riſes, take it off very clean, and turn them with a ladle as you ſee occaſion; when they are tender, add to the ſyrup one quarter of a pint of pippin liquor, and the ſame weight of ſugar; let it boil a little, and put it to the Apricots; in order to have the liquor clear, ſtrain it through a jelly-bag.

To preſerve green Apricots.

TAKE Apricots before the ſtones are hard, wet them, and lay them on a coarſe cloth; put to them three or four handfuls of ſalt, rub them till they are ſmooth, then throw them into ſcalding water; put them on the fire till they are ready to boil; take them off again, let them ſtand till they are almoſt cold; repeat this two or three times, then cover them cloſe; when they look green, boil them till they are tender; after which take their weight

weight of ſugar, and to every pound of ſugar put half a pint of water, and make a ſyrup, and let it ſtand till it is near cold; then put in the Apricots, and boil them till they are clear; warm your ſyrup every day till it is pretty thick.

To preſerve Barberries.

TAKE a pound of Barberries pick'd from the ſtalks; put them into two quart pots, and ſet them in a braſs pot full of hot water, to ſtew them; after which ſtrain them, and add a pound of ſugar, and a pint of roſe-water; boil them together a little; then take half a pound of the beſt cluſters of Barberries you can get, and dip them into the ſyrup while it is boiling; take out the Barberries, and let the ſyrup boil till it is thick; and when they are cold, put them in glaſſes or gally-pots with the ſyrup.

To preſerve Cherries.

PICK the Cherries, and take out the ſtones; put to every pound of Cherries, a quarter of a pint of the juice of white currans, (firſt paſſed through a jelley-bag) and the weight of both liquor and Cherries of double-refin'd ſugar; ſift the ſugar, and ſprinkle it as you put them into the preſerving-pan, which you muſt boil and ſcum, till the Cherries look clear; then put them into glaſſes.

To preſerve green Cucumbers.

TAKE Gerkins, rub them clean; then ſcald them in hot water, and take the weight of them in double-refin'd ſugar; boil it to a thick ſyrup, with a quarter of a pint of ſpring-water to every pound of ſugar; then put in the Cucumbers, and ſet them on the fire to boil gently; repeat it two or three days, and boil them till they are tender and clear; afterwards put them in glaſſes.

To preſerve Currans.

PUT a layer of Currans, and a layer of ſugar, in a flat-bottom'd pan; boil them till the ſyrup is pretty thick, ſcum them as they boil; then take them off, and let them be cold before you put them into your glaſſes, which muſt then be cloſe ſtopt.

To preſerve Fruit green.

TAKE Pippins, Apricots, Pear-plums, or Peaches, while they are green, ſcald them in hot water, and peel them; then put them into another water, not ſo hot as the firſt; let them boil till they are very tender, take the weight of them in ſugar, and put to them as much water as will make a ſyrup to cover them; then boil them gently; let the ſyrup boil until it be thick, and when they are cold, put them together.

To preſerve Golden-pippins.

TO every pound of Pippins put a pound of doubly-refined ſugar, and a pint of clear ſpring-water; ſet it on the fire, having firſt pared the pippins; take the eyes and ſtalks out, put them into the ſugar and water, cover them cloſe, and boil them briskly half a quarter of an hour; then let them cool, and boil them again as long as before; repeat this two or three times, till they are very clear, when you may cover them cloſe.

To preſerve Quinces white.

PARE and core the Quinces; to every pound of ſugar and Quinces put in a pint of water; boil them together as faſt as you can uncover'd. The ſame way you may preſerve Pippins white.

To preſerve Quinces white or red.

CORE and pare the Quinces, thoſe which you would have white, put into a pail of water for two or three hours; then take as much

ſugar

ſugar as they weigh, to which add as much water as will make a ſyrup to cover them; boil the ſyrup a little; then put in the Quinces, and let them boil as faſt as you can, till they are tender and clear; afterwards take them out, and boil the ſyrup a little higher alone; and when it is cold put the Quinces up in pots. If you would have them red, put them raw into ſugar, and let them boil gently, being cloſe cover'd, till they are red; you muſt not put them into cold water.

To preſerve Raſpberries.

TAKE the juice of red and white Raſpberries (if you have no white Raſpberries, uſe half codling-jelly); put a pint and half of juice to two pounds of ſugar; boil and ſcum it; then put in three quarters of a pound of large Raſpberries; boil them very faſt till they are a jelly, and clear; but do not take them off the fire for a quarter of an hour after they have begun to boil faſt; after which put them into pots or glaſſes, the Raſpberries firſt; then ſtrain the jelly from the ſeeds, and put it to the Raſpberries; when they begin to cool, ſtir them, that they may not all lie upon the top of the glaſſes; when they are cold, lay papers to them; firſt wet the paper, and dry it in a cloth.

To dry Apricots.

TAKE four dozen and a half of the largeſt Apricots, pare and ſtone them, cover them all with four pounds of ſugar finely powder'd; put ſome ſugar on them as they are pared, and the remainder after: let them lie four or five hours till the ſugar is almoſt diſſolv'd; then ſet them on a ſlow fire, till it is quite melted; boil them gently, and as they grow tender, take them out, and put them on an earthen plate till they are all enough; after which put thoſe in that you took out firſt, and let them boil a little together; put a paper cloſe to them, and let them ſtand a day or two; then make them very hot, but not to the degree of boiling; and put the paper as before, and let them ſtand two days; then put them on earthen plates in a ſtove, with as little ſyrup as poſſible; turn them daily till they are dry; ſcrape off the ſyrup as you turn them; put paper cloſe to them, and lay them up before they are too dry.

To dry Barberries.

STONE the Barberries, and tie them in bunches, weigh them; to every pound of berries clarify two pounds of ſugar; make the ſyrup with half a pint of water to a pound of ſugar; put your Barberries into the ſyrup, when it is ſcalding hot; then let them boil a little, and ſet them by with a paper cloſe to them, the next day make them ſcalding hot; repeat this two days, but don't boil it after the firſt time; and when they are cold, lay them on earthen plates; ſtrew ſugar well over them; the next day turn them on a ſieve, and ſift them again with ſugar; turn them daily till they are dry. Take care your ſtove is not too hot.

To dry Cherries.

STONE your Cherries; to every ten pounds of Cherries put three pounds of ſugar finely powder'd; ſhake them well together, and put them on the fire, till the ſugar is well melted; then boil them a little, and let them ſtand in an earthen pan till the next day, at which time make them ſcalding hot, and when they are cold, lay them on ſieves; then put them into a gentle oven, and let them ſtand there all night; afterwards turn them, and put them in again; and when they are dry,

keep

keep them very cloſe in a box, with no paper between them. Your oven ſhould be no hotter than it is when you draw out ſmall bread or pyes.

To dry Plums.

WEigh the Plums, and to every pound of plums put a pound of doubly refined ſugar; ſcald the Plums, and take out the ſtones, and peel away the skins: lay the plums on a dry cloth; then wet the ſugar a little, and put it on the fire; keep ſtirring it one way, till it boils to ſugar again. Take ſome of this ſugar, and put it at the bottom of the preſerving-pan, and lay the plums upon it, and ſtrew the reſt of the ſugar upon them; let it ſtand till it is melted; then make it ſcalding hot (but ſuffer it not to boil) twice a day; and when the ſyrup is very thick, lay them on glaſſes to dry, and keep them always warm, ſifting a little ſugar over them till they are almoſt dry; wet the ſtones in the ſyrup, and dry them with ſugar, and put them into the plums; and when they are quite dry, put them in boxes with papers between.

To candy Cherries.

TAKE Cherries before they are ripe, ſtone them, and pour clarified ſugar boil'd upon them.

To candy Apricots, Pears, Plums, &c.

CUT your fruit in half; then put ſugar upon them, and bake them in a gentle oven cloſe ſtopt; let them ſtand half an hour; lay them one by one on glaſs plates to dry.

To preſerve Apricots.

TAKE about fifteen middling Apricots, (they muſt be juſt turned from green) ſlit them, and pare them thin; then to the fifteen put a pound of ſugar; but you muſt take only three quarters of a pound at firſt, and juſt wet it with water; put it into a pewter diſh; then boil and ſcum it; when it is cool, ſet in your apricots, as you pare them; and the other quarter of a pound beat ſmall, and ſtrew a little on the tops to keep the colour; then ſet them on, and boil them, ſtrewing the reſt of the beaten ſugar to clear them; and when clear, take them off, and ſtone them: the next day take the paleſt apricots, when they are juſt turn'd hairy; ſtone and ſcald them; afterwards take their weight in doubly-refin'd ſugar, and with one half of it make ſyrup: when it is ſcummed, put in the apricots, and boil them till they be clear and tender, and as faſt as you can; then lay them out to drain; afterwards with the other half of the ſugar make a thin candy; lay them in it, and give them juſt a heat; turn them, and give them another heat; the next day lay them out on glaſſes to dry.

To preſerve and candy Orange and Lemon-peels.

CUT your oranges and lemons in half, take the meat out of them, and lay the peels three days in fair water, changing the water once a day; then boil them in three ſeveral waters, till they are tender; afterwards take a pound and an half of good powder-ſugar, clarify it, put a pound of your peels into it, and boil them till your ſugar is at a full ſyrup; then cool them, and keep them for uſe: when you would candy them, take them out of the ſyrup, waſh it clean from them in warm water, and dry them well with a clean cloth; after which make a new ſyrup for them of loaf-ſugar, and boil the ſyrup to a manus-chriſti height; then put your peels into it, and boil them till your ſugar is at a caſting height; afterwards take them from the fire, and keep them ſtirring, till your ſyrup begins to cool; then take your peels out,

out, and when they are cold, they will be candy'd white and clear, for uſe.

To preſerve Citrons.

TAKE the beſt Citrons you can get for colour, and thorough ripe; and where you find them ſpecked, pick out with a penknife very finely, not taking any of the rind; where it is clear, and where you find them look ruſſet or black, ſcrape it off very thinly; ſcour them very well with ſalt, and waſh them clean; then quarter them, and take out the pulp, ſaving the juice; afterwards put the quarters into a skellet or kettle, cover them with water very well, (if you ſhift the water twice or thrice, 'tis the better) and boil them with a wood-fire as faſt as you can, till they be very tender; after which take them up, and lay them on a cloth to drain; then weigh them, and to every pound of citron take a pound and a quarter of ſugar doubly-refined, and to every pound of ſugar a pint of water; diſſolve the ſugar in the water, and when 'tis as warm as milk from the cow, put in the citron, and let it ſtand a quarter of an hour on the fire, not exceeding that heat; afterwards take them from the fire, put them into an earthen pot, and ſet them by till the next day, cover'd; and ſo every day for fourteen days or more, as you ſhall find need: warm them, and when you find them perfectly preſerved, put in the juice of two lemons to three or four pounds of it; then take up the citron, and give the ſyrup a ſcald or two; and when 'tis cold again, put them in pots together; let the pots ſtand open till it be quite cold; for if you let the citron boil hot, it will be tough and thick: therefore ſome, who cannot find the temper, will only warm the ſyrup, and not the citron, till they be perfectly preſerved. Be ſure the citrons be boiled very clear in the waters.

To preſerve Barberries.

TAKE a pound and an half of fine ſugar, and three quarters of a pint of water, and make your ſyrup; then take half a pound of Barberries, the ſtones pick'd out; afterwards take a pound of Barberries ſtript from the ſtalks, and put them into a pot cloſe ſtopp'd; ſet them in a pot of ſeething water, and let it ſeeth a quarter of an hour; then take out the pot, and ſtrain the Barberries into a diſh or porringer of ſilver, for changing the colour, and ſeeth it a quarter of an hour, when the ſyrup will boil until it will rope; afterwards put in your Barberries, your ſyrup ſeething on the fire, as faſt as it can, a little while; then take it off the fire, and put the ſtrain'd Barberries into it; afterwards ſtir them together, and skim them clear to put them up.

To preſerve Currans.

TAKE the largeſt Dutch currans, when they are ripe, but not too ripe; then take a quill, cut it ſharp, and pick off the black; afterwards pick the ſeeds very clean out; break the currans as little as you can; then cut them cloſe off the ſtalks; with the quill put them into a clear glaſs, as you do them; afterwards weigh them, and to every pound of currans take three quarters of a pound of ſugar, a pint of water, and half a pint of juice of currans; next take the ſugar, water, and the juice of currans; give it one boil up together, and ſcum it clean; then put in your whole currans, and let them boil very quick, till they be clear: ſave out ſome of the ſugar to ſtrew on them while they boil; it will

clear

clear them much: when you ſee it is a thin jelly, take it off, and put them into your glaſſes. You muſt ſtrain ſome of the jelly through a tiffany into a porringer, which muſt be heated next morning, and put on the currans. Do white currans the ſame way; but put no juice to them.

SYRUPS.

Barley Cream, for the heat of the lungs, and to be taken in any hot illneſs.

TAKE a quarter of a pound of Barley; waſh it well, and boil it in fair water, and when the water becomes red, ſhift it into hot water, and do this till the water change to red; put to it fenel-roots one ounce, parſley-roots ſcraped, and the pith taken out two ounces; boil it till it is thick like frumenty; take it off, put it into a baſon, and let it ſtand all night; take a quarter of a pound of almonds, blanch them in cold water, and grind them in a mortar with five or ſix ſpoonfuls of boil'd barley with the liquor, till the almonds be very ſmall, and ſtrain it with the water following: Take violet-leaves, cinqfoil, ſtrawberry-leaves, endive, of each half an ounce; boil theſe together in fair water, with a liquorice-ſtick clean ſcraped and bruiſed; when it is boil'd well, ſtrain the almonds, and the barley will make a pint of cream; when it is ſtrain'd, add to it three or four ſpoonfuls of red roſe-water and ſugar enough to make it ſweet; drink thereof warm in the morning, afternoon, and at night going to-bed. You muſt drink it leiſurely, and this will be ſufficient for one day. The reſt of the boil'd barley will ſerve twice or three times more.

A Caudle good for thoſe that are troubled with a great drought.

TAKE a pint of white-wine, or Rheniſh wine, and a pint of water; mix them together, and ſtrain them with as much oatmeal as will make it white; boil it the ſpace of half an hour, and add a grated nutmeg, and as much ſugar as will ſweeten it. Let the patient take it at pleaſure, and it will help him in a ſhort time.

Syrup of Vinegar, good to cool in a fever, or any other ſickneſs, and to break choler.

TAKE fenel-roots of a year's growth, parſley-roots, ſuccory-roots, yellow dock-roots, of each two ounces; take out the piths of them all, and ſeeth them in a pottle or a gallon of water: add thereto violet-leaves, young mallows, and endive, of each one ounce; ſeeth them all, till three pints of the water are conſum'd; ſtrain it, and let it ſettle; then take the cleareſt of this water, and to every quart put a pint of the beſt white-wine Vinegar, and a pint and half of honey, and ſeeth and ſcum it, till it come to a ſyrup; put it into a glaſs, and uſe it at pleaſure; and when you uſe it, take of the ſyrup and borage-water, or clean water boil'd, of each alike. If you like not honey, put inſtead thereof one pound of ſugar for every pint of honey.

Syrup of Roſes, to purge Choler.

PUT a gallon of fair water into a pipkin with a cover, into which thruſt as many Damask roſe-leaves as you well can: when it ſeeths, take it from the fire, cover the pot cloſe, let it ſtand till

till next day; then ſtrain it out hard, and ſet the water on the fire till it is boiling hot, and put in again as many Roſe-leaves as will drink up the water; repeat it every day, until the water come to a pint and a half; put the water into a pipkin or gallipot, and ſet it over the fire, and boil it; put thereto a pound and half of ſugar; ſcum it, and boil it to a thick ſyrup; when it is cold, put it up, and keep it for uſe. Give a child a ſpoonful, a grown perſon two or three ſpoonfuls.

Another.

TAKE ſyrup of Sugar two pounds; which being freſh made and yet warm, but removed from the fire, gradually mix therewith half an ounce of the tincture of *Tolu*, and keep them ſtirring till they are intimately mixed and united.

Syrup of Coltsfoot.

TAKE Coltsfoot ſix ounces, maidenhair two ounces, hyſſop one ounce, liquorice-root one ounce; boil them in a pottle of ſpring-water, till a pint is conſumed; then ſtrain it, and clarify it with whites of eggs. In clarifying, add two pounds of powder-ſugar, and boil till it comes to be almoſt as thick as honey.

Syrup of Clove July-flowers.

TAKE of freſh-gathered red Clove July-flowers, clipped clear from their white heels, ſixteen ounces, cloves two ſcruples, boiling ſpring-water a quart; let them ſteep together in a mild heat for a night; then ſtrain off the liquor, and add thereto three pounds of white ſugar; diſſolve it in a bath-heat, and make the whole into a ſyrup, without boiling, according to the rules of art. It is cordial.

A balſamick Syrup for coughs, and to open the ſtomach.

TAKE of balſam of Tolu ſix drams, ſpring-water 20 ounces; boil them together, without takeing off the ſcum that riſes, to 12 ounces; then with 21 ounces of the beſt refined ſugar, make it into a ſyrup without further boiling; and when it is grown cold, ſtrain it off.

Syrup of Mulberries.

TAKE of the juice of Mulberries (become clear by ſettling) a quart, and with four pounds of white ſugar make a ſyrup of it, by gentle boiling.

The Barley-ſyrup.

BOIL a pound of French barley in water, throw away the firſt water, and put to it the ſecond time ſix wine-quarts of water, and let it boil till two quarts be conſumed; then ſtrain out the barley, keep the water, and put into it of ſanicle, betony, agrimony, tormentil, maiden-hair, hyſſop, horehound, ſcabious, of theſe a large handful; of the flowers of violets, cowſlips, borage, bugloſs, marigold, ſage, roſemary, of each a pint well pick'd; a pound of raiſins of the ſun ſtoned; half a pound of dodefigs cut; a quarter of a pound of dates ſton'd, the white skin next the ſtone being pull'd off; half a pound of green liquorice; aniſeeds, caraway-ſeeds, fenel-ſeeds, of each an ounce; ivory, hartſhorn, elecampane-roots, of each an ounce; of parſley-roots, fenel-roots, couch-graſs-roots, aſparagus-roots, polypodium-roots of the oak, of each an handful. After they are cleanſed, bruiſe your ſeed and liquorice, and ſlice your roots: put all this into the barley-water, and let them boil very ſoftly in the water, cloſely covered, for twelve hours; afterwards ſtrain it out as

clean as it can be wrung; then let it ſtand in, twenty-four hours; take the clear of this liquor, and add to it a pint of the juice of colts-foot clarify'd, half a pint of damask roſe-water, and half a pint of hyſſop-water; a drachm of ſaffron, three pints of the beſt virgin-honey, and as many pounds of ſugar, as there are quarts of the liquor; boil this the ſpace of half an hour, keeping it ſtill very clean ſcumm'd; then put it into bottles, and keep it cloſe ſtopp'd for uſe. You muſt take every morning three ſpoonfuls faſting, and laſt at night, in three ſpoonfuls of white-wine; and for old people, in ſack, or aqua-mirabilis. This is good for a cold, cough, phthiſick, green-ſickneſs, dropſies, and ſtoppage of the pipes.

To make Syrup of Violets.

PLUCK the Violets from the greens, and ſift them clean; then take to four ounces of Violets half a pint of water, and one pound of loaf-ſugar; after which take the water, put in half the ſugar, and ſet it over the fire; clarify and ſcum it well; ſtamp your Violets in an alabaſter mortar; and when they are well beaten, infuſe them in the clarified ſyrup a while; but by no means let the ſyrup be too hot, when you put in your Violets; for then it will look green: when theſe have infus'd a-while, ſtrain them, and ſave out a little of the juice in another veſſel, which ſet by; afterwards put in the reſt of the ſugar, ſet it on again, and keep it ſtirring and ſcumming: when it hath boil'd ſoftly a little while, put in the reſt of the juice, and one drop of the juice of lemon; ſet it on a little while again, and put it up for your uſe.

To make Syrup of Tolu.

BOIL half an ounce of pearl-barley in three ſeveral waters; ſtrain off the laſt water, and when 'tis ſettled, take three pints of it, and two ounces of balſam of Tolu: let it ſimmer on the fire, till almoſt a pint be waſted; then put in two pounds of loaf-ſugar, and boil it up gently to a ſyrup of what thickneſs you pleaſe; and when it is cold, ſtrain it thro' a fine ſtrainer.

Syrup of Corn or red Poppies.

TAKE corn poppy-flowers freſh, two pounds; warm ſpring-water, four pounds; the next day ſtrain it out; repeat the infuſion with new flowers; ſtrain it again, and with its equal weight of ſugar boil it into a ſyrup.

Syrup of Violets.

TAKE freſh pick'd flowers of Violets one pound, and five half pints of boiling water; let them infuſe for a night, in a cloſe earthen veſſel, glazed on the inſide; then ſtrain off the liquor, and diſſolve therein twice its own weight of white ſugar, ſo as to make a ſyrup without boiling.

Syrup of Marſhmallows.

TAKE of the freſh roots of Marſhmallows two ounces, thoſe of parſley an ounce, liquorice-root, the tops of Marſhmallows and mallows, figs, each half an ounce, ſtoned raiſins two ounces, ſweet almonds blanched an ounce; let all theſe ſteep together for a day, in three quarts of clear barley-water; then boil it to two quarts; after which preſs out the decoction, and in the liquor, grown fine by ſtanding, diſſolve gum Arabic an ounce, fine ſugar four pounds, and make a ſyrup thereof with the requiſite art.

Syrup of Buckthorn.

TAKE of the clarified juice of Buckthorn-berries three quarts; brown ſugar four pounds, and with a gentle fire boil them into a ſyrup, and whilſt it is yet warm, mix there-

therewith a drachm of the diſtill'd oil of cloves, received upon a little ſugar. *N. B.* Care muſt be had that the true *Buckthorn* be taken, becauſe other berries are often deceitfully gathered for it, as the *Berry-bearing Alaer*, the *Cornelian Cherry*, and others: and this may be known by the number of ſeeds; for the *Buckthorn* has generally four, whereas the *Alder* has but two, and the ſaid *Cherry* no more than one.

This may be uſed inſtead of the Syrup of the five opening roots.

TAKE of the bark of the roots of fenel and parſley, each 8 ounces, ſpring water three quarts, digeſt in a moderate heat for a night; then boil them together till a quart be evaporated: to three pints and a half of the clear decoction ſtrongly preſſed out, add vinegar half a pint, fine ſugar ſix pounds, and boil the whole with the requiſite art into a ſyrup.

Of JELLIES, *and how to make them.*

JELLIES are very ſtrengthening and nouriſhing, as carrying the whole ſtrength of the thing they are made of, in them; and many of them may be made with little coſt. Their proper meats to be made on are theſe, *viz.* 1. Three pair of Calves feet; 2. A well-fleſhed Capon, not very fat, and a Knuckle of Veal; 3. A pair of Calves feet, half a pound of Iſing-glaſs, and a well-fleſh'd Capon; 4. A Knuckle of Veal, and an old Cock; 5. A Pullet, and a quarter of a pound of Hartſhorn; 6. A Capon only; 7. Cock or Capon with Iſing-glaſs; 8. Jelly of Hogs-feet; 9. Sheep's feet, Lambs feet, or Calves feet. Now to make theſe into proper Jellies, I ſhall give you one example for all, as to what relates to Fleſh Jellies, *viz.*

TAKE Calves feet well ſcalded, pare the bottoms, and take out the long ſhank-bones, lay them to ſoak in water four or five hours; boil about a dozen of them in two gallons of ſpring water, continually, as they boil up, taking off the ſcum, till about the fourth part of the water be conſumed; then ſtrain it through a Jelly-bag or a thick linen cloth, and let it cool; then take the clearer part from the ſettlings, pare off the top, and melt it; then put it into an earthen veſſel, adding white-wine, ginger, mace, cinamon, and the whites of eggs, little or more proportionably to the Jelly you make; then add ſome juice of lemons, and ſugar, to ſeaſon it; boil it leiſurely, and ſtrain it again; then eat it alone, or ſerve it up with meats, or any other things that require Jellies of this kind. And ſo by boiling the other meats to maſh, according to theſe rules, you may make curious ſtrengthening Jellies of them.

To make Jelly of Calves feet.

TAKE a ſet of Calves feet, take the long bone out, and ſplit the foot, take the fat out; boil theſe in ſix quarts off, with half a pound of harts-horn, till it is jelly, which you know by cooling a little in a plate; ſtrain it off, ſcum all the fat off; then beat the whites of twelve eggs, as much ſugar as will ſweeten it, the juice of ſix lemons, ſome cinamon and mace, a little orange-flower water, a pint of good white-wine; ſtir this all together over a ſtove, till it boils: it muſt not be too ſweet, nor too ſharp: ſtrain this through a jelly-bag. You may make it with harts-horn alone.

How to make Jellies of ſeveral ſorts of Fruits.

THE Fruits proper for theſe are, 1. Currans; 2 Quinces; 3. Apples; 4. Pears; 5. Plums; 6. Raſpberries, Strawberries, and the like; and to make theſe, I ſhall, for brevity's ſake, give you one general Example, *viz.*

Jelly of Apples.

TO do this, pare the ſofter ſort of pleaſant-taſted Apples, and ſlice them very thin, taking out the cores and ſeeds; boil a pound of them in a quart of water, till a fourth part be conſumed; then ſtrain it well, and to every pint and half put three quarters of a pound of ſugar, with a little mace or cinamon, and boil it up to a thickneſs, adding a quarter of a pound of iſing-glaſs; ſtrain it again, and put it up for uſe.

This and all other Jellies of Fruits, are cooling and wholſome; and are taken with ſucceſs in hot diſeaſes, and are very refreſhing at all times; and by this rule you may make Jelly of any fruit. You may mix, if you pleaſe, Wine, Cream, or Milk with them; and ſcent them with Roſe, Orange, Citron, or any pleaſant-ſcented waters.

To make Jelly-broth.

TAKE any of the Meats mentioned for Meat-Jellies, put a quart of white-wine to two quarts of water, and a pound and half of ſugar, ſix eggs, two nutmegs thinly ſliced, two races of ginger, a quarter of an ounce of mace, and a little cinamon groſly bruiſed; boil it up as the Calves-feet Jelly, ſtrain it, and ſcent it with a little ambergris, or musk; ſeaſon it with lemon or orange-juice, and it will be excellent.

To make Oyſter-Jelly.

THIS may be properly called, a Jelly of divers ſorts of Fiſh, and may ſerve in general for *Fiſh Jelly.*

To make it, Take 10 pretty large flounders, two ſmall pikes or plaice, and four ounces of iſing-glaſs very well cleanſed; boil them in a large earthen pipkin, with two quarts of ſpring water, and as much white-wine, adding ſlices of ginger, and blades of mace, and ſo boil them up to a Jelly; ſtrain it thro' a jelly-bag into a pretty deep diſh, and when cold, pare off the top and bottom, and put it into a pipkin, with three or four ſpoonfuls of the juice of lemons; ſeaſon it with fine ſugar beaten with the whites of eggs; then ſtew a quart of large Oyſters, in a pint of white-wine and their own liquor; add ſome ſpices, as mace, ginger, and cinamon, with pomgranate-kernels; put theſe, when well jellied, to the former, heat them, and run them thro' a bag, and keep it as an excellent Jelly, three or four ſpoonfuls being ſufficient for a day on urgent occaſions.

Harts-horn Jelly may be made thus:

TAKE half a pound of Harts-horn ſhavings, an ounce of iſing-glaſs; pull it in pieces; put theſe into five pints of ſpring-water, boil it to little leſs than a quart, over a gentle fire; ſtrain it, and let it ſtand all night to ſettle; melt the Jelly; ſqueeze in two large lemons and a half, the whites of ſeven eggs, half a pint of white Mountain wine, and ſweeten to your taſte with doubly-refin'd ſugar; then put all theſe ingredients upon the fire, ſtir it

it pretty much till it boils; boil a very little, then ſtir it well together, and ſtrain it through a jelly-bag; let it not run very faſt; if it does, put it in again; put lemon-peel into the glaſſes: this quantity will make a dozen and half of glaſſes.

To run Colours.

TAKE ſeveral ſmall pipkins, and put into them ſtrong Jellies ready ſeaſon'd; take alſo muſlin rags, ſome with cochineal bruiſed, others with ſaffron; ſpinach-juice tie therein, and put them into the pipkins; and as you would have the colours riſe, fine them with the whites of eggs, and run them through ſeveral bags.

An excellent way to make Jelly.

TAKE a ſhoulder of veal, and cut the fat clean away; then take three or four calves feet, ſcald them clean, and cut away the fat; afterwards lay both the veal and feet in fair water four or five times; then take a pot which will hold two gallons of water, and put in your veal and feet: when it ſeeths, ſcum it well; boil it till it is reduced to half a gallon, or ſomewhat more: it muſt boil five hours or longer; after which ſtrain it, and when 'tis cold, take the fat quite away.

To make Lemon-cream.

TAKE one pint of thick Cream, ſet it on the fire, keep it ſtirring, let it ſimmer; ſweeten it very ſweet with fine ſugar; keep it ſtirring till 'tis pretty cool; then put in the juice of half a great lemon with the peel wrung in, to make it taſte of the peel: when 'tis ſtirr'd till 'tis cold, ſtir it up high to bring a froth in the diſh; and when cold, ſerve it up. Early in the morning 'tis proper to make this cream againſt dinner.

Another for the ſame.

SQUEEZE nine lemons upon a pound and an half of doubly-refin'd ſugar, fourteen or eighteen ſpoonfuls of fair water; then ſet it on the fire, till the ſugar be all melted; put to it the white of nine eggs, ſtirring it; ſtrain it through a napkin, ſet it on the fire again, and ſtir it all the while till you ſee it begin to thicken; afterwards put in orange-flower-water, four or five ſpoonfuls to your taſte; take it off the fire, and put it into your diſh: you muſt put ſome lemon-peel into it; and ſome muſt be boil'd tender, and cut in ſmall ſtrings, to lay at the bottom of the diſh.

To make clear Lemon-cream.

TAKE the half of a hartſhorn jelly, and put into it the peel of two lemons; ſet it over the fire, and let it boil; then take the whites of ſix eggs, and beat them well; take the juice of four lemons, grate the peel of them, and put it into the juice of the lemons to ſoak a little while; afterwards put the juice and the eggs together; put in ſuch a quantity of doubly-refin'd ſugar as will ſweeten it to your taſte; let it boil very faſt almoſt a quarter of an hour; then ſtrain it through a flanel jelly-bag, and as it runs thro' put it in again two or three times, till it looks clear; after which take the peel of lemons boil'd in it, and cut it into very fine threads: put an equal quantity of them into every glaſs; ſtir it till 'tis half cold, and then put it into glaſſes.

To make yellow Lemon-cream.

GRATE off the peel of four lemons; ſqueeze the juice to it, and let it ſteep four or five hours; ſtrain it, and put to it the whites of eight eggs, and the yolks of two, well-beaten and ſtrain'd; a pound of

doubly-refin'd ſugar; a quarter of a pint of roſe-water; and a pint of ſpring-water: ſtir all theſe well together, and ſet it on a quick fire, but let it not boil; and when 'tis cream, 'tis enough.

To make Spaniſh-cream.

TAKE three ſpoonfuls of rice-flour, ſearced very fine; three yolks of eggs; three ſpoonfuls of fair water; two ſpoonfuls of orange-flower-water: mix them well together; then put to it one pint of cream, and ſet it on a good fire, keeping it ſtirring till 'tis of a good thickneſs; afterwards diſh it, and keep it cold.

To make Sugar-loaf-cream.

TAKE a pint of jelly of harts-horn; put in a little iſinglaſs; make it thick with almonds or cream, which you pleaſe; ſweeten it very well; put it into tin pots; let it ſtand till 'tis cold; when you uſe it, dip the pan in warm water, and take it out whole.

To make Chocolate-cream.

TAKE a quart of cream, a quarter of a pint of white-wine, a little juice of lemon; ſweeten it very well; lay in a ſprig of roſemary; grate ſome chocolate, and mix all together; ſtir it till 'tis thick, and diſh it up.

To make Cream of Almonds.

BLANCH Almonds, and then bruiſe them ſmall in a mortar, and ſtrain them thro' a ſtrainer with fair water; then ſtrain them thro' again with thick milk, and with a quarter of a pound of ſugar; put that into a pot, ſet it over the fire, put thereto a little ſalt, and ſtir that well, that it burn not to the pot; when that is boil'd, take it from the fire, caſt a ladleful of fair water into it, cover it with a diſh, and let it ſtand; afterwards take a fair cloth of an ell long; let it be holden ſtrait abroad, and caſt the cream upon it with a ladle; draw under the cloth to draw the water from the cream from the midſt of the cloth; knit the four corners of the cloth together, and hang it upon a pin.

The Lady Briſtol's *manner of makeing the Spaniſh Nita, alias clouted Cream.*

TAKE a great quantity of milk from the cow; ſcald it in a kettle upon a charcoal fire, ſtirring it, that it burn not at the bottom; and when 'tis ready to boil, take it off, and ſtir it a little while after it is taken from the fire; then lade it into a milk-pan; let it ſtand twenty-four hours at leaſt; afterwards divide the cream with a knife, as it ſtands upon the pan; and take it off with a skimmer, that the thin milk may run away, then lay it into diſhes, one piece upon another, till your diſh be as full as you pleaſe to have it; thus keep it twenty-four hours before you ſpread it, or longer if you pleaſe.

To make a Diſh of Almond-butter.

TAKE a diſh of ſweet butter, and ſeeth two eggs very rere; take the yolks of them, and put to the butter; then take twenty or more blanched almonds; ſtamp them, and grind them fine with two ſpoonfuls of roſe-water; then put them to the butter, and ſtir all theſe together; afterwards ſtrain them thro' a cullender, with a quantity of ſugar, into a pewter diſh, and ſo ſerve it in.

To make Lemon-butter.

TAKE a quart of cream, the whites of three eggs well beaten with a little orange-flower-water; ſweeten it to your taſte; then take a lemon, raſp the rind, and put it into the juice of the lemon; let it ſtand while your cream is ready to boil; next, put it into the cream, and when 'tis boil'd a little, put it into a ſieve,

a ſieve, and let the whey run from it; then beat it up well together, and lay it up high in a diſh. The ſame way you make orange or chocolate-butter, only with the yolks of eggs.

To green Leaves.

TAKE little leaves of a pear-tree; keep them cloſe ſtopp'd in a hot ſcalding pale verjuice and water; then give them one boil in ſome ſyrup of apricots, and lay them between two glaſſes to dry; ſmooth and cut them in ſhape of apricot-leaves; for little apricot-leaves are ſo tender, they will not endure greening; be ſure they be got with ſtalks, and ſtick them in the apricot; cloſe up the apricot as plump and natural as you can.

MARMALADES.

To make Marmalade of Apples.

SCALD the Apples in water till they are very tender; then take them out, and drain them, and ſtrain all through a ſieve, and then boil the ſugar till it is very much feather'd; put three quarters of a pound to every pound of fruit, temper the maſs very well, and dry it on the fire, let it ſimmer, and pour the Marmalades into the pots and glaſſes; ſtrew ſugar over it. After the ſame manner you may make Marmalades of Pears.

To make Marmalade of Apricots.

BOIL five pounds of ripe Apricots in two pounds of ſugar pearled-boil'd; ſcum it, till no ſcum ariſes; take them off the fire, and let them ſtand and cool; then ſet them on the fire to dry and break; afterwards take three pounds and a half of cracked-boil'd ſugar; incorporate it with the paſte, and let them ſimmer together a little; after which put into pots, ſtrewing them with ſugar.

To make Marmalade of Cherries.

TAKE as many Cherries as you pleaſe; ſet them on the fire in a copper pan, to extract their juice; then drain them; bruiſe and paſs them thro' a ſieve; put the Marmalade into the pan again, and dry it upon a brisk fire; keep it ſtirring, and turn it with a wooden ſpathula till it is quite dry, and begins to ſtick to the ſides of the pan; then put a pound of greatly feather'd ſugar to every pound of fruit; ſimmer them all together, and put it into pots, and ſtrew it with ſugar.

To make a Marmalade of Currans.

STRIP the Currans from the bunches, ſoak them in boiling water, till they break: take them off the fire, and then put them into a ſieve to drain; and when they are cold, preſs them through the ſieve to clear off the grains; dry them on the fire, till you have brought the ſugar to its cracked quality, allowing an equal weight of fruit and ſugar; let them ſimmer, and mix them well together, and put them into pots.

To make Marmalade of Quinces.

TAKE Quince-liquor, and to every pint of liquor put a pound of fine ſugar; then take your Quinces, pare and ſlice them, and put in as many as the liquor will cover; boil them to a jelly, when they will turn red; during which keep the skillet cloſe cover'd, and then put them into glaſſes.

To make Orange Marmalade.

TAKE three pounds of Seville Oranges, and the ſame weight in doubly-refin'd ſugar; cut the

Oranges in halves, and ſqueeze out all the juice and pulp, and boil the Orange-peels in five or ſix waters (the waters you put them in muſt all be hot, except the firſt); when they are tender, and not bitter, with a fork pick out the ſtrings that are in the inſide of the peel; cut the peel in long narrow pieces; ſtrain the juice of two Oranges more to them; then put the peels, juice and ſugar, into the preſerving-pan, and boil it near half an hour; when it is almoſt enough, ſqueeze in the juice of two lemons, clear from ſeeds and pulp.

Scrape the Oranges before you cut them, that they may be ſmooth.

Another way.

BOIL only the flowers in two waters, and beat them, when dry'd, in a cloth; pound them in a mortar pretty fine; then take their water, and half as much again of ſugar finely ſifted; boil them together till pretty thick, for it will preſently candy: a ſpoonful or two of juice of codlings cannot hurt: the ſeeds muſt be taken out, and the green Oranges, before they are boil'd.

CONSERVES.

Conſerve of Hipps.

TAKE any quantity of Hipps, before they are quite ripe; let them be opened with a knife, and cleared of their hair and ſeeds, then kept till they grow ſoft, and afterwards let them be bruiſed and pulped through a ſieve, and with double their quantity of ſugar reduce them to a Conſerve.

Conſerve of red Roſes.

TAKE of red Roſe-buds one pound, bruiſe them with a wooden peſtle in a marble mortar, adding by degrees of white lump ſugar powdered and ſifted, three pounds, continue beating them, till no particles of the Roſes can be ſeen, and till the whole becomes a ſimilar maſs.

Conſerve of Orange-peel.

TAKE any quantity of the yellow part of freſh Seville Orange-peel; ſteep it in water, in a moderate heat, till it becomes ſoft; then ſtrain the water from it, and let it be bruiſed and paſſed through a ſieve: afterwards bring the pulp to a proper conſiſtence, over a gentle fire; then add thereto thrice its quantity of ſugar, and let it be reduced into a Conſerve, by beating it in a mortar. It is a good ſtomachick and expeller of wind; gives eaſe in the colick; proves of ſervice in the jaundice; kills worms; and tho' it is heating, checks the menſtrual diſcharge.

Conſerve of Quinces.

CUT away the rinds, cores and ſeeds of Quinces; then cut them into ſmall pieces, to the weight of 8 pounds; boil them till they are ſoft, and then put to them fine loaf ſugar 6 pounds; boil them to a conſiſtence. This Conſerve is of ſervice to recover the appetite, and againſt a diarrhœa; it alſo prevents abortion.

The Art of Distillery;

Shewing how to make a great Variety of the moſt wholſome Cordial Waters.

WE ſhall principally in this Article regard the Health of our Readers; for 'tis certain that all ſpirituous liquors do great miſchief to the conſtitution of human bodies, when taken otherwiſe than medicinally, or as cordials; whereas when they are uſed as ſuch, they give great comfort and relief in particular ailments; and for this reaſon we ſhall generally point out the caſes in which they are reſpectively beneficial.

Walnut Water.

TAKE green Walnuts in the beginning of June; beat them in a mortar, and diſtil them in a cold ſtill, and keep the water by itſelf: Then about Midſummer gather ſome more, and uſe them as you did the firſt, and keep that alſo by itſelf: gather your Walnuts a third time, a fortnight after Midſummer, and uſe them in the ſame manner. Then take a quart of each, mix them together, and diſtil them in a glaſs-ſtill, and keep it for uſe. It is deemed good in paralytical and dropſical diſorders.

To make Dr. Stephens's *Water; from a Receipt he himſelf gave (a little before his death) to the Archbiſhop of* Canterbury.

TAKE cinamon, ginger, nutmegs, grains of paradiſe, cloves, aniſeeds, fenel-ſeeds, caraway-ſeeds, of each two drams; ſage, chamomile, marjoram, lavender, mint, red-roſes, pellitory of the wall, roſemary and thyme, and wild thyme, of each one ounce; break the ſpices fine, bruiſe the herbs ſmall, and put them into 2 gallons of Bourdeaux red-wine, and let them ſtand 24 hours, ſtirring them; then put them into an alembick, and keep the firſt water by itſelf, for it is beſt; the ſecond water is good, but not equal with the firſt. It comforts the ſpirits, and helps all diſeaſes that ariſe from cold: it kills worms in the body, and comforts the ſtomach. With this water the old Doctor preſerved his life till he was not able to go nor ride, having kept his bed five years, when all other phyſicians thought it impoſſible for him to live one year: he owned before his death, that he never uſed any other phyſick but this. It will be the better if you ſet it in the ſun in the ſummer.

Aqua Mirabilis.

TAKE cardamum, cubebs, galingale, cloves, ginger, mace, nutmegs, of each a dram; the juice of celandine, half a pint; mingle all theſe together, bruiſed to powder with the juice, and a pint of *Aqua Vitæ*, and three pints of white-wine; put them together into a glaſs-ſtill; let it ſtand all night, and in the morning diſtil it with a very gentle fire. It is excellent againſt the palſy, and very reſtorative. In the ſummer one ſpoonful may be taken in a week, faſting; and in the winter two ſpoonfuls.

Another

Another way.

TAKE balm, mint, celandine, angelica, of each a ſufficient quantity; dates, 12 ounces; cubebs, galingale, cardamums, ginger, cloves, mace, nutmegs, of each one ounce; orange and lemon-rind, of each half an ounce; caraway and coriander-ſeed, of each two ounces; roſemary-flowers, marigold-flowers, and melilot-flowers, of each an ounce: bruiſe the things which ought to be bruis'd, and infuſe them in a ſufficient quantity of water for the ſpace of 24 hours; then, with ſeven gallons of brandy, diſtil it in an alembick: add four pounds of ſugar to ſweeten it.

Strong Cinamon Water.

TAKE of Cinamon bruis'd, two pounds; Canary, two quarts; ſherry, four quarts; brandy, four quarts: diſtil it in a hot ſtill, and when it is cold, add to it 2 pounds of doubly-refined ſugar pounded, and after it has ſtood a-while, rack it off into new bottles, which will render it fit for uſe.

Cordial Cinamon Water.

TAKE of Cinamon bruis'd, twelve ounces; of fountain-water, five quarts; French barley, half a pound; diſtill'd in a cold ſtill according to art.

Baum Water.

TAKE two gallons of ſtrong ale, and a quart of ſack, four pounds of young Baum-leaves, ſhred them; aniſeeds and liquorice, of each a pound, beaten to powder; put them all into the ale and ſack; let them ſteep 12 hours, and then put them into an alembick, and diſtil it.

Cherry Water.

TAKE a pottle of claret wine, four pounds of common Cherries, one ounce of roſemary, one ounce of baum, two ounces of cinamon broken in ſticks, one dram of nutmegs, quarter'd; ſteep them all in an earthen pot all night; the next morning diſtil them in an ordinary ſtill, and keep a pretty quick fire under them; after it is diſtilled, put to every quart of water four ounces of white ſugar-candy, and hang a bag with a little musk and ambergris; ſtop it cloſe. It is good in any weakneſs or fevers, where other hot waters cannot be given, to comfort the ſtomach and ſpirits,

A good Water to be drank in a Fever.

TAKE a quart of red-wine, and a quart of milk; diſtil them together. The patient may drink plentifully of it, and it will allay the heat, and bring the body into a good temper.

Roſemary Water.

TAKE three quarts of Roſemary-flowers, one quart of cowſlip-flowers, half a pound of dates, two drams of nutmegs, half a pound of clove July flowers, and half a pound of cinamon, two ounces of raiſins of the ſun ſtoned; bruiſe the cinamon, and ſlice the nutmegs and dates; ſteep them with the flowers all night in ſix quarts of ſack; the next day diſtil them in an alembick, and draw away three quarts of water with a ſlow fire; put into your receiver one pound of white ſugar-candy. You may put the firſt and laſt runnings together, and keep the middle by itſelf.

Dr. Butler's *Treacle Water.*

TAKE harts-horn ſhaved, one ounce; boil in three pints of ſpring-water to a quart; then take roots of elecampane, gentian, cypreſs, tormentil, of each one ounce; carduus benedictus, angelica, of each one ounce; borage, bugloſs, roſemary-flowers and marygold-flowers, of each two ounces; citron-peels one ounce; cowſlip-flowers, two ounces;

ounces; clove July-flowers, lavender-tops, ſweet marjoram-tops, of each two ounces; Venice treacle one pound, diſſolv'd in ſix pints of rich ſack or white-wine, and three quarts of red-roſe-water; infuſe all the ingredients 24 hours in a clean earthen veſſel ſtopt cloſe; then diſtil it in a common ſtill well luted (there will be enough for two ſtills, unleſs your ſtill be very large). The firſt running is beſt, and you may draw a quart off, and of the next draw as long as you find taſte or ſmell. The doſe of the firſt is two ſpoonfuls; the other three ſpoonfuls at a time: The weakeſt is for young children.

Lady Brooke's *Treacle Water.*

TAKE the roots of elecampane, gentian, cypreſs, tormentil, angelica, of each an ounce; of the leaves of our lady's thiſtle, a handful and an half; bugloſs-flowers, borage, marigold, and roſemary, of each two ounces; of citron-peels, an ounce; Venice-treacle, a pound, diſſolv'd in three quarts of ſack; one pint of red-roſe-water; a quart of carduus-water: infuſe them all together one night, and then diſtil in a roſe-ſtill.

To make Barley Water.

TAKE two quarts of fair water; French barley, two ounces; hartſhorn and ivory, of each half an ounce: boil it together till it comes to one; ſweeten it with what ſyrup you pleaſe.

The Snail Water.

TAKE a pound and an half of cheeſe-curds before they are ſalted, and the fleſh of a young capon ſtripp'd, and cut in ſmall pieces; but throw away the bones, fat and skin. Take ten new-laid eggs, twenty-four ſnails gather'd in woods or groves; uſe them, ſhells and all; four lemons cut in pieces, the outer skin being taken away; four ounces of ſweet almonds; half a pound of the crumbs of white-bread; half a pint of red-roſe-water: mix all well together, diſtil them with a gentle fire, and keep it for uſe.

A Water for weak ſtomachs, ſmall-pox, meaſles and ſurfeits, in great eſteem with Queen Elizabeth.

TAKE ſage, celandine, roſemary, wormwood, dragon, mugwort, pimpernel, ſcabious, agrimony, balm, ſcordium, centaury, carduus, betony, roſa ſolis, of each one ounce; angelica-roots, gentian, tormentil-roots, zedoary-roots, and liquorice, of each an ounce; ſlice the roots, and ſhred the herbs, and put them all together into a gallon of white-wine; cover them cloſe, and let them infuſe for 48 hours; then diſtil them in an ordinary ſtill, and keep the top of the ſtill cold with wet cloths; draw off three quarts, keep each quart by itſelf. When you take it, ſweeten it with ſugar; give a child two ſpoonfuls of the firſt or ſecond drawing, or four of the laſt drawing: To grown perſons give double the quantity.

Juniper Water.

TAKE the beſt Juniper-berries 12 ounces, proof ſpirit of wine 3 gallons, a ſufficient quantity of water, and diſtil them. You may ſweeten it with ſugar. It is an excellent remedy againſt wind in the ſtomach and bowels; it powerfully provokes urine, and is therefore a good diuretick in the gravel and the jaundice.

Compound Wormwood Water.

TAKE the outward freſh rinds of lemons, one pound and a half; orange-peels, one pound; tops of dried Wormwood, winter's cinamon, of each half a pound; flowers of chamomile four ounces, leſſer cardamums not husk'd, cloves, cubebs, camels-

camels-hay, of each one ounce; cinamon, nutmegs, caraways, of each two ounces; ſpirit of wine ſix quarts, ſpring-water four gallons and a half: digeſt for three days, then diſtil in *balneo Mariæ* to dryneſs. It is an excellent ſtomachick water, and a good cordial.

Simple Wormwood Water.

TAKE Wormwood dried one pound, caraway-ſeeds bruiſed four ounces, ſpirit of wine three gallons; infuſe them, and diſtil them, and then put in one pound and half of ſugar, and keep it for uſe.

To make Compound Parſley Water.

TAKE of Parſley-roots four ounces; freſh horſe-radiſh-root, and juniper-berries, of each three ounces; the tops of St. John's-wort, biting arſmart, and elder-flowers, of each two ounces; the ſeeds of wild carrot, ſweet fennel and parſley, of each an ounce and half: ſlice and bruiſe the ingredients, and add thereto two gallons of French-brandy; common water two gallons; let them ſteep together in the ſtill three or four days, and then draw off two gallons. It is good for the gravel and ſtone.

Hungary Water.

TAKE flowers of roſemary 20 ounces, rectified ſpirit of wine three pints; let them infuſe ſome days, and then draw off as much as there was ſpirit put in.

To make Compound Piony Water.

TAKE of the roots of Piony freſh gather'd, 18 ounces; of bitter almonds, ſix ounces; of the leaves of roſemary, rue, wild-thyme, and flowers of lavender dried, each three ounces; of cinamon, cubebs, ſeeds of angelica, coriander, caraway, aniſe, each half an ounce; rectified ſpirit of wine, one gallon; water, five gallons: draw off by diſtillation, three gallons. 'Tis good in all nervous caſes.

Spirit of Wine with Camphire.

IS made by diſſolving half an ounce of Camphire in a pint of rectified Spirit of Wine.

An excellent Cordial Water.

TAKE peels of dry'd citrons and oranges, nutmegs, cloves, cinamon, of each two ounces; roots of cypreſs, Florentine-orrice, *calamus aromaticus*, of each one ounce; zedoary, galingales, ginger, of each half an ounce; tops of lavender and roſemary, of each two ounces; leaves of bays, marjoram, mint, ſage, thyme, of each one ounce; freſh flowers of white and damask-roſes, of each one ounce; infuſe them in two quarts of damask-roſe-water, and one gallon of brandy; diſtil them, and draw off five quarts. It is a very good cephalick, and a convenient julep in all nervous caſes. It is alſo a pleaſant dram, and very good upon any ſudden ſickneſs of the ſtomach.

Compound Horſe-radiſh Water.

TAKE the leaves of both the ſcurvy-graſſes, freſh gather'd in the ſpring, of each ſix ounces; add of brook-lime and water-creſſes, of each 4 ounces; of horſe-radiſh-root 2 pounds; arum-root freſh ſix ounces; winter's bark and nutmegs, of each four ounces; lemon-peels dry'd two ounces; French-brandy two quarts; draw off by diſtillation one gallon. It is good againſt all obſtructions of the kidneys and viſcera, and prevails againſt the jaundice, weakneſs of conſtitution, and dropſies; and is of great ſervice in all ſcorbutick caſes. The doſe is from half an ounce to three or four ounces, unleſs at firſt diſtilling, and then it muſt be diluted by ſome proper vehicle. You muſt fix the worm

worm cloſe to the receiver by a bladder, to prevent ſpirits flying away.

Cardamum Water.

TAKE pimento, caraway, and coriander-ſeeds, lemon-peels, of each four ounces; proof ſpirits three gallons; a ſufficient quantity of water; diſtil and ſweeten with ſugar, one pound and a half. It is a cheap and good cordial. and may be uſed in all caſes where a ſtomachick cordial is neceſſary.

Nutmeg Water.

TAKE Nutmegs bruiſed, half a pound; orange-peels, an ounce; ſpirit of wine rectified, three gallons, with a ſufficient quantity of water; diſtil and ſweeten it with two pounds of loaf-ſugar. It is a moſt excellent cephalick and ſtomachick cordial; it helps the memory, and ſtrengthens the eye-ſight.

Aqua Mariæ.

TAKE ſugar-candy one pound, canary half a pint, roſe-water four ounces; boil them to a ſyrup, and mix it with *aqua cœleſtis* two pints; ambergris and musk, of each 18 grains; ſaffron 15 grains; yellow ſanders, infus'd in *aqua cœleſtis*, two drams; let it ſettle, and decant the liquor off fine by inclination. It is a good cordial, and raiſes the ſpirits; and it is good in all ſinkings, and nervous decays. Take from two drams to one ounce.

Aqua Cœleſtis.

TAKE cinamon one ounce, ginger half an ounce; of all the ſanders, of each ſix drams; cloves, galingales, nutmegs, of each two drams and a half; mace, cubebs, of each one dram; cardamums the greater and leſſer, of each three drams; zedoary half an ounce; ſeeds of fenel-flowers three drams; of aniſe, fenel, wild-carrot, baſil, of each one dram and a half; roots of angelica, avens, liquorice, valerian, *calamus aromaticus*, leaves of clary, thyme, calamint, pennyroyal, mint, mother of thyme, marjoram, of each two drams; flowers of red-roſes, ſage, roſemary, betony, ſtœchas, borage, bugloſs, of each one dram and a half; citron-peels three drams; bruiſe them to a groſs powder all together; infuſe them two or three weeks in ſix quarts of ſpirit of wine; then draw off as much by diſtillation, and add to the water *ſpecies diambræ*, *aromaticum roſaceum*, *diamoſchu dulcis*, *diarrhod. abbat.* and electuary of gems, of each three drams; yellow ſanders two drams; ambergris and musk, of each one ſcruple; *julapium roſeatum* one pound: Let them ſtand one month, frequently ſhaking the veſſel, and then decant it for uſe.

Alexiterial Milk Water.

TAKE the leaves of meadow-ſweet, *carduus benedictus*, and goats-rue, of each ſix ounces; mint and wormwood, of each five ounces; rue three ounces; angelica two ounces: bruiſe them all, and pour three gallons of new milk upon them; diſtil in a ſand-heat.

Mint Water.

TAKE Mint dried four pounds; two gallons and a half of proof-ſpirits; three gallons of water; diſtil them, and ſweeten with ſugar one pound and a half.

Compound Scordium Water.

TAKE goats-rue, ſorrel, ſcordium, and citrons, of each one pound; *London* treacle two ounces; put into an alembick, with a ſufficient quantity of water, and two quarts of ſpirit of wine; draw off about a gallon. It is an excellent ſudorifick, and, if join'd with an acid, is preferable to treacle-water.

Roſa

Roſa Solis.

TAKE Roſa Solis clean pick'd, one pound and a quarter; cinamon, cloves, and nutmegs, each one ounce; marygold one quarter of a pound; caraway-ſeeds three ounces; proof-ſpirits three gallons; water two gallons: draw off your proof-ſpirits, and in a quart of liquor put four ounces of liquorice ſliced; raiſins ſton'd one pound; red ſanders four ounces: infuſe upon hot aſhes to a due extraction of their virtue; ſtrain and diſſolve therein white ſugar, one pound and half; which when cold mix with the proof-ſpirits, and keep it for uſe.

Aniſeed Water.

TAKE Aniſeeds 12 ounces; proof-ſpirits three gallons; ſpring-water one gallon and half: infuſe them all night in the ſtill, and draw off with a gentle heat, no more than runs proof; ſweeten with brown ſugar two pounds.

To make right Uſquebaugh, *according to the Receipt of that which was made for the Uſe of King* William III. *when in* Ireland.

TAKE ten gallons of a good brandy-ſpirit, made from ſtrong beer, and ſome new malt; aniſeeds one pound; cloves two ounces; nutmegs, ginger, and caraway-ſeeds, each four ounces: diſtil them into proof-ſpirit, according to art; then add to the liquid part Spaniſh-liquorice, raiſins of the ſun ſtoned, of each two pounds well bruiſed; dates ſtoned, and the white skin taken off, four ounces; cinamon, the like quantity; keep them four days in a cloſe veſſel, well ſtopped; and at the end of three days add three grains of musk and ambergris, diſſolved and dulcified with five pounds of Nevis-ſugar; ſtir them well at times, ten days, and ſtrain the liquid part through a flannel, fixed on a ſieve, or any other convenient place; fine it down with whites of eggs and flour. Some there are who only draw it off the lees into other casks, that keep it when fine. And thus, as you would have it richer or weaker, you may take better or worſe ſpirits, or more or leſs of the ingredients, tho' the way of making and ordering is the ſame.

To make good Uſquebaugh.

TAKE nutmegs, cloves, cinamon, of each half an ounce; aniſeeds, caraways, coriander, of each one ounce; liquorice ſliced two ounces; proof-ſpirits three gallons; a ſufficient quantity of water; macerate and diſtil, hanging at the end of the worm ſaffron teez'd, half an ounce; which frequently ſqueeze out, till all its tincture is ſpent in the diſtill'd liquor, and ſweeten it with two pounds of fine ſugar.

Surfeit Water.

TAKE centaury, marigold-flowers, mint, roſemary, mugwort, ſcordium, rue, carduus, balm, dragons, St. John's-wort, of each three ounces; roots of angelica, butter-bur, piony, ſcorzonera, of each ſeven ounces; *calamus aromaticus*, galingale, angelica-ſeeds, caraway-ſeeds, of each ten drams; ginger ſix drams; red-poppy-flowers three handfuls; proof-ſpirits three gallons; water one gallon and a half: macerate, diſtil, and ſweeten with fine ſugar one pound and a half, and keep it for uſe.

White Clove Water.

TAKE winter's-bark ſix drams; pimento one ounce; cloves two drams; bruiſe them, and infuſe all night in proof-ſpirits three gallons; a ſufficient quantity of water; draw off the ſpirits, and ſweeten with one pound and a half of fine ſugar.

Red

Red Clove Water.

TAKE Cloves bruiſed, ſix drams; Jamaica-pepper, an ounce and a half; proof-ſpirits, three gallons; a due quantity of water: macerate and diſtil as long as it runs proof; ſweeten it with two pounds and a half of brown ſugar or treacle, colour it with five or ſix pints of alder-juice, to the colour of claret.

Caraway Water.

TAKE Caraway-ſeeds bruiſed, one pound; proof-ſpirits, three gallons; water, one gallon and a half: draw off, and ſweeten with one pound and a half of ſugar.

Another.

TAKE Caraway-ſeeds bruiſed, half a pound; lemon or orange-peel dried, ſix drams; ſpirits, three gallons; a due quantity of water: diſtil and ſweeten with two pounds of ſugar.

Citron Water.

TAKE the beſt lemon-peel bruiſed, 18 ounces; orange-peel, 9 ounces; nutmegs bruiſed, one quarter of a pound; ſtrong proof-ſpirits, three gallons; water, two gallons: macerate and diſtil them, then ſweeten it with two pounds of double-refin'd loaf-ſugar, and keep for uſe.

To make an excellent Plague Water.

TAKE of the roots of angelica, freſh dug up, nine ounces; zedoary, the leaves of rue, mint, and roſemary, juniper-berries, and Venice treacle, of each an ounce and a half; Virginia ſnake-root, and ſeeds of angelica, each ſix drams: add thereto rectified ſpirit of wine, one gallon; water, four gallons: Draw off three gallons.

Gold Cordial.

TAKE the beſt brandy, three pints; confection of alkermes, half an ounce; oil of cloves, ten drops; loaf-ſugar, ſix ounces; musk and ambergris, tied in a rag, of each three grains: infuſe them all together in a large glaſs-bottle, cloſe corked, and ſhake it every day; filtre or decant off the clear liquor, adding ſix leaves of gold thereto. It is a great cordial, and prevents faintings, ſwoonings, and ſickneſs at the ſtomach, and is good in nervous caſes.

Ratifia.

TAKE melaſſes-brandy, three gallons; nuts, two ounces and a half; bitter almonds, one pound and a half: bruiſe them, and infuſe in the brandy; add ambergris, three grains, mixt with fine Lisbon-ſugar, three pounds; infuſe them all for ſeven or eight days, and then ſtrain off for uſe.

A ſtrong Palſey Water.

TAKE the ſpirits of five gallons of the beſt old ſherry-ſack, diſtill'd in an alembick; take cowſlip-flowers, the flowers of borage and bugloſs, and of the lilies of the valley, of each one ounce; take alſo roſemary-flowers, ſage and betony-flowers, of each one ounce; take each flower in their ſeaſon, and ſo put into ſome of the ſpirits aforeſaid, in an open-mouth'd glaſs of near a quart, for that will hold them all, with the ſpirits, 'till you are ready to diſtil the water; but this, and the reſt of the ſpirits, muſt be moſt carefully ſtopt till you uſe it: Take lavender-flowers in their ſeaſon, ſtrip them clean from their ſtalks, and fill a wide-mouth'd gallon-glaſs with them; pour into them the remainder of your ſpirits, then ſtop them cloſe with cork and bladder (as before), and let them ſtand ſix weeks to digeſt in the ſun; then put all together, theſe and the firſt-ſteep'd flowers, with all the ſpirits in both glaſſes; add alſo baum, motherwort, ſpike-flowers, bay-leaves and orange-leaves, if to be had, of each an ounce, cut ſmall, and put to the former

mer flowers and ſpirits: Diſtil all theſe together in an alembick; make three runnings of it; firſt a quart glaſs, which will be exceeding ſtrong; then a pint glaſs, which will be almoſt as good; laſtly, receive from it a pint glaſs full, or as much as runs ſtrong; for when it runs weak, which you may know by taſte and colour, which will be whiter, let it run no longer: Put your three runnings all together; then take citron-peel, the outſide yellow rind, or lemon-peels thin pared, alſo pine-ſeeds hull'd, of each ſix drams; of cinamon one ounce; of nutmegs, mace, cardamums, cubies, and yellow ſanders, each half an ounce; of lignum-aloes one dram: make all theſe into a groſs powder, and put them into a white ſarſenet bag, to be hung in the water aforeſaid: Take alſo of prepar'd pearls, two drams; of prepar'd ſmaragd, a ſcruple; ambergris, musk, and ſaffron, of each a ſcruple; of red-roſes, well dry'd and ſweet, 1 ounce: Theſe may be put into a little bag by themſelves, and hung in the ſpirit as the other; cloſe it well, that no air gets in, for ſix weeks; then take out the water, and preſs the bags dry; keep the water in narrow-mouth'd glaſſes cloſe ſtopp'd.

The Uſe of the Water.

'Tis ſo ſtrong and powerful, that it cannot be taken alone, but muſt be dropp'd on crumbs of bread and ſugar by any one, for prevention. Take firſt and laſt, about a quarter of a ſpoonful, and at four in the afternoon: Faſt always before and after it a full hour at leaſt. 'Tis of exceeding virtue in all ſwoonings, weakneſs of heart, and decay'd ſpirits; in all palſeys, apoplexies, both to help in, and prevent, a fit; 'twill alſo keep all cold diſpoſitions off the liver, reſtores loſt appetite, and fortifies and ſtrengthens the ſtomach; 'twill alone cure a dropſy, if taken at firſt, and the patient be kept from ſmall and cooling liquors.

A ſecond Palſey Water.

WHEN the firſt Water has run what is ſtrong, there will be ſome ſmall Water at the bottom of the alembick; pour it out from the herbs and flowers, and drain them; put them into a gallon of the beſt ſherry; ſo let them ſtand cloſe ſtopp'd five weeks; then diſtil them, and let it run as long as it continues ſtrong; then pour it into the glaſs where the ſarſenet bags are, and let them be in this ſecond liquor cloſe ſtopp'd ſix weeks; then you may uſe it as the former, with bread and ſugar; for though this is not ſo powerful as the former, 'tis too ſtrong to take alone. Both theſe are good to bathe outwardly the part affected with weakneſs by Palſey, and generally help any violent pains or aches that any part is vexed with; but becauſe bathing waſtes moſt, and this ſort is leſs coſtly, they commonly uſe this ſecond ſort for that.

A highly approved Palſey Water.

TAKE ſage, roſemary, betony-flowers, of each half an handful; of lily of the valley, ſingle piony, borage, bugloſs-flowers, each an handful: ſteep theſe in ſpirit of wine, muſcadine or aqua vitæ; then baum and ſpikenard, two ounces; motherwort, bay-leaves, orange-leaves and flowers, each an ounce: put to 'em as many lavender-flowers, ſtripp'd from the ſtalks, as will fill a large gallon-glaſs; gather 'em all in their ſeaſon: after they are ſteep'd ſix weeks, diſtil 'em carefully in an alembick; then put to this water citron-peel, dry'd piony-ſeeds hull'd, each ſix drams; cinamon, half an ounce; nutmegs, mace, cardamums, cubebs,

cubebs, yellow ſaunders, each half an ounce; lignum aloes, one dram: make theſe into powders, put 'em to the water of jujubes, new and good, half a pound, with their ſtones taken out, and cut 'em ſmall; cloſe the veſſel with a double bladder; let 'em all digeſt ſix weeks; then preſs out the liquor, and ſtrain it thro' a clean cloth: afterwards put to it prepar'd pearl, ſmaragds, musk and ſaffron, each ten grains; ambergris, one ſcruple; red-roſes dry'd, red and yellow ſaunders, each an ounce: hang theſe in a ſarſenet bag in the water. Give forty drops at night in ſugar, crums of bread to a man, at going to bed, eſpecially in the full and new of the moon. January is the beſt time for gathering the roots. Some add lime-flowers and marum, about a handful of each; a pound of ſingle peony-roots; and half a pound of angelica-roots.

A good Cordial for the Spleen.

TAKE four ounces of harts-horn; one ounce of cardamums; one ounce of cinamon; one ounce of ſaffron; two ounces of red ſage; and as much balm: ſteep theſe 24 hours in two quarts of ſack, or as much good brandy, which you pleaſe; diſtil it in a cold ſtill as quick as you can, and let it drop on four ounces of ſugar-candy. Drink of this, when low-ſpirited.

A Snail Water, good in Conſumptions and Jaundice.

TAKE a peck of large ſhell-ſnails, lay them on a hot hearth before the fire; let them lie till they have done hiſſing and ſpitting; then wipe them from the froth, and break them in a mortar; have a quart of earth-worms, ſlit and ſcour'd clean with ſalt and water: beat them with the ſnails; then take angelica, celandine, wood-ſorrel, agrimony, bear-foot, barberry-bark, great dock-roots, of each two ounces; rue one ounce; roſemary-flowers one quart; half a pound of harts-horn; turmerick and fenugreek, of each two ounces; half an ounce of powder'd ſaffron, and 3 ounces of cloves freſh beat: ſhred theſe ingredients, and infuſe all in 3 gallons of ſtrong ale, for 12 hours; then diſtil it, and draw off what runs good, and take three ſpoonfuls of this in a glaſs of ſack or white-wine, an hour before every meal; uſe moderate exerciſe with it. 'Tis highly recommended.

A Poppy Water for Surfeits and Over-eating.

BREW ten gallons of ſtrong ale-wort; when 'tis cool, work it with yeſt, and add as many freſh red poppies as the wort will conveniently wet, ſo that you may ſtir it daily: let the poppies infuſe in this wort three days and nights; then draw it off in an alembick, as quick as you can, till the whole is diſtill'd off; mix the ſmall and ſtrong together, and take a glaſs at any time, with or without ſugar, after a full and diſguſting meal. 'Tis not much ſtronger than a ſimple water, but has done great things this way.

To make Lemon Water.

TAKE two dozen of lemons, pare the rinds of them very thin, and put them into an earthen pot; then put to them a quart of the beſt brandy, and ſtop it very cloſe, that the air may not come in; let it ſtand a fortnight, afterwards put it in a cold ſtill, with a quart of the beſt Malaga-ſack, and paſte it up cloſe, to prevent the air from entering: keep it with wet cloths; when your water is all ſtill'd, put it all together, and put half a pound of double-refin'd ſugar unbeaten to two quarts of water, and let it ſtand in

an earthen pot, till all be diſſolv'd: or elſe you may ſweeten with ſugar beaten fine to your taſte.

To make Lemon Cordial.

GRATE the rinds of two Lemons; then take the juice, and put the rind to it; let it lie in it half an hour: afterwards take eight yolks of eggs; beat them well with a little water; then ſtrain the juice of lemon from the peel into the eggs: in the mean time have in readineſs ſome water and white-wine, and a little white bread boil'd; ſweeten it; let it cool a little; afterwards put in the juice of lemon and eggs, and keep it ſtirring all the while over the fire, while it thickens; there muſt be three pints of water and wine; it muſt not be too ſtrong of the wine.

To make Orange Water.

TAKE the parings of 40 Oranges, if they be very good and large; if not, 50; ſteep them in a gallon of ſack three days; then diſtil the ſack and peels together in an alembick: if you chuſe it very ſtrong, diſtil it in an ordinary roſe-water ſtill; put into the bottles it drops in, ſome white ſugar-candy; divide the oranges and ſack, and do it twice.

See more of CORDIAL WATERS, *&c.* under the Article STOMACH, and other like Articles in the Phyſical Part.

The ART of making all ſorts of *Engliſh* WINES, MUM, MEAD, METHEGLIN, CYDER, PERRY, *&c.* and of refining, *&c.* vitiated or decaying Wines.

IT has been well obſerved by a certain writer, That the fertility and product of *England* equals that of any nation under heaven, for what conduces to the ſubſiſtence, health, and riches of its inhabitants; and is not at this day, after ſo many proofs and demonſtrations, to be queſtioned. Long ſince it was ſtyled by foreigners, the Store-houſe and Granary of *Europe*, and nothing but want of skill and induſtry can at preſent hinder us from making thoſe wholſome liquors which equal, if not exceed, what with the hazard of the ſeas, and to the great exhauſting of our treaſure, and loſs to our inland trade, we have for many years fetch'd from abroad, to the enriching of our neighbours, who are frequently at the ſame time either our enemies, or our rivals in trade: And this, tho' it may be truly affirmed, that the liquors produced from our natural growth are not only as pleaſant in taſte, if rightly made and prepared, as any other; but are far more agreeable to the conſtitution of *Engliſh* bodies; contributing to health and lively vigour; and if not taken in exceſs, which indeed in all things is hurtful, they lengthen years, and free old-age from thoſe calamities to which adulterated wines, and foreign liquors, make it obnoxious in the pains, aches, and many diſeaſes which their ſediments entail, by corrupting the good, or creating bad humours in the body. For this reaſon we ſhall preſent our readers under this head with ſuch receipts as have been generally found on experience to anſwer all the ends of Health, Pleaſure, and Frugality.

To make Wine of Grapes of the growth of England.

WHEN the vines are well grown, ſo as to bring full cluſters, be careful to diſencumber them of ſome part of their leaves, that too much ſhade the grapes; but not ſo in the hot ſeaſon, that the ſun may not too ſwiftly draw away moiſture, and wither them: ſtay not till they are all ripe at once; for then ſome will be over-ripe, or burſt, or incline to rot before the underlings come to perfection; but every two or three days pick off the choice and ripeſt grapes, and ſpread them in dry, ſhady places on ſideways, that they contract not a heat and muſt; and ſo thoſe that remain on the cluſters, having more juice to nouriſh them, will grow bigger, or be ſooner ripe; and when you have got a ſufficient quantity, put them into an open veſſel, and bruiſe them well with your hands; or if they be too many for you, gently preſs them with a flat wooden beater, that is, a thick board faſten'd at the end of a ſtaff. As for treading of them with the feet, though uſed in other countries, I approve it not, it being a naſty, ſlovenly way. Take care you break the ſtones as little as may be, for that will make the wine of a bitteriſh tang.

Having bruiſed the Grapes well, ſo that they are become pulp, or maſh, having a tap at the bottom of your cask, tye a hair-cloth over the faucet, and let out that which will run voluntarily of itſelf, as the beſt Wine: then take out the pulp, and gently preſs it by degrees in a cyder-preſs, till the liquor is ſufficiently drained out; then having a new cask well ſeaſoned, and aired with a lighted rag dipp'd in brimſtone, till it become dry, pour the liquor in thro' a ſieve-funnel, to ſtop the dregs, and let it ſtand only with a pebble-ſtone lightly laid on the bung-hole, to ferment and refine itſelf, ten or twelve days; then draw it gently off into another cask well ſeaſoned, that the lees or dregs may remain in the firſt cask; and ſtop it no otherways than before, till it has quite paſſed over its ferment, which you may know by its coolneſs and pleaſant taſte: And thus of your ordinary white Grapes you may make a good white ſort of Wine; of the red Grapes a Claret; and if it want colour, heighten it with a little brazile, boil'd in about a quart of it, and ſtrained very clear. The white Grapes, if not too ripe, give a good Rheniſh taſte, and are wonderful cooling; and a ſort of Muſcadel Grapes growing in many parts of *England*, may by the help of a little loaf-ſugar to feed on, be brought to produce a curious ſweet Wine, little differing from Canary, and altogether as wholſome and pleaſant; ſo that with ſmall charge, labour and induſtry, we might well furniſh our ſelves with what we now are beholden for to ſtrangers, at great expence, hazard of the ſeas, and a vaſt deal more toil and labour than this would require.

Another way to make an excellent Wine of Grapes.

TAKE ripe Grapes gather'd in a dry day, and put them into a preſs made for the purpoſe, with a fine canvas to contain the Grapes; then preſs them gently, ſo as not to break the ſtones; then ſtrain the liquor well, and let it ſettle in a cask; then draw off the clear liquor with a ſiphon into a well-ſeaſon'd veſſel; ſtop it cloſe for 48 hours; then give it vent by a hole made with a gimblet, in the thickeſt part of the veſſel or cask, and put therein a peg which may be eaſily moved; then

in two days time ſtop it cloſe up, and it will be fit for drinking in about a quarter of a year's time, and not fall far ſhort of *French* Wine in goodneſs. To ſeaſon your cask or veſſel, take ſcalding-hot water, put it into the veſſel, and then dry it with a rag dipp'd in brimſtone, and fix it in the cask with the bung or cork.

Engliſh *Malmſey.*

TAKE of *Engliſh* galingale and cloves, each a dram; beat them to powder, and infuſe them a day and a night in a pint of aqua vitæ, in a wooden veſſel kept cloſe cover'd; then put it into good claret, and it will make 12 or 14 gallons of good Malmſey, in five or ſix days: The drugs may be hung in a bag in the cask.

To make Raiſin Wine.

TAKE 300 pounds of Malaga Raiſins not pick'd, put them into a hogſhead of ſpring-water; let it ſtand a fortnight, ſtirring it twice a day; then preſs it into a tub, and put to it a piece of bread toaſted, and ſpread with yeſt, and let it ferment 24 hours; afterwards put the liquor into a veſſel, where it may work 14 days longer; fill it up again as it works over, and when it has done working, ſtop it cloſe up. You may put 18 gallons of water upon the Raiſins for a ſmall wine, and preſs it out in a week's time: You may bottle it off when it is about 2 months old.

Another Raiſin Wine.

TAKE two gallons of ſpring-water, boil it about half an hour; put it into a ſtean with 2 pounds of Raiſins ſtoned, as much ſugar, the rind of two lemons, and the juice of four lemons; then cover the ſtean, and let it ſtand four or five days; afterwards ſtrain it out, and bottle it. It will be fit for drinking in a fortnight's time, and be a pleaſant liquor to quench one's drought in the ſummer.

Another Raiſin Wine.

TO every gallon of cold water put ſeven pounds of new Raiſins of the ſun, juſt as you buy them, without picking, cutting, or bruiſing; ſtir them well every day; let them ſtand as long as the Raiſins will riſe above the wine; when they fall, draw the liquor off, and preſs the Raiſins: put it up in your cask, and to 12 gallons put a quart of French brandy; let it ſtand at leaſt ſix months, but nine or twelve will do much better. Bottle it for uſe.

To make Strawberry, Raſpberry, and Cherry Wine.

MASH your Strawberries or Raſpberries, and put them into a linen bag, as you do when you make the Grape-wine, and preſs them into a cask, and order it in the ſame manner as the Grape-wine. Thus Cherry-wine may be made: you muſt break the ſtones of the Cherries, which is not done in the Grapes.

To make a Wine like Claret.

TAKE ſix gallons of water, two gallons of cyder, eight pounds of Malaga raiſins bruiſed; put them all together, and let them ſtand cloſe cover'd in a warm place for a fortnight, ſtirring it every other day very well; then ſtrain out the liquor into a veſſel, and put to it a quart of Barberries, a pint of the juice of Raſpberries, and a pint of the juice of Black Cherries; work it up with muſtard-ſeed, cover it with dough three or four days by the fire-ſide; then let it ſtand a week, and then bottle it off; and when it becomes neat, it will be like common claret.

To make a Wine almoſt equal to Sack.

TO every quart of water put a ſprig of rue; and to every gallon a handful of fenel-roots; boil them all half an hour; then ſtrain it out, and to every gallon of this liquor put in three pounds of honey; boil it again two hours, ſcum it well; and when it is cold, pour it off, and tun it into a cask; keep it in the veſſel a year, and then bottle it off for drinking.

To make Elder Wine.

PICK half a hundred of Malaga-raiſins from the great ſtalks, and chop them; put to them ten gallons of water; let them ſtand fourteen days, ſtirring it two or three times a day; then preſs it off. To every gallon of this liquor put a pint of Elder-berry juice; afterwards put it into your veſſel: it works itſelf; do not ſtop it till it has done working, nor bung it cloſe down till it has done hiſſing. When you tun it up, chop a handful or two coarſely of the great ſtalks, and throw them in.

To make Curran Wine.

TAKE Currans when they are ripe, bruiſe and ſtrain them; dilute it with an equal quantity of water boil'd with fine ſugar, a pound to each gallon of liquor; diſſolve in the liquor half an ounce of iſinglaſs to every four or five gallons of liquor, and there will ariſe a thick ſcum; which being taken off, your liquor will be pretty clear; draw it off into a cloſe veſſel; it will finiſh its working, and become quite clear in three weeks or a month's time; then it may be bottled with a lump of loaf-ſugar. The longer it is kept, the richer it will be.

To make Gooſeberry Wine.

TO every four pounds of Gooſeberries put a pound and a quarter of ſugar, and a quart of ſpring-water; bruiſe the Gooſeberries, and let them ſtand in the water 24 hours, ſtirring them often; then preſs out the liquor into a proper veſſel, that it may ferment; and when it has done, ſtop it up, and let it ſtand about a month; then rack it into another veſſel for five or ſix weeks longer; after which bottle it off, and put a ſmall lump of ſugar into each bottle; cork them well, and then let them ſtand about a quarter of a year before you drink them.

To make Damaſcen *Wine.*

TAKE two pounds and a half of ſugar to every gallon of water; boil and ſcum it for about two hours, and to every gallon of liquor put five pints of ſtoned Damaſcens; boil them till it is of a beautiful colour; then ſtrain it through a ſieve; let it work in an open veſſel four days; pour off the lees, and then put it into the ſame veſſel again, to finiſh the fermentation, and afterwards ſtop it cloſe for ſix or eight months; and then, if it is clear, you may bottle it up. You may keep it a year or two in bottles.

To make Cowſlip Wine.

TAKE a quantity of water, and to every gallon put two pounds of ſugar; boil it about an hour, then let it cool; make a toaſt, and ſpread both ſides of it with yeſt; but you muſt, before you put it into the liquor, add to every gallon an ounce and a half of ſyrup of citron; beat it well in; then put in the toaſt while it is warm; let it work for two or three days; in the mean time put in your Cowſlip-flowers, bruiſed a little, about a peck, together with two lemons ſliced, a pint of white-wine to a gallon; let them ſtand two days, and afterwards tun it into a ſweet cask.

To make Black-cherry Wine.

TAKE ſix gallons of ſpring-water, boil it an hour; then take 24 pounds of Black-cherries bruiſed; take care not to break the ſtones; pour the boiling water upon the Cherries, and ſtir them well together; and after they have ſtood 24 hours, ſtrain it, and to every gallon put two pounds of ſugar; mix it well, and let it ſtand a day longer; then pour off the clear into a veſſel, and keep it cloſe ſtopt; when it is very fine, bottle it off for drinking.

To make Sage Wine.

TAKE ſix gallons of water, boil it a quarter of an hour; then let it cool till it is blood-warm, and put 25 pounds of Malaga raiſins picked and rubbed clean; ſhred them into the water, together with half a buſhel of Red Sage ſhred, and a pint of ale-yeſt; ſtir them all well together; let them ſtand covered in a warm place ſix or ſeven days; ſtir it once a day; then ſtrain it into a cask, and after it has work'd three or four days, ſtop it cloſe up, and let it ſtand about a week longer; then put in it two quarts of Malaga wine; and when it is fine, bottle it.

To make Wine of Quinces.

TAKE Quinces, clean them with a coarſe cloth, and grate them with a grater; preſs them through a linen ſtrainer, and afterwards through a flannel: to every gallon of liquor put two pounds of refined ſugar; and when the ſugar is melted, pour it off as often as there is a ſettlement at the bottom; continue doing thus 24 hours; and when it is fine, put it into a cask; let it remain a week unſtopt; then ſtop it up cloſe for ſix months; then, if it is fine, you may bottle it; but if not, you muſt draw it into another veſſel, and ſtop it up again.

To reſtore Prick'd Wines.

TAKE the Wine down to the lees in another cask, where the lees of good Wine are freſh; then take a pint of ſtrong *aqua vitæ*; ſcrape half a pound of yellow bees wax into it, and by heating the ſpirit, melt the wax over a gentle fire; then dip in it a cloth, and ſet it on fire with a brimſtone match; put it flaming in at the bung, and ſtop the cask cloſe.

To reſtore Wine decay'd by too much vent or ſouring.

STIR and ferment it well with a flat-ended ſtick, till you have removed it in all parts, and made it ferment, but touch not the lees; then pour in a pint of *aqua vitæ*, and ſtop it up cloſe, and at the end of ten days it will be tolerably reſtored. Wine that is decay'd by too much vent, may be recovered by putting burning-hot cruſts of bread into it.

To cure muſty Wine, or that which taſtes of the cask.

RACK it off upon lees of rich Wine of the ſame ſort; then put into a bag four ounces of the powder of lenerel-berries, and two ounces of the filings of ſteel; let it hang by a ſtring to the middle of the Wine, and ſo by degrees lower it as you draw it off.

To hinder Wine from turning.

PUT a pound of lead, that has been melted into fair water, into your cask, pretty warm, and ſtop it cloſe.

To take away the ill ſcent of Wine.

BAKE thoroughly a long roller of dough ſtuck well with cloves, and hang it in your cask, and it will draw the ill ſcent from the Wine, to itſelf.

To remedy a bitter or ſour Scent.

TAKE half a peck of barley, and boil it in two quarts of water, till

till one half of the water be waſted; ſtrain it, and when well ſettled, pour it into the wine-cask, ſtirring it well, without touching the lees.

To keep Wine from ſouring.

BOIL a gallon of Wine with ſome beaten oyſter-ſhells and crab's-claws calcin'd; ſtrain out the liquid part, and when it is cool, put it into the Wine of the ſame ſort, and it will give it a pleaſant lively taſte. A ſtone of unſlak'd lime will keep Wine from turning.

To ſweeten Wine.

FILL it upon the lees; put a handful of the flowers of clary, and infuſe in it, and add a pound of muſtard-ſeed dry ground, which in a bag muſt be ſunk to the bottom of the cask.

To make Wine ſettle well.

TAKE a pint of wheat, and boil it till it burſt in a quart of water, and become very ſoft; then ſqueeze it through a new linen cloth, and put a pint of the liquid part into a hogſhead of unſettled white-wine, and it will fine it.

To make Claret rough.

PUT a quart of Claret to two quarts of ſloes; bake them in a gentle oven, till they have ſtew'd out a great part of their moiſture; then pour off what is liquid, and ſqueeze out the reſt; and half a pint of this will rough ten gallons.

To recover the loſt colour of white or Rheniſh Wine.

RACK the Wine from the lees, and if the colour of the Wine be faint and tawny, put in coniac lees, and pour the Wine upon them, rolling and jumbling them together a conſiderable time in the cask; and in ten or twelve days rack off the Wine, and it will be of a proper colour, and drink brisk and fine.

To help Wine that is lowering or decaying.

TAKE roch-alum powder'd, an ounce; draw out four gallons of the Wine, and ſtrew the powder in it; beat it well for the ſpace of half an hour; then fill up the cask, and ſet it on broach, being careful to let it take vent; ſo that by this means in three or four days you will find it a curious brisk Wine.

How to rack Wine.

THIS is done with ſuch inſtruments as are uſeful and appropriated to the manner of doing it, and cannot be ſo well deſcribed by words, as by ſeeing it done; however, this obſerve in doing it: Let it be when the wind ſets full north, and the weather is temperate and clear, that the air may the better agree with the conſtitution of the Wine, and make it take more kindly; as it is moreover moſt proper to be done in the increaſe of the Moon, when ſhe is under the earth, and not in full height, *&c.*

To make Wines ſcent well, and give them a curious flavour.

TAKE powder of ſulphur, two ounces; half an ounce of calamus; incorporate them well together, and put them into a pint and half of borage-water; let them ſteep in it a conſiderable time, and then drawing off the water, melt the ſulphur and calamus in an iron pan, and dip in it as many rags as will ſoak it up; which put into the cask; then rack your wine, and put in a pint of roſe-water, and ſtopping the hogſhead, roll it up and down half an hour; after which let it continue ſtill two days; and by ſo ordering any *Gaſcoign* or Red-wine, it will have a pleaſant ſcent and guſt.

To mend Wines that rope.

WHEN you have ſet your cask abroach, place a coarſe linen cloth before the bore; then put in the linen, and rack it in a dry cask; add then five or ſix ounces of the powder of alum; then roll and jumble them ſufficiently together; and upon ſettling, it will be fined down, and prove a very clear, pleaſant wine, both in taſte and ſcent.

To mend White or Rheniſh Wines.

IF theſe Wines have an unpleaſant taſte, your beſt way is ſpeedily to draw either of them half off, and to either of the halves put two gallons of new milk, an handful of bay-ſalt, and as much rice; mix and beat them well together, for half an hour, with a ſtaff or paddler; then fill up the cask, and when you have well rolled it, turn it over in the lees; and two or three days after you may broach it, and it will drink very fine and brisk.

Another Way to mend the Colour of White-wines, &c.

TAKE a gallon, or more, of morning's milk, put it into the cask, and mix it well by rolling; then when you perceive it is well ſettled, put in three or four ounces of iſinglaſs, and about a quarter of a pound of loaf ſugar, fine ſcraped; and then fill up the hogſhead, or other cask, and roll it four or five times over, and this will bring it to a colour and fineneſs.

To meliorate, or better, vitiated Wine.

LET your Wine, in this caſe, be what it will; take a pint of clarified honey, a pint of water, wherein raiſins of the ſun have been well ſteeped; three quarters of a pint of good white-wine, or claret, according as the colour of your wine is; let them ſimper, and boil a little over a gentle fire, to the conſumption of a third part, taking off the ſcum as faſt as it riſes; put it very hot into the vitiated wine, and let it ſtand, the bung-hole being open; then, in a linen-rag, put a little bruiſed mace, nutmeg, and cloves, and hang the bag in the wine, by a ſtring, for three or four days; and ſo either new or old wine will not only be fined, but much bettered; for by this means they are reſtored from their foulneſs and decay, and yield a good ſcent and taſte: You may, to perfect this work the more, when you take out the ſpice, hang in a ſmall bag of white muſtard-ſeed, a little bruiſed, and the work is done.

To make Ice in ſummer, for cooling Wines, &c.

TO make Ice, take a ſtone bottle, that will hold about three quarts of water, put into it two ounces of refined ſalt-petre, half an ounce of Florence orriſe, and fill it with water boiling hot; ſtop it cloſe, and immediately let it down into a well; let it remain there three or four hours, and when you break the bottle, you will find it full of hard Ice; or for want of this opportunity, diſſolve a pound of nitre in a bucket of water, and it will cool your bottles exceedingly.

An excellent way to make and order Cyder.

TAKE red-ſtreaks, pippins, pear-mains, rennettings, golden-pippins, *&c.* when they are ſo ripe, that upon ſhaking the tree they will fall with tolerable eaſe; bruiſe or grind them very ſmall, and when they are come to a maſh, put them into a hair-bag, and ſqueeze them by degrees, not over-haſtily; then put up the liquor, well ſtrained through a fine hair-ſieve, into a cask well ſeaſoned, and aired with a lighted rag dipp'd in brimſtone; then

then maſh the preſſings with a little warm water, and add a fourth part of it, when preſſed out, to the Cyder; and to make it work kindly heat a little honey, three whites of eggs, and a little flour together; put them into a fine rag, and hang them by a ſtring to the middle of the cyder-cask; then put in pretty warm, about a pint of new ale-yeſt; let it work, and well purge itſelf from droſs, five or ſix days; then draw it off from the lees, into ſmaller casks, or into bottles, as your occaſion ſerves; if the latter, leave an inch vacant from the cork, leſt the bottles fly or break; and if any ſuch danger appears, which you may perceive by the ſinging of the air through the porous parts of the corks, then it will be requiſite to open them, to let out the fermented air. In winter cover the casks or bottles warm, for fear of freezing or chilling; but in ſummer place them as cool as you can, leſt the heat make it ferment, ſo that it taint, become muſty, grow thick or ropey; and that it may the better feed, and keep its body, put little lumps of loaf ſugar into it.

Summer Cyder, for preſent ſpending.

TAKE codlins, or other juicy ſummer-apples, not too ſweet; or if they be, allay them with thoſe that are ſharper; gather them not too ripe, but when they begin to turn; and lay them to ſweat in hay or ſtraw, for two or three days; then quarter them, and take out the cores and kernels; then bruiſe and preſs them as the former; boil ſome ſliced codlins, and ſliced quinces, in fair water, with a few tops of roſemary, and blades of mace; and maſh this water with the preſſings of the apples; preſs it out as before, and mix a fourth part with the Cyder; put it up, and add two quarts of white or rheniſh wine to every 12 gallons; purge it as the former; draw it off when ſettled, and keep it cool for preſent ſpending, for it will not keep longer than *September*. Some think the Cyder will be better if the apples are not cored.

Another Receipt to make good Cyder.

TAKE pippins or pearmains, or harveys, before they are too ripe, and let them lie a day or two in order to ſweat; grind them, and preſs out the juice, and put it preſently into a hogſhead, leaving it room to work; let it have no vent except a little hole near the hoops; put in three or four pounds of raiſins, and two pounds of ſugar, to make it work the better; rack it often, in order to fine it, into ſmall veſſels, cloſe ſtopt, except a ſmall hole as before: If it works after it is racked off, put into the veſſel a few raiſins for it to feed on, and bottle it off about *March*. *N. B.* You muſt never mix ſummer and winter fruit together. But if you would have your Cyder ſtronger than the common method of making it, put your apples into a lever-preſs, and ſqueeze them gently, and but little, and then let it work as before.

To make Perry.

TAKE pears that have a vinous juice, ſuch as the goosberry-pear, horſe-pear, both the red and white; the john, the choke-pears, and other pears of like kind; take the reddeſt of the ſort; let them be ripe, but not too ripe, and grind them as you do your apples when you make cyder, and work it off in the ſame manner; if your pears are of a ſweet taſte, mix a few crabs with them.

To make Mum.

TAKE a hogſhead of water, boil away about a third part, and brew

brew therewith ſeven buſhels of wheat-meal, one buſhel of oatmeal, and one buſhel of ground beans; tun it, but do not fill the veſſel too full at firſt; as ſoon as it begins to work, put therein of the inner rind of firr three pounds, tops of firr and birch one pound, *carduus benedictus* three handfuls, flowers of roſa ſolis one handful and a half, alder-flowers two large handfuls, cardamum-ſeeds bruiſed three ounces, barberries bruiſed one ounce: Let the liquor work over the veſſel as little as may be; then fill it up, and ſtop it; having firſt put into it ten new-laid eggs, not broken or crack'd; ſtop it cloſe, and drink it when it is two years old.

To make Mead.

TAKE ſix gallons of water, put in the whites of three eggs, mix them well together; then add ten pounds of the beſt honey; boil them together about an hour, and then put in cinamon, cloves, mace, and a ſprig of roſemary: When it is cool, put in a ſpoonful of yeſt, and put it in a barrel, and as it works over, keep filling the veſſel; when it has done working, ſtop it up cloſe; and when it is well ſettled down, bottle it for drinking.

To make Metheglin.

TAKE ſpring-water, as much as you pleaſe, make it ſo ſtrong with honey as it will bear an egg; boil it very well, till a good part be waſted; and whilſt it boils, put in a good quantity of whole ſpice, roſemary, balm, and other cordial and agreeable herbs; when it is well boil'd, let it cool, having ſtrain'd it from the herbs and ſpice; when it is almoſt cold, put in a little yeſt; and when it is cold, put it into a veſſel, with the ſpice that was boil'd therein; let it ſtand a few days, then bottle it up.

To make Shrub.

TAKE brandy two quarts, the juice of five lemons, and the peels of two lemons, half a nutmeg; mix them together in a large bottle, ſtopt cloſe, and let them ſtand three days; then put in three pints of white-wine, a pound and a half of ſugar; mix and ſtrain it twice through a flannel, and bottle it up for uſe.

To make Apricot-wine.

STONE the apricots; ſlice them into a large ſtone jug; put to them ſo much water as may taſte ſtrong of them; when 'tis boil'd, ſet them in a skillet of water; and when you think the boiling water ſtrong enough of the apricots, pour off all the clear; then you may put in more water to the ſame apricots, and boil it as before; afterwards take, for every three pints of clear liquor, a pound of loaf-ſugar; put it to the liquor, and let it boil about a quarter of an hour, ſcumming it clear; then ſet it to cool, and when tis cool, put it into a runlet; let it ſtand two months; after which draw it off into bottles, and ſtop them well: it will not be ready to drink till half a year; the longer 'tis kept, the ſtronger and better it will be.

Cowſlip-wine.

BOIL eight gallons of water, and twelve pounds of ſugar, an hour together, and ſcum them; then take them from the fire, pour into the liquor one ſtrike of cowſlips, well pick'd, only the tops; and let them ſtand till lukewarm; afterwards put in the juice of twelve or fourteen lemons with ſome peel to lie in, while it ſtands cover'd with a cloth, which muſt be four days; then ſtrain off the clear, wring cloſe the cowſlips, and mix it all together: after which let it ſtand twenty-one

ty-one days in a great glaſs bottle: when 'tis clear, bottle it out, and keep it for uſe.

Another for the ſame.

TAKE four gallons of ſpring-water, and put to it ſix pounds of good ſugar; boil near an hour, keeping it ſcumming clean; then pour it hot on three pecks and an half of good cut cowſlips; let it ſtand till it is a little more than milk-warm; afterwards put in the peels of four freſh lemons, with the juice of ſix, if not large; let it ſtand two or three nights and days: run it thro' a hair-ſieve.

To make Mead.

TAKE to each gallon of water a pound and an half of honey; boil it with a handful of ſweet-marjoram, ſweet-briar, and bay-leaves, with a ſprig of roſemary, a few nutmegs quarter'd, mace, cloves, cinamon tied in a bit of thin cloth, that you do not ſcum them off; let it boil a full hour, and keep it ſcumming all the time the ſcum riſes: when boil'd, put it in a pail, or other wooden veſſel proportionable, and work it with about a ſpoonful of barm or yeſt to each gallon: put to it when 'tis juſt lukewarm, and tun it when it works over; and when you perceive it fine, bottle it off; but if it do not fine in a week's time, rack it, and let it ſtand three or four days longer.

To make Orange-brandy.

STEEP ſome orange or lemon-rind cut thin, in a quart of brandy: boil a quart of water, into which put three quarters of a pound of ſugar, and let it boil a little: when it is cold, mix it together, and bottle it up.

See the Article intitled, *The Frugal Houſewife's Directory.*

The Complete FAMILY BREWER.

OUR work would ſeem to be imperfect, as an *Univerſal Family Directory*, if we were to omit the article of BREWING. We ſhall therefore give ſuch directions on this head, as may be neceſſary to be obſerved in all private families. And firſt we ſhall inſtruct our Readers,

How to chuſe good Malt.

MALT is choſen by its ſweet ſmell, mellow taſte, full of flower, round body, and thin skin. There are two ſorts in general uſe, the pale, and the brown; the former is moſt uſed in gentlemens houſes, and private families; the latter in publick brew-houſes, as ſeeming to go further, and make the liquor higher colour'd: Others again mix one third brown with two thirds pale; but this depends upon the liking of the drinkers. The ſweeteſt Malt is that which is dry'd with cork or cinders.

In grinding it, ſee that the mill be clean from duſt, cobwebs, *&c.* and ſet ſo as to cruſh every grain, without grinding it to powder; for you had better have ſome ſmall grains ſlip through untouch'd, than have the whole be ground too ſmall, which will cauſe it to cake together ſo as you cannot get the goodneſs out.

Of Hops.

HOPS are choſen by their bright green colour, ſweet ſmell, and clammineſs, when rubb'd between the hands.

Of

Of Water for brewing.

WATER out of rivers or rivulets is the beſt, except polluted by the melting of ſnow, or land water from clay or plowed lands. Snow-water will take near one fifth part more of malt to make the beer good. If you have not river-water, a pond that has a bottom not over-muddy, and is fed by a ſpring, will do; for the ſun will ſoften and rarefy it. Very hard Water drawn from a deep well into a wide ciſtern or reſervoir, and expoſed to the air and ſun, in two or three days has been brewed with ſucceſs by a little addition of malt. Rain-water comes next to river for brewing. In ſhort, all Water that will raiſe a lather with ſoap, is good for brewing.

Of the Brewing Veſſels.

TO a copper that holds 36 gallons, the maſh-tun ought to be at leaſt big enough to contain ſix buſhels of malt, and the copper of liquor, and room for meſhing or ſtirring it: The under-back, coolers and working-tuns, may be rather fitted to the conveniency of the room, than to a particular ſize; for if one veſſel be not ſufficient to hold your liquor, you may take a ſecond.

Of cleaning and ſweetening Cask and Brewing Veſſels.

IF a cask, after the beer is drank out, be well ſtopt to keep out air, and the lees remaining in it till you want to uſe it again, you will need only to ſcald it well, and take care of the hoops before you fill it; but if air gets into a foul empty cask, it will contract an ill ſcent in ſpight of ſcalding. A handful of bruiſed pepper, boil'd in the water you ſcald with, will take out a little muſty ſmell; but the ſureſt way is to take out the head of the cask, and let the cooper ſhave and burn it a little, and then ſcald it for uſe; if you cannot conveniently have a cooper to the cask, get ſome ſtone-lime, and put about three pounds into a barrel, (and proportionally to bigger or leſſer veſſels) and put to it about ſix gallons of cold water; and bung it up, and ſhake it about for ſome time, and afterwards ſcald it well: or, for want of lime, take a linen rag, and dip it in melted brimſtone, and faſten one end to the bung, and light the other, and let it hang in the cask. You muſt give it a little air, elſe it will not burn; but keep in as much of the ſulphur as you can. Scald it afterwards, and you will find no ill ſmell.

If you have new casks, before you fill them, dig places in the earth, and lay them half their depth, with their bung-holes downward, for a week; and after well ſcalding them, you may venture to fill them.

Another way to proceed, if your Brewing Veſſels are tinged with any ill ſmell, is to take unſlack'd lime and water, and with an old broom ſcrub the veſſel whilſt the water is hiſſing, with the lime; and afterwards take all this lime and water away, and put freſh water into the veſſels, and throw ſome bay or common ſalt into each, and let it ſtand a day or two; and when you come to brew, ſcald your veſſels, throw into them a little malt-duſt or bran; and this will not only finiſh their ſweetening, but ſtop them from leaking.

But ſince there is ſo much trouble in getting veſſels ſweet after they have been neglected, you ought to make all thorough clean after brewing, and once a month to fill your Veſſels with fair water, and let it off again in two or three days.

Of

Of Maſhing or Taking your Liquors.

SUppoſe you take ſix buſhels of malt, and two pounds of hops, and would make of it one barrel of ſtrong, and two barrels of ſmall-beer. Heat your firſt copper of liquor for maſhing, and ſtrew over it a double handful of bran or malt; by which you will ſee when it begins to boil; for it will break and curl, and then it is fit to be let off into the maſh-tun, where it muſt remain till the ſteam is ſpent, and you can ſee your face in it, before you put in your malt; and then you begin to maſh, ſtirring it all the while you are putting in the malt: but keep out about half a buſhel dry, which you are to ſtrew over the reſt, when you have done ſtirring it, which will be as ſoon as you have well mix'd it with the liquor, and prevented it from clodding. After the dry malt is laid on, cover your maſh-tun with the malt-ſacks or cloths, to prevent loſing any ſpirit of the malt, and let it ſo remain for two hours. Mean while have another copper of liquor hot; and at two hours end begin to let off your firſt wort into the under-back. Receive a pail-full of the firſt running, and throw it again upon the malt. You will find that the malt has ſuck'd up half of your firſt copper of liquor; and therefore to make up your quantity of wort for the ſtrong beer, you muſt gradually lade out of the ſecond copper, and ſtrew bowl after bowl over the malt, giving it time to ſoak through, and keeping it running by an eaſy ſtream, till you perceive you have about forty gallons, which in boiling and working will be reduced to thirty-ſix.

If you throw into the under-back (whilſt you are letting off) about half a pound of hops, it will preſerve it from foxing, or growing ſour or ropy.

Your firſt wort being all run off, you muſt faſten the tap of the maſh-tun; and take the copper of hot liquor for your ſecond maſhing, ſtirring up the malt as you did at firſt, and then cover it cloſe for two hours more. Mean while you fill your copper with the firſt wort, and boil it with the remainder of the two pounds of hops, (or what quantity you like) for an hour and half, and then lade it off into the coolers.

Contrive to receive the hops in a ſieve, basket, or thin woollen bag that is ſweet and clean; then immediately fill your copper with cold liquor; renew your fire under it, and begin to let off your ſecond wort, and throw a handful of hops into the under-back, for the ſame reaſon as before: you will want to lade a few bowls-full of liquor over the malt to make up the copper full of the ſecond wort; and when you have enough, faſten the tap, and maſh a third time after the ſame manner, and cover it cloſe for another two hours; and then charge your copper with the ſecond wort, boiling it for an hour with the ſame hops.

By this time you may ſhift your firſt wort out of the coolers into a working-tun, to make room for the ſecond wort to come into the coolers; and then your copper being empty, you may heat as much liquor as will ſerve you to lade over the malt, or by this time, rather grains, to make up your third and laſt copper of wort, which muſt be boiled with the ſame hops over again; and then your coolers are diſcharged of your ſecond wort, to make room for the third; and when they are both of a proper coolneſs,

they

they may be put together before you ſet them a-working, unleſs you have a mind to keep and work them ſeparate, and call the ſecond wort *Ale*.

If you would extract almoſt all the goodneſs of the malt in the firſt wort, by way of making *October* Beer, you muſt begin to let off ſoon after you have maſh'd, (by a ſmall ſtream) and throw it upon the malt again, pail after pail, for an hour, ſtirring it frequently in the mean time, and then let it all run off, and put it all over again, and let off by a very ſmall ſtream. But when you have your quantity for ſtrong beer, you muſt proceed in your ſecond maſhing in the ſame manner as before.

During the time of ſhifting your liquors out of the copper, 'tis of conſequence to take care to preſerve it from receiving damage by burning: you ſhould always contrive to have the fire low, or elſe to damp it at the time of emptying, and be very expeditious to put in freſh liquor.

Of Working the Liquor.

IN this, regard muſt be had to the weather; liquor naturally grows warm in working; therefore in mild weather it ſhould be cold before it be ſet on, but a little warm in cold weather. The manner of doing it is, to put ſome good ſweet yeſt into a hand-bowl or piggin, with a little warm wort; then put the hand-bowl to ſwim upon the wort in the working-tun, and in a little while it will work out, and leiſurely mix with the wort; and when you find the yeſt has gotten hold of the wort, you muſt look after it frequently; and if you perceive it begins to heat and ferment too faſt, lade ſome of it out into another tub; and when grown cold, it may be put back again; or if you reſerved ſome of the raw wort, you may check it leiſurely by ſtirring it in with a hand-bowl. The cooler you work your liquor, the better, provided it does but work well.

If you happen to check it too much, you may forward its working, by filling a gallon ſtone bottle with boiling water; cork it cloſe, and put the bottle into the Working-tun. An ounce or two of pow-der'd ginger will have the ſame effect.

There are variety of methods in managing liquors whilſt they are working. In the North they beat in the yeſt of ſtrong beer and ale once in two or three hours, for two or three days together. This they reckon makes the drink more heady, but withal hardens it ſo as to be drinkable in a few days; the laſt day of beating it in, (ſtirring the yeſt and beer together) the yeſt, as it riſes, will thicken; and then they take off part of the yeſt, and beat in the reſt, which they repeat as often as it riſes thick; and when it has near done working, they tun it up ſo as it may but juſt work out of the barrel. Others again do not beat it in at all, but let their ſtrongeſt drink work about two days, or till they ſee the ferment is over; and then they take off the top-yeſt; and either, by a tap near the bottom, let it off fine, or elſe lade it out gently, to leave the ſediment and yeſt at the bottom. This way is proper for liquor that is to be drank ſoon; but if it be to keep, it will want the ſediment to feed on, and may probably grow ſtale, unleſs you make artificial lees. This you may make of a quart of brandy, and as much flour of wheat or beans as will make it into dough. Put them in lumps into the

the bung-hole, as ſoon as it has done working; or elſe take a pound of the powder of oyſter-ſhells, or of fat chalk, and mix it with a pound of treacle or honey, and put it in ſoon after it has done working.

It would add to the goodneſs, as well as fining of your malt-liquor, if you took two quarts of wheat or beans, and made them very dry and criſp in an oven, or before the fire, and boiled them in your firſt copper of wort. They would ſtrain off with your hops, and might be put with them into the ſecond copper.

Of the Fining of Malt Liquors.

'TIS moſt deſirable to have Beer fine of itſelf, which it ſeldom fails to be in due time, if rightly brewed and worked: But as diſappointments ſometimes happen, 'twill be neceſſary to know what to do in ſuch caſes.

Ivory ſhavings boiled in your wort, or hartſhorn ſhavings put into your cask juſt before you bung it down, will do much towards fineing and keeping your liquor from growing ſtale.

Iſinglaſs is the moſt common thing made uſe of in fining all ſorts of liquors; they firſt beat it well with a hammer or mallet, and lay it in a pail; and then draw off about two gallons of the liquor to be fined upon it, and let it ſoak two or three days; and when it is ſoft enough to mix with the liquor, they take a whisk, and ſtir it about till it is all of a ferment, and white froth; and they frequently add the whites and ſhells of a dozen eggs, which they beat in with it, and put all together into the cask: Then with a clean mopſtick, or ſome ſuch thing, ſtir the whole together; and then lay a cloth or piece of paper over the bung-hole, till the ferment is over; and then bung it up cloſe, and in a few days it will fall fine.

But if you want to fine only a ſmall quantity of liquor, take half an ounce of unſlak'd lime, and put it into a pint of water, and ſtir them well together, and let it ſtand three or four hours, or till the lime ſettle to the bottom; then pour off the water clear, and throw away the ſediment; then take half an ounce of iſinglaſs cut ſmall, and boil it in the lime-water till it diſſolves; then let it cool, and pour it into your veſſel, *&c.*

Of recovering and preſerving Malt-Liquors.

STormy weather, but eſpecially thunder, will greatly affect your Beer, and often ferments it, though brewed ſix months before. Iron hoops, or iron laid upon the veſſels, are ſuppoſed to have a preſerving influence from thunder. In ſuch weather you ſhould examine your cellar, and draw your vent-pegs; and where you perceive it upon the fret, draw out the bung, and let it remain ſome days till you are ſure it is quiet. 'Tis a fault to be too haſty in bunging up liquor; it had better be a week too long out, than ſtopt an hour too ſoon. Were it not for preſerving the colour of your liquor, ſome cherry-brandy thrown into the bung-hole would ſtop it from fretting.

If your ſtrong Beer grows flat, you may quicken it by drawing off one gallon out of every ten gallons, and boil it with as many pounds of honey as you boil gallons; and when it is cold, put it to the reſt, and ſtop it cloſe.

A ſpoonful of the juice of the herb horehound ſtrained to a pitcher of ſtale Beer, (and cover it cloſe for two

two hours) will make it drink like new.

Or if you would bottle Beer that is ſtale and flat, you ſhould contrive to do it at a time when you have liquor working in your tun; and leave room in every bottle to hold the quantity of a coffee-cup, and fill them up with new drink out of the tun, and cork them, and in three days it will be very brisk, and drink pleaſant; but you muſt not propoſe to keep it long, for it will burſt the bottles.

Of the Seaſon for Brewing.

THE Seaſon for brewing keeping-beer, is certainly beſt before *Chriſtmas*; for then your malt is in perfection, not having had time to contract either a muſty ſmell, duſt, or weavels, (an inſect that eats out the heart of the malt) and the waters are then ſeldom mix'd with ſnow; and then four pounds of hops will go as far as five pounds in the ſpring of the year; for you muſt increaſe in the quantity of hops as you draw towards ſummer. But, in ſhort, chuſe moderate weather as much as you can for brewing; and if you have a kindly cellar beſides to keep your liquor in, that will not be much affected by extremity of cold or heat, you may reaſonably expect great ſatisfaction in your Brewery.

Avoid as much as poſſible brewing in hot weather; but if you are neceſſitated to brew, make no more than for preſent drinking, for it will not keep.

To brew Strong Beer.

TO a barrel of Beer take two buſhels of malt, and half a buſhel of wheat juſt crack'd in the mill, and ſome of the flour ſifted out of it; when your water is ſcalding-hot, put it into your maſhing-vat; there let it ſtand till you can ſee your face in it; then put your malt upon it; then put your wheat upon that, and do not ſtir it; let it ſtand two hours and a half; then let it run into a tub that has two pounds of hops in it, and a handful of roſemary-flowers; and when it is all run, put it into your copper, and boil it two hours; then ſtrain it off, ſetting it a cooling very thin, and ſet it a working very cool; clear it very well before you put it a working; put a little yeſt to it; when the yeſt begins to fall, put it into your veſſel; and when it has done working in the veſſel, put in a pint of whole wheat, and ſix eggs; then ſtop it up: Let it ſtand a year, and then bottle it.

A good Table-Beer may be made by maſhing again, after the preceding is drawn off; then let it ſtand two hours, and let that run, and maſh again, and ſtir it as before; be ſure you cover your maſhing-vat very well; mix the firſt and ſecond running together.

To make China Ale.

TO ſix gallons of Ale take a quarter of a pound or more of China-root, thin ſliced; and a quarter of a pound of coriander-ſeeds bruiſed; hang theſe in a tiffany, or coarſe linen bag, in the veſſel, till it has done working; and let it ſtand fourteen days before you bottle it; though the common ſort, vended about town, is nothing more (at beſt) then ten ſhilling beer, put up in ſmall ſtone-bottles, with a little ſpice, lemon-peel, and raiſins, or ſugar.

To make Alderberry-Beer, or Ebulum.

TAKE a hogſhead of the firſt and ſtrongeſt wort, and boil in the ſame one buſhel of pick'd Alder-

berries,

berries, full ripe; ſtrain off, and when cold, work the liquor in the hogſhead, and not in an open tun, or tub; and after it has lain in the cask about a year, bottle it; and it will be a moſt rich drink, which they call *Ebulum*; and has been often preferr'd to Port wine, for its pleaſant taſte, and healthful quality. *N. B.* There is no occaſion for the uſe of ſugar in this operation; becauſe the wort has ſtrength and ſweetneſs enough in itſelf to anſwer that end; but there ſhould be an infuſion of hops added to the liquor, by way of preſervation and reliſh. Some likewiſe hang a ſmall bag of bruiſed ſpices in the veſſel. You may make a white *Ebulum* with pale malt, and white Alder-berries.

To make improved, and excellently wholſome Purl.

TAKE Roman-wormwood two dozen; gentian-root ſix pounds; calamus aromaticus (or the ſweet flag-root) two pounds; ſnake-root one pound; a pound or two of galingale-roots; horſe-radiſh one bunch; orange-peel dried, and juniper-berries, each two pounds; ſeeds or kernels of Seville-oranges clean'd and dry'd, two pounds: Theſe being cut and bruiſed, put them into a clean butt, and ſtart your mild brown, or pale beer upon them, ſo as to fill up the veſſel, about the beginning of *November*, and let it ſtand till the next ſeaſon; and make it thus annually.

To make a Quarter of a Hogſhead of Ale, and a Hogſhead of Beer of coked Malt.

TAKE five ſtrike of malt not ground too ſmall; put in ſome boiling water to cover the bottom of your maſhing-vat, before you put in your malt; maſh it with more boiling water, putting in your malt at ſeveral times, that it may be ſure to be all wet alike; cover it with a peck of wheat-bran; then let it ſtand thus maſhed four hours; then draw off three gallons of wort, and pour it upon that you have maſhed; ſo let it ſtand half an hour or more, till it runs clear; then draw off all that will run, and take two quarts of it to begin to work up with the barm, which muſt be about a pint and an half; put in the two quarts of wort at three times to the barm: you need not ſtir till you begin to put in the boiled wort: you will not have enough to fill your veſſel at firſt; wherefore you muſt pour on more boiling water, immediately after the other has done running, till you have enough to fill a quarter of a hogſhead; and then pour on water for a hogſhead of beer: as ſoon as the ale-wort is run off, put about a third part into the boiler: when it boils up, take off the ſcum, which you may put upon the grains for the ſmall-beer: when 'tis ſcummed, put in a pound and an half of hops, having firſt ſifted out the ſeeds; then put in all the wort, and let it boil two hours and an half; afterwards ſtrain it into two coolers, and let it ſtand to cool and ſettle; then put it up, by a little at a time, to the barm, and two quarts of wort, and beat it well together: every time you put the wort in, be ſure to keep the ſettling out. Suppoſe you brew early on Thurſday morning, you may tun it at nine or ten on Saturday morning. Do not fill your veſſel quite full, but keep about three gallons to put in, when it has work'd twenty-four hours, which will make it work again. As ſoon as it hath done working, ſtop it up; put the drink as cool as you can together: thus it will work well.

See the Article intitled the FRUGAL HOUSEWIFE'S DIRECTORY.

COSMETICKS.

THE word is derived from the *Greek*, and ſignifies any compoſitions that may be uſed for whitening and ſoftening the skin, or which, in general, tend to promote beauty. As we are perſuaded, that natural beauty is far preferable to that which is aimed at by art, we ſhall be very ſhort in this article, and inſert only ſuch directions under this head, as are innocent, wholſome, and laudable in themſelves.

A good Pomatum for beautifying.

TAKE the fat of a bacon-hog unſalted, ſtick it full of oats, roaſt it by a ſlow fire, that it may drip away; put to the dripping ſome oil of ſweet-almonds, and two or three drops of the chymical oil of cinamon; mix them well together, and put them up for uſe.

A Lip-ſalve.

TAKE virgins-wax, and an equal quantity of freſh butter, melted in roſe-water; ſo let it ſtand till cold, and keep it for uſe.

To faſten Teeth, and keep them clean from Rheum, &c.

TAKE water or wine, wherein the leaves of damaſcen-trees, or the rind of the roots thereof, have been ſodden, and frequently waſh the mouth with it.

To make Waſh-balls.

TAKE of the fineſt white ſoap four pounds, and cut it fine; ſanders two ounces, cloves two ounces, benjamin one ounce, musk 20 grains; mix with roſe-water, and a little oil of ſpike, and make into balls.

For Spots in the Face.

PUT a lemon to the fire, and the liquor which will ſweat out of it, clears the face from redneſs and ſpots.

For a pimply Face.

TAKE of roſe-water, finely beaten brimſtone, copperas burnt and beaten to fine powder, and ſtarch, a like quantity; put all theſe together in a glaſs, cloſe ſtopped; and ſhake the glaſs when you uſe it; wipe your face with it on a fine linen cloth.

To mend the Complexion.

TAKE bean-bloſſoms, red roſes, wild tanſey, honeyſuckles; bray them a little with the whites of eggs, and waſh the face and hands therewith.

Roſemary-bloſſoms, boiled in white-wine, is alſo a beautifier of the skin; and if drank, ſweetens the breath.

Marrow of ſwines feet and roſe-water, mingled with cows milk, and anointing the face with it luke-warm, is deemed a great clearer of the skin.

To make Hair grow.

TAKE willow-leaves ſeeth'd in oil, and anoint the bald place with the juice.

Juice of agrimony, temper'd with goats milk, is a good ointment for the ſame purpoſe.

Another.

TAKE the tender tops of hemp, juſt appearing above-ground, ſteep them 24 hours in water, and mix the water with fern-aſhes; then waſh the place with the water warmed, and it will produce hair very ſpeedily, if the place be natural to it, and it be not loſt by extreme old age.

For

For the Morphew.

TAKE new milk, the crums of white bread, red-roſe-leaves caked, and a lemon or two ſhred; ſteep them all together, and diſtil them in an alembick.

Take the juice of celandine, and mingle it with the powder of brimſtone, and apply it cold.

For a Ring-worm, Tetter, or red Pimples in the Face.

TAKE a ſorrel-root, waſh it, ſcrape and ſlice it, and lay it all night in vinegar; and waſh often with it. The longer it continues in the vinegar, the more efficacious.

Againſt the Pitting of the Small-pox.

WHEN the Small-pox begin to die away, take half a pint of malmſey, and a proportionable quantity of ſperma-ceti, and ſet it on the coals till melted, and bathe the face warm with it, repeating it often as it dries in.

An ounce of peach-kernels bruiſed and beaten to powder, the juice of plantane and houſeleek, of each half an ounce, and a drachm and half of ceruſe, made into an ointment, will alſo take away heat and bliſters, and bladders in the Small-pox, if taken in time.

To take away the Spots of the Small-pox.

TAKE an ounce of olive-oil, half an ounce of Venice-turpentine, half an ounce of ſperma-ceti; melt them together, and when beginning to boil, take it off the fire, and let it cool; rub therewith the black ſpots, and continue till the holes be filled.

Ointment for a Ring-worm.

TAKE popilion and ceruſe mix'd together, and anoint the place. Muſtard and honey, anointing for three days, is alſo a good remedy.

The leaves and juice of tobacco are well recommended for this purpoſe.

If the Ring-worm be very rank, powder of brimſtone temper'd well with vinegar, and rubbed upon the Ring-worm, is alſo deem'd a good thing.

Half a pint of river-water, with a quantity of tobacco-leaves, boiled to a quarter of a pint, is alſo a good thing for this purpoſe.

A Waſh for the Teeth.

TAKE a quart of claret, and put into it an ounce of Hungary-water, an ounce of bole-armoniack, half an ounce of myrrh, a drachm of alum, ten grains of ſalt of vitriol, and two ounces of honey of roſes; let theſe ſtand in a warm ſun, or near the fire, for three days, and then ſet it by to ſettle, and pour a ſpoonful of it into a tea-cup of water, and waſh your teeth with it every day, which will preſerve them ſound, and keep them white.

To make the Hair grow thick.

TAKE hazel-bark, ſouthern-wood, myrtle-berries, roſemary, and maidenhair, of each two ounces; burn theſe to aſhes, on a clean hearth, or in an oven, and put the aſhes into white-wine, to make a ſtrong lye, and waſh the hair daily with it at the root, keeping it pretty ſhort cut, which will be more effectual than bears-greaſe, or any ſort of pomatum.

To take away Freckles.

TAKE alder-flower-water, or bean-flower water, of either four ſpoonfuls, and add to it a ſpoonful of new-drawn oil of tartar; mix, and often uſe it, letting it dry on the face.

An Ointment good for Puſhes, Pimples, &c. in the Face.

TAKE white ointment half an ounce; camphire (ground with a few drops of oil of almonds), flower of ſulphur, each 24 grains; flower of benjamin 12 grains; queen of Hungary's water, 40 drops; oil of rhodium, 8 drops; oil of cloves, 4 drops: make an ointment.

A beautifying Ointment, good alſo againſt the Redneſs left by the Small-pox.

TAKE oil of ſweet almonds, two ounces; ſperma-ceti, 3 drams; magiſtery of biſmuth, one dram: mix.

Sweet Bags to put among Linen.

ORrice and marjoram, four ounces; labdanum, two ounces and a half; roſes in powder, four ounces and a half; fuſſis, white ſanders, ſprignal, cypreſs, benjamin, calamus aromat. each two ounces; musk, civet, or ambergris, each one dram.

A Powder for the ſame.

ORrice, cloves, ſtorax, calamint, calamus, benjamin, cypreſs, white ſanders, lavender, baſil, marjoram, beaten into powder, and mixed, about a pound all together; mingle with dry'd roſe-leaves, and put into your bags.

To make Hair grow thick or long, or to ſtay it from falling off.

TAKE euphorbium-powder, axungia, or bear's-greaſe, what quantity you pleaſe; gum ciſtus thapſia, the ſpear-ſhiſal, grape-leaves, maidenhair, walnut-tree-leaves, wild hops, mallows, pellitory of the wall, yarrow, muſtard-ſeeds or leaves, ſome of the leaves of the pliant mealy-tree, the nuts of the cypreſs-tree: put to theſe two quarts of ſack, and two quarts of rain-water, and one pound of honey; put it into a ſtill, ſtill it, and uſe the water as you ſhall ſee cauſe; which wil make the hair come where it is fallen off, and thicken and make it long. You muſt have a quart of the juice of the thiſtle, a good quantity of bawm, and alſo roſe-buds: ſtill them all together.

Dr. Spence's Receipt to make Oil of Tartar for Freckles, &c.

TAKE of white argol or tartar, half a pound; and as much of ſalt-petre beaten to very fine powder; then fire it upon a poliſh'd marble-ſtone with an iron rod, and take the ſtone which remains of it, beat it to powder, and hang it in a cloth bag in a moiſt cellar, and it will turn to a clear oil; then put ſomething under to receive it; ſal gemmæ, ſal ammoniack, of each one ounce; litharge of gold, four ounces; ſtilled vinegar, four ounces; fair water, three ounces: ſtir the litharge and the vinegar together for the ſpace of half an hour; put the water and the ſalts together, and ſtir them half an hour, or till the ſalts are diſſolv'd: put the litharge and vinegar into one diſh, and the ſalts and water into another; then let them ſtand till they be clear; filtre them with a woolen cloth, and keep them apart, both which will be as clear as rock-water: when you intend to uſe it, take four or ſix drops of each, and mix it in the palm of your hand, and it will look like cream of milk.

The Virtues.

It will cure all ſun-burnings, freckles in the face, pimples, ſpots, morphew, and all defects in the skin: uſe it in the following manner, which will cauſe a ſcurf.

Take this as formerly mix'd, and let it dry-in at night; the next morning take a piece of ſcarlet cloth, and rub the part gently, which will

will fetch it off. After which waſh it with French barley boil'd in plantain-water.

To take away Freckles.

ROAST a very fat breaſt of mutton, but neither ſalt nor baſte it; let the dripping-pan be very clean, and put into it half a pint of the beſt white-wine vinegar; let the meat drip into it; then melt it together; ſtrain and ſtir it till 'tis cold; work out the vinegar, and waſh it with roſe-water; afterwards take two ounces of white-wax, one ounce of the ointment, and half an ounce of ſperma-ceti; melt it together, dip cloths in it, or ſpread it, and wear it as a mask day and night, but eſpecially at night.

For the ſame.

TAKE ſome of the perſon's own water in the morning, as ſoon as 'tis made; ſteep in it one handful of mallows, and let it ſtand till night; then waſh the face with it, and uſe no other medicine.

To make Suet for the Hands.

TAKE the weight of ſix or eight pounds of the fat caul of a young ſheep, while it is hot, and pick out all the red ſtrings; put the ſuet into fair conduit-water, ſhift it twice a day for three or four days together, and open it where you ſee it yellow; then you muſt have a peck of marſhmallow-roots, and two white lily-roots; ſcrape them very white, and pick out all the black ſpecks; ſlip them in ſmall pieces; take half a ſcore of white pippins, pare, core, and cut them in little pieces: then take your ſuet, and dry it very well in a ſheet; ſhred it ſmall: afterwards mingle the ſuet and apples together with your roots; put it into an earthen pitcher; ſtop them very cloſe, ſet them in a kettle of water, to boil eight hours; then ſtrain it all through a clean cloth, and the next day take the cake of ſuet, and if the outſide be yellow, ſcrape it off; after which break it, and put it into a baſon, with a pint of roſe-water; melt it again upon a great skillet of water in a ſilver baſon; then take ſome porringer-diſhes, and put into every one of them a little roſe-water; after which take your ſuet, and blow it off, ſome into every porringer, as you ſee good; and when cold, they will ſlip out in cakes.

To make the Forehead-cloth.

TAKE ſome pieces of Holland clean waſh'd, and folded as ſtiff as poſſible; then iron every piece, when they are half dry, that they may be very ſtiff; after which take three ounces of ſperma ceti, and ſix ounces of virgins-wax, and a little piece of ſuet; melt them all together in a ſilver diſh over a skillet of water; then draw the Holland thro' the diſh, until you have wet them all piece after piece; take them out quickly, lay them on a joint-ſtool, and ſlick them with a ſlick-ſtone one by one upon a paper.

After all that can be ſaid on this ſubject, NEATNESS and CLEANLINESS are the greateſt promoters of BEAUTY and HEALTH, and highly preferable to all the practices of ART.

For Preſervation of the Teeth, *ſee the Article* TEETH, *in the* Phyſical *Part* of this Work.

The frugal Houſekeeper's DIRECTORY.

Containing ſome choice Receipts neceſſary to be known by all good Houſewives, and which yet fall not properly under the foregoing Heads.

How to make Bread more ſubſtantial than ordinary.

TAKE the bran that has been bolted off, and boil it in a kettle of water; then ſtrain out the water, and it will be white, and of a thick, ſtrengthening ſubſtance; with this wet the meal, wherewith you make your Bread; then add yeſt, and a little ſalt, and ſo make it into loaves; and it will be more heartening, pleaſanter in taſte, and increaſed in ſubſtance, than otherwiſe it would have been.

To make Bread that will keep moiſt and good very long.

SLICE a pompion, and boil it in fair water, till the water grows clammy, or ſomewhat thick; then ſtrain it through a fine cloth, or ſieve, and with this make your Bread, well kneading the dough; and it will not only increaſe the quantity of it, but make it keep moiſt and ſweet a month longer than Bread wetted with fair water only.

To make good Flummery.

TAKE half a peck of wheat-bran, that has not been over-much boulted or ſifted; let it ſoak three or four days in two gallons of water; then ſtrain out the liquid part, preſſing it hard; boil it to the conſumption of a third part, ſo that when it cools, it will be like a jelly, and keep long. When you heat any of it, ſeaſon it with ſugar, and a little roſe or orange-flower-water, and add a little cream or milk, and it will be very pleaſant and nouriſhing.

To make ſalt Pottage freſh.

SET it over the fire, and beat up a little wheat-flour with the white of an egg, and put a little of the broth among it, to make it thin; then put it into the pot or skillet; and in a little boiling up, with ſtirring, it will much abate the ſaltneſs.

To ſeaſon freſh Meat in boiling or roaſting.

IF boil'd Meat, make the water boil up before you put it in, and having well rubb'd it with ſalt, put it in, and throw in ſalt by degrees, a little at a time, till the broth taſtes very ſtrong of it, and ſo cover it cloſe; and be it pork or beef, the water penetrating with its heat, it will carry the ſalt quite through, and ſeaſon it ſufficiently.

If roaſt Meat, make a brine of ſalt and water boil'd together, and when it begins to be well heated at the fire, baſte it with it hot, and in a few turnings the force of the fire will cauſe it to penetrate; and when you perceive it has well done ſo, by a dry ſalt ſcurf that will ariſe, then you may baſte it with your ordinary baſting.

To make Ale, or any other Liquor, that is too new, or ſweet, drink ſtale.

TO do this to the advantage of health, put to every quart of Ale, or other liquor, 10 or 12 drops of

of the true ſpirit of ſalt, and let them well mix together, which they will ſoon do by the ſubtile ſpirits penetrating into all parts, and have their proper effect.

To recover ſour Ale.

SCrape fine chalk a pound, or as the quantity of liquor requires more; put it in a thin bag, into the Ale.

To recover Liquor that is turning bad.

IF any Liquor be prick'd, or fading, put to it a little ſyrup of clary, and let it ferment with a little baum, which will recover it; and when it is well ſettled, bottle it up, putting in a clove or two, with a little lump of loaf-ſugar.

For well bottling of Liquor.

YOU muſt have firm corks, boil'd in wort, or grounds of beer; fill within an inch of the cork's reach, and beat it in with a mallet; then, with a ſmall braſs wire, bind the neck of the bottle, bring up the two ends, and twiſt them over with a pair of pincers.

To recover the Flavour of Oil, when by accident it is loſt.

BURN roch-alum, and beat it into a fine powder, which put into boiling water; and when it is well diſſolv'd, take the water off, and pour the Oil into it, and work it well with it; then let it ſtand and ſettle 44 hours, when the Oil will be again imbodied, which ſcumm'd off from the ſurface of the water beneath, it will leave its bad taſte or ſcent in the water, and recover in a great degree its firſt flavour.

To recover tainted Fleſh,

PUT it in an earthen veſſel, full of ſmall holes, with a cover to it; lay ſweet-herbs above and beneath, with ſome toaſts of bread; then dig an hole in the ground, and ſet the veſſel into it, and cover it with earth, and let it ſtand 24 hours in a light freſh mould; and the earth, together with what is in the pot, will take the ſcent away; but it muſt be preſently ſpent, or it will draw in freſh air, and putrefy again. Where you have not this conveniency, waſh veniſon in warm water, when tainted; let it ſoak four hours, then put it into vinegar, ſalt, and pepper as long, and preſently uſe it. Let not the vinegar be too ſharp; an ordinary ſort of rape-vinegar will do beſt.

To preſerve freſh Lard.

MELT it, putting to it a little good verjuice, and boil it up till the verjuice diſappears; then put it into bladders, or what veſſels you will, and it will keep very white, and free from muſt or taint.

To make Cream of ſundry kinds of Fruits.

TAKE either currans, mulberries, rasberries, or ſtrawberries, ſprinkle them with a little roſe-water; preſs out the juice, and draw the milk hard out of the cow's udder into it; ſweeten it with a little ſugar, and beat it well with birchen twigs, till it froth up; then ſtrew over it a little fine beaten cinamon, and it will be an excellent meſs. You may do this with the juice of plums, gooſeberries, apricots, figs, or any juicy fruit.

To make abundance of Cream.

TAKE a skimming-diſh full of the top of the milk, add to it four ſpoonfuls of ſcraped ſugar, and a drop of good rennet; then ſtir them together, that they may thicken a little; then ſet it in a warm place, and a great deal of cream will ariſe in an hour's time.

To make an excellent Syllabub.

MILK the milk of a young cow into your veſſel; to two quarts of

of it put a pint of white-wine, two or three ſpoonfuls of verjuice, or the juice of green grapes, and a ſpoonful of the juice of baum or mint; ſcrape into it ſome loaf-ſugar, and add a little grated nutmeg; you may alſo ſcent it with a little roſe or orange-water.

To make an excellent White-pot.

BLANCH half a pound of ſweet-almonds, make them into a paſte well beaten, put to it two quarts of milk, and boil them together; then add a ſpoonful and an half of rice-flour; and when theſe are boil'd well, ſtrain out the liquid part into two quarts of new milk, ſtirring it; and add ſugar to ſweeten it as you pleaſe, and a little ſaffron ſtrain'd into a quarter of a pint of white-wine, *viz.* the wine wherein it has been ſoak'd; and with this beat up a dozen yolks of eggs, and bake it.

To raiſe a Sallad in a few hours.

TO do this from the ſeeds in any ſeaſon, take aſhes of the moſs of trees, and rotten dung; mix them well together, and ſprinkle them with the moiſture that comes from the dung-hill; do this ſeveral times, and dry it as often in the ſun, till it becomes, as it were, a fat, cloggy earth; keep it in a glazed earthen pot, to uſe either ſummer or winter.

If in winter, ſpread this earth in a dripping-pan, or iron veſſel; ſprinkle it with the moiſture of wet dung, in which you have ſteeped your ſeeds of lettuce or purſlain, a night; give it a moderate heat with fire under it; ſow your ſeeds, and ſprinkle them with warm rain-water; and if the heat be the ſame as in *July*, they will inſtantly ſprout; and if ſowed at nine in the morning, they will produce leaves at any ſeaſon ſufficient for a Sallad, by dinner-time.

To keep all ſorts of Flowers freſh, out of their proper ſeaſons.

FILL an earthen veſſel with half water and half verjuice; put to it as much ſalt as will make the liquor taſte well of it; gather the flowers in their prime, before they are too much blown, and put them in the liquor, preſſing or rumpling them as little as may be; cover the veſſel cloſe, and ſet it in a warm place; when you have occaſion for them, take each out by the ſtalk, and hold it to the warmth of the fire, and it will recover much of its colour, ſpread in its proper form, and want nothing of the perfect flower but the true ſcent. And thus may they be kept all winter.

To make a butter'd Loaf.

TAKE a quarter of a peck of fine flour, and ſix eggs with the whites; beat them well; then take two ſpoonfuls of baum, and a pint of cream; beat all together, and ſtrain it cold into the flour, and a little ſalt; then make it into a pretty ſtiff paſte; after which ſet it by the fire to warm one hour, till it be riſen well; then make it into a loaf, bake it well, and when it comes out of the oven, butter it.

To make a Sack-Poſſet.

TAKE eighteen eggs, yolks and whites; beat them very well; put into them a pint of ſack, and better than three quarters of a pound of ſugar; then ſtrain them into a ſilver baſon, ſet them over a chafing-diſh of coals, and let it be as warm as your finger can endure, but keep it ſtirring one way all the while; afterwards have ready a quart of cream boiling hot, juſt off the fire, and pour it up as high as you can into the baſon, to your ſack and eggs, as it ſtands on the coals; then give it one ſtir round, and take it off the coals, covering it with a plate and

cloths

cloths very cloſe; let it ſtand half an hour, or not ſo much, if you would eat it pretty hot; tho' tis good, if quite cold.

To make French Bread.

TAKE a quarter of a peck of flour; three or four eggs; and beat them very well in a porringer with two or three ſpoonfuls of ſugar: mix the eggs and ſugar together, and put them into the flour: take a quart of milk lukewarm; put a little ſalt into it, to give it a ſavoury taſte; a pint and a half of yeſt: mix the ſalt and yeſt together with the milk, put it into the flour, make it up into dough very weak, and put it into a clean cloth till it riſes as big again: make it up as large as you pleaſe, put it into wooden diſhes, and let it riſe almoſt as big as it did before: the oven muſt be made very warm; and when they are proved, put them into the oven: if it be very hot, let them ſtand an hour; if not, an hour and a quarter. You muſt take care to keep the dough, while it is in the cloth or wooden diſhes, very warm, covering it with a blanket.

Another for the ſame.

TAKE a peck of fine flour; three quarts of new-milk; and three pints of ale-yeſt: mix them together; then let it ſtand a little to riſe; afterwards put it into your diſhes; and when it begins to rack at the top, put it into a pretty hot oven, and let it ſtand one hour; then chip it, and raſp it.

To make Slipcoat-Cheeſe.

THere muſt be a hoop one inch and a half deep, which juſt fits the top of the cheeſe-vat. Put the new-milk together, as ſoon as it comes from the cow; and inſtantly put in a skimming-diſh full of curd, (which muſt not be at all broken) and another full of cold water; then as much curd, and then water, till 'tis full to the top of the hoop: let it ſtand till night; then take off the hoop, and tack the cheeſe-cloth round the cheeſe; ſet on the weight of an empty glaſs bottle, and let it ſtand all night. The next day the cheeſe muſt be turned upon a dry cloth; keep it on that cloth for three or four days; then lay it in aſh or dock-leaves, till 'tis ready to eat. When you put in the cloth, rub a very little ſalt over it. If you deſire them excellent, they ſhould be made every day, one at a time.

The Lady Oxford's *way to make Cheeſe, to be ſecured in or upon Ruſhes.*

TAKE three pints of new milk, as it comes from the cow; ſeaſon it with ſugar, roſe-water, and a little amber to your taſte; put into it a quarter of a ſpoonful of good rennet; ſtir it well together, and cover it with a diſh, till it be come; then you muſt have ready ſome bul-ruſhes, run through with a thread in three ſeveral places, drawn as cloſe together as you can; lay them upon a broad diſh, and take up your milk, being come, with a fleeting diſh, and lay it upon the ruſhes in a handſome proportion. Your ruſhes muſt be ſo broad, that it may wrap over it again; and when it hath ſtood about half an hour, take it by the two ends, and turn the ruſhes and all; and ſo you muſt do often, till the whey be run from it; then you muſt have ſome hard ruſhes ſow'd as the former were, the breadth of the diſh you will ſerve it in, and thus upon the ruſhes ſerve it in.

To make Lemon Sallad.

CUT the Lemons, take out the meat, and ſlice them very thin; put them into a pot of ſcalding liquor; then take ſugar and water, a little vinegar, and ſome of the juice of

of the lemons; make a ſyrup of them, and boil them in it.

To fatten Poultry.

TAKE half a buſhel of barley-meal, ſift out the bran; one peck of wheat-meal, and ſift it likewiſe; with one peck of ſmall oatmeal: mingle them together, and make the paſte with new milk boil'd; with which ingredients cram your fowl.

To feed the Birds.

TAKE wheat, and boil it not too hard, nor too tender; put it into ſeveral little pans; if to fatten them preſently, put to it new milk; if by degrees, water: let there be two boards ſet, one with gravel upon it, the other with ground malt; let there be clean ſtraw ſtrew'd under them once in two or three days: They all feed alike.

To make braſs Utenſils look of a gold colour.

TAKE a pint of ſtrong lye, mix with it an ounce of burnt roch-alum, boil them well together; then rub the utenſil with it; and when it is dry, rub it over with tripoli, and it will not only take away all ſpots and ſtains, but make it look like gold.

To cleanſe Silver, and give it a fine luſtre.

BOIL it well in lye, then take it out, and ſmear it over with whiting, and let it dry; then with a warm dry woolen cloth; rub it over with powder of burnt alum.

To ſet a Gloſs on fading Paintings.

TAKE of tartar and glaſs-wort, each an ounce; boil them in a pint of water till half be conſumed; then ſtrain it; and having with a ſponge and warm water cleanſed the painting from duſt, pour the ſtrained liquor over it, and it will ſet a fine freſh gloſs upon it, and make it look as if new.

To refreſh faded Hangings.

SCOUR them well with a ſtrained water, wherein cake-ſoap and fulling-earth have been ſoak'd; rinſe them afterwards in fair water, wherein alum has been diſſolv'd; then, if it be tapeſtry, run them over with the juice of quinces and lemons; and where the colours of Tapeſtry are faded by age, you may revive them by artificially painting them.

To whiten Linen-cloth.

WET it well, and lay it on the graſs in a ſun-ſhiny day; caſt water on it wherein alum has been diſſolv'd, and a little chalk; uſe it thus five or ſix days; then waſh and buck it well, and it will become far whiter and thicker than it was before.

To take ſpots of oil or greaſe out of Satin, Silks, Stuffs, or Woollen.

BURN the bones of ſheeps trotters, reduce them to a fine powder, lay it on fine paper, on both ſides of the ſpots, and place upon the upper part a ſpoon, in which is a lighted coal that may heat pretty well through, and the heat will cauſe the powder to ſuck out the greaſe; then rub it over with a piece of fine white-bread to cleanſe it: if it does it not ſufficiently at once, repeat it twice or thrice, and it will not fail your expectation.

To take out Pitch, Reſin, Bees-wax, or Tar.

PUT a little oil of turpentine on the place, and dab it on often with a feather as it dries away, and it will ſo conſume the unctuous part of them, that by gently rubbing it will crumble away like dirt.

To take iron Moulds from linen.

HAving well waſh'd your linen, put boiling water into a pewter pot, and put the linen to it; then take it out, and anoint the place with juice of

of ſorrel, and let it dry; then waſh it out in a good lather, with Caſtile or cake-ſoap.

To take out Spots of Ink, or Stains of Fruit.

PUT the juice of lemon and onion on the ſpot or ſtain, and let it dry; then waſh it out with a good lather of cake-ſoap: or you may firſt ſteep the linen in chamber-lye; or waſh the ſtain with ſoap diſſolv'd in vinegar.

To take Spots of Oil or Greaſe out of white or red Silk, without altering the colour.

WET the ſpot with ſpirit of wine, then dawb it over with the white of a new-laid egg, and dry it in the ſun; then waſh it with clean water, and preſs it well.

To deſtroy Bugs.

TAKE of the higheſt rectify'd ſpirit of wine (*viz.* lamp-ſpirits), that will burn all away dry, and leave not the leaſt moiſture behind, half a pint; newly-diſtill'd oil, or ſpirit of turpentine, half a pint; mix them together, and break into it, in ſmall bits, half an ounce of camphire, which will diſſolve in it in a few minutes; ſhake them well together, and with a piece of ſponge, or a bruſh dipp'd in ſome of it, wet very well the bed or furniture wherein thoſe vermin harbour and breed, and it will infallibly kill and deſtroy both them and their nits, although they ſwarm ever ſo much: but then the bed or furniture muſt be well and thoroughly wet with it (the duſt upon them being firſt bruſhed and ſhook off), by which means it will neither ſtain, ſoil, or in the leaſt hurt the fineſt ſilk or damask bed that is. The quantity here ordered of this curious neat white mixture (which coſts but about a ſhilling), will rid any one bed whatſoever, though it ſwarms with Bugs. Do but touch a live Bug with a drop of it, and you will find it to die inſtantly. If any Bug or Bugs ſhould happen to appear after once uſing it, it will only be for want of well wetting the lacing, *&c.* of the bed, or the foldings of the linings or curtains near the rings, on the joints or holes in and about the bed, headboard, *&c.* wherein the Bugs or nits neſtle and breed; and then their being well wet all again with more of the ſame mixture, which dries in as faſt as you uſe it, pouring ſome of it into the joints and holes where the ſponge or bruſh cannot reach, will never fail abſolutely to deſtroy them all. Some beds that have much wood-work, can hardly be thoroughly cleared, without being firſt taken down; but others that can be drawn out, or that you can get well behind, to be done as it ſhould be, may.

Note, The ſmell this mixture occaſions, will be all gone in two or three days, which yet is very wholſome, and to many people agreeable. You muſt remember always to ſhake the mixture together very well, whenever you uſe it, which muſt be in the day-time, not by candle-light, leſt the ſubtlety of the mixture ſhould catch the flame as you are uſing it, and occaſion damage.

Another Receipt to deſtroy Bugs.

MIX oil of turpentine with ſoap-lees, anoint the bed-poſts, and creviſes of the walls with it; ſhut the room up cloſe, and burn brimſtone and ſtorax, and they will die away.

To deſtroy Mice, Rats, Weaſles, &c.

TAKE arſenick and crude mercury, mix them with cheeſe, bread, or fat bacon, and as many as taſte of it will die: or, boil wild cucumbers with the like quantity of

of coloquintida, till the water is almoſt conſumed; then make a paſte with it, and oat-flour, and lay in bits about their haunts, and it will deſtroy ſuch as eat of it.

To prevent Weaſles ſucking Eggs.

PLACE rue about the neſts of your hens, ducks, or geeſe, and they will not come near the eggs.

To deſtroy Fleas and Lice.

FOR the former, ſprinkle the room with water wherein the roots of wild cucumbers and wormwood have been boil'd, and lay between the mat and the bed the herb arſe-ſmart, or hound's-tongue, which grows in moſt ditches in ſummer.

For the latter, take hog's-lard, quickſilver, and the juice of ſage; beat them into an ointment, and anoint your head and body with it, and the ſcent will kill them, either in your hair, linen, bed, or woollen cloths.

To deſtroy Flies.

BRUISE the herb hellebore, and ſteep it in new milk, mix'd with orpiment, and ſprinkle the rooms or places where Flies ſwarm, and they will either preſently avoid it, or die.

To deſtroy Moths.

THESE uſually infeſt cloaths and hangings, and therefore prove very miſchievous.

If among cloaths, to deſtroy 'em, make a powder of ſaſſafras-wood, the flowers of lavender, and the dry'd leaves of rue; lay theſe in ſmall ſprinklings amongſt your woollen, ſilks, or linen, and ſcent your drawers or trunks well with them, and no Moths will live in the ſcent of them.

But if they eat your hangings, or other things, which you cannot order with this powder, then burn ſtorax and ſulphur in the room, the doors and windows being cloſe ſhut, and the ſcent will utterly deſtroy them; and the ſcent remaining in the hangings, will keep others from coming to them for 6 months, or as long as the ſcent remains in them; and then you may renew it.

To deſtroy Ticks.

THIS ſort of vermin is very offenſive, eſpecially in old houſes, where the timber is decay'd, or rotten; and they are great deſtroyers of timber-buildings, by rotting and waſting the timber, in eating it.

To deſtroy theſe, obſerve their haunts, and waſh or ſprinkle the places with urine, wherein tobacco and rue hath been boil'd, and it will kill thoſe that are already, and prevent the breeding of others.

To deſtroy Spiders.

AFTER you have deſtroy'd their webs, ſprinkle the rooms with water wherein plantain has been boil'd, and ſmoak them with benjamin and frankincenſe, and none of them will ever after appear there, at leaſt, till the ſcent of theſe things is utterly extinguiſh'd; when the ſprinkling may again be repeated, if it be found neceſſary.

To drive away Snakes, Efts, Adders, and the like Reptiles.

BURN wallwort, rue and bay-leaves, ſcatter the aſhes, and ſome freſh leaves in their haunts, and they will either immediately depart, or die in their holes or places of reſort.

To deſtroy Worms.

THoſe in walks or gardens may be deſtroy'd by ſtrewing of lime, foul ſalt, or pot-aſhes, and lay a laying

ing of gravel on it: but ſuch as are in bedſteads or timber in houſes, are deſtroy'd by waſhing the places with ſtrong vinegar, and ſcenting them with ſtorax and brimſtone. The latter will do in a library, to prevent their eating and ſpoiling books.

An approved Receipt for the Cure or Prevention of the Murrain in Cattle.

TAKE of ſallad oil, one quart; aniſeed, or angelica-water, one quart; *London* treacle, one pound; common treacle, one pint; fenugreek, eight ounces; bole armoniac, ſix ounces; turmeric, four ounces; madder, four ounces; ſaffron, a quarter of an ounce; aloes, ſix or ſeven ounces: the ſix laſt articles muſt be finely powder'd; then mix all together with four gallons and a half, or five, of ſtrong ale, which will be ſufficient for forty head of beaſts, giving to each at leaſt a pint.

For a Farcy, in a Horſe.

TAKE rue, wormwood, tanſey, vervain, nettle-tops, hyſſop, gill-go-by-the ground, roſemary, and brook-lime, of each one handful: chop 'em all together as ſmall as you can; ſteep 'em all night in two quarts of freſh tanners owſe; then add one ounce of oil of turpentine, and put ſome of it in every horn you give the horſe. Bleed him freely in the neck; let him faſt all night; the next morning ride him an hour or more; after which give it early, and all with a horn; and then let him ſtand two hours faſting; afterwards feed him. At four days end repeat this: if the firſt draught does not cure, the ſecond is infallible. This is thought the beſt receipt, though the following are excellent.

For the ſame.

TAKE two quarts of chamberlye, one handful of broom, as much of ſavine, rue, and feverfue, and half an ounce of oil of turpentine.

For the ſame.

TAKE one ounce of bole armoniack; oil of ſpike as much; oil of petre, and oil of vitriol, of each one ounce: boil all theſe in one quart of chamberlye: when it is cold, give it to the horſe, and ride him till he is warm; then keep him ſo: give him no water the night before, nor meat next day. Then let him eat what he will, but not drink in 24 hours after he has taken the medicine.

To prevent the Nail growing into the Toe.

IF the nail be hard, and apt to grow into the corners, ſcrape it very thin, whenever you pare your nails, with a bit of glaſs, which will by degrees make the corners fly up, and grow flat.

To draw out a Thorn.

CHEW ſome nut-kernels, and mix with a little black ſoap, and repeat it till the thorn be extracted.

To make an excellent whipt Syllabub.

BOIL a quart of cream, and when it has ſtood till cold, put to it a pint of white-wine, in which the thin rind of a lemon has been ſteep'd for two hours; adding alſo the juice of one lemon, ſweeten'd well with fine ſugar. When put all together, whisk it all one way, till pretty thick, and then fill your glaſſes, and uſe it not till the next day; for it will keep three or four. Your cream muſt be full the above quantity, and the wine rather leſs than more.

To make Sago.

SET a pint of water, with an ounce of Sago in it, over the fire, and carefully ſtir it till thick; put in it three ſpoonfuls of ſack, or mountain, or ſherry, a little lemon-peel, and the juice of a lemon, ſweetening to your taſte.

To make Salap.

PUT half an ounce of Salap to a pint of water; ſtir it over the fire, till 'tis as thick as chocolate; and then ſeaſon with roſe-water, or orange-flower-water, or canary; or, if better liked, with a little lemon-juice and ſugar.

To make a comfortable Panada.

INTO a quart of cold water, grate the crumb of a peny white loaf, and ſet it on the fire with a blade of mace in it. When boiled ſmooth, take it off the fire, and put in a bit of lemon-peel, the juice of a lemon, a glaſs of ſack, and ſweeten as you like. Some ſeaſon with butter and ſugar, adding currans; but the firſt is moſt innocent.

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THE

A Compendious

BODY *of* PHYSICK,

Succinctly treating of

All the DISEASES and ACCIDENTS

Incident to

MEN, WOMEN, *and* CHILDREN.

The following general Rules, as to internal Remedies, are commonly observed, in respect to the Age of the Patient.

SUppose that a sufficient dose for a full-grown man is 1 drachm.

For one from 14 years of age to 21, give $\frac{2}{3}$, or 2 scruples.

For one from 7 to 14, give $\frac{1}{2}$ or $\frac{1}{2}$ a drachm.

For one from 4 to 7, give $\frac{1}{3}$ or 1 scruple.

For one of 4, give $\frac{1}{4}$ or 15 grains.

For one of 3, give $\frac{1}{6}$ or $\frac{1}{2}$ a scruple.

For one of 2, give $\frac{1}{8}$ or 8 grains.

For one of 1, give $\frac{1}{12}$ or 5 grains.

Old men are twice children, as well in respect to strength and food, as to medicines; whence perhaps we may be allow'd to compare one of sixty years of age with a youth of one-and-twenty; one of seventy with fourteen; eighty with seven, and so forward. Tho' these remarks are not so certain, as not to have many exceptions; as may easily appear by comparing, in point of strength, different men of the same age together. Wherefore from age alone you will scarce arrive at any certainty.

The Weights in present Use in the Shops are,

℔ The *Medical Pound*, containing 12 Ounces.

℥ The *Ounce*, equal to 8 Drachms.

ʒ The *Drachm*, weighing 3 Scruples.

℈ The *Scruple*, consisting of 20 Grains.

Gr. The *Grain*, which is seldom farther divided than into two equal parts, and is accounted nearly equal to the small Grain of white pepper or barley; tho' nevertheless it is preferable to use a Grain of an exactly determin'd weight, *viz.* the

ſame as the Goldſmiths uſe, in *Fernelius*'s judgment; ſince otherwiſe all the other greater weights, as founded on the Grain, are uncertain.

The Meaſures at this day in common uſe in Phyſick are either of *Dries* or *Liquids*.

Thoſe of *Dries* are,

The *Faſciculus*, (*Faſc.*) which contains as much as can be held in both the arms, and is reckon'd equal to twelve handfuls.

The *Handful* (*M.*) is determined by the quantity which we are able to hold in our hand, and is reduc'd to four *Pugils*, or half an ounce.

The *Pugil* (*Pug*) which contains as much as can be held with the thumb, and two firſt fingers of one hand, and generally anſwers to half or a whole drachm.

The *Number* (N°) equal or unequal.

For meaſuring of Liquids, beſides the common Meaſures uſed among merchants, we likewiſe uſe

The *Cyathus*, which holds about an ounce and half.

The *Spoonful*, (*Cochlearium*) which is taken for half an ounce.

The *Drop*, (*Gut.*) which being the leaſt Meaſure of liquids, is equal to the grain among Weights; tho' its weight is different according to the different ſpecifick gravity and conſiſtence of the drops of the liquid, and the mouth of the bottle in which it is contained.

ALIMENT.

AS there is not any thing more material to Health, than to know the nature and qualities of what we eat and drink, we ſhall begin with the following obſervations on that ſubject, drawn as well from reaſon and experience, as from the beſt authorities; and ſhall firſt treat of

MEATS.

BEEF is a nouriſhing, but groſs food, breeds thick ſtrong blood, and is to be avoided either roaſted, boiled, or baked, by ſedentary perſons, and thoſe of weak nerves, or ſickly habits; but to ſuch as work hard, or take much exerciſe, and have ſtrong health, it is a grateful, a neceſſary, a ſtrengthening, and a wholſome food: And eſpecially if the rules laid down in the *Treatiſe of Cookery*, p. 9. for the choice and kind thereof, be judiciouſly attended to.

Mutton is one of the wholſomeſt and moſt nouriſhing foods in *England*, if good, and judiciouſly choſen (See *Treatiſe of Cookery*, p. 9.); Inſomuch that its fat, which in moſt other animal food is to be rejected by weakly perſons, is balſamick and healing to the ſtomach and bowels, when fretted or diſorder'd by colds, or other indiſpoſitions. It is, beſides, what we may call a natural food to theſe climates, and ſo the beſt fitted for health to *Engliſh* bodies, of any other animal food. It is moreover the moſt perſpirable of all animal food.

Veal is a nouriſhing and wholſome food, and light of digeſtion to the ſtomach; and the more ſo, when plain dreſs'd, as are all other foods.

Lamb is a tender and light food, and may be indulged to tender conſtitutions, according to the caſe.

Pork is a very nouriſhing, but a very groſs food. This as well as Beef, may do well with conſtitu-

tions

tions inur'd to labour and exerciſe; as indeed any food may: But the learned Dr. *Cheyne* tells us, that it ought to be forbidden to the valetudinary, and weak, and ſtudious: A ſwine feeds, ſays he, the fouleſt of all creatures; their juices are the rankeſt; their ſubſtance the moſt ſurfeiting, and they are the moſt ſubject to cutaneous diſeaſes and putrefaction, of any creature. But yet we may ſay, that if Pork be choſen according to the rules ſet down in the preceding *Treatiſe of Cookery*, p. 10. it may be allowed to the generality of mankind; and be deemed an uſeful and agreeable Aliment, to ſuch conſtitutions as are not intirely valetudinary, and obliged for that reaſon to a ſtrict regimen. Yet Dr. *Arbuthnot* takes notice, that all ſorts of Hogs-fleſh and oyſters are the leaſt perſpirable of all animal food.

Bacon is a light and eaſy food, moderately eaten; but ſalt or hard meats are unkindly to ſcorbutick conſtitutions.

Veniſon, tho' a food which both ſcarcity and price have made delicious to the luxurious, has nothing in it but expence which ſhould make it preferable to good tender *Engliſh* Mutton, which often equals it for pleaſure, and always for health; and many nice palates have been frequently impoſed upon, and taken the one for the other, even in the very Article in which Veniſon is thought moſt to excel; eſpecially when a leg of mutton has been cut Haunch-faſhion.

Pyes made of any kind of Fleſh-meats are ſtrong food; and by reaſon of their ſeaſoning, generally too pernicious to health to be indulged to valetudinary conſtitutions.

But all light *Puddens*, whether of Bread or Flour, if not too doughy, or buttery, are a wholſome and agreeable food to moſt perſons, and conſtitutions. See *Wheat* and *Rice*, &c. p. 5.

Hare, like other Veniſon, is more valuable for its ſcarcity than excellence; being *dry meat* to a proverb, and the ſauces it requires to make it otherwiſe, recommend it the leſs to thoſe who are oblig'd to ſtudy their healths, *&c.*

Tame Fowls, of all ſorts, are generally an innocent, eaſily-digeſted, and wholſome food; eſpecially when plain dreſs'd, and not ſeaſon'd with high and unnatural ſauces.

Rabbets, plain dreſs'd, are alſo a ſweet and agreeable nouriſhment.

Wild Fowl is a food generally of a higher flavour than tame; but if not too high ſeaſon'd and ſauc'd, may be ſometimes indulg'd to ſtomachs which find no inconvenience from them. But as they are ſeldom eat without ſtrong ſauces, they had as well be forborn by weak ſtomachs.

Roaſt Meats are leſs nouriſhing than boil'd.

Fiſh. Some ſorts of Fiſh, in ſmall quantities, and plain dreſs'd, ſuch as Whitings, Flounders, Plaiſe, *&c.* are not improper for ſickly or weakly perſons; yet Dr. *Cheyne* is of opinion, that it is not the moſt agreeable food for health. Hear what that learned Gentleman ſays upon the point: "Moſt Fiſh, *ſays he*, live "in a ſaltiſh element, and come "only into freſh water rivers, for "the quietneſs and conveniency of "bringing forth their young ones. "This makes their Parts more "cloſely united, and harder of di-"geſtion. Beſides, they feed upon one "another, and their juices abound "with ſalt that corrupts the blood, "and breeds chronical diſeaſes. And "'tis always obſervable, that thoſe "who live much on Fiſh are in-

" fected with the ſcurvy, cutane-
" ous eruptions, and the other diſ-
" eaſes of a foul blood. And every
" body finds himſelf more thirſty
" and heavy than uſual after a full
" meal of Fiſh, let them be ever
" ſo freſh; and is generally forced
" to have recourſe to ſpirits and
" diſtilled liquors to carry them off.
" So that it is become a proverb,
" among thoſe that live much upon
" them, that brandy is *Latin* for
" Fiſh. Beſides, that after a full
" meal of Fiſh, even at noon, one
" never ſleeps ſo ſound the enſuing
" night; as is certain from conſtant
" obſervation."

Shell-Fiſh are generally a nouriſhing and eaſily-digeſted food, eſpecially when dreſs'd without the high ſauces, which luxury has introduced into our cookery.

Eggs are ſaid to be the moſt nouriſhing and exalted of all animal food.

It may be obſerved, that Animals which live upon Vegetables, afford ſuch fleſh and humours, as are not ſo ſubject to corruption, as others: Wherefore they may be more ſafely indulged to perſons of hot conſtitutions. Such are Lamb, Tame-duck fed with bread, Tame-gooſe, Ram, Beef, Goat, Kid, Capon, Stag, Pigeon, Quail, Rabbet, Hens, Tame-pheaſants and Partridges, Starlings, Thruſhes, Turtle, Wether, Veal, Lark, Wood-cock, Black-bird, Plover, Sparrow, *&c.*

Cream, *Butter*, and *Marrow*, are all lenient and nouriſhing.

See for the choice of the beſt of theſe ſeveral kinds of food, the *Cookery* part, p. 1, *&c.* for *Poultry*; p. 9. for *Butchers Meat*; p. 11. for *Fiſh*; and p. 14. for *Butter* and *Cheeſe*, *&c.*

Bread, a grateful and ſtrengthening ſort of this may be made by well leavening it, twice baking, and mix'd with a little ſaffron, nutmeg, cardamums, cinamon, *&c.*

DRINKS.

THE uſual draught for ailing people, when the caſe forbids it not, may be ripe red French-wine, thrice or four times a-day, to the quantity of half an ounce.

Brunſwick Mum, Engliſh Beer, or Ale, and well-brew'd ſmall Beer, or, as the caſe may require, Spring or clear River-water with a toaſt in it.

Spa, Pyrmont, Briſtol, or other chalybeat Waters, as the caſe may require.

Of all drinks, Whey is the moſt relaxing; ſo are warm water, and decoctions of mealy ſubſtances, and Panadas. Honey is the greateſt diluter of all vegetable ſubſtances.

Coffee, when freſh and well roaſted, ſo that its volatile parts are retain'd, is good for digeſtion, againſt worms, ſtrengthens the ſtomach, dries up moiſtures, is opening, keeps awake, hinders defluxions, promotes perſpiration, reſiſts coagulations, is good in phlegmatick habits, in ſuppreſſions and obſtructions of the ſex, corrects acidities in the blood, and comforts the ſpirits; it is beneficial in the gout, ſcurvy, and hypochondriack diſeaſes; in aſthmas, agues, (ſee *Ague*) dropſy, and gravel, and for ſedentary and ſtudious perſons; and for moſt diſorders in the head, depending on the digeſtive faculty, and thickneſs of the juices: But 'tis bad in inflammatory caſes, in which volatiles are hurtful, where the blood and juices are too thin; in ſpitting of blood, and in ſome conſumptive caſes.

Tea, in moſt things, as to its effects, agrees with Coffee. Uſed diſcreetly, it carries off gravel, gives ſpirits,

ſpirits, is good in rheums of the breaſt and defluxions; in aſthmatick caſes, eſpecially taken with ſaffron drops; creates an appetite, helps digeſtion, is good for the head and ſtomach, thins the blood, is beneficial to phlegmaticks, and, properly aſſiſted and ſtrengthened, in apoplexies, palſies, lethargies, *&c.* It is a good diuretick, corrects ſour ſtomachs and windineſs, and is of uſe to gouty perſons, and in indigeſtions, as alſo to quench the thirſt in fevers. It alſo helps in palpitations of the heart, in melancholy; and infus'd in milk inſtead of water, allays the ſharp humours that infeſt the paſſage of the lungs, and allow of no reſt night or day; and this way alſo is good food for tender, ſickly and conſumptive children, gently ſweeten'd; and is likewiſe good againſt worms, and alſo in ſpitting of blood from coughs, *&c.* This is a brief account of its good qualities; but if immoderately uſed, it has its bad too, and will occaſion thoſe ill effects, and even obſtructions, which, moderately taken, it rectifies.

Chocolate is good in caſes where the ſtomach is weaken'd by habitual colicks, fluxes, flatus's, or wind, and where the blood is too thin, and wants nouriſhment: But in caſes of jaundice, obſtructions, thick or ſizy juices, and the like, it is pernicious, eſpecially if much uſed. New-made is not ſo good as older.

Wine of all ſorts will heat and inflame; ſome are pectoral, ſome heady, ſome griping. All new wines are laxative and windy. White wines are generally more inflaming than red. Old wines are warmeſt and moſt comforting. Rheniſh is the leaſt heating, but moſt dangerous with us, being adulterated by drugs of pernicious qualities, to reſtore it when eager. Sweet wines nouriſh moſt, but affect the head and ſtomach, and occaſion viſcoſities. Small wines hurt the membranous parts and nerves. But after all, good wine, moderately taken, and uſed diſcreetly as to its relative qualities with the ſubjects taking it, is a cordial. But it is ſo difficult to meet with it unadulterated, that the leſs generally it is drank, the better.

Cyder is a wholſome liquor, very diuretick, eſpecially the rough *Southham*. The *Herefordſhire* cyder of all ſorts has been long in eſteem; tho' there are thoſe who think the *Devonſhire* equal to it in all its good and ſalutary qualities. The rough well-bodied cyder, drawn and not bottled, may be drank winter as well as ſummer, without apprehenſion of gripings or colicks, which ſome experience from the ſweet ſorts, which being bottled, ferment, knit, and ſparkle, and are almoſt all wind. See *Apples* in this Article, p. 8.

The ſame may be ſaid of *Perry*, well made, in ſome degree; but we think it not ſo eligible for a conſtant liquor, nor ſo vinous and diuretick, as cyder. See *Pears*, p. 8.

Brandy has ſo many bad effects, drank frequently, and ſo few good ones; that, except for its outward uſe in the diſperſing of tumours, *&c.* in the hands of the skilful, we would not mention it in the liſt of Aliments, or ſuch things as are uſed to promote health. The ſame may be ſaid of *Rum*, and all ſpirituous liquors, uſed too frequently, and otherwiſe than as mere cordials, as occaſion may call. See *Spirituous Liq.*

For *Cordial Liquors*, ſee the preceding part, under the Articles *Diſtillery*, *Engliſh Wines*, &c. alſo the Articles *Cordial*, *Stomach*, &c. in this Part.

The Virtues of moſt ſorts of *Grain*, *Pulſe*, *Nuts*, *Roots*, *Herbs*, *Fruits*, *Plants*, and *Spices*, uſed for human Food; and firſt, of

GRAIN.

Barley is of a cooling and viſcous nature. If boil'd, 'tis glutinous and cooling: its glutinous quality makes it binding, if the rind be taken off; and its cooling quality retards the circulation; it is therefore good in fevers. In conſumptive caſes, where aſſes milk curdles upon the ſtomach, or cannot be had in great plenty, half barley-water and half aſſes milk makes a good ſham aſſes milk; yet is barley prejudicial, too frequently uſed, to the ſtomach, as it relaxes its coats, weakens its walls, and impairs digeſtion. Its flour is good to make into poulteſſes, to ſoften hard tumours, and give eaſe to the inflammations in the ſide, called Pleuriſies. When fermented and brewed into liquor, it looſens the belly; and the newer it is, the more certain is this effect; wherefore tender conſtitutions, troubled with windy colicks, or frequent looſe ſtools, ſhould ſtudiouſly avoid it, as they would poiſon. It is, however, in general, a nouriſhing grain, and more ſo by its juice, than in its flour; and the ptiſan is both food and a medicine.

Wheat is more nouriſhing than barley, if made into bread, and unwrought or unleaven'd: it is however doughy, and hard of digeſtion, eſpecially if eat new from the oven. Pan-cakes, *&c.* made of it, grow a mere glue, and are a pernicious and obſtructing food; but if bread made of Wheat be fermented with yeſt, and kept to a moderate ſtaleneſs, and not made greaſy, it is a very nouriſhing food. Haſty-puddens made of it, are binding to a degree, and good in laxative caſes and fluxes. The proceſs of making ſtarch from Wheat-flour, ſhews of what a glutinous nature it is. Greaſy and doughy pye-cruſt ſeems to be no very digeſtible food, eſpecially to weak ſtomachs.

Rice is ſtill more viſcous than wheat, and ſo more binding and windy; it is however very nouriſhing, when mixed with a watry menſtruum or liquor; and ſhould always be made thin; or the eaters of Puddens, *&c.* made of it, ſhould dilute plentifully after feeding on them.

Oatmeal is the wholſomeſt of all grain. It is a light opening diet, and paſſes thro' all the capillaries or ſmall veſſels, without ſtopping 'em up. 'Tis good for aſthmatical and phthiſical people, becauſe it brings up their phlegm. 'Tis alſo good in vapouriſh conſtitutions, becauſe it ſmooths and licks up the ſharp humour in the bowels of ſuch. Oatmeal and butter dry the ſcab on the head, outwardly apply'd.

Millet-ſeed is much uſed in puddens, but is a dry and glewy nouriſhment. Spices ſhould always be mingled in theſe puddens, to correct the thickneſs, and carry off the windineſs generated by this ſeed; 'tis however cleanſing, and good in diſeaſes of the kidneys.

Mays will not ferment ſo ſoon as other grains, and is therefore more viſcous.

Pannick is opening, boil'd with milk, and tempers acrimony.

PULSE.

PULSE.

Peaſe are all of them of a groſs and windy nature, and the diſhes and ſoups made of them, ſhould be well ſeaſon'd with hot ſpice for that reaſon, to avoid colicky diſorders, When green, they are good for ſharp and ſalt bloods, becauſe they are ſweet and ſmooth.

Beans, of whatever ſort, are hard of digeſtion, and windy. They ſhould be eaten with a good deal of ſpice, and drank plentifully after, that their mealy parts may not turn to a paſte in the bowels or blood.

Kidney-Beans are mealy, but not ſo glewy and windy as the other ſorts; but are apt to turn ſour, and gripe. The flour of the common Beans is uſed much in poulteſſes, for different maladies. People of ſedentary lives ſhould not be too free with them, becauſe of their viſcoſity.

NUTS.

Almonds are nouriſhing, and contain much oil, which is good in conſumptions, coughs, hoarſeneſſes, *&c.* They are uſed in our diet in many diſhes, and creams and puddens of them are good for conſumptive people; but are not convenient for hypochondriacks, and where the blood, as in cholerick perſons, is already too oily. Almond milk, which is only Almonds blanched, and bruis'd in a mortar, with barley water, and ſweeten'd gently, dilutes and tempers hot blood, and is much uſed in fevers; but it muſt be made freſh and freſh; for it will not keep.

Earth-nuts are nouriſhing.

Walnuts are nouriſhing, while freſh; gently ſudorifick and anti-hyſterick; but are prejudicial to the breaſt and head, when old. Other Nuts have the ſame qualities while freſh, and the ſame inconveniencies when otherwiſe; and *Small-nuts* old, are bad, particularly for the lungs and breath. Yet ſome hold *Hazle-nuts* to be good againſt ſpitting of blood; though all Nuts are in the main hard of digeſtion.

Cheſnuts are very groſs and viſcid; but where there is a good conſtitution, and no obſtructions to be apprehended, they turn into good chyle and blood, eſpecially in lean perſons, and are thought to be good in female weakneſſes.

Piſtachio's are nouriſhing and ſtimulating.

ROOTS.

Beet-roots boil'd, are looſening, cool, and ſmooth, provoke urine, temper hot and cholerick blood; and being aſſiſted in their cooling property by vinegar, are good after a debauch, to refreſh and cool.

Radiſhes are good for phthiſicky perſons, as they help expectoration; they are very diuretick, and good for dropſical legs, *&c.*

Horſe-radiſh is good againſt the ſcurvy, dropſy, ſpleen, and phlegm; it thins the blood, expels gravel, and opens obſtructions of the liver. It is to be eaten with vinegar, to temper its heat.

Pepperwort-root is better than horſe-radiſh, laſts longer, is more warm, and ſhould therefore be tempered with vinegar. 'Tis good in cold conſtitutions, in dropſical people, and aſthmaticks, and effectually takes off the cold ſcurvy.

Garlick is good in ſplenetick conſtitutions, worms, inveterate coughs, and againſt the bite of a mad dog, taken inwardly. 'Tis pity its offenſive ſmell ſhould make it ſo obnoxious to *Engliſhmen*, who want it more than foreigners, and yet uſe it leſs. It has been found experimentally to be good in jaundices and dropſies, and in aſthma's from cold phlegm.

Onions, Rocambole, Eſchalots, Leeks, in an inferior degree partake of the qualities of garlick.

Parſnips are ſweet, nouriſhing, and balſamick to the blood. They are diuretick, promote venery, provoke the menſes, and are good in phlegmatick caſes.

Turneps, when boil'd, are a ſweet and ſmooth nouriſhment, for aſthmatick and coughing people; they are however windy and cold, and not fit for very weak ſtomachs. The more they are boiled, the leſs windy they are, and eaſier digeſted. Syrup of Turneps has been recommended in conſumptive caſes, as the roots themſelves, and juices of it, have alſo been; and it is indeed a balſamick thing; but, alas! not to be depended upon in ſo great a caſe, where ſo many intentions are to be anſwer'd. The ſyrup is alſo uſed often in the thruſh in children; but may be made in ſome caſes more ſucceſsful by a little alum in the ſyrup: but this is not always proper neither.

Carrots are good in gravelly caſes, are anti-acid and fattening.

Potatoes are proper for thin and hot conſtitutions; but not ſo for cold ſtomachs, or ſuch as abound with phlegm; and the rather, as they are eaten with butter, which is clogging. But in general, they are a nouriſhing food.

Skirrets are uſeful in bloody urine, and ſpitting of blood.

Scorzonera is demulcent in the ſmall-pox, meaſles, and peſtilential fevers, and for gouty people. The expreſs'd juice is better than the decoction.

Goat's-beard has moſt of the ſame qualities.

Celery is opening and diuretick; but bad in bloody fluxes.

HERBS.

Spinach is cooling and looſening, and tempers ſharp, hot blood.

Mercury has the ſame qualities as Spinach, and as it keeps the whole year round, and is innocent, and carries itſelf off downwards, it is a wonder it is not gather'd, and kept the whole winter for boiling.

Aſparagus relax and open, and promote urine. They are good in obſtructions of the liver, and in ſcorbutick caſes: Yet ſome ſuſpect them to be hurtful to the kidneys.

Parſley is a good provocative in menſtrual and urinal caſes; it is alſo good againſt wind, helps aſthmaticks, and is of uſe in ſuppreſſions and coughs; but bad in bloody fluxes.

Creſſes are very warm, provoke to venery, open obſtructions, and promote the menſtrual flux; the Indian Creſſes are beſt, and are deemed good againſt the ſcurvy of our northern climate.

Endive or *Chicory,* is a very wholſome plant, a great cooler, and an opener, and therefore good in hot obſtructions of the liver. The ſmall degree of bitterneſs they have is very agreeable to the ſtomach, and not heating. Juice of *Dandelion* is a remedy in intermitting fevers.

Lettuces, of all kinds, are cooling and opening, and good after a debauch. They are good alſo for wet nurſes, promoting milk, eſpecially in warm conſtitutions. If too plentifully eat by thoſe in years, they hinder the venereal appetite. Phyſicians hold, that the diſtilled water of Lettuce is a promoter of ſleep.

Clary is good in colicky caſes, ſtrengthening the ſtomach, and promoting digeſtion.

Sage thins the blood, is good in moſt nervous caſes, in palſies, lethagies,

thargies, *&c.* and much uſed will cure the trembling of the hands.

Sorrel is uſeful in ſpitting of blood, and in a ſtinking breath.

Purſlain is ſubacid and cooling.

Burnet is aſtringent, and is a good vulnerary.

Nettles are good againſt hæmorrhages, or inward bleedings.

For *Aromatick Herbs*, ſee *Spices*, in this Article.

For *Muſtard-ſeed* ſee alſo *Spices*.

FRUITS.

Apples cool and looſen, and help the appetite; but are not good for cold ſtomachs, ſays a good Phyſician: But hear what the eminent Dr. *Fuller* ſays of them, in his *Pharmacopœia*, p. 260. Of all the juices, *ſays he*, I account that of Apples, beyond compare, the beſt; becauſe nature hath wrought it up to a much higher degree of generoſity and maturity, than that of crude traſhy herbs, which afford nothing of that delicate dulco-acid, aromatick, and odoriferous liquor iſſuing from ſome of our fine ſorts of Apples, ſuch as Kentiſh and golden-pippins, *&c.* They are not, however, fit for medicinal uſe, till they have been gathered a while, and ſweat in a heap.

The beſt way is to eat them raw, or ſcoop out, and eat the pulp for a long courſe of time every morning.

Thus have they given more help to ſcorbutick and ſplenetick patients, (eſpecially ſuch as were of a hot, dry conſtitution, and apt to be coſtive) than any thing elſe the ſhops or fields could furniſh out. I knew one that uſed to eat 30 every day for his breakfaſt. Dr. *Baynard* highly cries them up as a moſt noble pectoral, and cured himſelf twice of a confirmed conſumption by the uſe of them. *So far* Dr. Fuller.

Pears, the ſweet ones are more looſening than apples; the tarter ſort cool, and the harſh ones bind; they ſhould therefore be eaten by perſons according to their conſtitutions.

Quinces are gently aſtringent, and good in looſeneſſes, fluxes of blood, and for weak ſtomachs.

Olives, which we have always pickled in *England*, ſerve as a reliſh to carry ſlime off the ſtomach. The oil made of them tempers the acrimony of our humours, looſens our bellies, and if it agrees, fattens. But care muſt be taken that there be no obſtructions. The oil and vinegar, which we are ſo apt to eat with our ſallads, are not ſo wholſome as ſome think, becauſe a balſam may be formed between them, that may not readily paſs the veins. Perſons who are apt to be ſwell'd at ſtomach, ſhould forbear this mixture, and even oil at all.

Raiſins and *Grapes*, are both laxative, and the latter are apt to occaſion fluxes. In coſtive conſtitutions they are of ſervice, occaſionally eaten. Raiſins are excellent in coughs depending on a ſharpneſs of blood, and relieve hoarſeneſſes, and are good to ſheath any acrimony in the juices. Dry'd Grapes are pectoral.

Prunes are apt to looſen and bring on fluxes, eſpecially if plump and green, or freſh; but if old and dry, they are rather binding. Their juice cools, and helps appetite; but great care is to be taken to avoid too liberal an uſe of them.

Peaches, uſed before a meal, will ſerve to create an appetite; after a meal, to keep the body open; and are pectoral. Cold conſtitutions how-

however ſhould not touch them at all; and hot ones with moderation; eſpecially of thoſe that are produced in the latter ſeaſon of the year.

Abricots, *Plums*, *Nectarins*, &c. are pleaſant and grateful to the palate, and moderately eaten will do no harm.

Strawberries are cooling and diuretick, and therefore an infuſion of them may be of ſervice in the gravel. But women eating of them too greedily at a certain time, may endanger the ſtopping of the courſe of nature. They agree with moſt palates, and as they gratify thirſt, and cool the tongue, a moderate uſe of their juice may be allowed in burning or bilious fevers, mix'd with juice of lemon and ſpring-water. The ſeeds obtained by ſhaking the ripe fruit in water, are excellent in the ſtone.

Raſpberries alſo raiſe an appetite, and, like mulberries, cool and refreſh warm and hot blood.

Currans are a wholſome fruit, and cooling; and cut phlegm, *&c.* The rob or jelly of Currans is a moſt excellent drink, mixed with water, in a bilious fever.

Gooſeberries, if not full ripe, are apt to gripe, and no way ſo wholſome and pleaſant as currans.

Cherries are cooling and laxative. Their kernels are good for the gravel in the kidneys.

Oranges, Seville, are an excellent remedy in the dry ſcurvy.

Citrons and *Limons* are more cooling than Oranges. Sour Limons are ſomewhat ſtyptick.

Melons, *Pompions*, *Gourds*, *Cucumbers*, contain a cooling juice, with nitrous ſalt; that of *Melons*, and the *Ananas*, is rich and cordial; they are diuretick; and there are inſtances, when eaten in great quantities, that they have produced bloody urine. They ought to be taken faſting.

The juice of *Cucumbers* is too cold for ſome ſtomachs, and ought not to be taken by ſuch as have thin and poor blood. The juice of an unripe *Cucumber* is purgative. *Cucumbers* are uſeful in bloody urine; but are as bad as poiſon to be eat when hot by exerciſe, *&c.*

Pomegranates, the juice of them is ſtyptick, and very cooling.

Barberries, *Medlars*, *Cornelian Cherries*, are all beneficial in bloody fluxes.

Tamarinds are cooling and aſtringent, yet laxative to the lower-belly.

Figs are great ſubduers of acrimony, uſeful in hoarſeneſs and coughs, extremely emollient; and by relaxing the urinary paſſages, diuretick, and uſeful in bloody urine; it has been always believed, that the immoderate uſe of them generates lice.

All PICKLES are aſtringent; eſpecially *Samphire*.

Capers, as we have them, are bad in the menſes, and in hypochondriack caſes, and may be looked upon as little unwholſome ſponges full of vinegar. They are however ſaid to be aſtringent and diuretick.

Truffles are heating.

Morelles have ſome of the ſame qualities.

Muſhrooms are made agreeable enough to the taſte, but are too earthy for common food; they are hard of digeſtion, and harder ſtill when pickled. Luxury may ſay more in their behalf than true uſe or wholſomeneſs can. Some of them being poiſonous, make the reſt ſuſpicious. See *Pepper*, p. 11.

Water, after a *ſurfeit of fruit*, is much better than wine or ſpirituous liquors. *See* the Article *Herbs*.

AROMATICK HERBS; as

Thyme, Savoury, Marjoram, Roſemary, Baſil, Mint, Orange and *Limon-peel, Fenel, Chervil,* are balſamick, warm, and ſtimulating, and good in phlegmatick and cold conſtitutions.

Muſtard-ſeed (which on account of its hot nature, we rank in this place) infuſed in wine or beer, is good in dropſical caſes; alſo in the ſcurvy, and ſhortneſs of breath: Is an excellent ſtomachick, is good in drowſy conſtitutions, in agues, in female obſtructions, in colds, hoarſeneſs, phlegm, *&c.* But yet it may be uſed too much; in which caſe it will dry the blood, and by carrying off the thinner parts, leave the groſſer behind in the veſſels; and ſo deſtroy the end it was deſigned to promote: In ſhort, Muſtard, Horſe-radiſh, Radiſhes, and Creſſes, are deemed fitter for old people, and cold conſtitutions, than the young and ſaguine.

PLANTS.

Cole, Cabbage, Coleworts, are ſoft and demulcent without acidity. The jelly or juice of red Cabbage, baked in an oven, and mixed with honey, is an excellent pectoral.

Hops is a wholſome ingredient in an *Engliſh* brewery, and is far from giving the ſtone, as ſome have fondly believed. Ale well brew'd with Hops, and the bitterer the better, is a wholſome liquor for hypochondriacks and ſcorbuticks. Hops help to purify and thin the blood, to correct acids, open obſtructions, promote urine, and carry off gravel, and help the appetite.

SPICES; as

Cinamon, Mace, Nutmegs, Cloves, Ginger, Pepper, are all heating; and all Spices are bad for melancholy perſons; but generally very uſeful and agreeable to cold conſtitutions, if moderately uſed.

Pepper is a wholſome ingredient in peaſe-ſoup, fiſh, oyſters, eggs, milk, or any diet of a glewy nature; but care muſt be uſed not to take too much, which will inflame, and perhaps corrode the ſtomach. It is properly uſed, in colicky caſes, and in ſourneſs in the ſtomach; but not too freely at once; it has put off a fit of an ague, ſwallowing ſix or eight corns an hour or two before: But as it inflames all thoſe humours it can't carry off, care muſt be taken, that by too much freedom with it, an ague is not blown into a continual fever. It is alſo good againſt the poiſonous effects which ſometimes follow the eating of muſhrooms; alſo in caſes where opium has produced ill effects; and has cured children who have been buſy with the poiſonous berries of night ſhade, being adminiſtred in all they take after the berries are vomited up.

Cloves are good againſt wind in the ſtomach; they corroborate the nerves, and all nervous parts, ſuch as the ſtomach, the bowels, and womb; and by a diſcreet and frequent uſe are good in the whites, and other feminine diſorders, takeing a little of the powder in a glaſs of red wine, now-and-then, occaſionally, as they are affected.

Ginger is good in colicky and ſour humours, in windy and aſthmatick caſes, if not inflammatory. It opens the obſtructions of the nerves and womb; is good in cold palſies; but in hectical diſpoſitions, or in caſe of bleedings, muſt be avoided. Yet it is one of the wholſomeſt of the Spices.

Sugar, notwithſtanding its frequent uſe, has an acidity in it, that

makes

makes it miſchievous to ſplenetick people, to hyſterick women, to children; and in convulſive and epileptick caſes. Volatile ſpirit of hartſhorn ſhould be often uſed in water, to prevent the bad effects of this quality.

Thus far for this firſt Article ALIMENT at preſent. See more under the Articles *Conſtitutions, Diet, Digeſtion, Evacuations, Maſtication, Perſpiration*, &c.

We ſhall now proceed to others, in Alphabetical Order.

ACIDS *and* ALKALI.

ACIDS are all liquors and ſubſtances, which being compoſed of pointed particles, affect the taſte in a ſharp and piercing manner. The common way of trying an Acid, is by mixing it with ſyrup of violets, which it turns red; but if it inclines to an Alkali, its oppoſite, it changes the ſyrup green.

ALKALI is the oppoſite quality to Acid; it is generally taken to mean all ſuch bodies as will ferment with Acids; but more properly belongs to ſuch ſalts as are made by reduceing a body to aſhes by the action of fire, and which are ſometimes therefore called lixiviate or fixed ſalts. The extremity of Alkali is putrefaction.

ACUTE *Diſeaſes*. See *Chronical*.

AGUES.

IN the management of this troubleſome diſeaſe, we ought not immediately to have recourſe to the bark; but ſhould either give a doſe of phyſick, or a vomit before it, and ſuffer three or four fits to paſs over before it be given. A ſlight or beginning Ague has ſometimes yielded to a quantity of muſtard taken before the fit, which has been prevented by it; and a few grains of pepper have had the ſame effect: But theſe hot things muſt be cautiouſly uſed, for fear, if the blood be loaden with feveriſh matter, a continued fever ſhould be blown up by them. An eminent Phyſician tells us, that a beginning Ague has been cured by coffee, which he obſerves is neither too hot nor too cold for the diſtemper, and alſo an intermitting fever: I ſhall give it in his own words: "Coffee, ſays he, if drank very "hot, does not only ſooth the vio-"lent anguiſh that perſons ſuffer "during the cold fit, but it even "has been known to cure ſome "ſo perfectly, that, taken at the "beginning of the fit, whenever it "firſt ſeized them, and continuing "ſo to do for ſome time, the fits, "at laſt, returned not at all. And "when the matter of theſe Agues "is not in great quantity, a ſmall "number of diſhes, at proper di-"ſtances, will ſerve the turn, and "will ſo help digeſtion, as to cor-"rect the remainder of the deprav'd "juices, that they can't riſe into a "fit. Thus did a certain man of "skill treat himſelf, who was at-"tacked with an intermitting fe-"ver, which made him nauſeate "both victuals and drugs. Bleeding "and phyſick had been repeated "till he determined to take no "more, come what would. He "had a liking to coffee, and knew "it digeſted crudities in the ſto-"mach and blood, and took off "viſcidities; and fanſying his blood

"was

" was too viſcid, he betook him-
" ſelf to coffee, as a diet, as well as
" for a remedy, he believing the
" intermiſſion was the propereſt
" time for taking it; and he ſtuck
" cloſe to it: He was not wrong in
" his conjectures; for it relieved,
" and then cured him." Thus much for beginning Agues, *&c.*

We have mentioned, that a puke or a doſe of phyſick is proper to precede the uſe of the bark; and ſhall add, that the puke may be given, if the ſick complain of any uneaſineſs, fulneſs, or loathing at ſtomach; and may conſiſt of one ſcruple of the Indian-powder, which is a proper doſe; and drink carduus tea plentifully upon it. A purge is neceſſary where the blood is vitiated, and changed by ſome deprav'd juices, and in an ill habit: In which caſe, a gentle doſe of ſena or rhubarb, on the day of the intermiſſion, will be proper.

After theſe diſcharges, the jeſuits-bark may be entered upon in the following manner: *viz.*

Take milk-water three ounces; compound piony-water three drachms; ſyrup of limons half an ounce; elixir of vitriol ſix drops; powder of the Peruvian-bark one drachm: mix, and make a draught to be taken every fourth hour out of the fit, or in the remiſſions; and continually repeat it for 18 or 20 doſes, or till the fever diſappears; if the Bark occaſions a looſeneſs, add eight drops of *Sydenham*'s liquid laudanum, to every third draught, until it is ſtopped.

Or, Take jeſuits powder one drachm; ſalt of ſteel two grains; cinabar of antimony ſix grains; ſyrup of clove july-flowers, as much as ſuffices to make a bolus: To be taken and repeated every fourth hour in the intervals of the fever, drinking upon it ſix ſpoonfuls of the following julep, *viz.*

Take mint-water four ounces; alexiterick milk-water three ounces; plague-water two ounces; ſpirit of hartſhorn 20 drops; ſugar as much as will ſweeten it.

When the fever is taken away, and there is no fear of its return, as the bark often leaves a ſort of fulneſs at ſtomach, from its ſtyptick particles, it can't be amiſs to give the following mixture to relax and looſen the belly:

Take oil of almonds an ounce an half; ſyrup of ſolutive roſes an ounce; chymical oil of mace two drops: mix, and make a draught to be taken once a-day for a while.

An eminent phyſician adviſes the taking of the bark, in the marſhes of *Kent*, where an Ague is the reigning diſeaſe, as follows:

Take jeſuits-bark in fine powder one ounce; ſalt of ſteel and jamaica-pepper, a quarter of an ounce of each; melaſſes four ounces; mix together, and take the quantity of a nutmeg three times a-day, when the fit is off, and a draught of ale or white-wine after it: And he obſerves, that common green copperas is better ſalt of ſteel than any chymiſt can make.

To this article we ſhall add the following receipts, which have been all approved in different caſes and conſtitutions.

An almoſt ſpecifick Medicine for Agues.

TAKE reſin of ſcammony twelve grains; diaphoretick antimony, and cryſtals of tartar, of each eight grains: mix theſe carefully, and give them for one doſe, an hour before the fit comes.

A choice Medicine for Aguiſh Diſtempers.

TAKE ſalt of wormwood 15 grains; crabs-eyes, or powder of crabs-claws ſimple, eight or ten grains; mix theſe well, and give them in two or three ſpoonfuls of ſome cordial water.

An experienced Receipt for an Ague.

BEAT a head of garlick in a wooden diſh; then beat ſome red ſealing-wax to a fine powder, and mix it together; ſpread it on a ſquare piece of leather; and when you find the ague fit begin to come, lay it on the veins on both wriſts, and keep them on for nine days without waſhing your hands.

A Plaiſter for the ſame.

TAKE olibanum in powder one drachm; white amber prepared two ſcruples; maſtich in powder Venice turpentine, of each one drachm; common turpentine two ounces; bitter almonds powdered, four, which make into a plaiſter to be ſpread upon leather; apply it to the wriſts, and leave it there nine days without waſhing the hands.

Another.

TAKE Venice turpentine-olibanum each one ounce; ſmallage and rue each one handful; pound the herbs, mix all together, and lay it to the wriſts an hour before the fit comes.

For an Ague or Intermitting Fever.

TAKE five-leav'd graſs in *July*; dry it in the ſun; powder it, and ſift it; take twenty or twenty-five grains an hour before the fit, for three fits, in a ſpoonful of white wine; drinking a little wine after it. Take a vomit before you uſe it.

An excellent Medicine for Agues, eſpecially Tertians.

TAKE ſalt of wormwood one drachm; juice of limons, compound wormwood water, each one ounce; cochineal, chamomile flowers, powdered, each two ſcruples; mint-water, two ounces; ſyrup of limons, ſix drams; mix two ſpoonfuls to be taken every three, four, or five hours, (after the fit is off) ſo that the whole may be taken before the expected return of the fit.

For an Ague.

TAKE jeſuits-bark in fine powder, ſix drachms; ſyrup of cloves, two ounces; ſtrong cinamon water, three ounces; milk water, twelve ounces; elixir of vitriol, forty drops, mix; take ſix ſpoonfuls every three or four hours; ſhake the bottle well before you uſe it.

Another.

TAKE ſalt of wormwood, fifteen grains; tartar vitriolate, half a ſcruple; mix them, and give them in a few ſpoonfuls of Rheniſh wine, or ſome other convenient vehicle, either before the fit, or at ſome other time, when the ſtomach is empty.

An Infuſion for an Ague.

TAKE powder of the Peruvian (jeſuits) bark two ounces; Rheniſh wine a quart; let them ſtand ſome time; and ſtrain through a woollen cloth: Take three ounces every four hours.

For the Tertian Ague.

TAKE Virginia ſnake-weed in powder fifteen grains; white-wine three ounces: Take it two hours before the fit, and keep warm, and ſweat three or four hours; repeat it the following fit days.

An

An Electuary for intermitting Fevers and Agues.

TAKE jeſuits bark finely powdered one ounce, ſnake-root, ſalt of wormwood, of each one drachm and a half; diacodium one ounce; ſyrop of clove julyflowers enough to make an Electuary: take the quantity of a cheſnut every four or five hours when the fit is off.

An excellent Remedy for Agues, which has been often tried with good Succeſs.

TAKE black ſoap, gun-powder, tobacco and brandy, of each a like quantity; mix them well together, and three hours before the fit apply it to the patient's wriſts: keep it on a fortnight.

AIR.

THE celebrated Dr. *Cheyne* gives the following general rules relating to this article:

1. He ſays, that the healthieſt ſituation for a *ſeat* is in a *champaign* country, or on the *ſide* of a ſmall eminence on a *gravelly* ſoil, with a *ſouthern* or *weſtern* expoſition; ſhelter'd from the *north* and *eaſt* winds, diſtant from any great *concourſe* of waters, or any great *mines* or beds of *minerals*, where the water is *ſweet*, *clear*, *light*, *ſoft*, and *taſteleſs*.

2. *Tender* people, on the ſetting in of *eaſterly* and *northerly* winds, ought to change their bed-rooms for others of *weſterly* and *ſoutherly* lights, and the contrary in wet ſeaſons.

3. Thoſe who have been much expoſed to, or long abroad in, *eaſterly* or *northerly* winds, ſhould drink ſome thin or warm liquor going to bed.

4. When the dark, dull, foggy weather laſts at *London* in winter, tender people, and thoſe of weak *nerves* and *lungs*, ought either to go into the *country*, or keep much at home in warm rooms, go early to bed, and riſe betimes.

5. Valetudinary people ought to have their ſervants, children, and bedfellows, or thoſe they continually approach and converſe with, ſound, ſweet, and healthy; or ought to remove them till they are ſo, if they are otherwiſe.

6. Every one, in order to preſerve their health, ought to obſerve all the cleanneſs and ſweetneſs in their houſes, cloaths, and furniture, ſuitable to their condition.

See *Beds*.

Lord *Bacon* propoſes for the taſting of *Air*, as he calls it, in order to diſcover the wholſomeneſs, or otherwiſe, of a place where to chuſe a habitation, to obſerve whether pies or comfits will be liable to gather mouldineſs ſooner than uſual. And a piece of fiſh, or raw fleſh being hung up, and more or leſs liable to corruption, he ſays, will ſerve for a better divination of ſeaſons, than the figures of aſtronomers; and of conſequence for pointing out the places where a man would chuſe a dwelling.

The aptneſs or propenſion of Air or water, he ſays, to corrupt or putrify, no doubt is to be found before it break forth into manifeſt effects of diſeaſes, blaſting, or the like: We will therefore, adds he, ſet down ſome prognoſticks of peſtilential or unwholſome years.

1. The wind blowing much from the ſouth, without rain; and worms

in the oak-apple: alſo plenty of frogs, graſhoppers, flies, and the like creatures bred of putrefaction, portend peſtilential years.

2. Great and early heats in the ſpring, and namely in *May*, without winds; and generally, years with little wind or thunder, portend the ſame.

3. Great droughts in ſummer, laſting till towards the end of *Auguſt*, and ſome gentle ſhowers upon them, and then ſome dry weather again, portend a ſickly ſummer the year following. For about the end of *Auguſt* all the ſweetneſs of the earth, which goeth into plants and trees, is exhaled; and much more if the *Auguſt* be dry; ſo that nothing then can breathe forth of the earth but a groſs vapour, which is apt to corrupt the Air: And that vapour, by the firſt ſhowers, if they be gentle, is releaſed, and cometh forth abundantly: Therefore they that come abroad ſoon after theſe ſhowers, are taken with ſickneſs; and in *Africk* nobody will ſtir out of doors after the firſt ſhowers. But if the ſhowers come vehemently, than they rather waſh and fill the earth, than give it leave to breathe forth preſently. But if dry weather come again, then it fixeth and continueth the corruption of the Air, upon the firſt ſhowers begun, and maketh it of ill influence even to the next ſummer; except a very froſty winter diſcharge it, which ſeldom ſucceeds ſuch droughts.

4. The leſſer infections of the ſmall-pox, purple fevers, agues in the ſummer preceding, and hovering all the winter, portend a peſtilence in the ſummer following; for putrefaction doth not riſe to its height at once.

5. It were good to lay a piece of raw fleſh or fiſh in the open Air; and if it putrefy quickly, it is a ſign of a diſpoſition in the Air to putrefaction. And becauſe you cannot be informed whether the putrefaction be quick or late, except you compare this experiment with the like experiment in another year; it were not amiſs, in the ſame year, and at the ſame time, to lay one piece of fleſh or fiſh in the open Air, and another of the ſame kind and bigneſs, within doors; for I judge, ſays he, that if a general diſpoſition be in the Air to putrefy, the fleſh or fiſh will putrefy ſooner abroad, where the Air hath more power, than in the houſe, where it hath leſs, being many ways corrected. And this experiment ſhould be made about the end of *March*; for that ſeaſon is likeſt to diſcover what the winter hath done, and what the ſummer following will do upon the Air. And becauſe the Air, no doubt, receiveth great tincture and infuſion from the earth, it were good to try that expoſing of fleſh or fiſh both upon a ſtake of wood, ſome height above the earth, and upon the flat of the earth.

6. Take *May* dew, and ſee whether it putrefy quickly or no; for that likewiſe may diſcloſe the quality of the Air, and vapour of the earth, more or leſs corrupted.

7. A dry *March*, and a dry *May*, portend a wholſome ſummer, if there be a ſhowery *April* between; but otherwiſe it is a ſign of a ſickly year.

8. As the diſcovery of the diſpoſition of the Air is good for the prognoſticks of wholſome and unwholſome years; ſo it is of much more uſe for the choice of places to dwell in; at the leaſt for lodges and retiring-places for health; for manſion-houſes reſpect proviſions as

as well as health, wherein the above experiments may ſerve.

9. But for the choice of places or ſeats, it is good to make trial, not only of aptneſs of Air to corrupt, but alſo of the moiſture and dryneſs of the Air, and the temper of it in heat or cold; for that may concern health diverſely. We ſee there are ſome houſes wherein ſweet-meats will relent, and baked meats will mou'd more than in others, and wainſcot will alſo ſweat more; ſo that they will almoſt run with water: All which, no doubt, are cauſed chiefly by the moiſtneſs of the Air in thoſe ſeats. But becauſe it is better to know it before a man buildeth his houſe, than to find it after, take the experiments following.

10. Lay wool, or a ſponge, or bread, in the place you would try, comparing it with ſome other places, and ſee whether it doth not moiſten, and make the ſame more ponderous than the other; and if it do, you may judge of that place as ſituated in a very groſs and moiſt Air.

11. Becauſe it is certain, that in ſome places, either by the nature of the earth, or by the ſituation of woods and hills, the Air is more unequal than in others; and inequality of Air is ever an enemy to health; it were good to take two weather-glaſſes, matches in all things, and to ſet them, for the ſame hours of the day, in ſeveral places, where is no ſhade or incloſure, and to mark, when you ſet them, how far the water cometh; and to compare them when you come again, how the water ſtandeth then: And if you find them unequal, you may be ſure that the place where the water is loweſt, is in the warmer Air; and the greater the inequality be of the aſcent or deſcent of the water, the greater is the inequality of the temper of the Air.

The reaſon why aches, hurts, and corns grieve men towards rain or froſt, is, that the one maketh the humours abound more, and the other makes them ſharper: ſo we ſee both extremes bring the gout.

Airs proper for conſumptive people, or upon recovery of long ſickneſs, are, generally, plain champaigns, but graſſy, and not overgrown with heath, or the like; or elſe timber-ſhades, as in foreſts, *&c.* Groves of bays do alſo prohibit infectious Airs; and hence the Air of *Antiochia* was accounted wholſome. Some ſoils there alſo are which ſpontaneouſly produce odorous herbs, as wild-thyme, wild-marjoram, peny-royal, chamomile, and in which the bryar-roſes ſmell almoſt like musk-roſes; which are queſtionleſs ſigns of an excellent Air.

To have the benefit of good Air, low-roof'd rooms ſhould always be avoided, or ſuch as are full of windows and doors; for the one makes the Air cloſe, and not freſh, and the other greatly unequal, which is a great enemy to health. Nor ſhould the windows be high up to the roof, as is often done for beauty and magnificence, but rather low. Neither are ſtone-walls ſo wholſome as timber or brick; and it has not been amiſs in ſome gentlemen, who have built even with brick, to make their walls thick, and put a lay of chalk between the bricks to take away dampneſs.

ANASARCA.

See *Dropſy*.

St. ANTONY's FIRE.

See *Cutaneous Diſtempers.*

ANXIETIES.

See *Fever.*

APOPLEXY

DERIVES its name from a *Greek* word ſignifying *to ſtrike*; becauſe perſons are, as it were, ſuddenly ſtruck with death. It is a ſudden abolition of all the animal functions in the whole body; only the pulſe moves, and they ſnort ſtrongly, and neither feel nor move. This is one of the quickeſt and moſt dangerous of all diſeaſes; and as a *Lethargy* is a diſtemper ally'd to it, and is to be treated not unlike an Apoplexy, we ſhall, to avoid multiplying heads, have reſpect to both maladies in the method of treating them.

The fit muſt be immediately attacked with taking away a large quantity of blood, according as the circumſtances of the caſe ſhall indicate; and eſpecially if the veins be full, and the ſtrength and age of the patient will bear it. If plentiful bleedings are not ſo proper, cupping-glaſſes near the neck may be apply'd: Bliſters alſo to the neck and head are highly proper, alſo ſtrong frictions or rubbings, as alſo pulling, haling, ſhaking, or any noiſes, that may ſerve to rouſe the patient. Volatile medicines muſt be plentifully adminiſter'd, even almoſt to the kindling up of a fever: And medicines by the noſe and mouth, gliſters and vomits, are to be made uſe of on the occaſion: For example,

To be held to the *noſe.*

The ſmoke of burnt rags held under the noſe has often been of ſervice.

Take ſpirit of ſalt armoniack two ſcruples, tincture of caſtor one ſcruple; mix.

To be given by the *mouth*, a ſpoonful at a time often, the following mixture:

Take rue and peny-royal waters, of each two ounces; hyſterick water one ounce; piony-water ſix drachms.

For a *Gliſter*, to be thrown in frequently.

Take piony-root one ounce; ſage and roſemary-leaves, of each half an ounce; lavender-flowers and chamomile-flowers, cardamum and fenel-ſeeds, of each two drachms; boil them in a ſufficient quantity of water; and to 10 or 12 ounces of the ſtrain'd liquor, add tincture of hiera picra two ounces; oil of amber three drachms: mix, and make a gliſter, to which add a ſpoonful of common ſalt.

For a vomit, if a vomit be thought proper, (for in ſome caſes it is not)

Take emetick tartar four or ſix grains, black cherry-water an ounce and half; oxymel of ſquills half an ounce: mix.

Or, Take vomiting wine ſix drachms or one ounce, according to the age and ſtrength.

The fit being ended, to prevent a return, which would be fatal, *purgatives* are of great uſe.

Take barley cinamon-water two ounces; rue-water one ounce; extract of Rudius 25 grains; make a mixture to be taken in a morning, and repeat it once a week. Alſo,

Take tartar pills of Bontius one ſcruple; mercurius dulcis 10 grains; oil of cloves three drops; of which make five or ſix pills to be taken in a morning once a week.

Snuffs to draw phlegm from the noſtrils ſhould alſo be uſed; for which intention,

Take roſemary-flowers and flowers of lily of the valley, of each one drachm; marum Syriacum two drachms; white hellebore-root in powder 10 grains; mineral turbith 10 grains: mix for a ſnuff, of which take a pinch in the morning, keeping warm after it.

In the time of the fit blow a little up each noſtril thro' a quill.

To arm ſtill further againſt a relapſe, remedies to ſtrengthen the brain muſt be given: Any of the following are good:

Take volatile ſalt of amber one ſcruple; powder for the epilepſy (called *ad guttetam*) one drachm; elk's-hoof in powder a ſcruple; conſerve of roſemary-flowers half an ounce; ſyrup of ſteel what is ſufficient to make up a maſs, to be divided into five bolus's; of which take one every morning and evening; drinking after it a draught of the following infuſion, of the quantity of three or four ounces:

Take lavender-tops and roſemary-flowers, of each two drachms; muſtard-ſeed one drachm; rue-water 10 ounces; compound piony-water two ounces: mix.

Or, Take gum-ammoniac and aſſa-fœtida, of each half a drachm; balſam of Peru as much as will make 14 pills; of which take three morning and evening, drinking after them three ounces of the following cordial julep, *viz.*

Take rue and black cherry-water, of each four ounces; Dr. *Stevens*'s water two ounces; ſpirit of lavender two drachms; ſal volatile oleoſum one drachm; ſugar what ſuffices.

It would be alſo proper to rub the head all over with the following liniment, and to wear a paper cap after it:

Take tincture of caſtor three drachms; chymical oil of nutmegs and mace, of each one ſcruple: mix. Or rub the head all over with apoplectick balſam.

It is proper to obſerve, that the food ought to have no ſours in it; and milk-meats, rice, and puddens, and all viſcids, ſhould be avoided: and they may eat all things ſeaſon'd with pepper, ginger, nutmegs, mace, cloves, muſtard, garlick, onions, *&c.*

The cauſes of this diſeaſe are a particular conformation of the body; as, a ſhort neck, a groſs, plethorick, fat conſtitution; whatever hinders the motion of the blood through the arteries of the brain, as polypoſe concretions, eſpecially about the heart, attended commonly with an unequal pulſe, a vertigo, and ſometimes a momentary loſs of the eye-ſight; an inflammatory and coriaceous thickneſs of the blood, preceded by a fever, attended with the head-ach, redneſs of the face and eyes; old age, attended with a glutinous, cold, catarrhous, leucophlegmatick conſtitutution; in ſuch, the fore-runners of an Apoplexy are dulneſs, inactivity, drowſineſs, ſleepineſs, ſlowneſs of ſpeech, and giving anſwers, vertigoes, tremblings, oppreſſions in ſleep, night-mares; weakneſs, waterineſs, and turgidneſs of the eyes; pituitous vomiting, laborious breathing upon the ſmalleſt motion; whatever compreſſeth the veſſels of the brain, ſo as to ſtop the flux of the animal ſpirits and blood; a great fulneſs of blood, with its velocity, increas'd by heat, violent motion, a high diet, ſpirituous liquors, tumours of any kind; within the skull a partial and imperfect

circulation of the blood towards the lower parts; the effuſion and preſſure of any ſeroſity or blood upon the ventricles of the brain, (which is the moſt common and immediate cauſe of Apoplexies) violent paſſions and affections of the mind. The immediate forerunners of an Apoplexy are commonly a vertigo, ſtaggering, loſs of memory, ſtupor, ſleepineſs, a noiſe in the ears, and a more deep and laborious breathing; theſe laſt ſymptoms commonly precede an Apoplexy, but they are likewiſe common to it with other nervous and hyſterical diſtempers.

Attention to the forementiond ſymptoms, affords the beſt cautions and rules of living by way of prevention; for when it has taken place, *Hippocrates*'s prognoſtick is generally true, That it is very hard to reſolve a ſmall Apoplexy, and quite impoſſible to reſolve a great one; the gentleſt kind of this diſeaſe is often taken off by ſweating.

The applications in the fit are of the medicinal kind, it being too acute a diſeaſe to admit of any helps from diet, but that may be of great uſe for prevention; a thin, ſlender, cool, regular diet, oppoſite to the particular ſymptoms above-mention'd; frequent and copious bleeding; keeping the belly always open; ſtimulating ſubſtances, which have been thought beneficial, in this caſe very often hurt, by forcing the blood too much up to the head. Vomiting may prove extremely pernicious; but the regimen is to be varied according to the cauſe of the diſeaſe, which may be collected from the conſtitution of the patient in theſe Apoplexies, which depend upon a ſanguineous cauſe. The regimen preſcrib'd in ſanguine conſtitutions (ſee *Conſtitutions*) is proper. Fat and phlegmatick people, who are very ſubject to this diſeaſe, ought to attend to the rules preſcribed in their caſe (ſee *Conſtitutions*); and as there are Apoplexies from inveterate gouts, (ſee *Gouts*) the regimen of ſuch muſt be different from both, the intention being to tranſlate the morbifick matter upon the extremities of the body.

Thoſe who have a diſpoſition to this diſeaſe ought never to go to bed with a full ſtomach, nor to lie with their head low.

An Apoplexy is reſolv'd by a fever, and when not fatal, terminates in a palſy. See *Palſy*. See alſo *Catalepſis*.

CATALEPSIS.] This is a kind of Apoplexy, wherein the patient is ſuddenly ſeized without ſenſe or motion, and remains in the ſame poſture in which the diſeaſe ſeizeth him, the muſcles remaining in the ſame tenſion. Violent fevers in ſtrong, atrabilarious, dry conſtitutions has produc'd this diſtemper; the diet, after the fit is off, ought to be moiſtening and relaxing.

LETHARGY.] Is a lighter ſort of Apoplexy, and demands the ſame cure and diet as an Apoplexy from a phlegmatick caſe, ſuch being the conſtitution of the lethargick. See *Epilepſy*, *Palſy*.

The following Recipes, which have been approved in particular caſes, will ſupply what we have further to add on this important article.

For a Lethargy.

TAKE the water of black cherries, rue, walnut, ſimple, of each three ounces; compound piony-water two ounces; caſtoreum (tied in a bag, and hung in the glaſs) two drachms; ſugar three drachms: mix,

mix, and make a julep; give four or five ſpoonfuls every third or fourth hour, taking at the ſame time a paper of the following powder:

Take powder of male piony-roots, man's skull, Virginia ſerpentary-roots, contrayerva, of each a drachm; bezoar, pearl, of each half a drachm; coral prepar'd a drachm; make a powder of them, divide it into twelve papers.

A ſneezing Powder for a Lethargy.

TAKE marjoram, roſemary, betony, flowers of lily of the valley, of each three drachms; nutmegs two drachms; volatile ſal armoniack one ſcruple; ſweet-ſcented tobacco, in fine powder, half an ounce: mix them all together, and make a fine powder; keep it cloſe ſtopt in a bottle for uſe.

A quilted Cap for the Apoplexy.

TAKE Spaniſh angelica-root two drachms; Florentine orice one drachm; ginger, zedoary, long pepper, nutmeg, of each half a drachm; marjoram, mint, roſemary-flowers, lavender, of each half an ounce; make a powder, and ſew them in ſilk, and wear it on the head ſhaved. Bathe the head with Hungary water, and compound ſpirit of lavender a like quantity.

To prevent a Relapſe of an Apoplexy.

TAKE of the pills cochia the greater, two ſcruples; once every third day, at four of the clock in the morning, and ſleep after them; repeat it ſix times.

Tablets for the ſame.

TAKE ambergris half a drachm; diſtill'd oil of aniſeeds, cinamon and nutmeg, of each two drops; oil of cloves one drop; ſugar diſſolved in orange-flower water, as much as ſufficeth to make tablets. Let the patient eat one at pleaſure.

Emulſion for the Apoplexy.

TAKE piony-ſeeds husk'd one ounce; diſtill'd waters of rue, black cherries, and compound piony-water, of each ſix ounces; pearl-ſugar one ounce and a half; make an Emulſion; drink at pleaſure.

A Plaiſter againſt an Apoplexy.

TAKE galbanum, opopanax, of each two drachms; pellitory of Spain, and caſtor, of each one drachm; oil of amber one ſcruple; Venice-turpentine a ſufficient quantity to make a plaiſter; which ſpread on a thin leather, and lay it on the head, freſh ſhav'd, ſo as to cover it all over.

A Cataplaſm for the ſame.

TAKE freſh briony-roots three ounces; muſtard-ſeed, black ſoap, of each one ounce; cantharides (Spaniſh flies) ſix drachms: make it into a conſiſtence with a ſufficient quantity of vinegar; ſpread it upon a cloth, and lay it all over the head.

A powerful Application to prevent and check the Apoplexy.

MAKE an iſſue at the meeting of the ſutures, and keep it open for a good while: But if the caſe will not admit delay, clap on a good cupping-glaſs, without ſcarification, or with it, as need ſhall require, upon the ſame concourſe of the ſutures.

A Glyſter, good in an Apoplexy, Lethargy, Coma, and Palſy.

TAKE pellitory of Spain half an ounce; coloquintida (tied up in a rag, or elſe it will gripe) half a

drachm; rue two handfuls; boil in water to ten ounces; and to the ſtrain'd add infuſion of crocus metallorum one ounce; tincture of caſtor half an ounce; ſalt gem, oil of amber, each two drachms; mix.

If it ſtay not with the patient, it muſt be repeated again: for it is no unuſual thing in theſe caſes, for Glyſters to ſlip away preſently, by reaſon that the inteſtines, having their fibres benumbed, and paralytically relaxed, loſe their retentive faculty.

See *Conſtitutions*, *Epilepſy*, *Hypochondriack Diſorders*, *Head-ach*, *Palſy*, &c.

APPETITE.

APPETITE, Lord *Bacon* ſays, is chiefly moved by things cold and dry; for cold is a kind of indigence of nature, and calleth upon ſupply; and ſo is dryneſs; and therefore all four things, as vinegar, juice of lemons, oil of vitriol, *&c.* provoke Appetite; and the diſeaſe called *Appetitus Caninus*, conſiſteth in the matter of an acid and glaſſy phlegm in the mouth of the ſtomach.

Another reaſon why four things move the Appetite, is, becauſe they induce a contraction in the nerves placed in the mouth of the ſtomach, which is a great cauſe of Appetite.

Onions, ſalt, and pepper alſo, in baked meats provoke the Appetite, by vellicating of thoſe nerves; for motion whetteth.

Wormwood, olives, capers, and ſuch-like, which participate of bitterneſs, alſo move the Appetite, by abſterſion. So that there may be ſaid to be four principal cauſes of Appetite. The refrigeration of the ſtomach, joined with ſome dryneſs; contraction; vellication; and abſterſion. Beſides hunger, which is an emptineſs; and yet over-faſting many times ſuppreſſes the Appetite, becauſe it makes the ſtomach draw humours; and eſpecially ſuch as are light and cholerick, which quench Appetite moſt.

The following of the plough hath been approved for refreſhing the ſpirits, and procuring Appetite: But to do it in the ploughing for wheat or rye, is not ſo good, becauſe the earth hath ſpent her ſweet breath in vegetables put forth in ſummer. It is better therefore to do it when barley is ſow'd.

But becauſe ploughing is ty'd to ſeaſons, it is beſt to take the benefit of the air of the earth new-turn'd up, by digging with a ſpade; or, if that be too tireſome and laborious, to ſtand by him that digs.

Ladies may receive great benefit by kneeling on a cuſhion and weeding; and theſe things may be practiſed in the beſt ſeaſons, which is ever the early ſpring, before the earth weakens her virtues by puting forth her vegetables; and in the ſweeteſt earth that can be choſen, and when the dew is a little off the ground, for fear of too moiſt a vapour. This excellent author ſays, he knew a great man that lived long, who had a freſh clod of earth brought to him every morning as he ſat in his bed, and he would hold his head over it a pretty while; and if, ſays he, in digging of new earth a little Malmſey or Greek wine were poured in, that, joining with the vapour of the earth, would ſtill more comfort the ſpirits.

fineſt Benjamin, three ounces; aloe ſuccotrina, myrrh, electuary, pureſt frankincenſe, of each one ounce; root of angelica, flowers of St. John's-wort, of each two ounces: beat theſe very fine, and put them (all but the balſam of Peru) in a bottle with a pint of doubly rectify'd ſpirit of wine; ſet it in the ſun all the dog-days, ſtopped very cloſe; then ſtrain it off, and put in the balſam of Peru. Fill up the bottle with freſh ſpirits, after the firſt is ſtrained off, and it will ſerve for all common uſes. For the colick or pain in the ſtomach, twenty drops in loaf-ſugar; 'tis alſo of excellent uſe for any inward bleedings; but the moſt common uſe of it is for all green wounds: if the part wounded continue bleeding, take fine lint, dip in the balſam, and make a bandage over it.

Monſieur de Punedan's *Liquid Balſam, excellent.*

TAKE of dry balſam of Peru, one ounce; drop-ſtorax, two ounces; the fineſt Benjamin, three ounces; ſuccotrine aloe, the beſt of myrrh, male frankincenſe, angelica-root, flowers of St. John's-wort, of each half an ounce; infuſe the ingredients firſt ſlic'd, and groſly pounded, into a quart of rectify'd wine; ſtop the bottle very cloſe, and ſet it in the ſun during the dog-days, or in any moderate heat, ſhaking the bottle often, till the ſpirit of wine is as ſtrongly tinctured as poſſible with the ingredients: then decant the clear liquor, running it thro' a fine linen; keep it cloſe ſtopped for uſe in ſmall bottles; and when at any time you open a bottle, ſtop it immediately, it loſing much of its virtue by ſtanding open: if no dry balſam of Peru be to be got, the liquid will ſerve, the firſt being what naturally diſtils out of the Peruvian plant by inciſion; the latter being a decoction of the leaves and under-branches of the ſame plant. Drop-ſtorax, or ſtorax calamita, is extremely preferable to the liquid-ſtorax, and only to be uſed. The roundiſh clear pieces of frankincenſe, of a yellowiſh-white colour, are to be choſen. The virtues are: It cures in eight days all curable wounds made with a ſword, or fire-arms; as alſo all manner of cuts or hurts, where the skin is broken, provided the ſore be dreſs'd with this balſam, either applying it with a feather, or elſe injecting with a ſmall ſyringe, if the wound be deep, five or ſix times. It cauſes no ſuppuration or matter, which moſt other remedies do. It is prodigiouſly painful, when firſt apply'd; but the anguiſh ceaſes in leſs than a minute. If other remedies have been uſed before the balſam, waſh the wound very well with warm wine; this balſam will have its effect, but not ſo ſpeedily: in wounds or hurts, which are not very deep, after you have apply'd at the firſt this balſam, with a feather, five or ſix times, or till no further conſiderable pain is felt, upon a freſh application, dip a fine linen rag, or a fine lint, in warm ſpirit of wine, and lay it upon the wound: upon that lay a larger linen rag, three or four times double, dipped in the ſame ſpirit of wine, and a binder over all. If no ſpirit of wine be to be had, uſe any warm wine, Hungary-water, or any thing of that nature. When you come to dreſs it again, do not pull off your lint, or undermoſt rag; but only wet it throughly with the balſam, and put on the uppermoſt linen, well dipped as before, continuing this, at firſt, twice in twenty-four hours, afterwards once, till the undermoſt

undermoſt rag comes off of itſelf, which it will do, as ſoon as the wound is healed under it. The reaſon why the lint is beſt on, is becauſe the glewineſs of the balſam makes it ſtick ſo cloſe (when dry'd) to the wound, that 'tis impoſſible to pull it off without great pain, and ſcarce without breaking the new and tender skin growing over the wound. In deep wounds the rag or lint muſt be taken off as long as 'tis neceſſary to apply the balſam by way of ſyringe; which that you may do with more eaſe, ſoak it well firſt with warm ſpirit of wine. For my part, (in deep wounds eſpecially) I ſhould be afraid of this remedy, let it ſhould, by its great glewineſs, cloſe the orifice, the bottom yet unheal'd. It cures all ulcers, even cancers and cankers. 'Tis a certain remedy for the bite of a mad dog, and other venomous creatures; and for all ſorts of fiſtula's, in all places, tho' of never ſo long ſtanding. 'Tis very good in the gout, applying it at bed-time. It cures bruiſes and defluxions, by batheing the part. A little, apply'd with a feather, cures ſore eyes. It prevents the ſmall-pox from pitting, every puſtle, as it comes out, being anointed with it; this drying them up without permitting them to turn to matter, which occaſions the mark (a dangerous experiment!). 'Tis of admirable uſe in the colick, taken in wine. 'Tis of ſervice in the purples, taken in ſmall broth, or other proper liquor, as alſo in the ſame, (if accompany'd with a fever) if not in wine. It clears the ſtomach, and reſtores loſt appetite. 'Tis of great ſervice in all ſorts of fluxes of the belly, either bloody or other, taken in wine, broth, or other vehicle or liquor; the doſe from ten to forty drops or more, according to the age or ſtrength of the patient. Nothing is equal to it for a horſe which is hurt with a nail in ſhoeing: if a drop or two be immediately put into the hole from whence the nail was drawn, it cures inſtantly. Obſerve in general, that the balſam is never to be warm'd, but always apply'd and uſed cold; and if mixt with broth, it muſt be taken as ſoon as dropp'd in; as alſo, that when outwardly apply'd, no kind of plaiſter or tent muſt be uſed. The beſt way is, to ſteep the flowers of St. John's-wort, and the angelica-root, firſt in the ſpirits; and then ſtrain them out, and put in the other ingredients. Rectify'd ſack is the beſt ſort of ſpirit. For

BLEEDINGS,

See *Hæmorrhages*.

B E D S.

THE Neceſſity of Cleanneſs in them; the Original of BUGS; *and other curious Matters.*] Cleanneſs in houſes, eſpecially in Beds, is a great preſerver of health. Now Beds, for the moſt part, ſtand in corners of chambers; and being ponderous cloſe ſubſtances, the refreſhing influences of the air have no power to penetrate or deſtroy the groſs humidity that all ſuch places contract, where the air hath not its free egreſs and regreſs. In theſe ſhady dull places Beds are continued for many years, and hardly feel the ſun or elements. Beſides, Beds ſuck in and receive all ſorts of pernicious excrements that are breathed forth by the ſweating of various ſorts of people, ſome of which

which have leprous and languiſhing diſeaſes, and on which ſome who lie and die. The Beds receive all theſe ſeveral vapours and ſpirits, and the ſame Beds are generally continued for ſeveral generations, without changing the feathers, until the ticks be rotten. Beſides, we have many feathers that are imported from ſeveral countries, which are the drivings of old Beds, the uncleanneſs whereof is not conſidered. As to the nature of feathers, they are of a ſtrong, hot, fulſome quality: For fowls, of all creatures, are for the moſt part the hotteſt; and their feathers are of the ſame nature: Therefore the conſtant lying on ſoft feather-beds, does not only over-heat the back and reins, and weaken the joints and nerves; but ſuch Beds have power alſo not only to receive, but retain, all evil vapours and excrements that proceed from, and are breathed forth by, various diſeaſed people. Hence it comes to paſs, that ſundry diſtempers are transferred from one to another, by lying upon or in ſuch Beds, which diſtempers do ſecretly ſteal on a man by degrees, ſo that he cannot imagine whence the diſorder proceeds, or what the cauſe thereof ſhould be.

There are many indeed whoſe conſtitutions are ſtrong, and their natural heat and ſpirits ſo vigorous and lively, that they withſtand and repel all ſuch evil vapours and ſcents: But thoſe ſuffer by them, whoſe natural heat is weak, and their ſpirits few; for thoſe evil vapours do powerfully penetrate the whole body, if they are not withſtood by the central heat and power of the ſpirits, and incorporate themſelves with their likeneſſes in the human body. Theſe are the chief reaſons why one man gets diſeaſes by lying with diſeaſed perſons, and in unclean Beds, and others not.

Every one that can, will have plentiful changes both of linen and woolen garments; for if they have not, experience ſhews, that the excrements and breathings of the body will generate vermin. Moſt people likewiſe take care that their furnitures are daily bruſhed and rubbed, and their very floors waſhed, as though they were to eat their food on them: But all this while, they lie on beds that have not been changed, or hardly aired, in ſeveral years. Let any indifferent perſon judge, which is moſt pleaſurable and healthful, to have a clean floor to tread on, which coſts many hard days labour to keep ſo, and is dirtied in a moment's time; or to have a clean ſweet Bed to lie on.

From the pernicious ſmells, and putrified vapours, which proceed from old Beds, are generated the vermin called *Bugs*, according to the degrees of uncleanneſs, nature of the excrements, and the cloſeneſs of the places where Beds ſtand; for even the excrements of ſome people are not ſo unclean as others: Alſo in all cloſe places, eſpecially in cities and great towns, the ſpirits and thin vapours of the air are ſuffocated, which makes the ſame air ſulphurous and humid, whence proceeds putrefaction. Therefore it is not a general rule, *That all old Beds ſhould breed Bugs*; for where the thin pure air, with the refreſhing influences of the ſun and elements, have their free egreſs and regreſs, all ſuch matter is deſtroyed whence ſuch vermin is produced.

The original of theſe creatures called Bugs, is from putrefaction occaſioned by ſtinking ſcents and vapours,

vapours, which proceed from the bodies and nature of men and women, and the mixing or incorporating of theſe vapours with moiſt and ſulphurous airs: For where there is no heat nor humidity, there can begin no putrefaction. Therefore all that have attributed the generation of this vermin to wood, as bedſteads, and the like, are groſly miſtaken in the productions of nature; for there is no matter in wood that can generate ſuch a vermin, it being productive only, or chiefly, of two creatures in *England*, *viz.* of *wood-lice*, and a *ſmall worm*. Theſe *wood-lice* themſelves are never generated but in places where the ſun and air have not their free influences, whereby ſtore of humidity is contracted; nor the worm, till the nature and power of the ſalts, which preſerve the wood, are decayed, thro' length of time; at which time the air enters it, and preſently cauſes it to contract a humid quality, from whence proceeds putrefaction; whereof, when the ſun is powerful, this worm is bred. But ſo long as wood continues ſound, and is kept dry, the air having its free influences on it, no ſort of wood ever breeds any kind of vermin whatſoever.

There are many alſo who attribute the generation of this vermin to hogs hair, which being mixed with lime, and houſes plaiſtered with it, occaſions (as they think) the generation of *Bugs*. Now it is moſt certain, that there is no poſſibility in nature for this production: For no kind of hair ever breeds any living creature, except it be put into water or mud when the ſun is powerful; and then this creature, thus generated, retains its firſt *ſpecies*, *viz.* a hair, with a live head, which was its element whence it proceeded; but if you take it out of the water, it preſently dies: So alſo it doth when the ſun declines in heat, as moſt ſorts of vermin that are bred through heat and moiſture do. But hair being mixed with lime, all matter of generation is thereby totally deſtroyed: For lime chiefly contains a harſh, fiery, keen, ſharp, corroding quality; and is ſo ſharp, that it deſtroys life, and is as contrary to it as light is to darkneſs; ſo that if there were never ſo much matter in hair for the generation of ſuch vermin, lime would deſtroy it.

As a proof, that the original of theſe noxious vermin is owing to the cauſe we have mentioned, it hath never been known, that they were ever ſeen in ware houſes, kitchens, parlours, dining-rooms, or any places where beds have never been, except they have by accident been brought into ſuch rooms or ware-houſes, by furniture of chambers that have been troubled with them, though all ſuch places have the ſame furniture as chambers, except Beds.

From the ſame matter whence *Bugs* are bred, is alſo occaſioned the generation of many naſty diſeaſes in the blood; ſo that the deſtruction of the matter that breeds them, is of greater conſequence than moſt people are ſenſible of: And if theſe following rules be obſerved, we dare affirm, That the generation of Bugs will ceaſe, and alſo many other inconveniencies and diſtempers, that are got by this ſort of uncleanneſs, will be avoided.

Firſt, You are to deſtroy all preſs-bedſteads, which ſtand in corners of rooms, and which are made up with boards ſo cloſe, that the air cannot penetrate, or dry up and conſume the moiſt ſulphurou va-

pours

pours that are contracted. Theſe ſorts of Beds, that ſtand ſo, it is well known, are apt to have them more than others.

Alſo you are to ſet your other ſorts of Beds as near as you can in the moſt airy places of your rooms, expoſing them to the air the moſt part of the day, with your chamber-windows open, that the air, which is the moſt excellent element, that ſweetens all things, and prevents putrefaction, may freely paſs.

In the night alſo you ought not to have your window-curtains drawn, nor the curtains about your Beds; for it hinders the ſweet refreſhing influences of the air, ſo that the air of all cloſe places becomes of a hot ſulphurous nature and operation; and the thin pure vapours, which wonderfully refreſh nature, are as it were ſuffocated. It is in an eſpecial manner obſervable, when people are ſick, or out of order, ſuch rooms as are kept very cloſe, and with great fires in them, have ſuch bad effects on the conſtitution, that if even a healthy perſon continue but three or four hours in them, the fulſome ſteams, and thick vapours, will much diſorder him, and take away the edge of his appetite: And if ſo, what will the operation be on thoſe whoſe ſpirits are weak and diſordered with diſtempers?

Nothing then can be more pleaſant and healthful than good air; it chears and comforts the ſpirits, it opens the paſſages of the joints and nerves, it purifies the blood, creates an appetite, increaſing ſtrength and vigour: While on the contrary, hot, thick, ſulphurous airs do not only obſtruct the paſſages of the ſpirits, but ſuffocate them, loading the joints and nerves with evil juices; whereby the limbs and members become full of pain, cauſing a general tenderneſs to poſſeſs the whole body, and deſtroying the appetite, and the power of the digeſtive faculty in the ſtomach. From all which we may conclude, that *moderate cloathing*, *hard Beds*, houſes that ſtand ſo as that the pleaſant breezes of wind may air and refreſh them, and alſo ſuch as are full of windows, are to be preferr'd: For where the air hath not its free influences, the ſpirits become dull and heavy. (See *Air*.)

The moſt certain means then not only to prevent the generation of this vermin, but alſo to preſerve health and ſtrength, are ſtraw, or rather chaff-beds, with ticks of canvas, and quilts made of wool or flocks to lay on them, and what we call mattreſſes; which certainly is the moſt eaſy and pleaſant lodging that can be invented; and a little cuſtom will make it appear friendly to nature, and in every reſpect far beyond the ſofteſt feather-beds, on which when a man lies down, he ſinks into them, as into an hole, with banks riſing on each ſide of him. Beſides, ſuch ſoft Feather-beds do over-heat the reins and back, making all the parts tender, and cauſing ſweatings, and produce alſo gravelly complaints, and many other inconveniencies to health. They are alſo extreme fulſome, and by their heat powerfully dry up the radical moiſture, cauſing a general faintneſs. But on the contrary, hard, even Beds, or mattreſſes, that lie ſmooth, are not only eaſy through cuſtom, but a man may turn freely, both ſleeping and waking: They harden and ſtrengthen the whole body, eſpecially the back and reins, make the nerves and ſinews ſtrong, preventing the immoderate

moderate evacuations by ſweating, and keeping the body in a temperate heat. Beſides, ſuch Beds may be often changed, with but little trouble, and leſs coſt; they ſend forth no ſtinking fumes or ſteams, as Feather-beds do; but are ſweet and clean. Certainly nothing is more healthy, next to temperance in meat and drink, than clean hard Beds.

All ſorts of Beds, eſpecially Feather-beds, ought to be changed, driven, or waſhed, at the leaſt three or four times in a year; or elſe it will be very difficult to keep them ſweet and clean, and to prevent the generation of vermin, or the other inconveniencies before-mentioned. Feathers and their quills do certainly contain an unclean putrified matter, that hath a near affinity with the nature of Bugs; and therefore Feather-beds are more apt to breed them, than wool, or flocks; though both will do it, if the forementioned rules be not obſerved.

Indeed each man's own Bed does not ſtink or ſmell ſtrong to himſelf, becauſe he is accuſtomed to it; neither does a tallow-chandler ſmell thoſe horrible ſcents, and pernicious fumes, that old tallow ſends forth when it is melted: But let any other perſon, that is not accuſtomed to it, be near ſuch things, and it will be very offenſive to him. Even ſo it is in all other ſtinking trades, and things of this nature: So that the greateſt ſlut in the world does hardly ſmell her own houſe or Bed ſtink.

A great part of the children that die, eſpecially in towns and cities, is occaſioned either by the intemperance of their mothers, during the time they go with child, or afterwards by their unnatural and badly-prepared food, and ſuffering them to eat to exceſs; alſo by their keeping of them too warm, and too cloſe from the air, and lapping of them up in ſeveral double cloths and ſwathes, ſo tight, that a man may write on them; and then putting them into warm Beds, and covering them up cloſe. If a ſtrong man was ſo bound up, he could not endure it, without great injury to his health. Beſides, the window-curtains are drawn, and alſo the curtains about the Bed; by which means the air becomes ſo hot and ſulphurous, that it cauſes great diſorders to attend both the mothers and the children. This ill kind of management does alſo cauſe ſuch a tenderneſs both in the mother and the child, that on every ſmall occaſion they are liable and apt to get colds, and divers other diſtempers.

And it may be affirmed, That all ſorts of people who keep their Beds, let the occaſion be what it will, not excepting lying-in-women themſelves, have tenfold more need of the refreſhing influences of the air, than others that are up: For the Bed being much hotter than a man's garments are when he is up, the thin, refreſhing, moiſt vapours, that do penetrate the whole body more powerfully when a man is up, are thereby hindred. This is one chief reaſon why a man cannot digeſt a ſupper ſo well in Bed, as if he ſits up. All men know, that the Bed deſtroys appetite. If a man go to bed at eight a-clock, and lies till eight in the morning, he ſhall not be hungry; but if he goes to bed at the ſame time, and riſes at four in the morning, though he ſits ſtill without action, yet by eight he ſhall have a good ſtomach to eat and drink; ſo great is the power of the air: For when a man is up, his body is cool, and the pure

ſpirits,

ſpirits, and thin moiſt vapours of the air, have power to penetrate the body; which element the body ſucks in like a ſponge through the pores; and this does not only cool and refreſh the ſpirits, and the whole body, but alſo powerfully ſtrengthens the action of the ſtomach. See *Air*, *Appetite*, *Stomach*, &c.

For deſtroying this noxious vermin, *Bugs*, ſee the *Frugal Houſe-keeper's Directory*, part 1.

BLEEDING.

See *Evacuations*, &c.

BLEEDINGS.

See *Fevers*, *Hæmorrhages*, *Piles*, *Pleuriſies*, *Wounds*.

BLISTERING.

See *Evacuations*, &c.

BLOOD.

THE Blood of labouring people is more denſe and heavy, than of thoſe who live a ſedentary life; and the diſeaſes which people imagine proceed from thickneſs of Blood, come often from the contrary cauſe. Too thin Blood ſtrays into the immediately ſubordinate veſſels, which are deſtin'd to carry humours ſecreted from the Blood. This cauſes an obſtruction falſly aſcrib'd to the thickneſs of the Blood. The qualities of Blood in a healthy ſtate are, to be florid when let out of the veſſel, the red part congealing ſtrongly and ſoon together in a maſs moderately tough, ſwimming in the ſerum, which ought to be without any very yellow, or greeniſh caſt.

See *Diet*, *Conſtitutions*, &c.

BLOODY WATER.

See *Stone* and *Gravel*.

BREAST.

SEVERAL diſorders attend the Breaſt, the chief of which are the following: 1. The diſorders to which it is ſubject in women pregnant, or juſt deliver'd. 2. The dropſy. 3. Oppreſſion of the Breaſts.

1. The diſorders to which the *Breaſts* of *pregnant* or *child-bed-women* are ſubject, may be (1.) a ſuperabundance of milk; which muſt be prevented by the application of plaiſter of hemlock to the Breaſt. It is uſual alſo to put double linen cloths, dipt in ſpirit of wine, under the arm-pits. Plaiſter of ſimple diachylum, and milking the Breaſts on red-hot irons, will leſſen the quantity, and ſtop the hardening of the Breaſt. The milk muſt be dry'd in the other Breaſt, before the tainted one can admit of a cure. (2.) A ſwelling without pain, and hard, preſages a cancer, and muſt be diſpell'd by plaiſter of hemlock with ſal ammoniac, plaiſter of frogs with mercury, and ſuch-like. You may uſe the following cerate: "Take of the tops of wormwood "powder'd, two drachms; lentil, "fenugreek, and fenel-ſeeds, each "one ounce; juice of hemlock and "henbane, each three ounces; "ointment of dialthea, two ounces; "duck and gooſe fat each one "ounce; deer-ſuet two ounces; "liquid ſtorax half an ounce; wax "four ounces; make a cerate." Hemlock boil'd in wine, and bruis'd

with hog's-lard, is effectual in extenuating theſe ſwellings. (3.) An inflammation of the Breaſts proceeds from the ſourneſs of the milk in women giving ſuck; and is very dangerous. It may beſt be diſſolv'd by water of unſlack'd lime. The cure may alſo be attempted by a poulteſs made of bean, lupin, and lentil-flour, boil'd and kneeded in water and vinegar, and mixt with a little white of an egg. It may alſo be treated with plaiſter of hemlock, or of ſperma-ceti, *&c.*

2. A *dropſy in the Breaſt* is known by the ſwelling of the Breaſt and feet, the crookedneſs of the nails, quick breatheing, a cough and fever, together with a palpitation of the heart. Bladders of water frequently ariſe in the lungs. This diſeaſe is curable by diureticks and catharticks, or by tapping.

3. The *oppreſſion of the Breaſt* is one of the ſymptoms of a fever, and muſt be diſpell'd by means made uſe of in that diſeaſe; which ſee under its proper Article.

As nature has not provided a repoſitory for the milk, it is all contain'd in the glands and arteries; ſo that when nurſes feel ſo great a diſtention in their Breaſts, and parts adjacent, all the arteries are diſtended to a great ſize, and unleſs the milk returns, there is no other method to get rid of it, but to have the breaſt ſuck'd or milk'd; otherwiſe it will be apt to break the veſſels containing it, and then it curdles, and turns into an abſceſs. For this, and other caſes relating to the Breaſts, (additional to what we have ſaid above) the following receipts are efficacious:

A Liniment for a ſore Breaſt.

TAKE ointment of yellow baſilicon, Arceus's liniment, of each ſix drachms; powder of myrrh two drachms; maſtich, aloes, of each half a drachm; honey of roſes, the yolk of an egg, of each two drachms; make a liniment, and apply it warm with pledgets,

For the chapping of the Nipples.

TAKE freſh pomatum two ounces; ſtarch powder'd, and bole-armen. of each an ounce; white ſugar one drachm; ſaffron powder'd five grains; make a liniment, and anoint the Nipples often with it.

For a ſore Breaſt.

TAKE a ſheep's head, open it, and after you have waſhed it, boil it two hours; then ſtrain it, and put to the liquor half a pound of rice; then ſet it on the fire, and boil it to the conſiſtence of a poulteſs; mix with it a quarter of a pound of freſh hog's lard, and as much ſaffron, in powder, as will give it a colour. Lay it warm to the ſore; it will both break and heal it.

A Plaiſter for the Breaſt, to diſſolve curdled Milk.

TAKE ſperma-ceti one ounce; white wax two ounces; galbanum, ſtrained with vinegar, half an ounce; oil of alder as much as will be ſufficient to make a plaiſter. It is proper for all tumours of the Breaſt, occaſion'd by the curdling of the milk, and it is good in white ſoft ſwellings, or the evil in the Breaſt, or any hard tumour in any part of the body.

An often try'd Cataplaſm to break a ſore Breaſt, &c.

TO the yolks of four eggs, take four ounces of live honey; mix them by grinding well together, with about half a pint of red-wine, and

and apply this mixture as a kind of poulteſs.

Cerecloth for Swellings in the Breaſt, &c.

MAKE a cerecloth of oil of linſeed, and yellow wax, and apply it to the part, firſt anointing it with linſeed-oil.

A Plaiſter to break a ſore Breaſt, &c.

SEETH a lily-root and piece of leaven in milk, till the root be ſoft. Lay it plaiſter-wiſe to the part, morning and evening, as hot as you can bear it.

A Plaiſter to diſcuſs and ſoften any hard Swelling in the Breaſt, occaſion'd by the drying of the Milk.

TAKE the plaiſters of diachylon, without the gums, of burnt lead, of ſoap, of each one ounce; cumin-plaiſter half an ounce; melt them, and add oil of amber one drachm; mix them, and make a plaiſter, ſpread a little on a linen cloth, and apply it to the Breaſt.

An Ointment for the ſame.

TAKE ointment of poplar, camphorated white ointment, ointment of bays, unguent. nutr. and honey, of each an ounce; mix them, and anoint the Breaſt with a warm hand, and apply the above plaiſter over it.

For the ſame.

FIRST bathe the Breaſts well with camphorated ſpirits of wine; then melt a little honey in a ſpoon, and anoint the Breaſts well with it; afterwards apply a piece of lawn paper all over it. Do this night and morning.

For the ſame.

TAKE oil of ſweet almonds two ounces; white wax, ſpermaceti, of each half an ounce; red roſe-water one ounce; boil them to the conſiſtence of a plaiſter, ſpread it upon dowlas.

To dry away the Milk.

TAKE red lead nine ounces; oil of red roſes one pint and a half; white wine-vinegar half a pint; boil them to the conſiſtence of a plaiſter; ſpread it on a coarſe cloth, and lay it over the Breaſt.

See *Cancer, Feminine Diſeaſes, Milk, Stomach, Wounds, &c.*

BREATH.

See *Aſthma, Conſumptions, Coughs, Pleuriſy, Phthiſick, Teeth, &c.*

BRUISES.

BRUISES from falls, or other accidents, are often of bad conſequence, according to the weight of the perſon, the force of the fall, the hardneſs of the place on which he falls, or the height from whence he tumbles. The circulating fluids are generally ſtopt by the accident, and the blood, haſtening to the injur'd part, will be hindered in its paſſage: for which reaſon, bleeding ſhould be plentifully uſed, particularly if any of the inward parts of the head, the breaſt, the belly, are injur'd, which will prevent an inflammation, or other dangerous ſymptoms. Spirituous liquors, and heating diet, muſt be abſtained from, and ſmall and cooling liquids plentifully drank;

and the following applications may be uſed to the injur'd part:

Take ointment of marſhmallows one ounce; ſperma-ceti melted two drachms; oil of almonds half an ounce; volatile ſalt of hartſhorn half a drachm; Venice-treacle half an ounce: mix, and make an ointment, to be rubbed well in, morning and evening; on which wear cap-paper.

Take ſperma-ceti two drachms; Venice-treacle two drachms; ſyrup of balſam what is ſufficient. Make a maſs, which divide into four bolus's, one of which take every five hours, drinking upon it a ſmall draught of the following apozem; *viz.*

Take pectoral decoction one pound; tincture of ſaffron made with wine, one ounce; ſyrup of red poppies an ounce and half: mix.

For a fall from a high place, or contuſion: Take of the leaves of the plant bitter-ſweet, four handfuls; powder of linſeed four ounces: boil them together in hog's lard, or Greek wine, and make a poulteſs, to be apply'd warm to the aggriev'd place. It will diſſolve, in a night's time, a ſwelling as big as a man's head, and has been effectual in almoſt deſperate caſes. The ſame plant may be uſed inwardly.

Embrocations, with vinegar, oil of Myrtillus, and oil of roſes, are enough for a ſimple bruiſe: uſe the following poulteſs: Take flour of barley and bean-flour, each three ounces; powder of cypreſs-nuts, powder of flower of pomegranate, and powder of roch-alum, each half a drachm; flower of red roſes three drachms; oil of roſes one ounce and half; two whites of eggs; a ſufficient quantity of vinegar: mix it, and make a poulteſs.

Take care to thin the clotted blood with ſaffron, or ſpirit of wine, ſimple or camphorated, in linen cloth; add to this treacle, and balſam of ſulphur, when the nervous parts are affected. Diaphoretick antimony, and volatile ſalt, are highly ſerviceable. The powder for a fall, ſmectick plaiſter, oil of linſeed taken inwardly, the bolus for a fall, and ſuch-like, may in ſome caſes be of great uſe. Amber prepar'd, red coral, lapis cancrorum, and ſperma-ceti are greatly approv'd. Strive as much as poſſible to convert the extravaſated blood into pus; but beware of a gangrene.

In a very deſperate caſe, when all the limbs are much bruiſed, take honey-combs with the honey, and boil them in wine, till they become an ointment; which ſpread on a warm ſheep-skin, taken from a ſheep lately kill'd, and wrap the patient therein. One was perfectly cured by the application of this for three days together.

In light hurts from Bruiſes, beef cut in ſmall ſlices, and applied to the part affected, is ſufficient. And ſpirit of wine is alſo an excellent thing for this purpoſe.

The following recipes are likewiſe well recommended.

A green Oil to be made in June.

TAKE roſemary-tops, green ſage, lavender-tops, feverfew, chamomile, bawm, ſouthernwood, betony, red roſe-buds, each two ounces; wormwood an ounce; let them all be chopp'd ſmall, and put into two quarts of good oil, and let it ſtand fourteen days, ſtirring it three or four times a week; then boil it ſoftly till the herbs be dry. It is good for bruiſes taken inwardly in three or four ſpoonfuls of

of warm ſack or ale; let the patient take it three times at firſt, as ſoon as may be after the accident; at night going to reſt, and the next morning. Outwardly anoint the bruiſed part with a feather, and put a piece of flanel upon the place. This oil is alſo excellent for ſtrains: it was given to a man after he had lain extremely ill for a fortnight, from a violent ſtrain in his body by lifting: he took it two or three times, and recover'd. It is alſo good to anoint any ſtrain in the hand or foot, and old aches and pains; but muſt not be uſed in the gout.

An Ointment for any Ach, Pain, or Bruiſe.

TAKE two pints of neat's foot-oil; half a pint of Canary or Muſcadine; lavender, the leaves and ſeeds of agrimony, each two ounces; put them all into a pipkin well paſted, and bake it with houſhold bread; after which ſtrain it. It is to be done twice or thrice, adding each time the like quantity of wine and herbs to the oil. Anoint the parts affected twice a day, rubbing them very well before the fire.

An eaſy, but uſeful Remedy for a freſh Bruiſe or Contuſion.

TAKE freſh butter and parſley, of each a ſufficient quantity; and having chopt the herb, mix it very well with the butter, to the conſiſtence of a cataplaſm, which is to be apply'd warm to the newly bruiſed parts.

For Contuſions, Bruiſes, &c.

TAKE green twigs of woody night-ſhade (cut like ſarſaparilla) four ounces; cochineal one ſcruple; white-wine one quart; infuſe hot and cloſe all night; then, having ſtrained out the liquor, add ſyrup of ground-ivy four ounces; Venice-treacle half an ounce; mix.

This laſt, ſays an eminent phyſician, is a ſingular experiment; for it diſſolves extravaſated clots of gore after a marvelous manner, and throws it out of the body. It operates ſo powerfully and ſpecifically, that upon the uſe of it, I have ſometimes, (adds the doctor) not without aſtoniſhment, obſerved black urine, which I ſuppoſed was made ſo by clots of blood diſſolved, abſorbed, and mixed in with the ſerum. Let ſix ounces be taken twice, or four ounces thrice a day.

For an inward Bruiſe.

HAVING firſt been let blood, immediately after take the following bolus and draught:

Take Venice-treacle two ſcruples; ſperma-ceti one ſcruple; caſtor and Virginia ſnake-root powder'd, of each five grains; volatile ſalt of hartſhorn, camphire, of each ſix grains; ſyrup of balſam, ſufficient to make a bolus.

The Draught: Take peny-royal-water, hyſſop-water, of each one ounce; treacle-water, ſyrup of ſaffron, each half an ounce; compound ſpirit of lavender, ſal volatile oleoſum, of each ten drops: mix and make a draught.

For the ſame.

TAKE Iriſh ſlate two drachms, powder it; ſpruce beer half a pint: mix them, and drink twice a day; bleeding being premiſed.

For the ſame.

TAKE Venice-treacle, Lucatellus-balſam, of each one ounce; milk of brimſtone two drachms; ſperma-ceti one drachm and a half; ſaffron powder'd, one drachm; pectoral ſyrup a ſufficient quantity to make an electuary. Take the quantity of a large nutmeg three

times a day, drinking after it a quarter of a pint of white-wine.

For a Bruiſe on the Head.

TAKE ſal volatile oleoſum, Hungary-water, and compound ſpirit of lavender, of each one ounce; mix them together, and rub the head therewith, it being firſt ſhaved.

BURNS and SCALDS.

A BURN is inſtantly accompanied with a very violent inflammation and pain; and ſometimes becomes a moſt ſtinking and dangerous ulcer.

For an excellent medicine to prevent putrefaction, and perfecting the cure, dip linen cloths in ſpirit of wine, and immediately apply them to the part affected, repeating it often till the pain ceaſes, and afterwards twice a day.

In the beginning of a Burn, cut the puſtules, in order to diſcharge the ſharp and hot matter. To eaſe the pain, take pigeon's blood warm from the bird.

If the face is burnt with gunpowder, which ſticks in the skin, pick it out inſtantly with ſome ſharp inſtrument. In ſlight Burns, oil of alders, and whites of eggs, or oil of flax, and lime-water, ſhaken together, are to be applied. A poulteſs of horſe-dung is uſeful to draw out the fire: Or, take ſugar of ſaturn half a drachm; vinegar of the beſt white-wine four ounces; diſſolve, and then add a ſufficient quantity of oil of alders; mix 'em, and make an ointment.

In Burns of the eyes apply defenſatives to the temples and forehead: ſtop the flowing of humours to the part affected, chiefly by bleeding: conſtantly drop ſome woman's milk into the eyes, mixt with roſe-water: and, for a poulteſs, 'take 'two ounces of the pulp of roaſted 'apples; two drachms of flour of 'fenugreek; one ounce of barley: 'boil 'em in a ſufficient quantity of 'cow's milk to make a poulteſs, to 'which add half a ſcruple of ſaf-'fron.' In this ſort of Burns avoid opium; but where the pain is ſharp, apply a poulteſs, of the crumb of white bread, boil'd in milk, with a little ſaffron and opium; which will aſſuage the pain a-while at leaſt.

In a Burn there are three degrees: 1. When the skin is red, the pain very pungent: preſently puſtules ariſe on the part affected, wherein a clear and white water is held, and the skin at laſt breaks. To prevent puſtules from ariſing, 'dip 'the part affected immediately 'in hot water, or in oil, or hold 'it near the fire: for fire is its own 'antidote; nay, onions bruiſed in 'a mortar with ſalt, and a little 'ſoap, will extract the fire.'

2. The ſecond degree is, when the place, being puffed up, grows red and painful, hot and burning, and the skin contracted and ſhrivelled by the violence of the fire. For the Burn, 'take ointment of 'baſilicum one ounce; oil of roſes, 'and oil of white lilies, each half 'an ounce; two yolks of eggs: 'apply a defenſative, and wrap the 'burnt place in a bandage wet in 'oxycrate, or even opium, in ex-'tremity of pain.'

3. The third degree is, when the skin has no ſenſe, if prick'd with a needle, and becomes a hard dry cruſt, which leaves behind it a loath-

loathſome and dangerous ulcer. Beware of a gangrene. Bleeding is ſometimes proper. Uſe the following fomentation to alleviate the pain, and ſoften the skin: 'Take 'marſhmallows-root two ounces; 'quince-ſeeds, and fenugreek, each 'half an ounce; chamomile-flowers, 'and melilot-flowers, each one 'ounce: boil 'em in three pints of 'ſpring-water to a quart, for a fo-'mentation; and add ſpirit of wine 'two ounces.'

Fire from lightning is the moſt dangerous of all, and muſt be cured according to its degree: give cordials inwardly.

For the preventing of unſeemly ſcars after the cure, apply emollients, and afterwards a thick plate of lead, anointed with mercury.

Dr. *Turner*'s cerate is excellent for a Burn or Scald, ſpread upon linen cloth, or upon lint or tow, as the caſe requires.

The following receipts are of experienced efficacy in particular caſes of Burns and Scalds.

Lady Adams's *Receipt of a Cerecloth for a Burn or Scald.*

TAKE a quarter of a pint of juice of houſleek; and two ounces of the inward bark of elder, put it into a quart of the beſt oil, and let it gently boil, till the goodneſs of the bark is out; then ſtrain it, and ſet it on the fire again; put in four ounces of white-lead finely beaten and ſifted: ſtir in the white-lead by degrees over a gentle fire, till it comes to a brown colour; afterwards put in of litharge of gold two ounces, finely powder'd and ſifted: let it boil a little; then put in an ounce of myrrh, finely powder'd and ſifted; ſtir it well in, till 'tis incorporated well with the other ingredients; after which dip the cloth in it, and put it into cold water; then ſmooth them on a wet board, roll a quantity together, and over it lay a paper: put it into a gally-pot, and cover it; ſtir in two wax candles of ſix in the pound.

An Ointment for a Burn or Scald.

TAKE two ounces of the inner rind of elder; two ounces of fern-roots; half an ounce of goats-trickles: pound them all together very well; then put them into two quarts of cold cream; let them boil gently, till it comes to a fine green oil.

For a Burn or Scald.

BEES-wax and oil mixt at firſt thin, and rubb'd over it with a feather; afterwards made juſt thick enough to ſpread and lay on as a plaiſter.

For the ſame.

TAKE ſome alum-ſtone, beat it in ſome whites of eggs, till 'tis turn'd to a curd like poſſet; apply it to the burn; 'twill take out the fire, and cure it, tho' ever ſo bad.

A Salve for Burns.

TAKE of elder-leaves two ounces, and one of flowers; of ſanicle one ounce; of five-leav'd graſs as much; ſhred 'em all together, and beat 'em in a mortar with a pound of faun's greaſe; then put it into a pot with a pint of ſallad-oil, and ſet it in a ſtone place, cloſe covered, for four days: afterwards ſet it in the oven cloſe-covered, when you bake coarſe bread; when you take it out, ſtrain it into a pot, and keep it for your uſe. This will cure any burn or ſcald.

A very often experienced Remedy for Burns.

TAKE two parts of the oil of walnuts, and one of honey; mix them well together over a gentle fire, and when they are thoroughly incorporated, dip a feather in the mixture, and anoint therewith the part affected, ſo as the ointment may touch it immediately; and then ſtrew on it ſome powder of ceterach, or ſpleenwort, and keep the part quiet, and defend it from the air.

For Burns, and ſtanching of Blood.

FOR ſtanching of Blood, there are but few medicines which exceed the colcothar of vitriol, whether waſh'd and freed from its ſalt, or not waſh'd: 'tis but a common thing, but will do more than a thouſand much more innobled.

An excellent Ointment for Burns and Scaldings.

TAKE of ſaccharum ſaturni half a drachm; of the ſharpeſt vinegar four ounces; make a ſolution of the former in the latter; and add to this ſolution, drop by drop, (often ſtirring or ſhaking them together) as much oil of alder as will ſerve to reduce the mixture into the form of an ointment.

A Liniment for a Burn.

TAKE linſeed-oil one pint; ointment of alder, and honey, of each four ounces; the yolks of three eggs; the powders of white-lead, burnt lead, and pompholyx, of each two ounces; oil of roſes and lilies, of each a ſufficient quantity to make a liniment: dip fine linen rags therein, and apply to the Burn, having firſt bathed it with ſpirit of wine camphorated.

An Ointment for a Burn.

TAKE ointment of tobacco, Arcæus's liniment, ointment of pompholyx, of each two ounces; the yolk of an egg; balſam of Peru two drachms: mix, and anoint the wound, and lay over it a plaiſter of ſimple diachylum.

For a Burn.

TAKE two raw onions; ſalt two drachms; beat them in a mortar, and apply them to the Burn.

CACHEXIES.

CACHEXY is derived from the Greek, and ſignifies a bad habit or conſtitution of body, proceeding from unſound viſcera, or diſtemper'd juices: it differs only in degree from an anaſarcous dropſy; for when once an ill habit is confirm'd, the legs become dropſical and pit. Groſs, glutinous, or viſcous food is often the occaſion of this diſtemper. The following meats are therefore to be ſhunned; *viz.* beef, old tough meats, pork, hare, veniſon, fiſh of a hard and clammy conſiſtence, as eels, *&c.* ſalted and dry'd meats, as bacon, hung ſalmon, *&c.* alſo unripe plums, apples, melons, cucumbers, medlars, *&c.* lettuce, cabbage, beans, peaſe, new cheeſe, new bread, all glewy food, as calves-feet, cow-heel, ſheeps-feet, *&c.* Eating to ſatiety, is alſo bad, be the food what it will; too much or too little, too

ſmall

ſmall or too ſtrong drinkables at meals are alſo bad; and a perſon ought always to chew well what he eats; for, as is well obſerv'd, the beginning of concoction is in the mouth, and no more ſhould be left for the ſtomach to perform than belongs to it, if you would not fill it with crudities.

When perſons are reduced to a bad habit of body, ſo as to come under the denomination of a Cachexy, they will find the following ſymptoms: The face will be pale and bloated, the skin ſoft and flabby; they grow weary without exerciſe, hate to ſtir about; have a coldneſs of their limbs, a dull heavy pain in their heads; an inclination to ſleep; they become ſtupid, find a difficulty in breathing; loſe their ſtomachs; are generally coſtive; their fluxes are ſuppreſs'd; their water is pale and muddy; pulſe ſlow and weak; and at laſt they grow weak and feeble, and are unable to ſtir at all.

All obſtructions are to be open'd, the blood muſt be thinn'd, and the circulation promoted: For which purpoſe the following medicines are very proper:

'Take mercurius dulcis 10 'grains; reſin of jalap ſix grains; 'lenitive electuary one drachm; 'make a bolus; which is to be 'taken in the morning; and this 'is to be repeated at proper di'ſtances 3 or 4 times. Then

'Take the bark and wood of 'guaiacum, of each an ounce and 'half; ſaſſafras-wood an ounce; 'roſemary-tops, ground-ivy, car'duus-leaves, of each one ounce 'and half; daucus-ſeeds, three 'drachms; cinamon two drachms; 'white tartar two drachms and 'half; cut and bruiſe all theſe, 'and infuſe them in a gallon of 'white-wine twenty-four hours; 'then ſtrain them out, and add 'ſpirit of ſalt armoniack one 'drachm: drink a draught of it 'every day in bed morning and 'evening, not ſo as to ſweat; but 'only to warm one ſo long a time 'as a benefit is found. Or,

'Take angelica-roots, and ele'campane-roots, of each an ounce; 'digeſt them in ſpirit of wine, till 'the tincture be very ſtrong: then 'filtre thro'cap-paper, and evaporate 'the ſpirit of wine till there re'main an extract at bottom as 'thick as honey: To this extract 'add a drachm of volatile ſalt of 'hartſhorn; mix all well together, 'and make an extract, which keep 'cloſe: Take 15 grains of this 'morning and evening in a glaſs 'of any ſtrong wine, till the com'plexion returns, and all the ſym'ptoms vaniſh.'

CANCER.

AT the beginning of this diſorder a pricking pain is felt; afterwards the Cancer grows bigger, ſometimes ſuddenly, ſometimes more ſlowly; and then becomes a hard, black, livid tubercle. When ulcerated, there ſucceeds a moſt violent heat, corroding the part like aqua-fortis, with a very offenſive ſmell and putrefaction, the veins round the tumour being ſwell'd and black.

It often follows wens or hard ſwellings ill cur'd; but in the breaſts it begins of itſelf; ſometimes in the genitals. It is call'd *noli me tangere*, or *the wolf*, which are really ſpecies of this diſtemper.

The

The principal care muſt be to prevent the Cancer's becoming ulcerous.

'A cataplaſm of cicuta wonderfully mitigates a Cancer, taking care of excoriating the skin. Iſſues muſt be made by cautery. Purge with hellebore and ſweet mercury, a decoction of the woods, millepeds, teſtaceous powders, aſſes milk, *&c.*'

An ulcerated Cancer is ſcarce ever cur'd.

'Oil of human dung is the beſt remedy in cancerous ulcers. In an occult Cancer, Wiſeman's epithema may be applied with ſome advantage; which is made of a ſolution of ſacchar. ſaturni in aq. ſpermat. of frogs; to which may be added, in violent pain, troch. alb. rhaſis with opium. The plaiſter may be of ſimple diachylum, ſpread upon a linen cloth, which is moſt mild and innocent.'

A ſmall Cancer, beginning free, and in a convenient part of the body, ariſing from an external cauſe, is the only one that may be extirpated with any hope of cure.

Among the empirical medicines, the following powder is much approved:

'Take two ounces of the warts growing at the hinder-heels of a ſtone-horſe: waſh them in common water; then infuſe them in white-wine all night; and afterwards let them be dry'd, and reduc'd to powder; the doſe half a drachm twice a day in any proper vehicle.'

Venice ſoap, to half a drachm twice a day, either in the form of pills, or diſſolved in a proper vehicle, is ſaid to cure a Cancer by ſome occult operation. The patients ſhould begin, where they uſually end, with a milk-diet, and the Briſtol-waters, and ſhun too many medicines.

The Dog-and-duck water in St. George's-fields, Southwark, has been known to be very efficacious in this ſad diſtemper.

And the following recipes have been very ſucceſsful in ſome caſes.

An approved Medicine for a Cancer not broken.

TAKE dulcify'd colcothar, and, with cream, or whites of eggs, beaten to a water, bring it to the conſiſtence of a cataplaſm; which ought to be made large, and ſpread about the thickneſs of half a crown, and applied warm to the part affected, ſhifting it at leaſt once a day.

For a Cancer.

TAKE the hard ſubſtance that divides the kernel of the walnut, dry it to powder, and take a ſcruple in ſome liquid, morning and evening.

For a Lump on the Breaſt, tho' a Cancer.

SMother ſome frankincenſe over coals, and apply blue flanel, one piece after another, held over the ſmoke of it, to the part aggrieved, night and morning. This is reckon'd an excellent remedy.

An excellent Diet-drink for a Cancer or Fiſtula, which has had admirable Succeſs.

TAKE five hundred ſows commonly called hog-lice; ſage two ounces; rue two ounces: bruiſe the lice, and pound the herbs; then put them all into a little bag, and put it into four gallons of ſmall ale; when it has done working at five days old, uſe it for your common drink.

For

For a Cancer when broken.

LIVE garden ſnails, put into the hole, ſhells and all, and ſupply'd freſh when they die, will cure it.

For the ſame.

TAKE three turneps; boil them in a new pipkin; preſs the juice in a new earthen pan; bathe the breaſt with the juice. Take two ounces of hog's lard, and make a poulteſs with the turneps. Let the patient ſhake her breaſt by the fire; then waſh it in the liquor with new flanel, and put the poulteſs on new flanel, and lay on the breaſt; and if it breaks, continue it till it is well.

A Liniment for a Cancer ulcerated.

TAKE liniment of Arceus, the fat of vipers, of each one ounce; ointment of tobacco, ointment of apoſtles, of each half an ounce; powder of myrrh, red precipitate ſifted fine, of each two drachms; balſam of Peru, elixir proprietatis, of each two drachms; mix and anoint the ulcer once or twice a day, applying the following plaiſter over it.

The Plaiſter.

TAKE the plaiſters of red lead, diachylon with the gums, compound diachylon, of each one ounce; ſperma-ceti, half an ounce; balſam of ſulphur turpentined, balſam of Peru, of each two drachms; oil of amber, one drachm; mix them to a plaiſter, and lay it over the ſore.

A Fomentation to diſcuſs a Cancer.

TAKE common wormwood, penyroyal, hyſſop, chamomile-flowers, melilot, of each one handful; the roots of Florentine orrice, gentian, of each ſix drachms; boil them in ſpring water and milk, of each a pint and a half; ſtrain two pints of the liquor; to which add, tincture of myrrh, ſpirit of wine camphorated, of each three ounces; opium, one drachm; mix them together, and foment the Cancer with it warm twice a day.

A Plaiſter to be applied after Fomentation.

TAKE the plaiſters of compound diachylon, diachylon with the gums, frogs with mercury, of each one ounce; ſperma-ceti, half an ounce; balſam of Peru, one drachm and a half; oil of amber, thirty drops; make a plaiſter, and apply it over the breaſt after the fomentation. See *Feminine Diſtempers.*

CANKER.

AS this diſtemper is generally called when ſeated in the *Mouth*, is a very troubleſome and dangerous diſeaſe; and what is often in other parts called a *Cancer*. In the mouth it is alſo called *Aphthæ*, or *Thruſh*; as in the Noſe it is named a *Polypus*. We ſhall in this place ſpeak principally of that in the mouth, for which the following remedies have been preſcribed with ſucceſs:

For a Canker in the Mouth.

PUT a ſpoonful of honey, and a drachm of ſtone-alum, into an egg-ſhell; and after it has boiled a pretty while, take it off the fire, and roll a little lint in it, and apply it to the part affected, ſhifting it often.

Another.

TAKE roſemary, thyme, red ſage, ſmall bramble-leaves, the reddeſt

deſt ſorrel, celandine, honey-ſuckles, cinquefoil, each half an ounce; boil all together in running water from a quart to half a pint; then put ſo much alum in it, as will give it a taſte; and after it has boil'd again, put in a good quantity of honey to make it ſweet; then let it boil again, and ſcum it, and waſh your mouth with it.

Another.

TAKE flowers of ſulphur, one ounce; roch alum, crude and finely pulveriz'd, half an ounce; mix theſe very well together, and incorporate them with as much good honey as will ſerve to bring the mixture to the conſiſtence of a liniment, to be applied from time to time to the part affected.

See CANCER. See alſo the article THRUSH, in *Childrens Diſtempers*, &c.

CARMINATIVES

ARE ſuch things as dilute and relax at the ſame time, becauſe wind occaſions a ſpaſm or convulſion in ſome part. Whatever promotes inſenſible perſpiration is carminative; for wind is perſpirable matter retain'd in the body. See COLICK.

CATHARTICKS

See *Evacuation, Stomach*, &c.

CEPHALICKS

ARE all ſuch things as attenuate or thin the blood, ſo as to make it circulate eaſily through the capillary veſſels of the brain.

See *Apoplexy, Epilepſy, Head, Palſy*, &c.

CHALYBEATS, *and their Virtues.*

CHalybeats are the principal medicines for a broken conſtitution, green ſickneſs, obſtructions, jaundice, dropſy, and all diſtempers that owe their riſe to the crudeneſs and poverty of the blood; they cauſe a new fermentation, and ſhake, and beat up, and purge the maſs of blood in ſuch a manner, that as it had not the rich red globules, but look'd pale and watery, it by degrees becomes pure, red, ſpirituous, lively and ſparkling. Alſo, the unconcocted ſlimy pituita having ſtopt up the paſſages, and cauſed obſtructions, whereby the blood was forced to circulate ſometimes ſwift, and other times ſlow; theſe obſtructions are removed by ſteel, which breaks thro' them, and opens the ways, cauſing the blood to flow freely, and without any difficulty; thereby diſtributing equally and kindly, nouriſhment, heat and life, to the whole body.

But when the blood is depriv'd of its juvenile fermentation, becauſe the whole human fabrick is almoſt worn out with age, then in vain muſt we expect much from theſe ſort of remedies.

CHICKEN-POX.

See *Small-Pox*.

CHIL-

CHILBLAINS *and* KIBES,

THO' generally looked upon with a ſlight eye, are nevertheleſs troubleſome companions, and in extremity of cold, if neglected, ſometimes turn into gangrenes. For the Kibes before they are inflamed, it will be ſufficient to waſh them morning and evening with warm water; or with cold water at bed-time: But if they are inflamed, after waſhing them, as above, let the following method be purſued.

'Take ſpirit of wine rectify'd, 'four ounces; Venice-treacle, one 'ounce; make a mixture, into 'which dip a rag four double; tie 'it upon the part, every night, to 'be kept on all night.

'Or, take oil of turpentine, three 'ounces; ſpirit of ſalt armoniack, 'half an ounce; tincture of myrrh, 'one ounce; mix, and bathe with 'it at bed-time, and lay a double 'cloth dipt in it all night upon the 'place.

'Or, take broom aſhes, two 'ounces; wormwood and centaury, 'of each one ounce; boil them in 'four quarts of water to two; ſtrain 'out the lixivium, and when you 'uſe it, warm it, and add a little 'ſpirit of wine to it; bathe with 'it, eſpecially at bed-time, and lay 'warm flanel upon it all night; 'and repeat the batheing in the 'morning.

If the Kibes are ulcerated, they muſt be uſed as follows:

'Take turpentine diſſolv'd in the 'yolk of an egg, one ounce; ſoot 'of wood, or in want of it, ſoot 'of coal, half an ounce; ſpirit of 'turpentine, one drachm; mix, 'and make a balſam, which ſpread 'upon a pledget made up of lint 'large enough to cover the ulcer; 'tie it well on with warm cloths 'over all; and repeat it morning 'and evening.

'Or, take tincture of myrrh, one 'ounce; hiera picra, made with 'ſpirit of wine, two ounces: Mix 'and bathe warm with this: Then 'apply the following liniment upon 'the ulcer, and tie it up, and keep 'the part warm:'

'Take ſperma-ceti diſſolved in the 'yolk of an egg, two drachms; 'oil of ſpike, or of petroleum, three 'drachms; turpentine diſſolved in 'the yolk of an egg, two ounces; 'oil of amber, two drachms; lini-'ment of Arceus, three ounces; 'mix, and make a liniment to be 'ſpread thick, and apply'd.'

The following recipes have alſo been of efficacy in theſe caſes.

A Family Ointment for Chilblains, Kibes, Felons, Whitloes, &c.

TAKE *May* butter, ſeven ounces; wax, reſin, of each four ounces; crude honey, ten drachms; wheat-flower, ſix drachms; mix them, and ſpread it upon leather, apply it to the part affected, change it twice a day, till it begins to grow well: It alſo warms, looſens, diſcuſſes, cleans, ripens and digeſts, and is of known ſervice in the ſpeedy curing of Felons and Whitloes in the fingers; it is of ſingular uſe to abate inflammations, and bring ſwellings to ripeneſs and maturity.

Another for Chaps.

TAKE beef-ſuet, three ounces; wax, one ounce; *Strasburgh* turpentine, half an ounce; oil of bitter almonds, a ſufficient quantity, to make an ointment; being melted together, anoint the chaps therewith

with every morning and night going to bed, and it will cure them in a few days.

Another for Chilblains.

TAKE pretty thick parings freſh cut from turneps, and hold them to the fire till criſp; then apply them to the unbroken tumours or bliſters, as hot as can be endur'd, and keep them on a competent time, and repeat them, if requir'd. They will relieve without breaking the bliſters.

A Poulteſs for Whitloes and Felons.

TAKE the yolk of a new-laid egg, put to it common reſin in fine powder, a ſufficient quantity; balſam of *Peru*, ſix or eight drops; mix them together till they become a poulteſs, and apply it to the part affected. It is an excellent medicine.

A Poulteſs for Kibed Heels.

TAKE onions and turneps roaſted, of each equal parts; mix with turpentine, what ſuffices; for Kibed Heels.

CHILDRENS DISTEMPERS.

THE following extract from an eminent phyſician, will be a very proper introduction to this article, and well deſerves the attention of all tender mothers.

'Our children in *England*, ſays 'he, are moſtly carried off by gripes 'and convulſions; and to provide 'againſt theſe maladies, would be 'ſaving the lives of two-thirds who 'die. I know not how it happens, 'that our women indulge them-'ſelves, when with child, in all 'cool and windy diet; but under 'the affected notion of longing for 'all they like, they devour vaſt 'quantities of fruits, melons, cu-'cumbers, peaches, nectarines, 'plums, abricots, cherries, gooſ-'berries, currans, filberts, and the 'reſt are thrown gradually down. 'For this indiſcreet liberty they 'ſometimes ſuffer themſelves: But 'if it agrees with them, it ſeldom 'fails of making ſtrong impreſſions 'on the poor infants they go with, 'whoſe fibres are tender, and ſuſ-'ceptible of every miſtake their 'mothers make. We often find 'them attribute to frights and trou-'bles thoſe ailments of their chil-'dren, which ought to be laid 'on other cauſes. This we are ſure 'of; that this diet abounds with all 'that is requiſite to create wind, 'and raiſe convulſions, becauſe they 'have all of them a ſourneſs, or 'viſcoſity, or both. Fruits make 'wines, and will ferment readily, 'and all that is fermented is windy 'more or leſs. Such aliment in 'children can't fail of griping. 'Their blood is made up of the 'quinteſſence of this diet. Their 'ſecretions ſmell ſour, and their 'ſtools are as green as graſs. Their 'nervous juices muſt be of the ſame 'nature, and it is not poſſible to 'avoid either gripes or convulſions, 'or both; for the one generally ends 'in the other.

'I would begin with the *women*, 'and adviſe them to be cautious of 'their diet, if they deſire a ſound 'or long-lived progeny; but if that 'cannot be granted, then a ſecond 'chance muſt be run: The *children* 'muſt be carefully treated from the '*birth*. You muſt diligently void 'the meconium of their guts, that 'is, the excrements of the child, 'which adhere to the inteſtines af-'ter they are born, and which, not 'carefully carried downwards,

'prove

'prove the death of many an in-
'fant. This may be done by giv-
'ing them oil of almonds, and ſyrup
'of roſes, join'd to a little oil of
'nutmegs gradually, till they have
'thrown downwards that black
'pitchy ſtuff, which has lain in
'their little bowels for ſo many
'months.

'As ſoon as you perceive, that
'all this is paſſed off by ſtool,
'which you will know by the co-
'lour being changed from a black
'or gritty matter, to a yellow or
'brown; then in their diet or
'ſpoon-meat, if you bring them up
'by hand, mix a little drop of ſpi-
'rit of harts-horn in their whole
'meal, or of good ſal volatile ole-
'ſum, which is yet better, twice
'or thrice a day, and continue to
'do this daily for ſome time, and
'you will very probably prevent
'both gripes and convulſions: Or,
'if this ſhould be looked upon to
'be too much trouble for the *nurſe*,
'let the mother give a ſtrict eye
'to the child's ſtools; and if ſhe
'perceives in them the leaſt tincture
'of *green*, then let her be diligent
'in giving theſe drops till they turn
'of a yellow colour; and this you
'will find a method of great uſe
'for the gripes and convulſions.
'And as children are almoſt always
'fed too high, it is probable their
'little ſtomachs may be crammed
'too much with phlegm of a ſour
'nature; and a little doſe of ſuit-
'able phyſick, ſuch as the ſyrup of
'roſes juſt mentioned, with the oils
'of almonds and nutmegs, once in
'a month, will be uſeful.

'I have often known a method
'made uſe of by *nurſes*, which is of
'a dangerous nature: When the
'children diſturb their reſts by
'crying, they give them doſes of
'meconium, or ſyrup of white-pop-
'pies, in order to ſet them to ſleep,
'and keep them quiet. This is a
'very pernicious and wicked cu-
'ſtom, and parents can never be
'too cautious about it. If they find
'their childrens bellies ſwell'd; if
'they are coſtive and drowſy; if
'they are thirſty, and loſe their ap-
'petites, there ought to be inquiry
'made how all this comes about:
'and to bring nurſes to a confeſ-
'ſion, you muſt preſs, that the child
'may take now-and-then a doſe of
'this ſyrup, or of *Venice* treacle;
'and when they think you fall in
'with their notions heartily, they
'will be fools enough to own,
'that they have always practiſed
'this ſecret, or it would not have
'been poſſible to have kept the
'child eaſy, whereas an admoni-
'tion againſt it, would only have
'ſerved to make them conceal their
'wicked arts. It is high time to
'keep an eye upon ſuch a nurſe, if
'you ſet any value upon your child's
'health or life.

'Children ſuffer great detriment
'from this ſoothing ſecret, becauſe
'one doſe works twice as long up-
'on them as upon older people:
'If then a nurſe plies the infant
'with this ſyrup, 'tis odds but ſhe
'deſtroys it before the parent diſ-
'covers how all this happens.

'In *Gripes* and *Convulſions* avoid
'milk-meals, and victuals too much
'ſweetened: All ſuch turn ſour up-
'on their ſtomachs, and ever cauſe
'theſe ſymptoms. Broths, in ſuch
'a caſe, are the beſt diet; but if
'children are peeviſh and very thir-
'ſty, milk boiled thin, and ſuch
'cooling diet, are beſt. I ſay, milk
'ought to be boiled thin, and their
'pap alſo. For it is a horrid miſ-
'take to boil their victuals ſo thick,
'as to be like glue; it ſticks indeed
'to their ribs, as they ſay, and to

'every

'every place, and their little hearts 'have not force enough to diſſolve 'it. This is the laſt ſcene of our 'victuals in our blood. When all 'the fluid parts are carried off by 'urine and the pores, the juices be-'come jelly'd, and unfit for circu-'lation; and our remedy, in ſuch a 'caſe, is to ſupply liquor to dilute 'or thin this jelly, that it may not 'ſtick too much any-where: For 'nurſes then to look upon this 'thickneſs of childrens victuals, as 'a neceſſary condition to nouriſh 'them, is a vulgar error, that ought 'careſully to be exploded, and put 'out of the nurſes heads. It is 'from hence that they are ſo far 'from gaining the end they aim at, 'that they ſtarve the child, and 'bring it into an atrophy or waſt-'ing. However, this is a cuſtom 'they will readily comply with, 'according to the mother's deſires, 'becauſe it ſaves them both labour 'and fire. At preſent, mothers are 'pleaſed if they ſee a porringer of 'gluiſh victuals, and enough of it, 'in a pipkin. But this caution, I 'hope, will prevent this miſchief 'for the future, with all conſider-'ate and affectionate parents, and 'nurſes too, who may ſee theſe 'ſheets.'

Thus far this learned gentleman. It may be further obſerved on this important article, That beſides what hath been ſaid, the diſtempers of children may be owing, 1. To the thickneſs of the nurſe's milk. 2. To the eating of fleſh too ſoon. 3. To the pernicious uſe ſo often practiſed by nurſes of ſpirituous liquors in their food. 4. To taking cold. 5. To the milk growing ſour, and curdling in the ſtomach, for which honey and water, with a little wine, is a good diſſolvent and thinner, after abſtinence from ſucking for ſome hours; and ſyrup of cichory with rhubarb will expel the faulty matter. Oily ſubſtances are not ſo well in this caſe; but clyſters, and warm fomentations to the ſtomach and belly, are beneficial. And 6thly, The diſtempers of children may be owing to the natural acidity of their bowels, which produces ſuch a crudity as is the principal root of all their ſubſequent diſtempers; the moſt ſucceſsful means toward the cure of which, is the application of abſorbent and teſtaceous medicines. Opiates and anodynes are dangerous. Gall is the greateſt reſolvent of curdled milk. Gentle carminatives, as fenel-water, mint-water, relieve. But after all, the cure of childrens diſeaſes depends very much upon the diet of the nurſe.

Children fat, and of a phlegmatick conſtitution, with ſoft heads, and an open mould, are ſubject to the *rickets*, ſtubborn *aphthæ* or *thruſhes*, convulſive *coughs*, and *ſcrophulous diſtempers*: But thoſe of thin habits are moſt tender, and expoſed to the moſt inflammatory *fevers*, and violent *heats*. Such as are born of ſickly parents, ſeldom recover from dangerous illneſſes.

In the cure of childrens indiſpoſitions we are to take care to uſe ſuch medicines as are adapted to the tender ſtate of their bodies; and to avoid bleeding, except in dangerous contuſions, or feveriſh and convulſive coughs.

Syrup of peach-bloſſoms is the gentleſt vomit for children, towards opening their bowels; and in great uſe at preſent. It may be taken from two drachms to one ounce; and given to new-born infants inſtead of oil of ſweet almonds, ſyrup of violets, &c.

Oil of ſweet almonds, and ſyrup of violets, or of rhubarb, is, as has been

been obſerved above, a proper purge for new-born children; and may be continued till the mucilaginous ſerum in the ſtomach, and the black viſcous excrement in the guts, called meconium, is expelled. The *firſt milk* is a natural remedy for that end; yielding a fine thin aliment and purge for ſeveral days, agreeably to the child's conſtitution; and which, as the child always brings it into the world with it, is its moſt natural as well as phyſical aliment, and a reaſon why mothers ſhould ſuckle their own children at leaſt till this meconium is purged off by the bluiſh thin milk which is ſo efficacious for this purpoſe, and which after ſome days changes to a thicker ſubſtance, and loſes its purgative quality. When therefore the milk is ſtaler, and has loſt its firſt quality, 'tis neceſſary to have recourſe to the gentle purgatives above-mentioned.

Sweet mercury is ſeemingly well adapted to infants diſtempers, but aurum fulminans better. Give a grain, or a grain and a half, to ſucking infants, at two doſes. This is a ſafe remedy in convulſive *aſthmas*, *epilepſies*, *convulſions*, *gripes*, &c. It has ſometimes the nature of a *vomit*, and brings off very fetid ſtools.

We ſhall now proceed to treat ſeverally of the diſtempers incident to children. And,

1. Of the JAUNDICE, which is generally mortal thro' the careleſsneſs and deſperation of the nurſe.

This diſtemper commonly appears at, or ſoon after, the birth of the infant. It may be cured in a ſhort time by giving powder of *Engliſh* ſaffron, and bezoar mineral, each one grain, in the mother's milk, once or twice a day. Rhubarb is proper when the child is coſtive, or ſyrup of cichory with rhubarb. Salt of amber, millepedes, powder of vipers, &c. are alſo given in ſuch caſes.

2. The CONSUMPTION is a dangerous diſtemper, and takes its riſe from the viſcidity of the food; which neceſſarily cauſes an obſtruction of the chyle, and a depravation of the nouriſhing juices of the body. A ſpare diet muſt be uſed towards the cure of this diſtemper. Volatile medicines, and the milder chalybeats, are of ſervice; alſo anointing the body with gum armoniack. Several children have been recovered by colt's-foot fry'd in the ſame manner as clary, the juice whereof is alſo of good effect. A *lingering conſumption* is curable by infuſing Rhubarb in thin ale or ſmall-beer; which has been found effectual both in this diſtemper, and the *phthiſick*. The medicine known by the name of *unguentum ad atrophian*, may be applied; and thoſe in uſe againſt the *rickets*, are equally ſerviceable in this.

3. *Cutting of the* TEETH is accompany'd with an itching of the gums, convulſions, diarrhœa's, and fevers; which ſymptoms appear principally in children of groſs bodies, at the breeding of the canine teeth. In two years time, for the generality, all the teeth are produced. There are two ſeaſons for breeding teeth; 1. When the tooth ſtrives to penetrate thro' the jaw-bone. 2. When it ſwells the gum, and makes ſtrong efforts to pierce it. You may render its paſſage eaſy by making an inciſion on the gum, but be not too early in that operation. All the ſymptoms that attend the breeding of the teeth, are to be cured the ſame way, i. e. by medicines that abſorb and diminiſh the acid, and afterwards mild purges.

When the gums are inflamed through the difficulty of breeding the teeth, very violent conſequences ſucceed; as gripings, looſeneſs, or coſtiveneſs, convulſions, and many other diſorders.

Children uſually, at cutting their teeth, ſlaver much, which for the moſt part induces a *diarrhœa*, and is eſteemed a good ſign. In this caſe rub the tooth with a tobacco-leaf ſteeped in a little ale; which will gently ſtir the ſpittle, and preſerve the belly ſoluble. If the child has *convulſions* in teething, give it of crabs-eyes, pearls prepared, and red coral prepared, each one drachm; mix 'em, and make a powder of 8 or 10 grains a doſe.

For *Convulſions* a ſmall doſe of ſpirit of hartſhorn is effectual, infuſing three or four drops in black cherry-water.

4. EPILEPSY owes its origin, 1. To the difficulty of cutting the teeth. 2. Corrupted milk. 3. Strength of paſſion in the nurſe. 4. Worms. 5. Retention of the meconium. 6. Coſtiveneſs.

The time this diſorder viſits children, is generally the firſt month after the birth, or when they begin to breed teeth.

The following is a well approv'd, though ſimple remedy for them:

'Take two handfuls of green 'chamomile, cut it ſmall, and put 'it into two bags of ſilk or fine 'linen: dip the bags into hot milk, 'and ſqueeze 'em: then apply them 'by turns to the abdomen.'

The Hon. Mr. *Boyle* adviſes the following receipt againſt the Epilepſy and Convulſions in children.

'Take about half a drachm, or 'from one ſcruple to two, or ſome-'what more, of finely powdered 'amber; native cinnabar, ten grains; 'mix, and ſweeten with powder'd 'ſugar, and give ten grains twice 'a day for ſix weeks, unleſs it cure 'before: and then to give it two 'or three days before each new and 'full moon, for ſome months ſucceſſively.' See *Epilepſy*.

When children are afflicted with *gripes* and *convulſions*, ſuch medicines as diminiſh the acidity of the nerves, and carry off the crudities by ſtool, are ſucceſsfully applied; among which are to be number'd teſtaceous powders, given with caſtor.

The nurſe muſt take antiſpaſmodick remedies; as alſo roots and *ſeeds* of male peony, and ſeeds of ſweet fenel, boil'd in whey, each morning and evening. Another approv'd remedy is this: 'Take of oil of 'capivy, and oil of caſtor, each 'two drachms; of oil of amber, 'half a drachm; mix 'em, and ap-'ply the liniment to the child's 'temples, neck, and noſtrils.'

Sulphur of antimony, and aurum fulminans, given one grain a doſe, or in more tender conſtitutions, a grain and half at two doſes, are admirable towards the cure of the Epilepſy.

The fit may be inſtantly taken off by giving two or three drops of oil of amber, and the like quantity of ſpirit of vitriol, in black-cherry-water. But the moſt excellent remedy of all is oil of ſulphur per campanam, which will certainly eradicate the diſorder, eſpecially in the firſt month: give as much as will procure a pleaſant acidity, in ſome cephalick julep. The powder called *ad guttetam* is uſeful to prevent a relapſe.

The Hon. Mr. *Boyle* recommends the following in convulſions:

'Put two or three drops of chy-'mical oil of roſemary into half an 'ounce of ſack in an ounce bottle; 'ſtop

'ſtop and well ſhake the phyal to 'make a whitiſh mixture juſt be-'fore you give it; or elſe into an 'half-pint phyal put four ounces of 'ſack, and drop into it forty drops 'of the ſaid oil; and ſhaking the 'phyal, give a child's little ſpoon-'ful.'

5. *Convulſive* COUGHS, with which children are afflicted till they diſcharge a mucous matter, and become eaſy for a time, till it returns in like manner, proceed from the acidity of the ſtomach, or from a ſaline quality, to which tender bodies are liable thro' the ſharpneſs of the air. Children often die of a catarrh, and a rattling in the breaſt: wherefore they muſt be kept from the injuries of the air, which is very deſtructive to them.

For a *convulſive Cough*, give a ſpoonful at a time, of the following:

Take Rheniſh-wine one pint; Macedonian parſley-ſeed two ounces; boil them for a few minutes, and then let them ſtand covered till cold; to the liquor ſtrained add ſyrup of marſhmallows one ounce and half: mix; give the child a large or ſmall ſpoonful, according to the age, three or four times a day.

A vulgar ſpecifick is the fleſh of fry'd mice; but the cup-moſs, taken in any form, is generally approv'd. An extract of millepedes for a phthiſick, julep of nutmeg, ſyrup for a convulſive cough, *&c.* are reckon'd to have good ſucceſs in ſome caſes. A decoction of moſs growing on trees, particularly the oak, is preferable to all the reſt. To infants of riper age may be given oil of ſulphur per campanam, or aurum moſaicum; and freſh whey from the cheeſe may be taken as a common drink.

Bleeding and repeated purges will ſometimes cure this diſeaſe, without the help of other remedies: but a vomit is, in ſome ſtages, requiſite, which may be promoted by a feather dipt in oil. Sperma-ceti in broth is of excellent uſe. Turnep-broth is alſo much recommended.

6. A DIARRHOEA in children muſt firſt be ſoothed with teſtaceous powders, and afterwards be purged off with rhubarb. Mouſe-dung, given with a due regard to the patient's age, is an approved medicine for coſtiveneſs. In infants of tender conſtitutions, anointing the belly with butter before the fire, and waſhing the thighs and buttocks conſtantly with cold water, will have a good effect. Liniments of ſcammony, colocynth, *&c.* are uſeful. The cauſe of this diſorder is to be attributed to ſome fault in their pap or milk.

7. The GRIPES are cured by applying ſperma-ceti with oil of anniſeed after giving a glyſter; and other laxative and abſorbent powders. Juniper, to which may be added a ſufficient quantity of ox's gall, as alſo a liniment of oil of rue and chamomile, may be uſed externally.

8. FEVERS, or *Gripings in the Bowels*, when they attack a child of a year old, are commonly carried off by taking every fourth hour, about a ſcruple of ſome of the following powders; *viz.* Crabs-eyes, crabs-claws, egg-ſhells, oiſter-ſhells, coral, corallin, mother of pearl, Gaſcoign powder, bezoar-ſtone, *&c.* and a little of the following julep: Take four ounces of alexiterial milk-water; two drachms of black cherries; piony, and compound epidemick-water, each two drachms; a ſufficient quantity of fine ſugar; mix it, and make a julep. Sometimes an emulſion of ſweet almonds,

&c. ſhould be given to quench the thirſt, and allay the humours.

In irregular caſes, ſix grains of ethiops mineral, and ſometimes one ſcruple; or four grains of ſweet mercury, with a little flower of ſulphur, in a ſpoonful of ſome pleaſant ſyrup, will intirely remove, or conſiderably diminiſh the moſt dangerous ſymptoms.

About the third day, generally, a child of a year old may take the following purge; Syrup of cichory with rhubarb two drachms; powder of rhubarb eight or ten grains; alexiterial milk-water, and ſmall cinamon-water, each a ſufficient quantity to diſſolve: mix 'em. Rhubarb is abſolutely the beſt phyſick for ſo tender an age.

9. VOMITINGS in Children, from whatever origin they ſpring, are wholſome, unleſs too violent: Some ill quality in the milk is generally the cauſe of it.

If they are too frequent, and the matter be diſcoloured, inject a glyſter, and apply carminatives inwardly, as nutmeg, and ſuch-like; outwardly, toaſted bread ſoaked in wine, and ſprinkled with ſpices, may be uſed to the ſtomach.

10. *Miliary* ERUPTIONS on the skin, commonly called the *Red Gum*, torment children about the third or fourth day after their birth. It may be intirely cured by confection of alkermes, Gaſcoign powder, and ſaffron in generous wine, *&c.*

11. The LOUSY DISTEMPER is to be cured in one night's time by waſhing the head with a lye, in which the ſeeds of ſtaves-acre have been boil'd, and anointing it with this ointment: 'Take oil of ſpike two 'drachms; oil of ſweet almonds 'half an ounce; ointment of to-'bacco ſix drachms; mix 'em, and 'make an ointment.'

12. APHTHÆ, or *Thruſhes*, are ſmall ulcers, ſpread over the whole mouth, and even, as is thought, to the ſtomach: they are moſtly white, ſometimes yellow or black, which is the moſt dangerous. After the uſe of abſorbent and teſtaceous powders, you muſt gently diſpel the humours by ſyrup of cichory and rhubarb. Avoid purging, becauſe it is apt to induce a diarrhœa, the worſt ſymptom of all. A decoction of elm-bark with honey of roſes, is the beſt gargariſm. In young children, rape-oil, mixt with ſome ſugar, gives inſtant eaſe. Album Græcum, and ſpirit of ſulphur, with honey of roſes, is admirable. Mucilage of quince-ſeeds, with the juice of the larger houſleek, compoſes a good remedy for the *Aphthæ*; but the beſt of all is rape-juice, roaſted in a cloſe veſſel, and preſs'd out, without ſugar. As a proper ſpecifick, 'Take juice of the larger 'houſleek, the beſt honey, each an 'equal portion: boil it ſome time, 'in order to clarify: then add a ſuf-'ficient quantity of roch alum, to 'an indifferent ſour taſte: make a 'mixture; and anoint the mouth 'and throat, every hour or oftener, 'with a feather.'

13. WORMS in children are of dangerous conſequence, when they are expelled either by the mouth or otherwiſe, of themſelves. The principal ſigns of them are terrors in ſleep, plentiful ſpittle on an empty ſtomach, ſwell'd belly, grinding of the teeth, gnawings of the ſtomach, redneſs and paleneſs by turns, dry coughing, looſeneſs, ſcratching the noſtrils, thirſt, loathings, vomitings. When the worms are large, they conſume the moiſture, and inſtead of looſeneſs will bind, and ſwell the belly; and have been known to eat through the guts.

You

You may externally uſe this ointment: 'Take two drachms of 'aloe, half a drachm of myrrh; ſix 'grains of oil of wormwood; a 'ſufficient quantity of bull's gall; 'mix 'em, and make an ointment: 'to which add a few drops of oil 'of colocynth, for a ſpur.'

A celebrated remedy among the *Italians* is this: 'Take one drachm 'of quick-ſilver; infuſe it at night 'in two ounces of Italian-vetch-'water: in the morning decant the 'liquor, and drink it.'

As an excellent deſtroyer of worms, 'Take an ounce of quick-ſilver, 'boil it in half a pint of common 'water, or rather in the white de-'coction: or ſhake it well in a 'glaſs veſſel, till the mercury ſinks; 'then pour off the clear liquor by 'inclination, and give it the child 'as its ordinary drink.'

Native cinnabar is a very good medicine againſt worms, but calcin'd tin a better; whence the following worm-powder: 'Take 'calcin'd tin, coralline moſs, and 'worm-ſeeds, each one ounce; ſavin 'and ſaffron, each one drachm: 'mix 'em, and make a powder; 'which adminiſter from half a ſcru-'ple to one ſcruple.' This is not purgative. A drop of quick-ſilver, as big as a large pea, with a little milk, in a ſpoon, is ſafely given to young infants. *Bates*'s *Vermifuge Plaiſter* and *Syrup* are ſometimes uſed ſucceſsfully.

Children ſubject to worms ought not to live much upon milk, cheeſe, ripe fruits, nor take much ſugar; becauſe ſome inſects lay their eggs in ſugar.

The gall of animals, and mercury, kill worms, and deſtroy their neſts; it is found by experience, that the water in which mercury is boiled has this effect; all bitters among alimentary ſubſtances; honey and oil given by the mouth, or clyſters, have a good effect; they may be taken together faſting; any ſubſtance, which by its pungency can wound the worms, will kill them; as ſteel, hartſhorn, coralline, coral powdered, fiſh bones, *&c.*

14. Scabby Eruptions are frequently ſeen in infants, ſpreading over their faces, and ſeveral parts of their bodies. The cure muſt be left to nature, unleſs the nervous or muſcular parts are thought to be in danger; in which caſes ethiops mineral, diaphoretick antimony, *&c.* may be applied. If the ſcab is dry, anoint it with oil of ſweet almonds, with a few drops of oil of tartar per deliquium, or balſam of ſulphur, common lye, *&c.* Or if it runs, ſprinkle it with powder of ſtones, calaminth, tutia, ceruſe, flower of ſulphur, camphire, *&c.* Sweet mercury is ſafer than the other mercurials.

For the *Tinea* or *Tetter*, 'Take 'litharge of gold, and ceruſe, each 'two drachms; flower of ſulphur, 'and quick-ſilver, each one drachm; 'a ſufficient quantity of oil of roſes: 'mix it, and make an ointment.' Begin the cure in the wain of the moon.

15. The Rickets ariſe from weakneſs of the nerves, from ſickly parents, and eſpecially from mothers of a weak lax conſtitution, living on a various, high, and plentiful diet, without exerciſe; and alſo are often got from an unwholſome nurſe; bad or improper diet; as of pudden, much butter, wet or ill-air'd linen; eruptions of the skin ſtruck in, or ill-cured; or expoſing their lower parts too long to cold air. Ricketty children are to be cured by applying leaches, purging

medicines, diaphoreticks, digeſtives, ſpecificks, and breathing a vein. Clyſters laxative, and ſometimes ſtrengthening, clyſters of the decoction of horſe-dung, flower of roſemary, terebinth, with an extract of live millepedes, may be injected. Purge with rhubarb and calomel. Iſſues made betwixt the firſt and ſecond vertebra of the neck, are very uſeful. Volatile ſalts, balſam of ſulphur, elixir proprietatis, and ens Veneris, are well approv'd. Steel is ſometimes proper, tho' to be uſed with caution. Oil of ſnails is of good ſervice in hectick and phthiſical children. The diet of ricketty children ought to be moderately warm, even mixed with ſpices and carminative ſeeds. They ought to forbear new bread, and rather uſe biſcuit. White fleſh-meats ſhould be indulged them, and rather roaſted than boiled, and a moderate quantity of wine. Frictions and chafings of the back-bone and joints with flanel, ſmoaked with penetrating aromatical ſubſtances, and fomenting the joints with old Malaga wine, have often proved very effectual. They ought to uſe as much exerciſe, eſpecially by coach or other carriage, as they are capable of. The lower belly muſt be opened by vomits, and proper purgations; for there is chiefly the ſeat of the diſeaſe; and afterwards the cold bath is a very proper and effectual remedy.

For the Rickets.

TAKE liver-wort, ſpotted lung-wort, chervil, of each one ounce; red ſage, half an ounce; raiſins of the ſun, currans, figs, of each one ounce and half; aniſeeds, ſweet fenel-ſeeds, of each two drachms; boil them in three pints of water to a quart; to the ſtrained add compound ſyrup of piony, three ounces; give the child three or four ſpoonfuls twice a day.

For the *ſwelling* of the *Abdomen*, place the child in a proper veſſel, and cover him almoſt over with barley ſoaked in boiling water, till you perceive a gentle breathing ſweat.

You may give the child the following clyſter:

'Take ſtone-horſe dung, one 'ounce and half; aniſe, fenel, and 'pounded mallow-ſeeds, each half 'a drachm; chamomile-flowers, 'half an ounce; boil them in a 'pint and half of whey, to ſix 'ounces; ſtrain it, and diſſolve in it 'ten drachms of ſyrup of violets; 'of red ſugar, and oil of roſes, 'each half an ounce; mix it, and 'make two clyſters.'

The Rickets were ſcarce heard of till the year 1630, and were not mentioned in the bills of mortality till 1634, and then but fourteen for that whole year, from which time they increaſed, ſo as to be five hundred and twenty-one, in the year 1660; and now they are decreaſed again; and perhaps may in ſome years (like a comet) quite diſappear.

16. The VENEREAL DISEASE, contracted in children from the nurſe, is cured with no great difficulty, taken early, by the flour of ſarſaparilla given in their pap or panada, adding ſome citron ſanders, with purging at proper intervals.

17. HORSE-SHOE-HEAD cauſes the ſutures of the skull to be too much relaxed, which continue ſo for ſome years; it generally portends a weak conſtitution, and may be cured by embrocating the parts affected with rum or brandy, adding palm-oil, or the white of an egg.

18. HEAD-

18. HEADMOULDSHOT is when the edges of the cranium, chiefly at the coronal, lie over each other, which compreſſes the brain, and cauſes convulſions that often terminate in death.

We ſhall further obſerve under this head, that nothing is more grateful and refreſhing to young children, than the pleaſant air: It comforts their ſpirits, and cauſeth a free circulation of the blood and radical moiſture, begets appetite, and makes them grow in ſtrength; and let them alone to their own choice, nature and inſtinct point out this to them very remarkably; for from earlieſt infancy upwards, they are never better pleaſed than when they are carried abroad, or in the air: But, on the contrary, hot ſulphurous airs, with great fires, and warm cloathing, do not only hinder the circulation of the blood, but ſuffocate the ſpirits, and deſtroy the appetite, cauſing an unnatural heat to poſſeſs the whole body; whence proceed various diſorders and diſeaſes.

Alſo *cloſe Bindings*, tight ſwathings, *over-warm* cloathings, and thick hot airs, do oft in weak-ſpirited children cauſe convulſions, vapours, and fumes, to fly into the head, ſometimes occaſioning vomiting, &c. which people call *windy diſeaſes*.

The following receipts are well approved in their reſpective caſes.

Againſt Gripes, Worms, &c. in Children.

TAKE fine rhubarb, (cut into thin ſlices) two drachms; liquorice, aniſeeds, each a drachm and half; raiſins ſtoned and ſhred, thirty or forty; put them into a glaſs bottle of ale, holding a quart. This purgeth kindly, without gripes or ſickneſs; takes off the ſlipperineſs of the ventricle and inteſtines, and leaves them ſtronger than before. It is a mortal enemy to worms, and is given to two ounces more or leſs; and to very young children in proportion.

A Clyſter for the Gripes in Children.

TAKE powdered white chalk, half an ounce; rue, chamomile flowers, each two drachms; boil in water a pint to ſix ounces; to the ſtrained add tincture of caſtor, two drachms; diaſcordium, two drachms; oil of aniſeed, ten drops; mix, for two glyſters.

It comforts the inteſtines, diſſipates wind, eaſes pain, takes off ſpaſms, and is ſuperlatively good and convenient for ſmall children; when (by reaſon of hard breeding of teeth, or ſour humours) they have green griping ſtools, and are troubled with inquietudes, watchings, feveriſh flushings, and when convulſions threaten them.

For a ſore Mouth in a young Child.

BOIL honey a little, then put in ſome burnt alum, but not to make it too ſharp; then put in a little wheat flower, and a little of the moſs of black-thorn burnt to aſhes; and ſo anoint the child's lips with it, when it goes to ſleep, who by licking it in, will heal its own mouth.

For an Ague.

TAKE three quarters of an ounce of jeſuits powder; beat up either with figs or blue currans; ſprinkle it with a little brandy to

moiſten it; ſpread it upon ſheeps leather, and put it to the wriſts.

For an extreme Cold, and Stoppage in a Child's Head.

TAKE the tallow of a fine cotton-light, and melt it; then wet a little piece of paper in it, ſtrew ſome grated nutmeg upon it, and lay it upon the mould of the head; if the child has a cold at the ſtomach, apply a piece of the ſame ſort to that part. You may uſe it for a child of a week old.

For Convulſion Fits.

TAKE two or three drops of the ſpirit of aniſeeds in a little beer or breaſt-milk, and give it the child.

For the ſame.

TAKE a pint of ſpring-water; three ſprigs of centaury; three ſprigs of St. John's wort; two or three branches of yarrow; ſome pieces of gold: boil theſe on a very gentle fire, till the third part of the liquor be waſted; then ſtrain out the herbs, and add to it half a drachm of red coral, half a drachm of amber, both finely powdered; one leaf of gold; half an ounce of brown ſugar-candy; half a drachm of London-treacle; keep 'em hot for one hour over the fire; afterwards put them up in a bottle: when you give it, ſhake the bottle, that the powders may mix: give two ſpoonfuls to a child new-born, the firſt thing it takes, or whenever the fit aſſaults the child. It will keep a fortnight in a cool place.

For Coſtiveneſs.

ANOINT the navel of the child with May-butter, morning and evening, with a warm hand.

For an extreme Cough.

TAKE an ounce of white ſugar-candy, finely beaten; two or three ſpoonfuls of hyſſop-water: mix theſe together, and ſet it on the fire to heat, but not to boil, till all the ſugar-candy be diſſolved; then take it off the fire, and let it ſtand till it be cold; afterwards put to it an ounce of oil of ſweet almonds newly drawn; then ſhake it together every time you give it, which muſt be one ſpoonful every night and morning, or oftener, if you pleaſe.

For a fretting Cough.

TAKE an ounce of white ſugar-candy, and beat it; then diſſolve it in two or three ſpoonfuls of hyſſop-water; then put to it an ounce of oil of ſweet almonds, newly drawn; which may be known by its being thick and white; for when it is clear and green, it is old. Shake this well together, and give the child now-and-then a ſpoonful.

A Purge.

TAKE half a pint of milk-water; and a quarter of a pint of Canary; two drachms of rhubarb; liquorice ſcraped and ſliced; coriander-ſeeds, caraway-ſeeds, of each two drachms; half a ſcore raiſins of the ſun ſtoned; put all together in a bottle. A child of a month old may take a ſpoonful.

Another.

DISSOLVE half an ounce of manna in a little poſſet-drink; then ſtrain it, and give a child of a quarter old this quantity, three mornings ſucceſſively, or every other day.

For

For a ſore Mouth, Phlegm, or Hoarſeneſs.

TAKE half a pint of crab-verjuice; brown ſage, waſhed, dried, pounded, and ſtrained off the juice, two ſpoonfuls; half a pound of loaf-ſugar, finely beaten; mix all theſe together, and let it boil gently till it come to a ſyrup. For a child's ſore mouth, give it a little before it ſucks, and ſo night and morning. For phlegm and hoarſeneſs, take it faſting in the morning, and laſt at night, and as often as you will beſides.

For the Worms.

GIVE a clyſter of new-milk and ſugar.

For the ſame.

TAKE oil of rue, oil of ſavine, a little honey, ſpread it upon white leather, and ſtrew a little powder of myrrh and powder of aloes upon it: make the plaiſter, that it may reach over the pit of the ſtomach, and over the navel.

For the ſame.

TAKE lavender-cotton, boil it in milk, make it ſweet with manna; then give it the child.

For the ſame.

SPread mithridate on leather big enough to come over the navel and ſtomach, and ſtrew it thick with powder of aloes; give inwardly the juice of limon, in which a little ſaffron is diſſolved, in a little bag, and ſqueezed: a child of three years old may take a little tea-ſpoonful of it often in a day.

To ſtay Bleeding.

WHEN 'tis hot weather, if your child bleed, give it, for three mornings together, three ſpoonfuls of the juice of liverwort, in plain poſſet-ale.

See *Meaſles, Ruptures, Small pox, Thruſh, Worms,* &c.

CHRONICAL DISEASES

LAST long, wear out the conſtitution leiſurely, and are accompanied with a ſlow pulſe; whereas *acute* diſtempers ſoon terminate either in death, or recovery, and are joined with a quick pulſe. The ſcurvy is the root of moſt chronical diſeaſes of the *Britiſh* nation, and is a neceſſary conſequence of their living almoſt wholly on animal food, and drinking ſo much ſtrong liquors. As chronical diſeaſes are not brought on at once, ſo they cannot be quickly removed: Therefore all quacks, and pretenders to inſtantaneous or ſpeedy cures of ſuch diſtempers, are to be ſuſpected and deſpiſed.

See *Palſy,* &c.

COLICK.

COLICK originally ſignifies only a diſorder of the choler; but is generally uſed to expreſs any diſorder of the ſtomach or bowels, that

that is attended with pain. The learned give us five diſtinctions of this terrible diſeaſe; to wit, 1. A *bilious Colick*, which ariſes from abundance of acrimony or choler, which ſo irritates the bowels, as to occaſion continual gripes, and generally a looſeneſs. This is beſt managed with lenitives and emollients, which by degrees purge off and ſoften the offending humours. 2. *A flatulent Colick*, proceeding from flatus's, and wind pent up in the bowels, which diſtends them into unequal and unnatural capacities: This is managed by carminatives and moderate openers. See *Hypochondriack* and *Hyſterick*. 3. An *hyſterical Colick*, ariſing from diſorders of the womb, which are communicated by conſent of parts to the bowels, and is to be treated with the ordinary hyſtericks. See *Feminine Diſorders*: Alſo *Hypochondriack*. 4. A *nervous Colick*, proceeding from convulſive ſpaſms and contortions of the guts themſelves, from ſome diſorders of the ſpirits, or nervous fluid, in their component fibres; whereby their capacities are in many places ſtreighten'd, and ſo as ſometimes to occaſion obſtinate obſtructions: This is beſt remedy'd by brisk catharticks, join'd with opiates, and emollient diluters in plenty at the ſame time. And, 5. There is a ſpecies of this diſtemper called the *Stone-Colick*, proceeding from the irritation of the ſtone or gravel in the bladder or kidneys; and this is moſt commonly to be treated by nephriticks and oily diureticks, and is greatly aſſiſted with the carminative turpentine clyſters. See *Stone*, &c.

The following different method in which the flatulent and bilious colick ought to be treated, will be of uſe to the reader: The one being to be managed with warm medicines, and the other with cooling and diluting remedies.

For a Colick newly taken, proceeding from cold in a phlegmatick habit,

'Take a ſcruple of extract of 'Rudius; ſeven grains of mercurius 'dulcis; one grain of opium; one 'or two drops of oil of cloves; 'make four or five pills; to be ta-'ken in a ſpoonful of warm wine; 'or if the patient do not like pills, 'take the following potion; to wit,

'Take mint water, two ounces; 'elixir ſalutis, an ounce and half; 'reſin of jalap diſſolved in the yolk 'of an egg, four grains; ſyrup of 'buckthorn, ſix drachms; liquid 'laudanum, twenty or twenty-five 'drops.' Take it, and keep warm.

A quite different method muſt be taken in a colicky conſtitution, when the colick pains are very acute, and the perſon is feveriſh, thirſty, and ſubject to vomit. For here ten or twelve ounces of blood ought to be taken from the arm, to avoid an inflammation of the bowels. Hot liquors, which did ſervice in the flatulent or phlegmatick Colick, will do harm in the bilious; and therefore they ſhould only drink ſack-whey, toaſt and water, or milk-water: and only ſuch phyſick as will purge and dilute. Our *Engliſh* purging waters are proper in this caſe; and if they are not at hand,

'Take an ounce of Glauber's ſalt, 'or of cream of tartar, and diſſolve 'it in boiling water, and ſweeten-'ing with ſyrup of ſolutive roſes; 'let it be drank gradually till it 'works down gently, but effectu-'ally:' And when the operation is over,

'Take a draught of mint-water, 'two ounces; ſpirit of nitre dul-

'cify'd,

'cify'd, fifteen drops; and one 'ounce of ſyrup of white poppies;' and this will generally perfect the cure, if taken early: but if it ſhould not, repeat it twice or thrice, and it will hardly fail. But remember to drink nothing ſtrong, but what is well diluted with water, for three or four days.

From the above deſcriptions of the ſeveral ſorts of Colicks, and the manner in which they ought to be treated, and the above two inſtances of the different regimen to be obſerved in the flatulent and the bilious kind, the intelligent readers will be able to ſelect from the following approved receipts ſome one or more proper to the caſe they have to manage.

An almoſt ſpecifick Remedy for a Fit of the Colick.

TAKE about half a drachm of expreſſed oil of nutmegs (uſually ſold in the ſhops for Eaſt-Indian oil of mace); diſſolve this in ſome ſpoonfuls of good wine, which the patient is to take as hot as conveniently he can.

An approved Medicine for inveterate ſcorbutick Colicks, and Pains of the Bowels.

TAKE *Engliſh* barley three ounces, and having well waſh'd it, boil it in three pints of freſh ſpring-water till it be juſt ready to burſt; then pour of the clear upon the yellow part of the rinds of two limons, freſhly cut off from the white part, and put them into a bottle; which being carefully ſtopt, the liquor is to be made the patient's conſtant drink.

An excellent Medicine for the Colick.

TAKE half a pint of Dr. *Stephens*'s water; half a pint of plague-water; half a pint of juniper-berry-water; powder of rhubarb one ounce; mingle theſe together, and take about four ſpoonfuls at a time, ſhaking the bottle each time.

An Infuſion for the Colick.

TAKE zedoary-root bruiſed one ounce; Canary wine, brandy, each half a pint; macerate in a gentle heat twelve hours: to the ſtrain'd add oil of juniper, ſixteen drops; oil of cloves, four drops; fine ſugar one ounce; mix.

In a bilious Colick no medicine will avail much, till the body be cooled and wrought through with a purge; and after it is ſo, this medicine will be uſeful. In an hyſterick Colick, Dr. *Sydenham* preſcribes zedoary between the fits. Two or three ounces are to be taken three or four times a day.

A Fomentation for the Colick.

TAKE chamomile-flowers two ounces; juniper and bay-leaves, each one ounce; crude ſalt armoniack half an ounce; boil in water three quarts to two; adding at laſt ſeeds of ſweet fenel, caraway, cumin, and aniſe, bruis'd, each half an ounce; to the ſtrain'd add brandy one pint; mix. This is uſeful not only in a flatulent or Wind-colick, but alſo in the torturing bilious Colick: For when the pain rages intolerably, and the ſick is ſo coſtive, that the ſtrongeſt purges will not paſs, then it is that theſe foments happily aſſiſt the purges, and break off the diſeaſe.

For the Colick.

TAKE ten grains of *Gaſcoigne*'s powder, ten grains of rhubarb, ten grains of nutmeg; mix theſe ingredients in a ſpoonful of plague

or

or hyſterick water; drink a little after it; take it three nights, and miſs three, till you have taken it nine nights.

Tincture of Rhubarb, for the Colick, Gripes, &c.

TAKE of rhubarb two ounces; the leſſer cardamums, and ſaffron, each two drachms; true *French* brandy, a quart and four ounces; extract a tincture according to art; then ſtrain it off, and add thereto four ounces of ſolutive ſyrup of roſes. Take in the intervals of the fit, two ſpoonfuls every morning; and in the fit, eight ſpoonfuls.

For a Colick attended with a Vomiting.

TAKE the waters of black cherry, mint, and compound wormwood, of each two ounces; limon-juice, one ounce and a half; ſalt of wormwood, one drachm; ſyrup of balſam, one ounce; ſpirit of mint, and compound lavender, of each one drachm and a half: mix, and take three ſpoonfuls after every vomiting: If the caſe is bad, add to it one grain of opium.

For the Stone-Colick.

TAKE the leaves of mallows, and ſena, of each half an ounce; ſalt of tartar, half a drachm; boil them in ſpring-water, to a pint ſtrain'd; put gum Arabick, half an ounce; white-wine, four ounces; ſyrup of marſhmallows, one ounce and a half; ſal prunellæ, two drachms; ſal volatile oleoſum, one drachm: mix them, and take four ounces every two or four hours, as occaſion requires.

For the ſame.

TAKE horſe-dung three ounces; peny-royal water, parſley-water, of each a pint: warm them; then ſtrain, and add white-wine, half a pint; juniper water, four ounces; ſal volatile oleoſum, two drachms: mix, and take four ounces as occaſion requires.

For a Colick.

TAKE orange-peel, ſix drachms; calamus aromaticus, galangal, bay-berries, of each one drachm; cinamon, cumin, of each a drachm and a half: make a powder, and take a drachm of it in the Colick-pains.

A Clyſter for the Colick.

TAKE chamomile-flowers, half an ounce; bay-berries, juniper-berries, ſweet fenel and cumin-ſeed, of each two drachms; ſimmer them in water enough to ſtrain 10 ounces; then add oil of aniſeeds, one drachm; ſallad-oil, one ounce and a half; brown ſugar, a ſpoonful: make a clyſter.

For the Colick.

TAKE linſeed-oil freſh drawn without fire, one ounce; balſamick ſyrup, and ſyrup of maiden-hair, of each two drachms: mix, and make a draught, to be taken morning and evening for three days.

Colick-Pills.

TAKE extract of Rudius, one ſcruple; extract of Theban opium, one grain; oil of caraways, one drop: mix, and make pills, four in number; to be taken as ſoon as may be, and to be repeated, if the pain requires it.

A Tincture, which being continued for a conſiderable time, perfectly cures thoſe that are much troubled with the Colick.

TAKE gentian-root ſliced thin, orange-peel, calamus aromaticus groſly beaten, of each two drachms;

drachms; rhubarb ſhred, half an ounce; aniſeeeds, three drachms; hiera picra, three drachms: infuſe them warm twenty-four hours in a quart of white-wine; ſtrain, and take three or four ſpoonfuls every morning, faſting an hour after it.

For the Wind-Colick.

BEAT the hard roe of a red herring ſmall to powder, and take half a drachm in a draught of white-wine or Rheniſh.

An excellent Medicine for the Colick.

TAKE of aſſa-fœtida, two drachms; gromwell-ſeed, one ounce; parſley-ſeed, one ounce; pellitory of the wall, one ounce; nine or ten barberries: beat all theſe very ſmall ſeparate; boil them in a quart of white-wine, and let the wine be clarified before you put in the ſeeds: then boil them till half be waſted; ſtrain it thro' a cloth, and put thereto a quarter of a pound or more of brown ſugar-candy; divide the portion into three parts, and drink it warm, morning, noon, and night, as occaſion ſerves.

A Clyſter to be given in a Colick without Looſeneſs.

TAKE half a pint of ſack; four ſpoonfuls of ſallad-oil; two ſpoonfuls of clyſter-ſugar: ſet them over the fire, only till the clyſter-ſugar be diſſolved; then ſtrain it; take afterwards a lump of hard ſugar as big as one's thumb, and drop upon it ten drops of oil of aniſeed; then put in the lump of ſugar, and diſſolve it in the clyſter. At the ſame time drop ten drops of oil of aniſeed on another lump of ſugar, and take it inwardly.

A Clyſter for the Colick.

A Pint of poſſet-drink, bay-berries, juniper-berries, chamomile-flowers, of each half an ounce; a ſpoonful of oil, the bigneſs of a nutmeg of mithridate, and brown ſugar: freſh urine in the room of poſſet-drink is excellent.

The Colick-Water.

POund fifteen ounces of chamomile-flowers in a mortar; infuſe them twenty-four hours in five pints of ſimple diſtill'd water, drawn from chamomile-flowers; add to it three pints of ſherry; preſs off the liquor clear; let it ſtand twenty-four hours; then preſs off the liquor again: after which add to the infuſion, ſix ounces of orange-peel; an ounce and a half of nutmegs; three drachms of cubebs and cardamums; of the ſeeds of caraway, fenel, aniſe, angelica, lovage, of each one ounce; juniper-berries, two ounces; cloves and mace, each two drachms; the flowers of roſemary, one ounce; the tops of mint, two ounces; of carduus-tops, two ounces; of angelica-roots and galengal, each one ounce: the roots being ſliced, the ſeeds and tops bruis'd, put theſe ingredients into the liquor aforeſaid, and let it ſtand twenty-four hours more; then diſtil it in an alembick with a gentle fire.

The Colick-Powder.

TAKE half an ounce of rhubarb; a quarter of an ounce of caraway-ſeeds; and the ſame quantity of cream of tartar and liquorice, all powder'd and ſearc'd: give half a drachm, or two ſcruples, night and morning, in what vehicle you pleaſe. 'Tis to be taken three times a week at firſt; and afterwards when you find your ſtomach out of order.

The hyſterical Colick, as we have already obſerved, is to be treated

treated with the ordinary hyſtericks. See in the receipts under the head of *Hypochondriack Diſorders.*

The Stone-Colick, by nephriticks or diureticks. See *Stone.*

The Colick attended with looſeneſs, gripes, *&c.* as in ſeveral caſes, to be found under the head of *Fluxes*, &c.

CONSTITUTION.

UNDER this head, we ſhall give the following general rules to be obſerved in the diet of perſons of different conſtitutions, together with the ſymptoms which will diſcover the reſpective conſtitution of each perſon.

And, 1. *In lax and weak Fibres.*] The ſigns of which are, Paleneſs, a weak pulſe, palpitations of the heart, flabby and ſlack fleſh, lazineſs, laſſitude, bloatedneſs, ſcorbutical ſpots.

Such ought to avoid all great evacuations, eſpecially letting of blood, viſcous or tough ſubſtances, and ſuch as are hard of digeſtion; alſo a ſedentary life, and moiſt air. They ought to take aliment frequently, in ſmall quantities, nouriſhing, and of eaſy digeſtion, ſuch as milk, broths and jellies of fleſh-meat, panadas, *&c.* Their drinks ought to be auſtere wines mixed with water, or any wine mixed with chalybeat water; and to uſe in their aliment ſtyptick auſtere vegetables, as far as their ſtomachs can bear them.

See *Diet*, *Feminine Diſorders*, &c.

Too ſtrong and ſpringy Fibres.] The ſigns of which are, A body hard, dry, ſcraggy, hairy, warm, with firm and rigid muſcles, a ſtrong pulſe, activity and promptneſs in animal actions.

Such conſtitutions are ſubject to inflammatory diſtempers. Their nouriſhment ought to be emollient and cooling, the pulps, juices, jellies, mucilages, and decoctions of vegetables, animal oils, and all things which relax and increaſe fat, avoiding all things ſeaſoned with ſpice and ſalt: Their drink, water, barley-water, whey; and eſpecially to avoid fermented ſpirits, which to ſuch are extremely hurtful. Bathing in tepid water is beneficial to ſuch conſtitutions, and immoderate labour or exerciſe hurtful.

See *Fevers*, *Pleuriſies*, &c.

Plethorick Conſtitutions.] The cauſes of it are, A good ſtomach, nouriſhing diet, a good digeſtion, little exerciſe, much ſleep, and ſuppreſſion of uſual evacuations, eſpecially perſpiration; herefore the avoiding theſe, and inducing their contraries, are the proper cure in this caſe.

A plethorick conſtitution is ſubject to a ſtoppage of the circulation, and conſequently to ſuffocation, ruptures of the veſſels, and ſudden death; therefore it ought to be ſpeedily broken by proper artificial evacuations, and reſtoring the uſual natural ones. Long abſtinence is not proper for plethorick conſtitutions; for it thickens the fluids. Frequent blood-letting in ſmall quantities, often increaſeth the force of the organs of digeſtion, fattens, and increaſes the diſtemper. They ought to avoid oily and nouriſhing ſubſtances: watery vegetables, as being leſs nouriſhing than animal diet, are proper; and fiſh rather than fleſh. In a *Lent*-diet people commonly fall away.

See

See *Apoplexy*, *Epilepſy*, *Palſy*, *Lethargy*, &c.

Sanguine Conſtitutions.] Such are known by their complexion, or colour of their countenance and skin: they are ſubject to hæmorrhages, inflammations, eſpecially of the lungs, impoſthumations, and often to ſcrophulous diſtempers.

All things which accelerate the motion of the blood are hurtful to ſanguine conſtitutions, as violent exerciſe and watching.

Acid ſubſtances, eſpecially vinegar, are uſeful. The copious uſe of vinegar brings paleneſs.

The ſanguine ought to avoid the copious uſe of all things that abound with an acrimonious, ſalt, and high exalted oil, as muſtard, onions, garlick, leeks, the herbs uſed in ſeaſoning; and in general all ſpices. See *Hæmorrhages*, *Lungs*, *Cutaneous Diſtempers*, &c.

Conſtitutions ſubject to Acidity, or Sharpneſs of Blood.] The ſigns of which are, Sour belchings, a craveing appetite ſometimes of unuſual things, as in the caſe of the green-ſickneſs, colickal pains, dry gripes, change of the colour of the bile from yellow towards green, a ſour ſmell in the excrements and ſweat, paleneſs of the skin, lowneſs of the pulſe, and ſome ſort of eruptions of the skin.

Such ought to abſtain from the copious uſe of acid elementary ſubſtances: they ought not to eat much bread, nor take great quantities of mealy ſubſtances, nor drink much of fermented liquors, eſpecially ſour and thin wines.

Their diet ought to be rather of animal ſubſtances than vegetable. The fleſh of thoſe animals which live upon other animals is moſt anti-acid, as ſeveral birds and water-fowl; though thoſe are offenſive to the ſtomach ſometimes, by reaſon of their oilineſs. Vegetable and animal oils are often agreeable to ſuch ſtomachs, as almonds, piſtachoes, cream, butter, marrow.

Water, or wine not ſour or thin, is their proper drink.

They ought to uſe much labour or exerciſe; for labouring people have commonly a good digeſtion, and ſubdue the acidity of their aliment. See *Colick*, &c.

Conſtitutions abounding with a ſpontaneous Alkali.] The ſymptoms of which are, Heat, thirſt, hot nidoroſe belchings, foulneſs of the tongue and palate, a bitter and hot taſte in the mouth, ſickneſs, loathing, bilious vomitings, ſtools with a cadaverous ſmell, pains in the belly, with heat.

Such a ſtate diſpoſeth the humours of the whole body to heat, inflammations, and putrefaction, hinders nutrition, and often cauſeth eruptions on the skin, dark, livid, lead-colour'd and gangrenous, and what is commonly called the hot ſcurvy.

Such conſtitutions ought to avoid an animal diet, eſpecially fat; alſo ſpices, and all vegetables, which abound with an acrimonious, ſalt, and high exalted oil; and the copious uſe of ſalts in general. All animal ſalts are alkaline: ſea-ſalt and rock-ſalt, though they are of a mixed nature, rather increaſe the diſeaſe; ſalt-petre is the moſt cooling and proper.

They ought to live much upon aliments made of grains, or mealy ſubſtances; to eat much bread, and ſeaſon much with vinegar; thin wines, wine mix'd with water, water with juice of limon, and eſpecially milk and water, are proper drinks. Such as feel no inconvenience in taking acids, ought to take

take them plentifully. People of ſuch conſtitutions ought not to uſe violent exerciſe, nor long abſtinence, which diſpoſeth to ſuch a ſtate; and after long abſtinence they ought not to eat plentifully; they ought to uſe liquid rather than ſolid aliment.

Plethorick conſtitutions are ſubject to fall into this alkaline ſtate of the fluids, which is more dangerous than that which proceeds from acidity; therefore one cannot be too early and quick in diſcerning a tendency to ſuch a ſtate, and obſerving if the perſon be plethorick, hot, or dry; if the air be hot; if bilious fevers reign; if there be any acrimony in the feces, urine, ſweat; or a yellow caſt in the skin. With the ſigns above-mentioned, by an early application of proper remedies, many dangerous and fatal diſeaſes might be prevented. See *Scurvy*, &c.

Phlegmatick Conſtitutions.] The ſigns of which are, Sickneſs of the ſtomach, a ſenſe of fulneſs without eating; crudities or meat remaining in the ſtomach undigeſted, dejection of appetite, wind coming upwards, but eſpecially tough phlegm frequently rejected by vomiting; inflations and tumours of the belly, (ſometimes ſhort breath) and paleneſs. When a child grows pale, and his belly ſwells, as happens to thoſe that are rickety, there is certainly tough phlegm in the inteſtines, which commonly ſhuts up the mouths of the lacteals, and hinders the nouriſhment from paſſing.

Perſons of ſuch conſtitutions ought to avoid mealy ſubſtances unfermented, unripe fruits, and all viſcous nouriſhment; they ought not to let blood, except upon urgent occaſions, nor provoke ſweat, which thickens the humours. Their diet ought to be ſoapy ſubſtances, ſpices, ſalt, garlick, onions, leeks, and the warm vegetables uſed in ſeaſoning, thyme, roſemary, ſavory, baſil, marjoram, and in general, every thing which exalts the bile; for bilious and phlegmatick conſtitutions are oppoſite; and even children ſo diſeaſed ought to uſe a warmer diet, than what ſeems proper to their age without it. Phlegmatick perſons ought to drink fermented liquors, and generous wines, ſuch as put the blood in a vigorous motion. Warm water diſſolves phlegm, but relaxes too much.

Thickneſs of Blood.] The ſigns of which are, Thirſt, leanneſs, exceſs of animal ſecretions, as of urine, ſweat, liquid dejections, too ſtrong a perſpiration.

For ſuch, the diet preſcribed in lax or weak fibres is uſeful; milk boil'd with grains, eſpecially rice, rather ſolid than liquid aliment, and auſtere wines for drink.

Oily or fat Conſtitutions.] Fat people ought to eat and ſleep little, and uſe much exerciſe, in which the cure chiefly conſiſts.

Whatever heats moderately, ſtimulating ſubſtances, as muſtard, horſe-radiſhes, garlick, onions, leeks, ſpices, and the aromatick plants uſed in ſeaſonings, ſaffron, carminative ſeeds, meats high ſeaſoned with ſalt, pepper, and vinegar, are all proper, and diſſolve fat: they have only one inconvenience, that they create thirſt, and great quantities of liquids increaſe the diſeaſe, by diluting and relaxing the ſolids; ſalt is a great diſſolver of fat. Fat people ought to avoid oily nouriſhment; but ſoapy diet, which conſiſts of oil and ſalt, is proper, becauſe it is reſolvent; therefore honey, ſugar, and ripe garden-fruits, are uſeful.

What-

Whatever promotes perſpiration, and therefore frictions of the skin, is uſeful. Their drink ought to be thin wines; coffee and tea, as they dilute and ſtimulate moderately, are uſeful; great quantities of oily fermented liquors increaſe fat; mere water relaxeth too much; moiſt air is hurtful to fat people, by relaxing the fibres, and ſtopping perſpiration. See *Exerciſe*, &c.

Melancholy Conſtitutions.] A tendency to which is known by a dark or livid countenance, dryneſs of the skin, leanneſs, a quick penetrating genius, a ſlow pulſe and reſpiration, obſtruction of the belly, and too great application to one object.

To ſuch, all things which heat, and promote too great a perſpiration, are hurtful. Alſo ſuch nouriſhment as is viſcous, and hard of digeſtion, and nothing more than ſmoked or ſalted fleſh or fiſh; in general, every thing that thickens the fluids, or reduces them to a pitchy condition. Aſtringent auſtere aliment, and auſtere wines, are hurtful. Too cold and too hot air are both hurtful; for in ſuch ſtates of air, melancholy perſons are always worſt. Diluting is beneficial, eſpecially with water impregnated with ſome penetrating ſalt, ſubſtances which cool, relax the belly, and reſolve the bile; barley-water, whey, ripe garden-fruits, emollient pot-herbs, eſpecially lettuce, cichory, dandelion, and honey moſt of all.

There is one caution to be obſerved, that the diet ought to be oppoſite to the particular acrimony which occaſions the diſeaſe; for if it proceeds from too great acidity or ſharpneſs, in ſuch a caſe, an animal diet, broths made of fleſh-meat, and even eggs, are proper: if the cauſe be alkaline, the contrary method is uſeful. See *Phrenſy*, &c.

Faulty Motions of the Fluids.] The blood and other fluids of a human body, are often not only peccant or faulty in their qualities, but motion, which may be either too ſlow, too quick, or in ſome of the veſſels totally obſtructed.

Thoſe who have too ſlow a circulation, are to be conſider'd as in the caſe of phlegmatick and fat people; and thoſe who have too quick a circulation, are to be conſider'd as in the caſe of ſuch as are bilious, hot, and alkaline, and the reſpective diets are proper.

CONSUMPTION

IS a diſeaſe of fatal conſequence to *Engliſh* conſtitutions. There is not a greater preventive than abſtemiouſneſs in youth, to avoid debauches, to eat milk-meats and rice, in which are boiled comfrey and eringo, which ſmooth and open obſtructions gently. Teſtaceous medicines are alſo very good in this caſe; becauſe they ſuck up into their pores all watery and ſour juices, and obtund them; only care muſt be taken not to hurt the appetite with uſing them too freely.

A Conſumption is frequently attended with an hectick fever, and is divided into ſeveral kinds, according to the variety of its cauſes, which muſt carefully be regarded: for there are *hereditary* and *accidental* Conſumptions, *acute* and *aſthmatick* ones: but the moſt common Conſumption is that of an *Ulcer of the Lungs*, which pines and waſtes the patient, till his legs fail him, and then puts a period to his life.

Conſumptions may be divided into four ſtages, each of which will require a different treatment. The *firſt* may be called a *diſpoſition* to a Conſumption; which may continue for a long time, according to the malignity or acrimony lodg'd in the matter ready to be depoſited into the ſubſtance of the lungs. The *ſecond* is a ſtuffing of the lungs, when matter is *actually lodged* upon them, ſo as to cauſe a purſineſs or ſhortneſs of breath. The *third* is, a hard ſwelling on the glands of the lungs. The *fourth* is, an *inflammation*, and at laſt an *ulcer* of the lungs.

The *firſt* ſtage, by due care, is not hard to be cured. The *ſecond* and *third* degrees of it admit of palliative cures: but the *laſt*, eſpecially if the ulcer be large, admits of none.

In the firſt Stage,

The *Diſpoſition* to a *Conſumption*, the load of ſalt humours ſhould be taken off by bleeding, which fans and cools the feveriſh heat which attends; and as the ſtomach is often loaden with ſaltiſh phlegm, which lays a foundation for more miſchief, it ought to be diſcharg'd: for which reaſon the patient ſhould proceed as follows:

Let half an ounce of honey of ſquills be given in a draught of poſſet-drink, and repeated twice or thrice in an hour, if the patient does not vomit ſufficiently:

Take after the *vomit*, for a draught at bed-time, 'cordial milk-'water, and carduus-water, of each 'one ounce; barley cinamon-water, 'half an ounce; ſyrup of white poppies, ſix drachms; mix.'

Or, after the vomit has done working,

'Take pectoral decoction, four 'ounces; tincture of ſaffron, one 'drachm; liquid laudanum, fifteen 'drops; ſyrup of violets, two 'drachms: mix for a draught.'

After the vomit, it will be neceſſary to make further diſcharges by gentle lenient purges, to divert the flux of humours from the lungs: wherefore,

'Take the beſt manna, and oil 'of ſweet almonds, of each an 'ounce and half, or two ounces; 'diſſolve them in a pint of hot 'ptiſan; let half be drank at bed-'time, the other half an hour after 'riſing.' Or,

'Take of the beſt ſena, two 'drachms; of caſſia broken with 'the canes, and tamarinds, of each 'half an ounce; of coriander-ſeed 'prepared, half a drachm: boil 'them in a ſufficient quantity of 'ſpring-water to half a pint; then 'diſſolve in the liquor ſtrain'd an 'ounce of the beſt manna; half a 'drachm of ſal prunel. mix them, 'and let half be taken in the morn-'ing, and the remainder half an 'hour after.'

But as *purges* alone carry off only ſome of the load, and it is alſo neceſſary to give ſome opiate to quiet the cough, it is better to mix both together, thus:

'Take roſe-aloes, one ſcruple; 'hound's-tongue-pill, half a ſcruple: 'mix, and make into four pills, to 'be taken at bed-time.' Or,

'Take of ſtomach pills with 'gums or aloe-phangine, half a 'drachm (or maſtich-pills, or pills 'of amber); *London* laudanum, one 'grain: mix, and make into four 'pills to be taken at bed-time, and 'to be repeated every third night 'for three times.'

Sweats are improper in this diſtemper; but ſhaving the head, iſſues, and bliſters, are very requiſite.

Opiates

Opiates after diſcharges, to allay the troubleſome tickling, are alſo proper: wherefore,

'Take balſamick ſyrup, one 'ounce; liquid laudanum, fifteen 'drops: mix, and make a little 'draught; to be taken at bed-'time.'

The thin matter ſpued into the lungs ſhould be incraſſated and looſened, that it may be ſpit up: wherefore,

'Take oil of ſweet almonds, 'ſyrups of maiden-hair, violets, 'and marſhmallows, of each one 'ounce: mix, and make a linctus, 'of which take a ſpoonful every 'four hours, and drink after it, 'warm, four ounces of the follow-'ing apozem:

'Take of the pectoral decoction 'clear, a pint and half; tincture of 'ſaffron extracted, with treacle-'water, ſyrups of maiden-hair, of 'jujubes, of each an ounce: mix.' Or,

'Take oil of ſweet almonds, 'ſyrup of red poppies, of each an 'ounce and half; of meconium, 'half an ounce: mix, and make a 'linctus; to be taken at pleaſure, 'with a little of the apozem after 'it.'

If the cough continues obſtinate, we muſt uſe *balſamick pills*, and *ſpaw-waters*.

'Take powder of wood-lice pre-'par'd, three drachms; of the fineſt 'gum ammoniack, a drachm and 'half; of the flowers of Benjamin, 'two ſcruples; extract of ſaffron, 'balſam of Peru, of each half a ſcru-'ple; balſam of ſulphur, as much 'as is ſufficient: mix, and make 'into pills of a moderate ſize; 'wrap them up in liquorice-pow-'der; take three of them twice or 'thrice a day, and drink after them 'a draught of ſpaw-water, or of 'the pectoral apozem above-men-'tion'd.'

For the patient's ordinary liquor,

'Take ſarza-root ſlic'd, eight 'ounces; China-root ſlic'd, four 'ounces; maiden-hair, and colt's-'foot, of each two ounces; great 'daiſy-flowers, two ounces; rai-'ſins of the ſun ſton'd, ſix ounces; 'liquorice ſlic'd, an ounce; ani-'ſeeds, two drachms: mix, and 'make a bag for four gallons of 'middling ale; infuſe them.'

In the ſecond and third Stages,

The hectical heat muſt be abated; the lungs muſt be defended againſt freſh influxes of matter; and therefore the humours are to be diſcharged. To prevent the danger of an inflammation, we may draw away blood ſparingly; we may continue the iſſues and bliſters; but to anſwer the other ends, balſamicks, opiates, and altering medicines, are to be made uſe of; to wit, milk, or chalybeat-waters of the light kind; or jellies, thick broths, and phlegmatick waters. Wherefore proceed thus:

'Take wood-lice prepar'd, one 'drachm; crabs-eyes prepar'd, 'one drachm; red coral, a drachm 'and half; powder of white am-'ber, two ſcruples: mix, and 'make a powder, which divide in-'to eight papers; and take one 'three times a day, in a ſpoonful 'of the following julep, drinking 'a draught of it afterwards:

'Take of cordial milk-water, 'and black cherry-water, of each 'half a pint; of ſmall cinamon-'water, ſix ounces; of prepar'd 'pearl, half an ounce; of fine ſu-'gar, as much as ſuffices.'

Or this electuary:

'Take conſerve of red roſes, je-'ſuit's-bark finely powdered, each

'half an ounce; cold ſpecies of 'tragacanth, Poterius's antihectick, 'each two drachms; ſyrup of red 'poppies, a ſufficient quantity to 'make an electuary: take the quan-'tity of a nutmeg three times a 'day with four ſpoonfuls of the 'julep above-mention'd.'

For the reſt, they may proceed as in the firſt ſtage, but with more caution; and all the mucilaginous medicines muſt be given to lenify the paſſages, and defend them from the acrimony of the humours; to wit, raiſins, almonds, dates, oils of almonds and linſeed, ſhavings of harts-horn, gum tragacanth, *&c.* All colds, and paſſions of the mind, muſt be avoided, and chalybeat waters or milk may be uſed.

In the laſt Stage,

The peripneumonick fever (if there be one) muſt be cur'd, and an ulcer muſt, if poſſible, be prevented or palliated. Bleeding anſwers the inflammation; and

'Take fine ſalt petre, a drachm 'and half; tartar purify'd, a 'drachm; fine ſugar, half an 'ounce: mix, and make a powder; 'which divide into thirteen pa-'pers, and take one every four 'hours in a ſpoonful of any cool 'julep, and drink a draught of the 'ſame after it.'

In this inflammation they may likewiſe bliſter. Ptiſan is a proper liquor. And make a linctus of the following ingredients, of which take a ſpoonful every hour, in a draught of the pectoral drink above-men-tion'd; *viz.*

'Take oil of ſweet almonds 'new-drawn, an ounce; ſyrup of 'maiden-hair, an ounce and half; 'ſugar-candy, one drachm.'

If an *ulcer* be bred, (as is known by the yellow and bloody matter ſpit up, and by a periodical fever) all that can be done is, to proceed in the uſe of the pectoral linctus's, apozems, cordial powders, and julep, as well as the ſame diet as before; for it is not curable; and all that can be done is to curb the flux, or ſtop the ſweats: wherefore,

'Take cordial milk-water, ſix 'ounces; cinamon-water, an ounce 'and half; diaſcordium, two 'drachms. Make a cordial mix-'ture of them, and give four or 'five ſpoonfuls, after every ſtool, 'in caſe of a flux.'

If they ſweat much, let ſix ſpoonfuls be given every fourth hour of a julep made of the following ingredients; *viz.*

'Take of plantane-water, or that 'of oak-bud, ſix ounces; ſmall 'cinamon-water, four ounces; 'aqua-mirabilis, one ounce; pearl 'and coral prepar'd, of each one 'ſcruple; chalk powder'd, half a 'drachm; true bole and dragon's-'blood, of each fifteen grains; Ja-'pan earth, ten grains; ſpirit of 'vitriol, as much as to ſharpen; 'and ſyrup of myrtles, one ounce.'

If the cough be very troubleſome, take one ſpoonful every hour, or every two hours, of a mixture made up of balſamick ſyrup, two ounces; and liquid laudanum, two ſcruples.

And if the vomiting be troubleſome, take three ſpoonfuls of the following; *viz.*

'Take black-cherry-water, three 'ounces; mint-water, two ounces; 'cold cinamon-water, one ounce; 'ſalt of wormwood, half a drachm; 'juice of limons, half an ounce; 'liquid laudanum, thirty drops; 'fine ſugar, as much as ſuffices.'

Theſe are the rules proper to be obſerved, in the different ſtages of

of an original and acute conſumption.

Chronical Conſumptions, or *ſymptomatical* ones of the *chronical* kind, muſt be treated in a different manner, and like an ASTHMA; which ſee: though if aſthmatical perſons turn conſumptive, the above treatment is proper for them.

The *pulmonary Conſumption*, or that of the laſt ſtage, is often produced by a ſcrophulous conſtitution, or king's-evil. It ſeldom invades after thirty years of age; and when it proceeds from an hereditary cauſe, is hardly ever curable.

There is alſo a conſumption from an *empyema*, after an inflammation of the lungs. See *Empyema*.

It is a common miſtake, that acid things hurt the lungs. The gas ſulphuris may be given with ſucceſs in any diſeaſe of the lungs; as likewiſe the elixir of vitriol, from ten drops to twenty, twice a day in any liquor; but at ſome diſtance from milk. Vinegar and honey are proper and detergent; anodyne ſubſtances relieve the cough; gentle exerciſe by riding is beneficial. By an extremely exact regimen, a conſumptive perſon may hold out for years, if the ſymptoms be not violent. The ſweats and diarrhœa attending Conſumptions, are generally fatal ſymptoms; but muſt be relieved by proper diet, and a method as before intimated.

The following herbs and plants are deemed cleanſing openers for an ulcer of the lungs; *viz.* Leaves of common and white maiden-hair, or wall-rue, black and golden maiden-hair, liverwort, ladies-mantle, ſea-purſlain, betony, meadow-daiſy, borage, Jeruſalem oak, bugle, germander, ground-pine, ſuccory, dandelion, endive, flix-weed, fenel, fumitory, ground-ivy, noble and ground liver-wort, lovage, St. John's wort, hyſſop, woad, lettuce, hart's-tongue, white hore-hound, devil's-bit, money-wort, reſt-harrow, primroſe, ſelf-heal, ſpotted Jeruſalem ſage, ſope-wort, ſcabious, water-germander, Solomon's-ſeal, ſurgeon's flix-weed, colt's-foot, garden valerian, wild valerian, vervain, male ſpeedwell, periwinkle, golden-rod. Alſo

Gum ammoniack, fenel-giant, juice of all-heal, ſarcocolla, maſtich, myrrh, olibanum, turpentine.

The following preſcriptions have been efficacious in different caſes of this waſting diſtemper.

Gilead Pills, for ſuch as are in Danger of a Conſumption, and have an old dry Cough, and Pain in the Side.

TAKE white ſugar-candy powder'd and ſearc'd, two drachms; the cold ſpecies of gum tragacanth, one drachm; balſam of Tolu, two ſcruples; flour of Benjamin, one ſcruple: bring theſe to a fine powder; and with balm of Gilead beat it up into pills for twelve doſes, to be given night and morning with a ſuitable vehicle.

To prevent a Conſumption.

SET two new-laid eggs in the embers till they are thorough-warm; but let not the whites be hard: Then make little holes on the tops of the eggs, and pour off the whites as ſoon as you can, and fill up the eggs with red roſe-water, and powder'd cinamon and ſugar; then warm them again in the embers, and eat them; and you will find them very effectual, often repeated.

Portable Lozenges for an apprehended Conſumption.

TAKE fine dragon's-blood, (in drops) two ſcruples; flower of Benjamin, ſixteen grains; balm of Gilead, twenty-four grains; fine ſugar ſearced, four ounces; mucilage of gum tragacanth, as much as is requiſite: make lozenges according to art.

They may be carried always about one, and taken frequently.

Dr. Morton's *Pills for a Conſumption.*

TAKE ſuccotrine aloes, one ounce; myrrh, maſtich, of each half an ounce; cinamon, ſaffron, of each two drachms; cloves, wormwood, red roſes, mace, nutmegs, aromatick reed, of each one drachm; the fineſt rhubarb, two drachms; galengal, ſchenanth, yellow ſaunders, wood-aloes, leſſer cardamums, of each half a drachm; musk, four grains; ſyrup of wormwood, a ſufficient quantity to make a maſs; twelve pills out of each drachm: Take three or four every night, or night and morning, as they agree.

A Powder for a Conſumption.

TAKE ſperma-ceti, one ſcruple; balſam of Tolu, 10 grains; flowers of Benjamin, four grains; oil of aniſeed, two drops: mix for two doſes; to take one at night, the other in the morning.

Pectoral Pills, good in the firſt Stage of a Conſumption.

TAKE powdered elecampane, orrice, liquorice, each one ſcruple; ſaffron, flower of Benjamin, each half a ſcruple; white ſugar-candy, two ſcruples: make it up into a maſs with balſam of ſulphur aniſated. The doſe half a drachm thrice a day.

A Lambative for a Conſumption in its firſt Stage.

TAKE myrrh well powdered, two drachms; ſaffron, half a ſcruple; nutmeg, half a drachm; honey, two ounces: mix.

A Ptiſan that will help a conſumptive Cough, and give Relief in the firſt, and even ſecond Stage of a Conſumption.

BOIL a gallon of ſmall ale in an earthen pipkin, ſcum it well, and put into it two ounces of ſage-leaves, one ounce of peny-royal, two ounces of fenel-roots waſhed clean, picked, ſcrubbed and peeled from the pith: let all theſe boil together, and, when clean ſcumm'd, add to them an ounce of aniſeeds clean picked, and a little bruis'd, half a pound of raiſins of the ſun ſtoned, and ten figs, quartered each into four parts; boil all theſe together on a ſlow fire, till almoſt half be conſum'd; then take it off, and let it ſtand in the ſame pipkin, and drink of it occaſionally.

An excellent Water for a Conſumption.

TAKE garden-ſnails, one hundred and fifty; ſarſaparilla, raiſins of the ſun, of each two ounces; ground-ivy, two handfuls; colt's-foot, oak of Jeruſalem, bawm, ſpotted lungwort, of each one handful; fifteen yolks of eggs; cinamon, mace, of each half an ounce; cow's milk, four pints and a half; Canary, one pint; diſtil in a cold ſtill, without burning: Take three ounces three times a day, ſweetened with white ſugar-candy.

A Tobacco for Catarrhs, and to prevent a Conſumption.

TAKE piſtachio-peels, ſix drachms; tobacco, two drachms; colt's-foot,

foot, one ounce; oil of aniſeed, eight drops: cut and mix.

An eaſy Medicine, which, Mr. Boyle *ſays, cured a Gentlewoman that had taken much Phyſick for a conſumptive Cough.*

TAKE eight, ten, or twelve well-choſen raiſins of the ſun, and having ſlit them open, take out the little kernels, and ſtuff the raiſins with the tops or ſmall tender leaves of rue; and let the patient take them, either as they are, or in the form of a bolus, or the like, pretty early in the morning, faſting after them two or three hours at leaſt, if they cannot conveniently faſt till noon.

To make a very nouriſhing Aliment, which hath recovered divers in Conſumptions.

TAKE eight or ten cray-fiſhes, (or, if they be not of the largeſt ſize, a dozen) boil them (after the blackeſt gut or ſtring is taken out) in barley-water, till they become very red; then take them out, and beat them long, ſhells and all, in a marble or glaſs mortar, to a ſoft maſh, and in a preſs ſtrongly ſqueeze out the juice; which may be given either alone, or mixt with about an equal part of chicken broth, or ſome ſuch convenient alimental liquor.

A rich Broth for conſumptive Caſes.

TAKE a capon (picked, drawn, and cut into pieces); ſheeps-trotters and calves-feet, four of each; ſhavings of harts-horn and ivory, each half an ounce; yellow ſanders, three drachms; dates, twenty; raiſins of the ſun ſtoned, four ounces; pearl barley, one ounce; boil theſe in ſpring-water one gallon to two quarts; adding, when almoſt boiled enough, ox-eye flowers dried, herbs of colts-foot, maiden-hair, ſage of Jeruſalem, each one ounce; mace, two blades; one nutmeg; Malaga ſack, one pint: ſtrain it out. This being digeſted with little trouble, aſſimilated without effervеſcence, eaſily diſtributed, and not preſently diſſipated by the heat of the body, yields a ſoft, kindly, rorid, and glutinous juice, very commodious for ſickly, conſumptive, waſting caſes, in which rich nouriſhment is required, and yet the ſtomach is not able to concoct ſolid food. A large draught may be allowed twice or thrice a day.

For a Conſumption, which has cured when given over by Phyſicians.

TAKE a calf's pluck, wiped clean from the blood; cut it in ſmall pieces; then put it into a cold ſtill, with two gallons of warm milk from the cow, two ounces of nutmegs grated, a quart of Malaga ſack, fifty ſnails purged with ſalt: This will make four quarts and a pint of water; put a quantity of white ſugar-candy into every bottle; take a quarter of a pint of this at four o'clock every afternoon, and when you go to bed; mix it all together in a pan, before you bottle it.

An artificial Aſs's Milk.

TAKE ſarſaparilla ſliced, two ounces; china ſlic'd, raſped ivory, of each ſix drachms; ſaſſafras thin cut, two drachms; crude antimony, powdered and tied in a rag, an ounce and half: boil in two quarts of fair water to one quart; ſtrain, and infuſe two drachms of liquorice bruiſed.

Take a quarter of a pint warm three times a day, with three or four ſpoonfuls of milk.

For a conſumptive Cough.

TAKE tincture of ſulphur, free from any thick ſettlements, three drachms; Give from ſix drops to ten, at night and early in the morning, in a ſpoonful of ſyrup of violets, or the juice of ground-ivy. There is not a more excellent remedy in any cough, that is not attended with a fever.

A Receipt for a Conſumption, which cured a Perſon when given over by Phyſicians.

TAKE the yolk of a new-laid egg, beat it with three ſpoonfuls of red roſe-water, put it to half a pint of ſtroakings of red cows-milk ſweetened with ſugar of roſes, add a little nutmeg ſcraped: Take it every morning for a month; faſt two hours after.

For a Conſumption proceeding from a Cold.

TAKE of conſerve of red roſes, white ſugar-candy, and raiſins of the ſun ſtoned, each four ounces: beat them all together, to a conſiſtence; then put to it twenty drops of oil of vitriol; beat them very well together, till they look of a crimſon colour; afterwards put it into a pot. You muſt take the quantity of a nutmeg in a morning faſting, and abſtain from food an hour after it; and the like quantity the laſt thing at night, when you are in bed. If the cold continues, make another pot; if the digeſtion be ill, uſe this: Take red or claret-wine, a pottle; nutmegs, cloves, and mace, bruis'd, of each half an ounce; red mint and wormwood, of each one ounce: boil theſe from a pottle to a quart; wet a piece of ſcarlet in it, wring it, and lay it to the ſtomach.

For a Conſumption, or great Cold.

TAKE four ounces of elecampane-roots, newly pluck'd out of the ground; waſh, ſcrape, and ſlice them thin; two wardens which will roaſt red: put them into an earthen pot, cover them very cloſe with dough, and bake them with a batch of brown bread three or four hours: when 'tis almoſt cold, put in a quarter of a pound of the beſt doubly-refined ſugar well beaten; three ſpoonfuls of the beſt honey; and three penyworth of the flower of brimſtone; ſtir or pound them all together; keep it in boxes, and eat it at any time of the day, but eſpecially in the morning, at three o'clock in the afternoon, and at night going to bed. This has performed very great cures.

An excellent Receipt for a Conſumption or Cough.

TAKE a pint of oil of turpentine; four ounces of flour of brimſtone; and an ounce and an half of litharge: put them into a fine urinal, and ſtir them all together; cover the urinal with white paper pricked full of holes; wrap it in hay, and place it in a skillet of water; keep a conſtant fire under it to boil, and to continue always ſcalding hot, for forty-eight hours at leaſt: fill the skillet with hot water as it waſtes: when it looks of a deep amber-colour, 'tis enough; then ſtrain it through a flanel cloth, and keep it cloſe ſtopped for uſe. Take nine drops morning and evening, three days; if that fails of ſucceſs, reſt ſome days, and repeat the former method. Eat no cheeſe, and leave off other medicines.

Calves-lungs Water, for a Conſumption, or Hectick Fever.

TAKE a gallon of milk; the lungs of a calf while warm, cut in pieces;

pieces; a peck of garden ſnails waſh'd in water; then beat them in a ſtone mortar, till all the ſhells are broken; twelve whites of eggs; four nutmegs quartered. Diſtil all theſe in a cold ſtill: drink often of this water, ſweetened with ſugar-candy or loaf-ſugar. This is exceeding good with turpentine drops.

See *Cordial Waters* in *Diſtillery*; alſo *Syrups*, *Conſerves*, *Jellies*, in *Confectionary*, Part I.

CONVULSION.

To make Black-cherry Wine, good for Convulſion-fits in grown Perſons or Children.

BEAT the cherries in a mortar, ſtones and all; then run it thro' a flanel bag, but not ſqueezed, only what runs from it: to every gallon of juice put two pounds of the beſt loaf-ſugar; ſet it down in a cool cellar, and let it ſtand a fortnight or three weeks; afterwards bottle it, but only tie a paper pricked full of holes over the bottle, and in two months time it may be corked: keep it in a cool place: it may be preſerved twenty years: the older it is, the better. Give one ſpoonful to a child of a year old, and more or leſs in proportion.

The Convulſion-water.

SCRAPE one pound of ſingle piony roots clean, and ſlice them into three pints of white-wine; let it ſtand infuſing in embers all night; then ſtrain it out very hard: to this quantity put a quarter of an ounce of caſtor in fine powder; one ounce of ſpirit of caſtor; thirty grains of the moſs of a human skull, and the like quantity of the skull, both which muſt be beaten into fine powder: mingle theſe all together, and ſhake them in a bottle one hour: take of this three ſpoonfuls at a time, three mornings before the full and change of the moon, if there be occaſion by fits coming; the ſame quantity at any other time. One ſpoonful is enough for a young child.

How to take the Convulſion-fit Water.

GIVE to a child in the month a tea-ſpoonful and an half; to a child of two or three years old, a child's ſpoonful in a little black-cherry water; to a man or woman, two large ſpoonfuls in a little Mountain-wine; to a ſtrong man, three large ſpoonfuls. If they find the moon has any influence, and are without warning, it muſt be given three days before the full, and three days after: they may take it any time, when they find the leaſt ſymptom, but not when the fit is upon them.

To make Soot-drops to cure Convulſion-fits or Head-ach.

TAKE one drachm of aſſa fœtida; a piece of wood-ſoot the bigneſs of a walnut; the ſhells of three hen-eggs dried; beat all theſe into a fine powder; then put it into a quarter of a pint of French brandy: let it ſtand nine or ten days cloſe ſtopped, ſhaking it once or twice a day; then ſtrain it off for your uſe. A ſmall ſpoonful or two may be given at any time, and three mornings before, and three after the new and full of the moon. To a man, two ſpoonfuls; to a woman, one ſpoonful; to a child of twelve years old, half a ſpoonful; to a new-born child, ten or twelve drops.

COR-

CORDIALS,

PRoperly ſpeaking, are not always what increaſe the force of the heart; for by increaſing that, the animal may be weakened, as in inflammatory diſeaſes. Whatever increaſeth the natural or animal ſtrength, is a Cordial: theſe are broths made of animal ſubſtances, milk, ripe fruits, and whatever is endued with a wholſome, but not pungent taſte; whatever relaxes the too ſtrict, or ſtrengthens the too lax fibres; what in ſome caſes diſpels wind; what excites and takes off the ſluggiſh motion of the animal ſpirits, as ſpices, wine, and ſpirituous liquors.

See *Cordials* in *Diſtillery*, Part I.
See alſo STOMACH, &c.

CORNS

ARE very troubleſome companions, and generally the attendants of ſtreight ſhoes, and the idle humour of endeavouring to have little feet. In the cutting of them, in an ill craſis of the blood, mortifications have often enſued, and the moſt fatal conſequences. It will not therefore be thought deſcending too low, to give the following approved receipts for the cure of them.

A good Remedy for Corns.

TAKE the yeaſt of beer, (not ale) and ſpreading it upon a linen rag, or other cloth, apply it to the part affected, renewing it once a day.

Another.

SPread ſome diachylon plaiſter upon a bit of leather, cut a hole in the middle juſt the ſize of the Corn, and apply it warm; then put upon the Corn a few grains of white arſenick in powder, and bind it on with a rag: In a few days, (ſays my author) this will take away the Corn with great ſafety.

Another.

TAKE the juice of houſleek, and mix it up with about equal parts of the thick balm or yeaſt, that ſticks to the barrel, or to the clay that ſtops it. Of theſe make a kind of plaiſter, which being kept upon the toe for a while, and then, if need be, renewed, will make the corn very ſoft and eaſy to be drawn out and extirpated.

Another.

THE parts being made ſoft with bathing, and ſcraped, apply to the corn a plaiſter of ſhoemaker's wax; but if the part be very tender, your plaiſter may conſiſt of equal parts of ſhoemaker's wax and diapalma melted together, and ſpread ſomewhat thin.

Another.

TAKE emplaſter of compound and ſimple diachylon, of each two ounces; factitious cinabar: mix, and make a plaiſter, and apply to the corns after you have cut them cloſe, but not to the quick.

For the ſame.

TAKE large houſleeks, bruiſe them, and apply to the corns, and it will cure them.

COSTIVENESS

IS a troubleſome ailment, often producing many diſorders; as colicks, head-achs, piles, twiſting of the guts, as it is called, fevers, and inflammations of the bowels. The following is a ſafe and eaſy remedy for it:

'Take fenel or mint-water, four 'ounces; Glauber's ſalt, ſix drachms; 'ſyrup of ſolutive roſes, four 'drachms; aqua mirabilis, two 'drachms. Warm, mix, and take 'at bed-time.' Or,

'Take oil of almonds, one ounce; 'ſyrup of ſolutive roſes, an ounce 'and half; compound piony wa-'ter, two drachms. Mix, and take 'a potion at any time, without any 'regimen.'

The following is alſo a good remedy.

'Take fifteen grains of the maſs 'of pil-rudii; cream of tartar, five 'grains; ſyrup of balſam of Tolu, 'what ſuffices: make four pills, 'and take them going to reſt.

The following receipts are alſo efficacious in this diſorder.

An eaſy and innocent Medicine for Coſtiveneſs.

BOIL in as much broth as will ſerve to fill a large porringer, about half a handful of the leaves of common mallows chopped; and of this broth (being ſtrained) let the patient make the firſt part of his meal.

An eaſy Medicine for a great Degree of Coſtiveneſs.

TAKE Strasburgh turpentine, an ounce; the yolk of one or two eggs: grind them well together; and put thereto a pint of fat mutton broth, and exhibit it blood-warm, in a Glyſter.

A Powder to prevent Coſtiveneſs, and help Digeſtion.

TAKE cream of tartar, two drachms; tartar vitriolated, one drachm: mix, and make it into ſix papers: Take one of them every morning in a meſs of water-gruel.

An Electuary for the ſame.

TAKE marſhmallow-leaves, ſaxifrage-leaves, pellitory-leaves, the flowers of violets dried, ſeeds and all, each two handfuls; ſenna-leaves half an ounce; boil theſe in two quarts of barley water to one quart, or a pint and half; ſtrain off the liquor, in which infuſe one pound of choice prunes; four ounces of tamarinds; four ounces of raiſins of the ſun; when they are ſwelled and fit to pulp, preſs through a hair ſieve the pulpy part of them, and add it to the ſtrained liquor; to them put eight ounces of brown ſugar, and boil them up to the conſiſtence of an extract; add to this extract, while warm, one ounce of cream of tartar, and keep it for uſe. Take the quantity of a walnut going to bed when coſtive.

An Electuary for Coſtiveneſs with Piles.

TAKE lenitive electuary one ounce; cream of tartar, pulvis ſanctus, milk of ſulphur, of each two drachms; oil of aniſeeds, ten drops; ſolutive ſyrup of roſes, enough to make an electuary. Take the quantity of a nutmeg every night, as occaſion requires.

See *Evacuations*, *Stomach*, &c.

COUGHS *and* COLDS.

COUGHS to ſome people are of the worſt conſequence, becauſe their blood is ſo full of ſalts, that the leaſt cold, that gives them coughs, indangers an inflammation of the lungs: Others whoſe blood is not ſo ſaline, often catch cold, but reſt eaſier under it.

As colds often lay the foundations of the moſt dangerous diſeaſes, they ſhould always be taken in time; and two or three days lying by in the beginning, will ſave perhaps many more, beſides the hazard of an inflammation of the lungs, fever, &c. which may otherwiſe be the conſequence.

Let therefore the perſon confine himſelf a day or two, at firſt taking cold, to a warm regimen, and to diſpoſe himſelf to ſweat, by drinking large quantities of ſack-whey, and ſuch-like ſmall liquors.

If the patient be attacked with a thirſt, a heat, and difficulty of breathing, it will be convenient to loſe eight or ten ounces of blood, at firſt being taken, and then dilute with ſack-whey, &c.

If after this a difficulty of breathing continue, and a dry tickling cough, let him drink a decoction of figs, raiſins, and barley, in water, and ſweeten it plentifully with ſugar-candy. And if there ſtill ſeems to be an influx of matter into the lungs, the following medicine may be taken; viz.

'Take of the beſt ſenna-leaves, a 'drachm and half; cardamum-ſeeds, 'half a drachm; infuſe in boiling 'water four ounces for a night; 'then ſtrain it out, and take three 'ounces of the liquor; to which 'add half an ounce of aqua mira-'bilis, or ſtrong cinamon-water; 'and one ounce of ſyrup of damask 'roſes. Make up a potion, which 'take early in a morning, and keep-'ing warm, and drinking water-'gruel, or broth, let it work gently 'off:' it will probably operate five or ſix times, and will greatly help to divert the humours from running to the lungs.

Give alſo every night, at bed-time, half an ounce to an ounce of ſyrup of white poppies or meconium, which will allay the tickling that is often the occaſion of the many violent ſymptoms that attend ſuch coughs.

In an ordinary cough, where none of the thirſt, tickling, difficulty of breathing, or heat occurs, keeping well cloathed, and plentifully drinking of ſmall warm liquor at going to bed, generally is ſufficient.

Thus much for the general proceſs in a newly taken cold: but as we in this uncertain climate are ſo liable to diſorders of this kind; and as there are ſo many ſorts of coughs and colds, and their effects are ſo various in different ages, habits and conſtitutions; we ſhall ſubjoin the following recipes from the ableſt hands, that our readers may chuſe that which they judge moſt ſuitable to the caſes they have to manage, whether in themſelves, their friends, children, or ſervants.

Directions for managing a Cold in weak Conſtitutions.

THE cure of a cold muſt be ſet about immediately, eſpecially by perſons of tender conſtitutions: The following method the eminent Dr. *Cheyne* prefers to balſams, pectorals, linctus's, and ſuch-like trumpery,

as

as he calls them, which, as he ſays, only ſerve to ſpoil the ſtomach, oppreſs the ſpirits, and hurt the conſtitution. He adviſes then, to lie a-bed much, to drink plentifully of ſmall warm ſack-whey, with a few drops of ſpirit of hartſhorn; to drink poſſet-drinks, water-gruel, or any other warm ſmall liquors; a ſcruple of Gaſcoign's powder, morning and night, to live low upon ſpoon-meats, pudden, and chicken; to drink every thing warm; in a word, treating it at firſt as a ſmall fever, with gentle diaphoreticks; and afterwards, if any cough or ſpitting ſhould remain, (which this method generally prevents) to ſoften the breaſt with a little ſugar-candy, and oil of ſweet almonds, or a ſolution of gum armoniack, an ounce to a quart of barley-water, to make the expectoration eaſy, and going cautiouſly and well-cloathed into the air afterwards.

Another Direction for a Cold.

THE famous Dr. *Radcliffe*'s advice in this caſe, very much reſembles the above of Dr. *Cheyne*; for he preſcribes to mix ſack-whey, with roſemary boiled in it, in a ſpoon with twenty grains of Gaſcoign's powder, then to drink half a pint of the whey ſo made and mixed, with twelve drops of ſpirits of hartſhorn in it; to go to bed, and keep warm; and to do this for two or three nights together.

A good Medicine for a newly taken, though violent Cold.

TAKE about four ounces of ſpring-water, and in a convenient veſſel; put to it three leaves of good colts-foot; and a pugil of maiden-hair; and a ſtick of liquorice, for bigneſs and length, like the furtheſt joint of the little finger: make the water warm, and when 'tis ready to boil, put in the forementioned ingredients, (the liquorice being firſt ſliced and minced) cover the pot well, let it boil for a few walmes, then take it off the fire, and having preſently ſtrained it, let the patient drink it hot like tea, he being already in bed: do this three or four nights conſecutively, or till there be no more need of the medicine.

An experienced Medicine for Coughs.

BOIL good turneps in water, and having expreſs'd the juice, mix with it as much finely powdered ſugar-candy as will bring it into a kind of ſyrup: of which let the patient ſwallow a little as ſlowly as he can from time to time.

An approved Medicine for a Cold.

TAKE of Venice-treacle, half a drachm; powder of ſnake-root, twelve grains; powder of ſaffron, ſix grains; volatile ſalt of hartſhorn, four grains; ſyrup of cloves, a ſufficient quantity to make it into a bolus. Take it going to reſt, drinking a large draught of warm mountain-whey after it, or of treacle poſſet, where Mountain-whey cannot be afforded. To ſuch conſtitutions as cannot be provoked to ſweat, opening a vein, or a gentle purge, will be of great ſervice.

Another.

BOIL an ounce of hore-hound, two ounces of unſet hyſſop, in two quarts of ſtale beer, until it comes to a quart; then ſtrain it off, and put in one pound of honey, and boil it, and skum it as long as it riſes.

For a whooping Cough.

TAKE dry'd colt's-foot leaves, two ounces; cut them ſmall, and boil them in a pint of ſpring-water, till

till half a pint is boiled away; then take it off the fire, and when it is almoſt cold, ſtrain it through a cloth, ſqueezing the herb as dry as you can, and then throw it away, and diſſolve in the liquor an ounce of brown ſugar-candy finely powder'd, and give the child (if it be about three or four years old, and ſo in proportion) one ſpoonful of it cold or warm, as the ſeaſon proves, three or four times a day (or oftener, if the fits of coughing come frequently) till well, which will be in two or three days; but it will preſently almoſt abate the fits of coughing.

Virtues of this Medicine.

This herb ſeems to be a ſpecifick for thoſe ſorts of coughs (ſays the gentleman who kindly communicated it to the world in one of the publick papers) and indeed for all others, in old as well as young; the *Latin* name *Tuſſilago*, from *Tuſſis*, the *Cough*, ſays he, denotes as much; as does alſo the Latin word *Bechium* from the Greek word Βήχιον, a *Cough*; and are the names given it by the Ancients perhaps ſome thouſand years ago. It has wonderfully eaſed them when nothing elſe would do it, and greatly helps in ſhortneſs of breath: And in the aſthma and phthiſick, continues he, I have not known any thing exceed it. Likewiſe in waſtings or conſumptions of the lungs, it has been found of excellent uſe, by its ſmooth, ſoftening, healing qualities, even where there has been ſpitting of blood, and rawneſs and ſoreneſs of the paſſages, with hoarſeneſs, &c. in blunting the acrimonious humours, which in ſuch caſes are almoſt continually dripping upon them; it is to be queſtioned whether for thoſe purpoſes there is to be had in the whole *materia medica* a medicine ſo innocent, ſo ſafe, and yet ſo pleaſant and effectual, or that can afford relief ſo ſoon as this will: grown people may make it ſtronger than for children. Get the herb of the ſame years growth and drying, that you uſe it in, and the larger and fuller grown the leaves, the better. 'Tis beſt to be made freſh and freſh, as you want it, and not too much at a time, eſpecially in warm weather.

I ſhall only add, That upon the above remedy being made publick, it was followed by ſeveral letters in the publick papers, acknowledging the benefit received by it, (and heaping bleſſings upon the generous communicator of it) as well in caſes of grown perſons as children. But one of the perſons, who wrote that he was ſixty years of age, ſays, he doubled the quantity of colt's-foot, taking four ſpoonfuls, as often as the fit came upon him.

An excellent Linctus or Lambative for a Cough.

TAKE fine Venice ſoap ſcraped thin, two ſcruples; oil of ſweet almonds, ſyrup of violets, each one ounce: mix. The whole republick of medicine, we are aſſured by Dr. *Fuller*, affords not a more effectual thing to lubricate the paſſages, and render expectoration eaſy.

A Compoſing Draught for troubleſome Night-Coughs.

TAKE powdered gum Arabick, half a drachm; diſſolve it over the fire in ſcabious and barley cinamon-water, each one ounce and half; then add mithridate, diaſcordium, each one ſcruple; lohoch ſanans, one drachm; diacodium, half an ounce, mix.

For

For a Cough and beginning Conſumption.

TAKE barley water, one pint; ſperma ceti diſſolved with the yolk of an egg, three drachms; powder of orrice root, one drachm and half; tincture of benjamin, two drachms; ſyrup of balſam, one ounce; mix: take five ſpoonfuls every three or four hours.

For a Hoarſeneſs upon a Cold.

TAKE three ounces of hyſſop-water, ſweeten it with ſugar-candy; then beat well into it the yolk of one egg, and drink it as a draught.

Another, which has cured a beginning Conſumption.

TAKE three pints and a half of ſpring-water; half a pound of ſugar-candy; boil it till it is reduc'd to a pint and half; put in two ounces of garlick: take a ſpoonful every night and morning, till the cure is perfected.

A Linctus for a Cough.

TAKE oil of ſweet almonds, two ounces; ſyrups of marſhmallows and maidenhair, of each one ounce; powder ſugar, two drachms: mix, and make a *Linctus*; of which take one ſpoonful often, or when the cough is troubleſome.

Willis's *Syrup of Sulphurs for Coughs and Diſorders of the Lungs.*

TAKE of ſulphur, prepared with ſalt of tartar, in powder, two ounces; Canary wine, a quart; digeſt them in balneo Mariæ for twenty-four hours; then take two pounds of white ſugar, and a pint of ſpring-water; boil them together to the conſiſtence of lozenges, obſerving to take off the ſcum as it riſes afterwards; pour the wine that is tinctured with the ſulphur, gradually thereto, and boil them over the fire, with care to take off the ſcum; and laſtly, ſtrain the ſyrup, which will be of a beautiful yellow colour: give a ſpoonful morning and evening.

Syrup of Strawberries for a Cough.

TAKE a good quantity of wood-ſtrawberries; ſelect the beſt of them, and put juſt as much doubly-refined ſugar as the ſtrawberries by weight; bruiſe the ſtrawberries a little; which muſt be full ripe. Take a well-glazed earthen-pot with a cover, a lay of ſtrawberries, and a lay of the ſugar, till they are all in: let the laſt ſtrewing of ſugar quite cover the ſtrawberries; then cover 'em, and ſet 'em in a cool cellar for two or three days, till the ſugar is all melted: afterwards put 'em into a hair-ſieve by degrees, that has a cover; and let the ſyrup run from 'em without ſqueezing; then put it into a ſilver tankard, and ſet that into boiling water: let it boil a little, and when it is cold, put to every quart a good ſpoonful of natural balſam, and three ſpoonfuls of good ſpirit of wine. Grind your balſam with a little ſugar, or it will always ſwim on the top of the ſyrup. Obſerve to ſhake it, when you uſe it. You may take a ſpoonful of this, going to bed; and half a ſpoonful, at any time when the cough is troubleſome; a leſs quantity ſuffices for an infant. It is excellent for a whooping cough. To a child of a year old, you may give a tea-ſpoonful.

For the ſame.

TAKE a quart of ſpring-water, to which put a quarter of a pound of eringo-root, and two ounces of ox-eye daiſies; boil it to a pint, and drink

drink a coffee-diſh full at a time, mixt with new milk, to be drank warm: if the eringo-root is not candied, it muſt be ſweetened to your taſte.

A Ptiſan for a Cold.

TAKE hyſſop, origany, gill, and maiden-hair, of each one ounce; of roſemary, hore-hound, and colt's-foot, each half an ounce: chop theſe together four or five times; boil them in four quarts of ſpring-water, to which muſt be added half a pound of raiſins of the ſun ſtoned, if you cannot get Lent figs; two large ſticks of liquorice beat and ſliced; two ounces of aniſeeds groſly beaten; boil theſe in four quarts of ſpring-water, till it comes to half: drink a large coffee-diſh full as often as you pleaſe, or can.

Extraordinary for a whooping Cough.

ANOint the pit of the ſtomach, and ſoles of the feet, with boars-greaſe.

The Lozenges for a Cough.

TAKE ſugar of roſes, three ounces; crabs-claws prepared, three drachms; the cooling ſpecies of gum-tragacanth, two drachms and an half; ſugar candy'd in powder, two ounces, with a ſufficient quantity of mucilage of gum tragacanth: make it into lozenges, and take one often in a day.

The Draught.

Take oil of ſweet almonds, and diaſcordium, of each three drachms; red poppy-water, one ounce; barley cinamon-water, half an ounce: mix it for a draught; to be taken going to bed, the bottle being firſt ſhaken.

The Lambative.

Take oil of ſweet almonds, and balſamick ſyrup, of each one ounce and an half; white ſugar candy'd, a ſufficient quantity; mix it, and make a linctus: take a ſpoonful of it every night going to bed.

To preſerve Garlick for a Cough.

DIſſolve ſugar-candy in water; then put in your garlick, and boil it till it is tender; afterwards keep it in your ſyrup for your uſe. It is excellent for a cough. Your ſugar-candy muſt be brown.

See *Venice-treacle*, in the article of OPIUM.

See alſo CONSUMPTIONS.

See alſo *Conſerves*, *Syrups*, *Jellies*, in *Confectionary*, Part I.

The CRAMP

IS a very troubleſome diſorder, that is often attended with bad conſequences. A ſlight fit in the calf of the leg, is diverted often by ſtretching out the foot and heel ſtrongly, when coming. For a ſtronger fit, and attacking other parts, as well as the leg, uſe the following directions.

A Receipt for the Cramp.

TAKE of the ointment of populeon, two parts; of oil of ſpike, one part: mix, and anoint and chafe well the part affected.

Another.

TAKE ſpirit of wine camphorated, compound ſpirit of lavender;

vender, oil of ſweet almonds, of each half an ounce; ſal armoniac, oil of amber, of each one drachm: make them into a liniment, and anoint the part affected well with a warm hand.

Another.

TAKE ointment of marſhmallows, oil of worms, of each half an ounce; oil of turpentine, two drachms; camphire, two ſcruples; compound ſpirit of lavender, two drachms; oil of cloves, ſix drops: make a liniment, and uſe as the former.

CRUDITIES.

See *Heartburn*.

CUTANEOUS DISTEMPERS.

OF theſe there are divers, which we ſhall treat alphabetically. And,

1. Of the BLACKNESS of the skin; which, if contracted by the ſcorching rays of the ſun, is curable by tincture of benzoin, ſpirit of camphorated wine, or juice of citrons. The following is an excellent waſh:

'Take biſmuth-flowers, two 'drachms; the whiteſt and moſt 'ſweet-ſcented oil of pomatum, 'ſix drachms; oil of roſes, two 'drops: mix 'em.' It ought to be uſed with great care and caution.

Some tender perſons uſe ſuch fragrant, coſmetick ſoaps as the undermentioned:

'Take *Venice* ſoap, one pound; 'bitter almonds, peach-kernels 'peeled, each two ounces; powder 'of flouriſhing iris-root, and root 'of wake-robin, each one ounce; 'ſalt of tartar, half an ounce; musk 'of ambergris, with ſpirit of roſes 'diſſolved, each half a ſcruple; civet, 'five grains; a ſufficient quantity 'of eſſence of benzoin: mix 'em, 'and make a paſte in the nature 'of ſoap.'

2. BURNS: For theſe ſee the proper article.

3. EPHELIDES are ſpots of a brown colour, appearing in the forehead, cheeks, neck, or hands, ſometimes rough, and as broad as the palm of the hand. Pregnant women are chiefly afflicted with it; and it is known by the other ſymptoms of child-bearing, and to be treated accordingly.

4. ESSERE, *ſora*, or *ſare*, is a ſmall breaking-out, very much itching, ſomewhat hard, inclining to a red, and affecting the whole body at once, like the ſting of bees, or pricking of nettles, which takes riſe from ſharp and cholerick humours. The cure muſt be left to nature, and will be perfected in a ſhort time.

5. An *eating* HERPES is a puſtulous inflammation, ulcerous, itching, and red: unleſs prevented, it corrodes the part affected. Catharticks are uſed towards the cure: plates of lead macerated a long time in alum-water, and Rhaſis's white ointment of diapompholick, are to be made uſe of. If the humour will not yield to the milder remedies, apply ſublimate arſenick very well beat, mixed with the white ointment. In extremity uſe the actual cautery.

An HERPES is divided into three ſorts:

(1.) A *ſimple* HERPES conſiſts of ſingle puttles, which are yellow or whitiſh, and ſharp-pointed, inflamed at the baſis; and dry up naturally, after emitting a drop of matter.

(2.) The ſecond is what we vulgarly call a RINGWORM, or TETTER; and comprehends many ſmall puſtles in heaps, ſometimes appearing like a ring, or round, very painful and itching: it never digeſts, but, ſcratched, emits a thin humour. The cure is difficult; for when it ſeems intirely extinguiſhed, it commonly appears again at certain ſeaſons. The vulgar remedy is ink; but in obſtinate caſes, ſublimate milk is well approved, though to be uſed cautiouſly for fear of an inflammation. Obſerve firſt to make the proper evacuations: afterwards take the mineral purging waters, and this liniment:

'Take ointment of roſes, one 'ounce; precipitate mercury, one 'drachm; the *arcanum corallinum*, 'half a drachm; oil of roſes, two 'grains: mix 'em.'

(3.) The third ſort is called the SHINGLES, and breaks out in ſeveral parts of the body, namely, the thighs, loins, breaſt, neck, &c. A ſlight inflammation and fever generally go along with it: puſtles containing white matter, and ſmall round cruſts, like millet-ſeeds, appear. For fear the puſtles ſhould become black, uſe diſcutients: ſnip the larger with ſciſſors, and in order to prevent the cloaths ſticking to them, a cerate made of oil and wax is proper.

The following is eſteemed very ſucceſsful:

'Take of muſtard-ſeed bruiſed, 'one drachm and a half: green 'vitriol diſſolved in a ſufficient 'quantity of plantane-water, two 'ſcruples: mix 'em.'

For the ſame.

Burn aqua vitæ, and dip a linen cloth in it, which muſt be laid upon them: you may wet it as often as you will, and lay it on again.

A cerate of the *lapis calaminaris*, or diapompholick ointment, are very uſeful in the declenſion, as they dry up the puſtles.

6. The ITCH is a breaking-out of puſtles over the whole body, chiefly between the fingers, and about the joints, from a ſharp humour, which cauſes itching, and thence ſcratching: in ſome it ſuddenly diſappears; but in others returns at ſtated ſeaſons. Poor people may uſe black ſoap, but preſently waſh it off for fear of its injuring the skin; or they may take inwardly brimſtone in milk. The beſt approved medicine of the ſhops is ditch-dock. In young people the cure is eaſy, but in old perſons the diſtemper becomes obſtinate. The following unguent may be uſed:

'Take pomatum two ounces; 'crude ſalt armoniack, half an ounce; 'oil of rhodium, four drops: mix.'

Preparations of antimony, decoction of wood, oak, elder-tree, wild borage, and ſuch-like, are well recommended remedies.

Outward applications may conſiſt of ſaturn, mercury, ſulphur, unſlacked lime, camphire, tobacco, litharge, &c. As ſuch, 'Take ointment of tobacco, half an ounce; 'flower of ſulphur, two drachms; 'ſweet mercury, one drachm; a 'ſufficient quantity of oil of St. 'John's wort; mix 'em.'

After bleeding, the following medicated drink is very proper:

'Take root of oak polypody, and 'prickly dock, each three ounces; 'the beſt ſena-leaves, four ounces; 'dodder, turbith, and mechoacan, 'each two ounces; citron ſanders, 'one ounce; coriander-ſeeds, ſix 'drachms: mix 'em; prepare them 'according to art, and make a bag 'for four gallons of beer; after five 'or ſix days draw it out, and take

'twelve

'twelve ounces every morning for 'eight or ten days.'

The following liniment is reckoned a very effectual remedy:

'Take of crude ſulphur, two 'drachms; of Venice ſoap, one 'drachm and a half; prepar'd nitre, 'half a drachm; golden litharge, 'two drachms; ſweet mercury, 'one drachm and a half; white 'unguent camphorated, one ounce; 'oil of roſe wood, four drops; 'mix 'em, and make an ointment.'

Take internally ethiops mineral, bezoar mineral, vipers fleſh, diaphoretick antimony, tincture of antimony, decoction of wood, gum guaiacum, &c. and outwardly, tho' with caution, herpetick ointment, mercurial ointment for the itch, and mercurial lotion.

Sulphur is a kind of ſpecifick in this diſorder, and the chief ingredient in moſt ointments.

Externally take of live ſulphur in powder, half a pound; hogs lard, one pound; capital ſoap-lees, three ounces; mix them, and make an ointment to be uſed every night and morning.

Quick-ſilver is dangerous. But if you deſire to avoid the trouble of bathing, which is otherwiſe convenient, or the offenſive ſcent of ointments, you may cure this diſtemper by wearing a ſhirt four or five days, boiled in ſpring-water, and powder of ſulphur, and dry'd.

7. LENTIGINES are yellowiſh ſpots, about the face, neck, and hands, and as big as lentil-ſeeds: they ſtick faſt to the skin, and are hard to cure, if of long continuance. The proper remedies are, oil of tartar by ſtraining, oil of myrrh by ſtraining, with white of egg prepared, virgin's milk, &c.

8. The LEPROSY *of the Arabians* is ſcarce known in England, and principally afflicts thoſe who thro' neceſſity live on unwholſome food. It is a red ſwelling in various parts of the body, attended with ulcers, which on the ſmalleſt hurt bleed, tho' with no pain. This diſorder may be cured by a fetid ſweat raiſed by a decoction of elm, drank with white-wine.

9. In the *Leproſy of the Greeks*, or ſimply, *The* LEPROSY, the skin appears ſometimes black and blue, ſometimes yellowiſh, and red inclining to black, cruſty and ſcabby, and when confirmed, ſpreading over the whole body. The ſtrongeſt medicines poſſible will hardly cure this diſtemper; ſuch as bleeding, medicated whey, expreſſed juices of ſucculent plants, chalybeat medicines, decoction of wood, ſalivation, ſteel-waters, mercurial catharticks, and the like. Bathing ſometimes is prejudicial; but baths or liniments made of tar are the beſt. Purging waters are ſerviceable; Tunbridge waters more ſo, but viperine medicines exceed all others, except in hot conſtitutions. Waſhing the body in the ſea, and ſwimming long and often in ſalt water, is approved by the moſt expert authors. This diſtemper is ſometimes propagated to the fourth generation, and, when inveterate, becomes incurable. A decoction of elm-bark, drank with white-wine a long time, is accounted a ſure remedy. The following liniment is ſometimes applied: 'Take 'one ounce of ointment of orange-'flowers; one drachm and a half 'of white precipitate mercury; half 'a drachm of camphire; one ſcruple 'of white vitriol burnt; mix 'em.'

A notable aluminous water is lately diſcovered at *Shadwell*, which is deemed very good in all ſcrophulous caſes.

10. LIVERSPOTS are of a dark yellow colour, ſometimes almoſt as

broad as the palm of the hand. The ſkin is ſomewhat rough, and itches extremely. They chiefly appear on the neck, breaſt, and back. Their cure is the ſame with that of the *lentigines*.

11. PHLYCTÆNÆ or PHLYCTENES are ſmall bliſters, hot and itching, containing a clear matter. The remedies to be uſed towards the cure are the ſame with thoſe for other eruptions of the ſkin.

12. SIRONES are puſtles breaking out in the ſummer-time in the palm of the hand, and ſole of the foot, attended with itching, which takes riſe from ſmall worms, that may be taken out by a needle, and killed by mercurial ointments and lotions.

13. ST. ANTONY'S FIRE ſeizes perſons in open places, which is vulgarly called *being planet ſtruck*; and conſiſts in a ſmall ſwelling, accompanied with great heat, pain, and redneſs, and many ſmall puſtles, which in the height of the diſorder turn into little bliſters, that ſpread wider and wider, together with a fever. In this diſorder uſe bleeding, next day a gentle purge, and at night a paregorick. In ſome caſes it is neceſſary to bleed two or three times.

A plaiſter of cow's-dung is good in order to eaſe pain. You may uſe alſo, as a *mixture*, oil of elder, and lime-water, with a little ſpirit of wine camphorated. Externally you may take 'one drachm of Rhaſis's 'white trochisk; one ſcruple of 'camphire; one ounce of ſpirit of 'wine; ſix ounces of elder-water: 'mix 'em: wet linen-cloths with 'this, to be applied warm, and re-'peated as ſoon as dry.'

If the diſeaſe be ſymptomatick, uſe the following liniment:

'Take an equal quantity of oil 'of elder, and thin lye: mix and 'ſhake 'em together a long time in 'a phial, till they become an oint-'ment.'

There is another ſort of St. Antony's fire, which generally ſucceeds a ſurfeit, or a too great indulgence in ſpirituous liquors. It begins with a ſmall fever, and a breaking out of puſtles over the whole body, appearing like nettle-ſtings, and ſometimes riſing to bladders; which depart with an almoſt inſufferable itching, and upon ſcratching re-appear. This is to be treated as the former.

The following fomentation and ointment are preſcribed by the famous *Sydenham* in an Eryſipelas:

'Take roots of marſhmallows 'and lilies, of each one ounce; 'leaves of mallows, elder, and baſe 'mullein, flowers of chamomile 'and melilot, tops of St. John's-'wort and leſſer centaury, of each 'one ounce; linſeed, fenugreek-'ſeed, of each half an ounce: boil 'them in a convenient quantity of 'water to three pints; ſtrain it:' And when you uſe it, add to every pint two ounces of ſpirit of wine; dip woolen cloths therein, and ſqueeze them; apply them hot, twice every day, and then anoint the part with the following ointment:

'Take half a pint of ſpirit of 'wine; Venice-treacle, two ounces; 'powder of long-pepper and cloves, 'of each two drachms: mix, and 'dip a piece of brown paper in it, 'and put it to the part affected.'

The following poulteſs is alſo well recommended:

'Take the green leaves of elder, 'four ounces; boil in milk very 'ſoft; then ſtrain out and beat 'them to marſh: add ointment of 'elder-flowers, two ounces; oint-'ment of poplar-buds, one ounce;

'cam

' camphire in fine powder, one ' drachm: make a poulteſs.'

The famous Mr. *Boyle* ſays, that the blood of almoſt any living creature is found to be a ſpecifick in this diſorder, often anointing the affected part with it, or laying moiſt on it, a cloth dipp'd in blood.

14. VARI are hard tumours, ſmall; at bottom red, at top whitiſh, appearing in the neck and face, and about the ſize of a hempſeed. When very red, they are ſomewhat difficult to cure; and if that redneſs remains after the removeneſs of the puſties, with an hoarſeneſs and inflammation, a leproſy will probably ſucceed. They may be cured by ſugar of ſaturn, eſſence of benzoin camphorated, virgin's milk, and the like.

We ſhall add to this article the following approved receipts for thoſe two troubleſome diſtempers the itch and leproſy.

A ſafe Ointment for the Itch.

TAKE hog's-lard, two ounces; oil of ſweet almonds, brimſtone, of each one ounce; white hellebore, half an ounce; ſalt-petre, race-ginger, of each a drachm and a half; eſſence of limons, one ſcruple; mix them together, and make a liniment, with which anoint the parts affected well every night with a warm hand.

A Decoction againſt the Itch.

TAKE fumitory, ragwort, of each one ounce and half; liquorice, one ounce; quick-ſilver, four ounces: boil them in two pints and a half of water to two pints; ſtrain it out, and ſweeten it, and give the four ounces twice a day. You may take the quick-ſilver out without any ſenſible diminution or alteration, and uſe it again.

A Powder for the Itch.

TAKE Ethiops mineral prepared without fire, half an ounce; crude antimony, one ounce; make them into a fine powder, and take half a drachm three times a day, with a draught of the following water:

Take the ſhavings of ſaſſafras, two ounces; guaiacum with the bark, one ounce; liquorice-root, three ounces; coriander-ſeeds bruiſed, ſix drachms; infuſe them cold in one gallon of lime-water. This is an excellent medicine, and of great efficacy in all foulneſſes of the skin, as ſcabs, itch, leproſy, herpes, &c.

An Ointment for the Itch.

TAKE hogs-lard, three pounds; flower of brimſtone, half a pound; cloves powdered, four ounces; mix all together into an ointment, and anoint the patient morning and night. The patient muſt wear the ſame linen all the time of cure.

A very extraordinary Ointment for an old and dry Itch.

TAKE turpentine waſh'd in roſe-water, three ounces; oil of roſes, ſix drachms; the juice of three oranges; the yolks of three eggs; make an ointment. It may juſtly be ſtyled wonderful, becauſe it expels the itch by urine, cauſing the patient to make black urine every morning.

For a Scald Head.

TAKE emplaiſter mercurial, the plaiſter of hemlock, with ammoniac, of each alike; oil of ſweet almonds, a ſufficient quantity to make a cerate; apply it over the head.

For the Leproſy.

TAKE conſerve of the roots of ſharp-pointed dock, ſix ounces; crabs-eyes, coral prepared, of each two drachms; ivory, a drachm; powder of lignum aloes, yellow ſanders, of each a drachm and a half; ſal prunellæ, two drachms; vitriol of ſteel, a drachm and a half; ſyrup of the juice of wood ſorrel, what ſuffices; make them into an electuary. Give two drachms evening and morning early every day.

For the ſame.

TAKE the inner bark of elm-tree new-gathered, four ounces; ſpring-water, three pints: boil away one half: to the red ſtrained liquor add ſyrup of raſpberries, and ſyrup of mulberries, of each one ounce and a half: mix them together; being taken with one ſcruple of powder of vipers morning and night, is a ſpecifick for a leproſy and elephantiaſis.

An Ointment for the Leproſy.

TAKE of the itch-ointment, (mentioned in the preceding page) one pound; one ounce of oil of ſulphur; mix them together; it is very ſharp, and will ſcour off the cruſts that deform the skin.

Mr. *Boyle* communicates the two following remedies for the itch.

An experienced Liquor to cure the Itch in the Hands or Face, without Mercury or Sulphur.

SHRED ſmall, one ounce and a half of elecampane-roots, and as much of ſharp-pointed dock, and boil them in two quarts of ſpring-water to a pint; then ſtrain, and let the patient waſh the parts affected with the liquor once or twice a day, but not oftener.

An experienced Waſh, which quickly cures the Itch.

PUT a pound of ſtrong quick lime to a gallon of ſpring-water, and after ſome hours, pour off the clearer; filtre the reſt, and hang in the liquor two ounces of quick-ſilver tyed up in a linen bag, and boil it for half an hour, or more; then pour off the liquor again, and waſh the hands with it twice or thrice a day at moſt.

The following is alſo well recommended:

For the Itch.

TAKE lac ſulphuris, one ſcruple; lapis contrayervæ, and red coral prepared, each ten grains; mingle; make a powder. This quantity is to be taken every night in wine-whey, and every morning in milk-water, ten days and nights. When the patient has taken it five days, let him begin to uſe the following ointment:

Take an ounce of flower of brimſtone; half an ounce of freſh-powder'd ginger; work it into as much ſoft ſoap as will make it into an ointment; anoint the patient, going to bed, by a fire, the other five nights, on every part affected but the ſtomach, wearing the ſame linen five days after. When perfectly well, purge, and not before.

An external Remedy almoſt ſpecifick, ſays Mr. Boyle, *for the Leproſy.*

TAKE pomatum, one ounce; flower of ſulphur, one drachm; ſal prunellæ, half an ounce; and having mixed them very well together, from time to time anoint the part affected therewith, as long as there is need.

DEAF-

DEAFNESS.

THE following remedy is recommended on experience, as an excellent cure for deafneſs:

'Take black wool from a ſheep; 'pick the hairs well out of it, dip 'it in tar, ſqueeze the tar out once 'or twice; then put it into the 'ears; when it dries, renew it: 'beware of catching cold.'

For farther directions on this head, ſee the article *Ear*.

DECOCTION.

See *Herbs, Infuſion*, &c.

DIABETES.

THE moſt common cauſe of this diſtemper, is the too great uſe of ſpirituous liquors. The cure conſiſts in diluting with watry liquids, eſpecially thoſe impregnated with a lixivial ſalt, as lime-water, &c. and in withdrawing the cauſe.

The patient ought not to lie on the back, ſhould forbear motion, as much as poſſible; and flanel ſhould be worn next the skin, in order to promote a free breathing thro' it. The following medicines, ſteadily taken, will relieve this ailment, if curable; for all outward remedies are ineffectual; viz.

'Take rhubarb ſlic'd, one drachm; 'mint-water, three ounces; cina-'mon-water, half an ounce; infuſe 'them all night over the embers; 'ſtrain them, and add ſolutive ſy-'rup of roſes, one ounce. Let this 'gentle purging potion be taken in 'a morning; repeat it for once or 'twice at a day's diſtance.'

'Take plantane-water, two ounces; cinamon-water, half an ounce; 'ſyrup of white poppies, one ounce; 'powder of Japan-earth, half a ſcru-'ple: mix, and make a draught to 'be taken at bed-time after the po-'tion, each time.'

'Take Japan-earth in powder, 'half a drachm; dragon's-blood in 'powder, two drachms; powder 'of red coral, one drachm; con-'ſerve of ſloes, half an ounce; of 'red roſes, half an ounce; ſyrup of 'dry'd roſes, as much as will make 'an electuary: of which take the 'bigneſs of a large cheſnut thrice 'a day, drinking after it a draught 'of Briſtol-water.'

Briſtol-water is deemed in a manner a ſpecifick for this diſtemper.

We ſhall add the following recipe's, which have in different caſes been try'd with good ſucceſs.

An uſeful Powder for the Beginning of a Diabetes.

TAKE root of the male-piony, yellow amber, red coral, and choice gum Arabick, of each one drachm; reduce them to fine powder, mix them well, and let the patient take of this mixture from ten to twenty grains, twice a day.

An Infuſion for a Diabetes.

TAKE nettle-roots freſh-gather'd, four ounces; of the herb, two ounces; of the ſeeds, with thoſe of daucus, aniſe, cumin, of each half an ounce; lime-water, two quarts; ſet them in a warm oven to infuſe (cloſe ſtopped) twelve hours; decant the clear liquor, and in twenty-eight ounces of it diſſolve gum Arabick, two ounces; crude alum, thirty-two grains; diacodium, four ounces: take four ounces for a doſe; it is almoſt infallible in a Diabetes, bloody

urine, or ulcers in the urinary paſſages. Repeat it as often as the ſymptoms are urgent.

A Lime-water for the Diabetes.

TAKE a pound of quick-lime, put it into a gallon of warm water, ſtirring it very well; let it ſtand twelve hours to ſettle; then ſtrain it, and put to it of ſaſſafras, cut into very thin ſlices, four ounces; liquorice ſliced, aniſeed bruiſed, of each two ounces; raiſins ſtoned, four ounces: let them ſtand two days, ſtrain it, and keep it for uſe. Take a draught every morning, noon, and night.

An experienced Remedy for the Diabetes.

TAKE roſes, burnt ivory, of each a drachm and a half; ſeeds of purſlain, coriander, ſanders, barberries, of each two drachms; camphire, half a drachm; mix them with the juice of pomegranates; make them into little balls, each weighing a drachm. Take one of them, morning and evening, mixed with cold water, and ſyrup of roſes.

Dr. Jurin's *Cure for a Diabetes.*

DR. *Jurin* preſcribes twenty or thirty drops of Mynſicht's elixir of vitriol, to be put into a bottle of Iſlington chalybeat-waters, before it is filled, which, he ſays, will keep the waters good three or four days, for the uſe of ſuch perſons as cannot drink them at the well. 'Among the diſeaſes in which the 'chalybeat waters, thus acidulated, 'are highly beneficial, I cannot, ſays 'the Doctor, for publick good, for-'bear mentioning that obſtinate 'diſtemper the *Diabetes*, in which 'they ſucceed to admiration, when 'uſed for common drink to about 'three pints or two quarts a day. 'They take off the thirſt, abate the 'feveriſh heat, and after a few days 'the urine begins to return to its 'natural quantity, ſmell, and taſte, 'though for two or three days, upon 'firſt drinking them, the quantity 'will ſomething increaſe, as might 'naturally be expected from ſo diu-'retick a liquor before its aſtrin-'gency has begun to take place. 'But before the patient enters upon 'this courſe, he ought to be gently 'purged with *Epſom* or *Stretham* 'water, with the addition of *manna*, 'and *ſal mirabile Glauberi*, two or 'three times, at ſuch intervals as his 'weakneſs may require.'

See *Stone*, &c.

DIAPHRAGM.

See *Jaundice*, *Ulcers*.

DIARRHOEA.

See *Conſerves* in *Confectionary*; alſo *Fluxes*, *Fevers*, &c.

DIASCORDIUM.

See *Opium*.

DIET.

An Account of the Qualities of Animals proper for Food.

ANimal ſubſtances are more eaſily aſſimilated into animal ſubſtances; and therefore it ſeems probable, that they are more nouriſhing to human bodies, than vegetable.

The nature of animal food muſt depend upon the nature, age, diet, and other circumſtances, of the animal we feed upon.

Animal juices, as well as vegetable, are in their greateſt perfection, when the animal is full-grown: young animals participate of the nature

ture of their tender aliment, as ſucklings of milk.

Animal nouriſhment differs conſiderably, as the animal is terreſtrial, amphibious, or aquatick.

Fiſhes contain more of animal ſalts and oil; for they corrupt ſooner than terreſtrial animals. Some fiſhes, as the thornback, when dry'd, taſte of ſal ammoniack. The muſcular fibres of fiſhes are generally more ſmall and tender, than thoſe of terreſtrial animals, and their whole ſubſtance more watry. Some fiſhes, as whitings, can be almoſt intirely diſſolved into water. From which qualities a diet of ſome fiſh is more rich and alkaleſcent, than that of fleſh. The oils with which fiſhes abound, often turn rancid, and lie heavy upon the ſtomach, and affect the very ſweat with a rancid ſmell; which is found to be true in ſome places, where the inhabitants live intirely upon fiſh. Notwithſtanding the redundant oil in fiſhes, they do not increaſe fat ſo much as fleſh, by reaſon of their watry quality.

Water-fowl abound with the ſame rancid oil as fiſh. Fiſh, being highly alkaleſcent, want to be qualified by ſalt and vinegar.

The difference of the qualities of the fleſh of the ſame ſpecies depends upon the manner of living of the animal.

Abſtracting from other conſiderations, the moſt healthful animal affords the beſt aliment; and the caſtrated, than thoſe that are not ſo.

An animal that feeds itſelf, takes the moſt proper food in the propereſt quantities, (if it has plenty enough) has better air, and more exerciſe; all which contribute to make the animal more healthy. For theſe reaſons *Hippocrates* commends the fleſh of the wild ſow above the tame.

The fleſh of the ſame ſpecies differs very much, as the animal lives in marſhes or mountains. The wild kinds of animals, having more exerciſe, have their juices more elaborated and exalted; but for the ſame reaſon the fibres are often harder, eſpecially when old. For this reaſon perhaps the roe-buck is the fineſt of the veniſon kind.

This rule, in ſome meaſure, holds true with fiſhes. Sea-fiſh, living in an element more agitated, and river-fiſh, are better than thoſe in ponds. Eels, for want of exerciſe, are fat and ſlimy.

As the fibres of fat animals are often more tender and moiſt, than thoſe of lean, they are more coveted by mankind; and tame fowls, offering themſelves, as it were, to mankind, ſeem to be their natural food.

The juices of the ſame animal in decoctions are often more nouriſhing when the ſolid parts are not ſo good, and the broth made of grown animals more nouriſhing than that of young; for of the parts of the ſame animal, the muſcular fleſh, with the nervous parts, affords the beſt nouriſhment, as containing the moſt ſpirituous parts. The difference of the muſcular fleſh, taken in ſubſtance, depends upon the hardneſs, tenderneſs, moiſture, or dryneſs of the fibres.

The ſeveral parts of the ſame animal differ likewiſe in their qualities: their livers are tender, and by the juice which they contain, are eaſily corruptible. All the parts, and eſpecially the glands, partake of the qualities and juices which they prepare: the inteſtines, and parts about the meſentery, are relaxing: the bones and horns contain a great deal of volatile ſalt: the feet, conſiſting of tendons and ligaments,

ligaments, contain a viſcous nouriſhment, proper where ſuch is indicated. The blood of animals contains ſalts which make it laxative; it is not eaſy of digeſtion. Stall-fed oxen, and cramm'd fowls, are often diſeaſed in their livers.

What to be chiefly regarded in Preparations by Cookery.

Preparations by cookery of fiſh or fleſh ought to be made with regard to rectifying their moſt noxious and ſlimy ſubſtances, and to retain the moſt nutritious. Such preparations as retain the oil or fat, are moſt heavy to the ſtomach, which makes bak'd meat hard of digeſtion. Boil'd fleſh is more moiſtening, and eaſier of digeſtion, than roaſted.

Of pectoral Diet.

There are as many good pectorals of the alimentary, as of the medicinal kind; as all preparations of barley, oats, honey; all ſaponaceous ſubſtances, which attenuate phlegm.

Lenitive Diet.

There is aliment lenitive, expelling the feces without ſtimulating the bowels; ſuch are animal oils quite freſh, (for by ſtanding they grow acrid) as cream, butter, marrow, broths made of the parts of animals about the meſentery, oils expreſs'd from ripe fruits, (from unripe they are auſtere and aſtringent) the juices of mild and ripe fruits, decoctions of farinaceous vegetables; natural ſoaps, as honey, ſugar, ſuch diet is proper for the hot conſtitutions of warm countries, where ſtrong perſpiration exhales the moiſture. Water, milk, whey, taken in the open air without much exerciſe, ſo as to make them perſpire, relax the belly.

Stimulating Diet.

There are aliments which ſtimulate in a ſmall degree. Jellies made of the ſolid parts of animals, as of their horns, ſtimulate by the ſalts that are in them; ſalted fleſh, which often throws ſhips crews into fluxes; ſhell-fiſhes, which have a ſaline taſte; garden-fruits, which have any acrimony; moſt ſorts of berries, ſome of which will produce diarrhœas. Warm water mixt with honey, and honey mixt with acids, diſſolve phlegm in the bowels. There are others which promote the ſecretion of bile, ſuch as all natural ſoaps, the juices of fruits ſharp and ſweet, eſpecially grapes, the immoderate uſe of which will produce a cholera morbus, or overflowing of the gall.

A frequent and wiſe uſe of low diets and evacuants, as well by bleeding as purging, is, ſays lord *Bacon*, a great means of long life, as theſe, in ſome meaſure, reſtore by freſh blood and ſpirits, a kind of youth in the human ſpecies. *Ariſtotle*, he ſays, excellently obſerves, that the reaſon why ſome plants have longer life than men, is, becauſe they yearly put forth new leaves and boughs; whereas living creatures, after they have done growing, put forth nothing but hair and nails, which are excrements, and no parts: and young boughs and leaves calling up the ſap to them, the body receives ſome nouriſhment in its paſſage, and a kind of renovation to the whole plant is thereby effected. There are parts in animals hard, and others eaſy, to be refreſh'd and repair'd: Thoſe eaſily reparable are, the blood, ſpirits, and fleſh; thoſe difficultly to be repair'd, are the bones, nerves, and membranes, and likewiſe ſome entrails: You muſt therefore refreſh

freſh and renew thoſe that are eaſy to nouriſh, that the others may be refreſhed, and, as it were, drink in nouriſhment in the paſſage. One means to do this is, by gentle frication. See *Exerciſe*.

Dr. *Cheyne* gives the following general rules on this head:

1. He ſays, That the great rule of eating and drinking, for health, is, to adjuſt the quality and quantity of our food to our digeſtive powers. The quality may be judged by the following rules:

2. Thoſe ſubſtances that conſiſt of the groſſeſt parts are hardeſt of digeſtion; the conſtituent particles coming into more contacts, and conſequently adhering more firmly.

3. Thoſe ſubſtances whoſe parts are brought together with the greateſt force, cohere proportionally cloſer than thoſe that come together with a ſmaller force.

4. Salts are very hard to be ſeparated, becauſe united by plain ſurfaces, under which they are always comprehended; and in the laſt ſtages of the circulation, where it is ſlower, ſhoot readily into larger cluſters, and ſo are harder to be driven out of the habit. From theſe we may eaſily infer, that, 1. Thoſe vegetables and animals that come ſooneſt to their full growth, are eaſier of digeſtion, than thoſe that are longer in attaining the ſtate of maturity. 2. Thoſe that are the ſmalleſt of their kind, than the biggeſt. 3. Thoſe of a dry, fleſhy, and fibrous ſubſtance, than the oily, fat, and glutinous. 4. Thoſe of a white ſubſtance, than thoſe of a more flaming colour. 5. Thoſe of a mild, ſoft, and ſweet, than thoſe of a ſtrong, poignant, aromatical, or hot taſte. 6. Land-animals, than ſea-animals. 7. Thoſe animals that live on vegetables, or other light food, than thoſe that live on other animals, or hard and heavy food. 8. The nouriſhment nature has appointed for young animals, is lighter than the fleſh of theſe animals themſelves.

5. All cramm'd poultry, and ſtall-fed cattle, and even vegetables forced by hot-beds, tend more to putrefaction (and conſequently are more unfit for human food) than thoſe brought up in the natural manner.

6. Plain-dreſſed food is eaſier of digeſtion than what is pickled, ſalted, baked, ſmoaked, or any-way high-ſeaſoned.

7. Strong men, thoſe of large ſtature, and much labour, and the inhabitants of a cold and clear air, require more food than women, children, the weak, the ſedentary, the aged, and thoſe that live in a warmer climate, or groſſer air.

8. Nothing conduces more to health and long life, than abſtinence and plain food, with due labour.

9. Where exerciſe is wanting, (as in ſtudious perſons) there is the greater need of abſtinence; for theſe, eight ounces of animal, and twelve of vegetable food, in twenty-four hours, is ſufficient.

10. Moſt chronical diſeaſes proceed from repletion; as appears from their being cured by evacuation.

11. Tender perſons ought to uſe as much abſtinence as they poſſibly can: and if they neglect it, their only relief is from frequent ſtomachick and family purges.

12. A plain rule for judging of the quantity is, not to eat ſo much as indiſpoſes for buſineſs.

13. A more ſenſible and readier one is, firſt, by experience, to find out how much fits one, ſo as to be lightſome and healthy under it, and ever after to judge the quantity by

by the eye; nature requiring therein no mathematical exactneſs.

14. Pork and fiſh are not fit food for the ſtudious and the tender.

15. Water is the moſt natural and wholſome of all drinks, quickens the appetite, and ſtrengthens the digeſtion moſt.

16. Strong and ſpirituous liquors, freely indulged, become a certain, tho' a ſlow poiſon.

17. There is no danger in leaving them off all at once; the plea for continuing them being falſe and groundleſs.

18. The beſt ſtrong liquor for weak and ſtudious people is wine; the beſt quantity a pint in twenty-four hours; and the beſt way of drinking it is, three glaſſes with, and three without water.

19. The middling, light wines, fully ripe, and of a due age, are preferable to the ſtrong wines.

20 Strong liquors do not prevent the miſchiefs of a ſurfeit, nor carry it off, ſo ſafely as water, tho' they ſeem to give preſent relief.

21. The frequent uſe of ſpirits in drams and cordials, is ſo far from curing low-ſpiritedneſs, that it increaſes it, and brings on more fatal diſorders.

22. And even when they are diluted with water, in punch, the quantity taken down at once, and the addition of a corroding acid, produce equally pernicious effects in human conſtitutions.

23. Malt liquors (excepting clear ſmall beer of a due age) are extremely hurtful to tender and ſtudious perſons.

24. Coffee is only an infuſion of a kind of calx, and has the effects of an abſorbent medicine; and ſo may be of ſome ſervice to watry ſtomachs, if moderately uſed.

25. Green tea is a good diluter of the food, as it is an agreeable, warm, ſmall liquor; but Bohea is too heavy for the ſtomach.

26. Chocolate (as all nuts elſe) is ſo heavy and hard of digeſtion, that it can never be fit for the ſtomachs of weak and tender people.

27. Smoaking tobacco without drinking after it, chewing, or ſnuffing the groſs-cut leaf in a morning, are uſeful to phlegmatick conſtitutions; but to dry and lean habits they are pernicious. Snuff is juſt good for nothing at all.

28. The proper quantity of watry liquors in twenty-four hours, to thoſe that live regularly, is, two pints, (as that of ſtrong liquor is one pint) which is beſt drank warm, and rather after, than in the time of eating.

Lord *Bacon* ſays, the uſe of wine is to be determin'd by the conſtitution. In dry and conſumptive bodies it is hurtful, becauſe the ſpirits of the wine prey upon the radical moiſture, and ſo deprave the animal ſpirits. But it does good, moderately uſed, in moiſt and full habits, becauſe it helps to digeſt, and dry up the ſuperfluous moiſture.

Suppers, eſpecially of animal food, ought generally to be avoided by all ſorts of perſons, who would have quiet reſt, a clean mouth, an eaſy ſtomach, and a clear head.

The Abſurdity of general Rules about Diet, with regard to particular Conſtitutions.

After all, a very learned phyſician very properly obſerves, that the common diſtinction of diet into vegetable with water, and animal with fermented liquors, is not complete: 1. Becauſe there is not one conſtitution which can be limited by ſuch a diſtinction; nor can

can perhaps the ſame perſon, in different circumſtances, be confin'd to one or the other. 2. Becauſe there is not a general alimentary quality in which all vegetables agree: they are uſeful or hurtful according to different conſtitutions. There may be a ſtronger broth made of vegetables, than any gravy-ſoup. As fleſh diet is generally alkaleſcent, and many vegetables are acid and cooling, people of hot, bilious conſtitutions find themſelves extremely well in a vegetable diet and water; and the ſame perſons, perhaps, had enjoy'd their health as well with a mixture of animal diet qualify'd with a ſufficient quantity of bread, vinegar, and fermented liquors.

See *Aliment*, *Digeſtion*, *Maſtication*, *Perſpiration*, &c.

DIGESTION.

SUCH as have, by the uſe of ſpirituous liquors, weaken'd and deſtroy'd ſome of the ſolid parts of the ſtomach, can neither recover a good appetite, nor right digeſtion. When the action of the ſtomach is totally ſtopt by too great repletion, relaxing, as by warm water, is the only expedient.

The gall is the principal diſſolvent of the aliment; and when it is defective, there can be no right digeſtion: ſuch are reliev'd by bitters, which are a ſort of ſubſidiary gall. The learned *Boerhaave* has found the gall of an eel, which is moſt intenſely bitter, a moſt effectual remedy in ſuch caſes.

Acrimony or ſharpneſs, and tenacity or glewineſs, are the two qualities in what we take inwardly, moſt to be avoided.

Diarrhœas and ſtrong purgations muſt ſpoil the firſt digeſtion. Defects of the firſt concoction are not to be mended in the ſecond.

The following is a good bitter wine for ſtrengthening the digeſtion:

'Take of gentian-root, the yellow part of freſh orange peel, each ſix drachms; cinamon, nutmegs, the leſſer cardamums, each a drachm; cloves, ſaffron, cochineal, each a ſcruple; white-wine, two pints and a half: let them ſtand together for three days in a cold infuſion; then ſtrain off the wine, without preſſing the ingredients.'

See *Aliment*, *Diet*, *Maſtication*, *Stomach*, &c.

DIURETICKS.

See *Evacuation*, *Stone*, *Urine*.

DRINK.

See *Diet*, &c.

DROPSY, TYMPANY, ASCITES, ANASARCA, &c.

THERE are ſeveral ſpecies of this diſeaſe, which are denominated from the part of the body in which it is ſeated.

1. There is an *Hydrocephalus*, or *Dropſy* of the *Head*, which is only incurable when the ſerum is extravaſated into the ventricles of the brain; and generally fatal in infants, when the ſutures are cloſed, and the skull

skull will give way no more.

2. A *Dropſy of the Breaſt*, which is attended with almoſt the ſame ſymptoms (ſee *Conſumption*, p. 69.) as an *Empyema*, and cur'd by the ſame chirurgery.

3. A *Dropſy of the Lungs*, either by hydatides, or by lymph, extravaſated in the body of the lungs.

4. A *Dropſy in the Fore-part* of the wind-pipe, in ſome meaſure like a bronchocele.

5. A *Dropſy in the Ovarium, Teſtes, Scrotum*, or *Uterus*.

6. An *Aſcites*, or collection of water in the abdomen. 1. In the duplicature of the peritonæum. 2. Between the peritonæum and the bowels. 3. When the water is contained in the membranaceous coat of the glands.

7. Sometimes the air is ſo rarefy'd in the tumour as makes it hard and tight like a drum; and from thence it is call'd a *Tympany*.

8. When the lymph ſtagnates, or is extravaſated under the skin, it is called an *Anaſarca*.

Whatever hinders the return of the lymph into the veins, or breaks the lymphatick veſſels, or obſtructs the abſorbent veſſels, ſo as the lymph cannot be abſorb'd or exhal'd, produceth a dropſy: Any ſtoppage of the circulation will produce a dropſy, as by ſtrong ligature, or compreſſion.

The moſt common of theſe cauſes are, an hereditary diſpoſition; ſwilling down great quantities of cold watry liquors, which are not voided; violent acute diſtempers; ſtubborn obſtructions of the viſcera; the jaundice, obſtinate intermitting fevers, bloody-fluxes; great evacuations, eſpecially of blood; aliment viſcous, and of hard digeſtion; inveterate ſcurvies; but the moſt common of all is, the habitual and copious uſe of fermented and ſpirituous liquors.

The effects are, a ſwelling of the legs at night by degrees, ſtill aſcending higher; a ſwelling of the belly increaſing; and in a *Tympany* ſounding and tenſe like a drum, ſometimes the ſenſation and noiſe of fluctuating water, ſhortneſs of breath, thirſt, urine in too ſmall quantity, no ſweat: the ſtagnating ſerum at laſt turning acrimonious, exulcerates and putrefies the bowels, producing moſt diſmal ſymptoms.

The beſt cautions and rules to be obſerved in theſe ſeveral ſpecies of this diſtemper, may be taken from the enumeration of theſe cauſes and effects.

The intentions to be purſued are, removing the cauſes, as obſtructions; diſſolving the viſcoſity or tenacity of the lymph, and evacuating it out of the body.

The viſcoſity of the lymph is beſt corrected by ſuch ſubſtances as contain abundance of alkaline and volatile ſalts, ſpices, acrimonious pungent vegetables, and ſaponaceous ſubſtances.

The only contradiction to this is too great heat and thirſt, to which regard is to be had, and do indicate the uſe of acids, juice of limons, oranges, ſorrel, *&c.* particularly if the urine be high-coloured.

The drink ſhould be ſparing; but as the thirſt is ſometimes intolerable, the patient may be indulg'd the free uſe of ſpaw-water, and Rheniſh wine.

The aliment ſhould be dry, and diuretick. Diureticks of the acid kind are the ſafeſt.

The chirurgical operations for drawing off the waters are to be left to the judgment of the phyſician.

Nothing is more beneficial than ſtrong frictions of the skin, which attenu-

attenuate and promote the circulation of the ſtagnating ſerum.

Vomiting, in ſtrong conſtitutions, has prov'd often very effectual; for the concuſſion of the ſolid parts diſſolves and diſpels the ſtagnating humours; and even clyſters of proper ingredients are very beneficial.

Violent purges, by diſſolving the blood, have often prov'd pernicious.

Many have been cur'd by abſtinence from drink, eating dry biſcuit, which creates no thirſt, and ſtrong frictions four or five times a day.

When the extravaſated ſerum is evacuated, the diet ought to be ſuch as ſtrengthens the ſolid parts, allowing ſpices and generous wine, and eſpecially the uſe of chalybeat waters, abſtinence from other ſorts of liquids, dry food, and aſtringent vegetables, exerciſe, eſpecially riding; and in general, ſuch a diet as generates good blood.

If the ſerum ſtagnates long, it turns acrimonious, and commonly renders the patient feveriſh and thirſty. Sour things are the propereſt both to prevent and cure theſe ſymptoms.

The following medicine has prov'd effectual in the utmoſt extremity:

'Take twelve grains of the drops 'of gum-galbanum; one drop of 'oil of cinamon; a ſufficient quan- 'tity of conſerve of red roſes: mix 'em, and make a bolus.'

You may increaſe the doſe, if neceſſary, to twenty grains.

Jalap is accounted a moſt powerful diſpeller of the water.

To provoke urine, 'Take one 'ſpoonful of emmets eggs boil'd in 'buttermilk; preſs 'em out; and 'having ſweeten'd with ſome ſugar, 'take it in the morning, walking 'four hours after it before dinner, 'for eight days ſucceſſively.'

Sweet mercury, without prejudice to the body, reaches the cauſe of the diſtemper, and, if poſſible, deſtroys it at once, when given in a proper quantity.

If a ſpitting ſucceeds, it may be remov'd, by adding a ſtrong purge; tho' a ſpitting in a dropſy is often ſerviceable, but always troubleſome. All ſalts provoke urine, but nitre moſt of all; which is uſeful both on that account, and becauſe it quenches thirſt.

In very dangerous ſymptoms purge but ſeldom; chiefly in the wain of the moon.

Sweating in this diſtemper is rather miſchievous than beneficial.

Bark of elder, and of dwarf-elder, iris-root, reſin, jalap, gum gutteta, are purging remedies; but principally coloquintida and elaterium.

The chief minerals are, lunar pills, mercurials, and the like; always remembering to give ſtomachicks (as wormwood, horehound, *&c.*) between the purges; garlick-root, and juniper-berries, are likewiſe good; but half a drachm of the juice of the herb kali, given three days a week, twice a day, in a glaſs of wine, is to be preferr'd; and one ſcruple or more of toad-aſhes may be taken in the ſame manner.

Rhubarb ſteep'd in wormwood-water diſtill'd, is a great ſtrengthener of the bowels, when the diſtemper is dried up.

In a deſperate ſtate of this diſeaſe, when the patient is troubled with a difficulty of making water, 'Take 'ſix ounces of limon-juice freſh- 'ſqueez'd; four drachms of juice 'of garden-ſcurvygraſs; juice of 'liverwort and of plantane, with 'ſyrup of violets, each two ounces: 'mix 'em, and give four ounces 'every three hours, till the urine is 'plentifully diſcharg'd'; after which,

which, by due application of ſuch medicines as are proper to diſpel the water, the ſwelling of the belly will depart, and the patient, if poſſible, be perfectly recover'd.

Elaterium, which looſens the body without hurting the ſtomach, may be given after the following manner:

'Take ten grains of the beſt elaterium; one ſcruple of mineral ſalt; a ſufficient quantity of quiddany: mix 'em, and make a bolus.'

Sometimes a reſolute abſtinence from all kinds of drink, as we have obſerv'd above, will effect a cure; tho', to quench thirſt, it may be convenient to hold a bit of toaſt, dipt in brandy, on the tongue; which will draw out the ſpittle, and put a ſtop to the diſtemper.

The following receipts have been well experienc'd in different ſtages of this diſeaſe.

For a dropſical Complaint.

PUT two ounces of freſh muſtard-ſeed in a quart of the beſt mountain wine, and take a jill every morning faſting. When 'tis too hot, or too ſtrong, put in freſh wine.

A Drink proper for a beginning Dropſy.

TAKE horſe-radiſh roots, two ounces; leaves of garden ſcurvygraſs; common wormwood and ſage, the tops of leſſer centaury and broom, each one ounce: infuſe them in two quarts of ſtrong ale for common drink. It will cure the dropſy, without any purging medicines, if uſed in the beginning.

A Cataplaſm for the Dropſy.

TAKE freſh cow-dung, one pound; white briony-root, freſh gathered, half a pound; bay-berries powder'd, four ounces; cumin-ſeed, and flowers of brimſtone, of each two ounces; hogs-lard, three ounces: make a poulteſs, with a ſufficient quantity of ſtrong lees.

A Purge for a Dropſy.

TAKE the leſſer pill of cochiæ, one ſcruple; gamboge, ſalt of tartar, of each half a ſcruple; oil of amber, two drops; with a little Venice turpentine: make five pills for a doſe.

Another.

TAKE jalap in powder, thirty or forty grains; vitriolated tartar, ſpecies of diambre, of each five grains; ſyrup of buckthorn, a ſufficient quantity to make a bolus, to be taken in the morning.

Excellent Pills for the Dropſy.

TAKE gambogia, gum ammoniacum, of each a drachm and a half; diagrydium, and tartar vitriolate, a drachm; with ſyrup of buckthorn: make a maſs for pills. Doſe from fifteen grains to half a drachm.

Another well-experienced Remedy.

GIVE about half a drachm, or two ſcruples, for a doſe, of yellow tranſparent amber, twice or thrice a day in any convenient vehicle.

A well atteſted Cure for the Dropſy.

TAKE ſixteen large nutmegs; eleven ſpoonfuls of broom-aſhes dried and burnt in an oven; an ounce and half of muſtard-ſeed bruiſed; three ounces of horſe-radiſh ſcraped; all to be put in a gallon of ſtrong Mountain wine, and ſtand three or four days: then a jill, or half a pint, to be drank faſting every morn-

morning; and to faſt an hour or two after it.

A remarkable inſtance of the good effects of this remedy is one of the performers at Vauxhall, in the year 1739, who was given over by all his friends and phyſicians; and his legs were ſo ſwell'd and inſenſible, as not to feel any pain when put into a kettle of boiling water; but upon taking the above medicine, was cured in a few weeks, to the ſurprize of all his acquaintance.

A purging Infuſion for an Anaſarca.

TAKE leaves of ſena, two drachms; Roman wormwood, one pugil; coriander-ſeeds, cardamums, of each one drachm: infuſe 'em together in four ounces of fountain-water; ſtrain it, and add to it ſyrup of buckthorn-berry, one ounce: mix; make a potion, to be taken early, with care.

An experienc'd Medicine for an Anaſarca, or general Dropſy of the whole Body.

FRY freſhly-gather'd rue, with oil of walnuts, till it become fit to be apply'd hot as a cataplaſm or poulteſs to the navel; and keep it on that part for ſome hours, renewing it once or twice a day, if need require.

A moſt excellent and experienc'd Medicine for an Anaſarca.

TAKE Florentine orrice, two ounces; elecampane, ſquills, each half an ounce; elder, and dwarf-elder rind, each one ounce; Winter's bark, two drachms; ſena, two ounces; black hellebore, agarick, jalap, each two drachms; white-wine, two quarts: infuſe cold. The doſe is four ounces in the morning.

A Wine to be drank in the Dropſy, eſpecially in the Anaſarca.

TAKE broom-aſhes, live millepeds, of each three ounces; horſe-radiſh, black-hellebore, calamus aromaticus, white jalap, of each one ounce; ſalt of wormwood, one ounce and half; Winter's bark, cinamon, nutmeg, of each a drachm and a half; cloves, mace, of each half a drachm; long-pepper, the leſſer cardamum-ſeeds, of each one drachm; ſena, three ounces; wild poppies, one ounce: mix them in three quarts of white-wine; let them ſtand in a warm place; and take ſix ſpoonfuls ſtrain'd every morning, or three ſpoonfuls twice a day.

A purging hydropick Ale.

TAKE roots of common fleur-de-lys, four ounces; horſe-radiſh, two ounces; elecampane, ſquills, each one ounce; muſtard-ſeed, juniper-berries, ſaſſafras, each two ounces; Winter's cinamon, half an ounce; inner rind of elder, and dwarf-elder, each two ounces; ſena, four ounces; black hellebore-root, jalap, agarick, each half an ounce: diſpenſe for four gallons. This medicine is exactly ſuited for the cure of a dropſy, and is to be drank every morning, from half a pint to a pint.

Juices for a Dropſy.

TAKE green plantane-leaves, four handfuls; liver-wort, brook-lime, each two handfuls: having pounded them in a ſtone mortar, add horſe-radiſh-water compound, half a pint, and wring it out hard thro' a cloth. The doſe is three ounces twice a day. The famous Dr. *Willis* aſſerts he hath often preſcribed it with ſucceſs.

For the Dropſy.

TAKE half a peck of the inner bark of elder; whole ginger, rhubarb ſliced, each two ounces; ſteep them in two gallons of new ale, work'd up in a cask; when it has done working, drink half a pint every morning. When one gallon is drank, another may be put into the cask.

See *Diſtillery*, P. I. Alſo *Jaundice. Rattle-ſnake root, Scurvy*, &c.

DYSENTERY.

See *Fluxes*.

DISEASES *of the* EAR.

THE ear, the organ of the ſenſe of hearing, is ſubject to many diſorders; and as the tampering of unskilful operators may be attended with very bad conſequences, we ſhall give the following general rules, as proper to be obſerved in the cure of all the maladies appertaining to it; *viz.*

1. Let medicines that are to be put into the ear be lukewarm, not intenſely hot nor cold.

2. Put no new medicine into the ear, till it be well clear'd from the foul relicks of the former.

3. Three or four drops are enough at a time.

4. When a medicine is put into the ear, let the patient lie down upon the ſound ear.

5. Let the medicines to be put in be neither too oily nor thick.

6. In all ſorts of deafneſs, let the head be carefully ſtrengthened, by both internal and external medicines.

7. Fumes are beſt for drying up, humid vapours for mollifying and eaſing, oily and ſpirituous things for diſcuſſing and ſtrengthening: but in all, ever bear it in mind, that too much of any thing is good for nothing.

8. When medicines are put into the ear, it is convenient to maſticate, or chew, that the medicine may penetrate the deeper.

It hath been obſerved by the Antients, that it is dangerous to pick the ear when a perſon yawns, becauſe the inner parchment of the ear is then extended by the drawing in of the ſpirit and breath: for in yawning and ſighing both, the ſpirit is firſt ſtrongly drawn in, and then ſtrongly expelled.

For a Stoppage in the Ear, occaſioned by a Cold.

TAKE barley-water, half a pint; Hungary-warer, two ounces; honey of roſes, one ounce and a half: mix them, and ſyringe a little warm into the ear that is ſtopt, and ſtop the ear with a little cotton dipt in the oil of ſweet almonds.

For a Relaxation of the Drum of the Ear.

TAKE compound ſpirit of lavender, tincture of caſtor, Hungary-water, of each alike: mix them together, and drop a little warm into the ear.

For Ringing and Noiſe in the Ears.

PUT into the hole of the ear cotton, on which is dropp'd oil of bitter almonds, mix'd with tincture of caſtor, or oil of cloves; ſqueeze it into the paſſage, lying for ſome time after on the contrary ſide. At bed-time ſtove wine with roſemary, and drink it warm, in order to diſpoſe

poſe yourſelf to ſweat. Keep your feet and neck very warm, and you may receive the ſteams of coffee, tea, or ſtoved wine, into your ear, and then ſtop it up again cloſe.

For a Deafneſs attended with Pain in the Ears.

TAKE the flowers of lavender, roſemary, penyroyal, laurel-leaves, of each one ounce; juniper-berries, laurel-berries, of each one ounce; ſweet-fenel-ſeed, half an ounce: boil them in an equal quantity of ſpring-water and milk; ſtrain, and to a quart thereof add ſpirit of wine camphorated, four ounces; and let the ſteam aſcend thro' a funnel into the ears.

For violent Pains in the Ears.

TAKE a head of garlick, roaſt it; then take the ſofteſt of it, and mix it with as much mithridate, and apply it about bed-time to the patient's ear, as hot as can be endured; and repeat it the next day, if occaſion require.

For an Impoſthume in the Ear.

TAKE the liniment of Arceus, half an ounce; ſaffron and myrrh finely powder'd, of each half a ſcruple; yolk of egg, two drachms; balſam of Peru, one drachm: mix them, and apply them warm twice a day.

Another.

TAKE a thick ſlice of right leavened bread, that is ſharp of the leaven, toaſt it brown on both ſides, then ſplit it in the middle, and wet the inner ſide of the thickeſt piece in vinegar, and lay it to the ear as hot as you can bear it, and ſo let it remain twelve hours; in much leſs time, *viz.* in two or three hours, it will draw out the bag, which, if not broken of itſelf, you muſt launce, and make a tent of lint, which dip into oil of St. John's-wort, and put it into the ear. Make then a plaiſter of the ſame ointment, and lay it upon the ear; and continue dreſſing it thus, till it be well. If you have none of this ointment, you may take any other ſticking ſalve inſtead of it; but be ſure keep your ear warm, that you may not take cold.

The following Receipt cur'd a Man eighty Years old, who had been deaf many Years.

GET the blackeſt wool you can of the flank, unwaſhed; and put in it four grains of civet, and ſtop the ears: then anoint the back of the ears with oil of lilies, for a fortnight, or more, as you find occaſion.

A Salve and Oil for Deafneſs.

TAKE frankincenſe, two ounces; virgins-wax, deers ſuet, reſin-ſtone-pitch, pine-reſin, of each a quarter of a pound: melt all together, and ſtrain it; when near cold, add camphire and maſtich, of each one drachm; mix well in a mortar with one ounce of Venice turpentine; then pour all into an earthen pot, and waſh it well with a quart of white-wine.

The Oil.

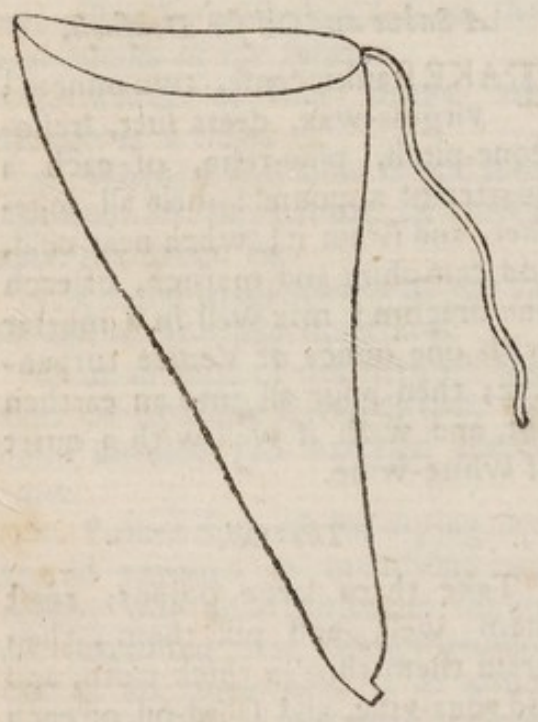
Take three large onions; roaſt them well, and pill them; then ſtrain them thro' a thick cloth, and add aqua-vitæ, and ſallad-oil, of each three or four ſpoonfuls; of white-wine-vinegar, one ſpoonful: ſhake it, and drop three or four drops in the ears, and make tents with the ſalve with linen cloth.

N. B. You muſt obſerve a ſtrict diet, not eat ſlimy or windy meats,

ſalt fiſh, or hard cheeſe; and you muſt keep your feet dry and warm, and take great care of catching cold. You muſt lie high with your head, and on your back, if both ears are dreſt; or if but one, lie on your ſound ſide.

To cure Deafneſs.

TAKE a clove of garlick, and roaſt it very ſoft; then take a few drops of oil of bitter almonds, and mix with it, and a little ſaffron: mix this all together in a ſpoon, and put it into a bag, and put the bag into the ear, freſh and as warm as can be ſuffered. Take this out in the morning, and ſtop the ear with black wool from the ſheep, and be careful of taking cold; and continue this for a fortnight. This is the pattern of the bag both as to ſhape and ſize, with a ſtring to it.



To expel an Inſect out of the Ear.

TAKE the tinctures of myrrh and aloes, oil of bitter almonds, of each two drachms; oils of ſavine and wormwood, of each ten drops: mix them all together, and drop a little into the ears, and it will kill the inſects, and draw them out. It is alſo proper for ulcers in the ears.

For an Earwig having gotten into the Ear.

TAKE rue, and ſtamp it in a mortar; then ſtrain off the juice, and put it into the ear; then lie down to reſt on the contrary ear, and when you awake, the juice will come out, and the earwig will be dead.

The juice of wormwood, of ſouthernwood, and rue, of equal quantity, put into the ear, will alſo kill any vermin that is got into it.

The ſteams of coffee have often relieved a deafneſs that has been occaſioned by the wax becoming too hard, which they will ſoften and ſet free.

ELIXIRS.

See *Cordials, Stomachs*, &c.

EMPYEMA.

IS a terrible diſeaſe, which ſometimes ſucceeds an inflammation of the lungs, and brings on a conſumption. The ſymptoms are, a weight upon the diaphragm, oppreſſion of the lungs, difficulty of breathing, and inability to lie on the ſound ſide; a perpetual cough and fever,

fever, with thirſt, fluſhing of the cheeks, and weakneſs and decay of appetite. The cure is ſurgeons work, by opening the ſide. If the ulcer is not broken, it is commonly called a *Vomica*, and attended with almoſt the ſame ſymptoms as an *Empyema*. The ulcer may break ſuddenly into the larynx, and then ſuffocation may be apprehended; or inwardly, and the matter may by degrees be expectorated.

See *Conſumption pulmonary*.

EMULSION.

See *Herbs*.

EPHEMERA.

See *Fever*.

EPILEPSY.

THE fit of an epilepſy ſeems to be only a greater, a more ſevere and univerſal convulſion, whoſe acceſs generally happens on a ſudden, and deprives the patient of his ſenſe and underſtanding, and tells him, as it were, to the ground, whence 'tis alſo called *The Falling Sickneſs*. In children there are great hopes, that the diſtemper will leave them about the time of their puberty.

The cauſes are ſometimes an hereditary or family diſpoſition from parents; a ſudden fright of the mother when with child of the patient; a contuſion of the brain; an abſceſs; acrimonious ſerum; inflammation, corruption, eroſion of the meninges or membranes of the brain; fulneſs, heat, drunkenneſs, intenſe ſtudy, ſtrong paſſions, eſpecially ſudden terror; all violent affections and irritations of the nerves in any part of the body; eſpecially by ſomething acrimonious in the ſtomach or bowels, by worms, by teething, and acidity in the ſtomach in infants, by ſome contagion or purulent matter after acute diſeaſes; ſuppreſſion of uſual evacuations, the menſes, hemorrhoids; hyſterical affections contracted by accidents in lying-in; and often by too great emptineſs. The ſmalleſt irritating cauſe will induce a fit in ſuch as are ſubject to it, and ſuch ought to be prevented with great care.

There is no diſeaſe, which infeſts mankind, more terrible in its ſymptoms and effects, the worſt of which are a weakening and perhaps an abolition of the faculties of the mind; whether the cauſe of the diſeaſe be in the brain, is eaſily known from the concomitant ſymptoms.

The intentions of the cure of the diſeaſe muſt be different, according to the cauſe. Bleeding, and plentiful evacuations, when there is a *plethora* or *inflammatory diſpoſition* in the brain; aliments without acrimony, demulcent or mild, avoiding every thing which ſtimulates, taking ſuch things as are oppoſite to the particular acrimony which cauſeth the diſeaſe, relaxing the belly without irritating; in acute and periodical pains, anodyne ſubſtances.

If the diſeaſe is the conſequence of an hyſterical diſpoſition, a warmer regimen is neceſſary.

If the cauſe is in the *ſtomach*, generally anti-acid ſubſtances relieve.

If they are *not flatulent*, ſeveral have been cured by a milk-diet, but it will do hurt when there is acidity in the ſtomach. When the irritating cauſe is in ſome outward

part of the body, it is proper to root it out by suppuration.

The cure, if proceeding from any disorder of the stomach, is to be begun with emeticks: mercurius dulcis is to be mixed with purgatives of the milder kind. Absorbents are commended; chalybeats, mineral waters, decoction of the woods, issues; and if bleeding be made use of, it should be in the ankle.

To rouse the person out of a fit, let the smoak of tobacco or of feathers be blown in the face; the fumes of amber are also good; as also the oil of it to rub the temples with it: but the general practice of holding the limbs in the fit, is intirely wrong: As is also, generally speaking, the applying volatile salts and spirits to the nose.

Alphonsus Ferrius affirms, That he hath cured several epileptick persons with a decoction of guaiacum alone, giving twice a day to the quantity of six or eight ounces, ordering them for their common drink a second decoction of the same wood. If to the same decoction peony-root were added, perhaps the medicine might be still more efficacious. The flower of sal armoniack and spirit of the same, as also native cinnabar, and wild valerian-root, are very good.

Dr. *Cheyne* tells us of a physician at *Croyden* that was cured of an epilepsy by a milk-diet, totally abstaining from all other eatables and drinkables.

The juice of rue is much commended for this distemper; and therefore the extract of it must have the same virtues, and may be more conveniently taken.

An eminent physician advises, That a gentle vomit should be given as one of the first remedies; after which, that the blood-vessels should be emptied by gentle physick: for example,

'Take rhubarb mixed, one drachm;
'small cinamon-water, three ounces:
'infuse these all night over the embers; in the morning add syrup
'of succory with rhubarb, half an
'ounce; and straining out all, take
'it.'

And make four bolus's of the following medicines, viz.

'Take native cinnabar, two scru-
'ples; volatile salt of hartshorn, ten
'grains; conserve of rosemary-
'flowers, two drachms: one of
'which bolus's take every sixth
'hour, drinking after it each time
'six spoonfuls of the following
'julep:

'Take bawm and black-cherry
'water, of each four ounces; gum
'ammoniack, one drachm; galba-
'num, half a drachm: mix.'

These remedies this learned gentleman avers will relieve a fit, or a dispositon to one: but if, after all, says he, fits should return, and you have made proper discharges by vomiting and purging, as above, take forty or fifty drops of the following mixture in a glass of any simple water before a fit; viz.

'Take sal volatile oleosum, one
'ounce; and liquid laudanum, two
'drachms: mix.'

The following draught given twice a day, with proper regimen, cured a girl of the distemper:

'Take half a drachm of the
'whitest Spanish soap; boil it in
'three ounces of cow's milk for a
'draught, to be drank warm.'

After blistering and repeated vomitings, you may give the following tincture:

'Take of wild valerian-root,
'and white dittany, each six
'drachms; powder of castor, and
'the white of pigeons dung, each
'half

'half an ounce; miſleto, ſix drachms; 'cinamon-bark, and roſemary-tops, 'each half an ounce; leaf-ſena, two 'ounces; jalap, and turpeth, each 'half an ounce; infuſe it cold for 'ten days in a gallon of French 'white-wine; ſtrain it, and add of 'powder of man's ſkull, and elk's-'hoof, each two drachms; ſugar, 'four ounces: with which mix oil 'of amber, four ſcruples; ſpirit of 'caſtorea, two drachms: mix 'em, 'and make a tincture, for four 'ounces the doſe.'

The patient may alſo plunge the parts affected in cold water, after having rubbed them well before the fire.

To excite vomiting, the patient may be carried to the ſea; after which let him walk three or four hours a day, for a week or longer, in a furrowed field, which hath lain fallow for ſome years, immediately after it has been ploughed up. This may be repeated.

Native cinnabar may be given after this manner:

'Take half an ounce of native 'cinnabar very well rubbed; red co-'ral prepared, and pearl prepared, 'each two ſcruples; Britiſh ſaffron, 'one ſcruple; mix 'em, and make 'a powder. The doſe is a ſcruple 'in a cephalick julep.'

Juice of rue, or its extract, is much commended. Above all things a milk-diet is eligible, with a total abſtinence from all other ſuſtenance, where there is not acidity.

The following is a ſpecifick powder:

'Take earth-worms prepared, 'one ounce; human ſkull pre-'pared, two drachms; ſmall carda-'mum-ſeeds, two ſcruples; mix it, 'and make a powder to be divided 'into twelve papers; one paper to 'be taken twice a day, in a ſpoon-'ful of the following julep (drink-'ing three ſpoonfuls of the ſame 'after it):

'Take black-cherry water, and 'lime-tree flower-water, each half 'a pint; compound peony, two 'ounces; tincture of caſtor, two 'drachms; ſyrup of compound 'peony, two ounces; mix 'em, and 'make a julep.'

Epilepticks ought to breathe a pure air, unaffected with any ſteams, even ſuch as are very fragrant. Their diet ought to be nouriſhing, of eaſy digeſtion, avoiding hogs fleſh, water-fowl, and all vegetables that are pungent, windy; and, generally ſpeaking, all fruits, eſpecially nuts; with little wine, and none, if they have not been accuſtomed to it; they ought not to turn round, nor ſtand on precipices; ſhould keep regular hours for repaſt and ſleep, for every unuſual thing is a ſtimulus; but of all things the moſt neceſſary is the avoiding the occaſions of violent paſſions, and keeping themſelves chearful.

The following preſcriptions are alſo commended as excellent and experienced in different caſes.

Againſt the Epilepſy and Vertigo.

TAKE male-peony roots freſh-gathered, four ounces; peacocks dung, of the white uniform ſort, not the dark-coloured and chaffy, half a pound; raiſins, twelve ounces; prepare for a bag for two gallons. It is held, ſays Dr. *Fuller*, to be a ſpecifick in the above diſtempers.

An Epileptick Infuſion.

TAKE miſleto cut and bruiſed, four ounces; juice of rue, one ounce; brandy, four ounces; ſpring-water, twenty-eight ounces; ſalt of tartar, two ſcruples; infuſe in a

gentle heat twelve hours. Let the ſtrained ſubſide, till cleanſed, which decant and ſweeten with ſyrup of peony compound, four ounces.

Mr. *Boyle*, (uſefulneſs of Philoſ. p. 175.) relates an hiſtory of a radicated epilepſy cured by miſleto of an oak. But, for ought I know, ſays Dr. *Fuller*, it is only the ſuperſtition of the *Druids*, and ſcarcity of that of the oak, which gives it the preference before that of hazel, white-thorn, lime, apple, or even crab-tree.

An Epileptick Tincture.

TAKE Ruſſia caſtor, half an ounce; yellow amber powdered, Engliſh ſaffron, of each two drachms; freſh flowers of lily of the valley, one ounce: to theſe pour ſpirit of wine camphorated, ſpirit of lavender compound, ſpirit of ſalt armoniack, of each four ounces: digeſt without heat ſix days, and then decant, and filtre.

It throughly and miraculouſly (ſaith the communicator) eradicates an epilepſy and hyſterick paſſion, if given before and after the paroxyſm, and repeated before new and full moons.

The doſe is from one ſcruple to one drachm, in black-cherry or lime-flower water, or a cephalick julep.

Dr. Willis's Specifick for the Epilepſy.

TAKE the roots of male peony, dried and powdered, from a drachm to two or three drachms, twice a day, in the following tincture:

Take leaves of miſleto of the oak, two drachms; peony-roots ſliced, half an ounce; caſtor, a drachm; let them be put in a cloſe veſſel with betony-water, or ſimple-water and white-wine, of each one pound; ſalt of miſleto of the oak, or the common miſleto, two drachms; digeſt them in a cloſe veſſel, in a ſand-heat for two days. Take three ounces with the powder above-mentioned.

A Draught for the ſame.

TAKE powder of wild valerian-root, half a drachm; peny-royal water, and black-cherry water, of each one ounce and a half; ſyrup of peonies, two drachms; mix them, and make a draught.

Mr. Boyle *gives the following Recipe againſt Epilepſies.*

TAKE of the powder of the true miſleto of the oak, twenty or thirty grains, early in the morning, in black-cherry water, for ſome days near the full moon.

The ſame gentleman preſcribes alſo as an effectual remedy, to take daily half a drachm at a time, of choice and very finely powdered amber, in any convenient vehicle, for about ſix weeks together.

Againſt the Epilepſy, and all convulſive Ailments.

TAKE piony and white poppy-ſeeds, blanched almonds, each half an ounce; fine loaf-ſugar, one ounce; oil of nutmeg, two drops; when they are well beaten together, add by degrees, black-cherry water, one quart; make an emulſion according to art; to which, when ſtrain'd, add compound peony-water, two ounces; mix.

It is given for the epilepſy, and all convulſive diſeaſes, but is eſpecially of uſe in fevers with head-ach, frightful dreams, ſnatching of the tendons, *&c.*

The doſe from two to four ounces every eighth or ſixth hour.

See *Apoplexy, Head-ach, Hypochondriack Diſorders, Palſy, Scurvy, &c.*

ERUCTATIONS.

See *Heartburn.*

ERYSIPELAS.

See *Cutaneous Diſtempers.*

ESSERE.

See *Cutaneous Diſtempers.*

EVACUATIONS.

THeſe are generally bleeding, bliſtering, catharticks, or purgatives, clyſters, cupping, diureticks, iſſues, or ſeatons, ſweating, vomiting, *&c.* We ſhall ſay ſomething on each head, and begin with,

1. *Bleeding.*] This operation we have taken proper notice of under every head, where it is uſeful or neceſſary, in general caſes; and ſo ſhall paſs it over here without any farther notice than to obſerve, that as it is uſually the ſurgeon's province, ſo it is generally to be left to the preſcription of the phyſician.

2. *Bliſtering.*] This is an operation proper to pituitous and cold conſtitutions, which abound with ſerum. It may be in theſe caſes applied in the firſt attacks of fevers to ſecure the head, as well as in the increaſe, ſtate, and declenſion, by way of cure, when the ſpirits being overcome with ſleepineſs, vertigo, head-ach, convulſions, and other dangerous ſymptoms, require a particular care; but in hot conſtitutions, when there is not much ſerum; and the blood thick, and in ſuch fevers as are attended with great parching dry heat, reſtleſsneſs and lightheadedneſs, bliſters do not ſeem to be agreeable, neither are they proper for child-bearing women, nor perſons troubled with the ſtone, or ſharpneſs of urine.

The following receipts for the plaiſters, &c. where it is neceſſary to apply them, deſerve to be inſerted here.

A ſlow but innocent way of making Bliſters without Cantharides.

"Take crows-foot, and putting to a handful of it about half a ſpoonful of muſtard; beat them very well together to the conſiſtence of a poulteſs; put this to the thickneſs of one's little finger into a cover of a box, cut ſhallow, and of about the breadth of the palm of one's hand, (though this cover be leſs neceſſary than convenient) and cutting a hole of the wideneſs of the box in a plaiſter of diapalma or the like, to make it ſtick: you muſt apply it to the part, and let it lie on twelve or fourteen hours, becauſe it works as well more ſlowly than cantharides, as more ſafely and innocently."

A bliſtering Plaiſter.

"Take white pitch, eight ounces; Venice turpentine, cantharides finely powdered and ſearced, each two ounces and a half; mix."

Among the many receipts everywhere about for bliſtering plaiſters, I account this far the beſt; for it doth its buſineſs in ten or twelve hours, and never fails.

Melilot Plaiſter for dreſſing Bliſters, &c.

"Take of freſh reſin, eight pounds; yellow wax, four pounds; ſheeps ſuet, two pounds; after theſe are melted, put in five pounds of green melilot cut ſmall; and make it into a plaiſter."

See *Strangury* under *Stone,* &c.

3. *Ca-*

3. *Cathartick*s or *Purging*.] Preparations for purging are very neceſſary, as well as the well-ſettling of the body after it has undergone evacuation. For want of this neceſſary preparation, ſays the great lord *Bacon*, the humours oftentimes ſtick, and come not away, which occaſions great perturbations and ill accidents in the operation, and often dulls the efficacy of the medicine. The work of preparation is therefore two-fold, to make the humours fluid and mature, and the paſſages open; for both are neceſſary to make the humours paſs readily. For the former of theſe, ſyrups are moſt proper; for the latter, apozems, or preparing broths; clyſters alſo are often convenient, leſt the medicine ſtop in the guts, and gripe in working. 'Tis true, bodies abounding in humours, fat bodies, and open weather, are preparatives in themſelves, becauſe they make the humours more fluid. But ſoon after hard froſty weather, and in a lean body, purging ought not to be attempted, without due preparation.

After the operation, it is good to uſe apozems and broths, leſs opening than thoſe in the ſtage of preparation; and abſterſive and mundifying clyſters are alſo good to conclude with, to draw away the reliques of the humours, that may have deſcended to the lower region of the body; which is the more neceſſary, becauſe the humours, which ſometimes are quiet, and accordingly are little hurtful according to the places in which they are lodged, being ſtirred and put in motion by the phyſick, may do harm, if they are not duly quieted, or brought away.

Thoſe medicines that have a quick operation, adds this great author, attract only the light and more fluid humours; while thoſe that operate ſlow, work upon the more tough and viſcid. And therefore, ſays he, men muſt beware how they take rhubarb, and the like, alone familiarly, which drawing away the more fluid, leaveth the maſs of humours more obſtinate. The like he ſays of wormwood, which in his time, and long after, was ſo much magnified.

But it is to be obſerved, that it is now much in practice to chew rhubarb every morning, or very familiarly, and very great benefit has been thought to accrue from it. Inſomuch that a certain old lady of quality, who died at above ninety years of age, told a friend on her death-bed, that ſhe doubted not ſhe ſhould have lived to above one hundred years of age, had ſhe not for ſome months diſcontinued her uſual cuſtom of chewing rhubarb.

We can only ſay on this head, as may be ſaid on many others, that the conſtitution and habit of body is always to be conſulted; ſince that medicine or practice may be very pernicious to one, which may be very beneficial to another. And the damage which the old lady believed ſhe did herſelf, might probably be owing to her leaving off all at once, a method which ſhe had for many years rendered habitual, and conſequently neceſſary, to her conſtitution.

What further is needful to be ſaid in relation to purgatives, will be found under the reſpective articles which require that evacuation. And for family purges, and general catharticks, we ſhall refer to the article STOMACH.

4. *Clyſters*.] Are a ſafe and efficacious remedy in divers diſeaſes; but as they are preſcribed properly both as to eſſence and form under the heads

heads where they are neceſſary, we ſhall ſay no more of them here.

5. *Cupping.*] Of this we ſhall only mention, that it is very uſeful in ſeveral caſes, which muſt be chiefly left to the phyſician: for it is to be obſerved, that the ſurgeons, having uſually no hand in the operation, ſpeak very ſlightly of its efficacy, in every caſe preferring, for obvious reaſons, the lancet: nor ſhall we take upon us to ſay which is in the right; but only that there may be caſes to juſtify the preference of either.

6. *Diureticks*] Are decoctions, emulſions, and oils of emollient vegetables, in ſo far as they relax the urinary paſſages: ſuch as relax ought to be tried before ſuch as force and ſtimulate. Thoſe emollients ought to be taken in an open air, (to hinder them from perſpiring) and on empty ſtomachs. Vegetables, which abound with eſſential ſalts, are diuretick by ſtimulating, as ſorrel, chervil, parſley, eringo, &c. and all ſuch as contain an aromatick balſam, as aſparagus, fenel, &c.

See HERBS. See alſo HERBS under *Aliment*. See alſo STONE and *Gravel*, &c.

7. *Iſſues* or *Seatons*] Fall properly under the phyſicians and ſurgeons directions as to the occaſion and operation, and as they are touched upon in their proper places, we ſhall paſs them over here; only giving the following recipe from Mr. *Boyle:*

To make an Iſſue raw, that begins to heal up.

" Take of lapis infernalis, one ounce; of crown-ſoap, an ounce and a half; chalk finely powdered, ſix drachms: mix them carefully, and keep them cloſe ſtopped, except when about to uſe them."

8. *Sweating.*] This article is alſo the leſs neceſſary to be inſiſted on here, as it is mentioned under the reſpective heads of the diſeaſes in which it is required. What is further requiſite to be ſaid on this head, we ſhall refer to the article *Sudorificks*.

9. *Vomiting*,] We ſhall alſo refer to that article, and the ſeveral diſeaſes which require it.

The celebrated Dr. *Cheyne* preſcribes the following general rules, as proper to be obſerved under the head of *Evacuations*.

1. He ſays, That coſtive ſtools are ſigns of over-heated blood, too ſpare feeding, ſlowneſs of digeſtion, or weakneſs of the guts.

2. Purging ſtools ſhew intemperate feeding. Too full a meal has the effects of a purge, fills the guts with wind, and gives gripes. Mercury and even the bark, diaſcordium, and treacle, if over doſed, purge.

3. Head-achs, ſick ſtomachs, vapours, low ſpirits, gripes, and colicks, proceed from cramming, and are ever accompanied with looſe ſtools.

4. Thoſe that live temperately, have one regular ſtool a day. Thoſe who have more, exceed.

5. The cure of all relaxations of the nerves (the ſource of chronical diſeaſes) muſt neceſſarily begin at the ſtomach and guts.

6. The time from eating a meal till its diſcharge, is three days, in thoſe that have one ſtool a day: ſix in thoſe that have but one in two days.

7. A groſs meal produceth more diſorders, the day the excrements of it go off, than the day it is eaten.

8. A meal takes the ſame time to get through the habit by perſpiration, that its remains do to paſs through the guts.

9. The

9. The errors of the firſt concoctions cannot be mended afterwards.

10. Pain, or relief, is not always the effect of the laſt meal or medicine, that was taken down.

11. Though cheeſe, eggs, milk, and vegetable foods, may be hard to digeſt, without drinking of water, to ſome ſtomachs, yet their chyle is good, and produces no bad effects.

12. Turbid water, with brick-duſt ſediment, proceeds from the critical diſcharge of what was preternaturally retained in the habit.

13. Pale ſweet water, from the urinous ſalts being yet retained.

14. There is great difference between hyſterick pale water, and that which proceeds from a diabetes.

15. That appearance of fat on the urine of ſome people is nothing but a thin film of ſalts.

16. Bright amber-colour'd water, with a light ſediment riſing toward the top, amounting to three quarters of what is drank, is a ſign of good digeſtion.

17. Great quantities of pale water proceed from exceſs in the quantity of food, and want of exerciſe. The cure of it is performed by eating leſs, uſing more exerciſe, and taking ſome diaphoreticks, to ſet the perſpiration right.

18. High-coloured turbid water in ſmall quantity, ſhews abundance of animal ſalts in the habit, or the immoderate uſe of ſpirituous liquors: and muſt be cured by vegetable food, and water, or other ſmall drink.

19. Dark-brown water, or of a dirty red, is extremely dangerous, both in acute caſes, and in thoſe who ſeem at preſent to ail nothing.

20. Bloody purulent water, and full of films, is a ſign of nephritick ailments, ſtone, and gravel.

21. The viſcid matter, like jelly, in the ſtools, and the viſcid milky ſubſtance, ſomewhat like matter in the urine of ſome people of weak nerves, proceed from a corruption of the liquor of the mucous glands of the inteſtines, and of the bladder, and other urinary paſſages.

22. Obſtruction of perſpiration is one ſource of acute diſeaſes, and a conſequence of chronical ones.

23. Catching of cold is an obſtruction of perſpiration, by the humid and nitrous particles of the air. It ſhould be cured by gentle diaphoreticks, and not by balſamick pectorals, which do no good but in the end of the cure, to promote expectoration from the lungs, if there be any occaſion for it.

24. Perſons of weak nerves have often a critical flux of rheum from the glands of the mouth and throat, to a very large quantity, which if not tampered with, brings them great relief.

The following is a liſt of medicines proper for eaſing the belly.

Fat broth of freſh beef. Tender pot-herbs boiled in broth. Mollifying and moiſtening medicines, for drinking and injection. Oils, chiefly ſqueezed and freſh, as oil of ſweet almonds and olives. Thoſe which mollify will alſo looſen. Ripe, ſummer, dulco-acid or ſweet-ſour, pulpy, juicy fruits. Alkekengi. Dwarf-elder-berries. Elder-berries. Dry figs. All ſorts of garden cherries. Ground-mulberries. Ground-blackberries. Strawberries. Jujubes. Apricocks, peaches, apples. White and blue garden plums. Damaſcens, French, prignol. and red plums. White, black and red goosberries. Common black-berries. White and red raſp-berries. Sebeſten. Tamarinds. All ſorts of grapes. Crane-coloured grapes. Goosberries.

The

The freſh juices and muſts of the following:

Caſſia, two ounces; manna, two ounces; tamarind, two ounces; pulp of tamarinds, two ounces; juice of pale roſes, one ounce; aloe of roſe-wine, ſix grains; raiſin, four ounces; fenel-giant, half a ſcruple; root of oak-fern, an ounce and a half; rhubarb, one ſcruple and a half; the ſame infuſed, one drachm; Fernelius's ſyrup of wild-mallow, three ounces; ſyrup of ſuccory with rhubarb, one ounce and a half; ſyrup of fumitory, two ounces; ſyrup of ſolutive roſes, one ounce and a half; ſyrup of ſimple violets, two ounces; Rufus's pills, to ſix grains; ſimple honey, diſſolved in water, two ounces.

See *Fever*, *Infuſion*, *Vomits*, &c.

EVIL.

See *King's-Evil*.

EXCESSES.

CUſtom is a ſecond nature. This is a trite ſaying, ſays lord *Bacon*, and of great truth. The common uſe of an enormous quantity of food, and of ſtrong drink, has been generally attended in ſome perſons with neither drunkenneſs nor ſurfeit. Hence an exceſs in the ſobereſt perſons, is often more fatal, than an habitual exceſs in others.

Exceſſes are generally to be avoided; yet ſometimes diſeaſes, eſpecially chronical, ſuch as quartan agues, have been cured by ſurfeit and exceſs, in meat, in drink, in faſting, in exerciſe, in laſſitude, and the like. The reaſon is, becauſe diſeaſes of continuance get an adventitious ſtrength from cuſtom, beſides their material cauſe from the humours: ſo that the breaking of the cuſtom leaves them only to their firſt cauſe, which, if it be any thing weak, will fall off; moreover ſuch exceſſes excite and ſpur nature, which thereupon riſes more forcibly againſt the diſeaſe. Notwithſtanding all this, exceſſes are not to be choſen, but avoided; for it is not impoſſible, but the diſtemper may get the better, and in the violence of the conflict, the ſtruggle may be fatally ended.

See *Diet*, *Surfeit*, &c.

EXERCISE.

DR. *Cheyne* lays down the following rules for health under this head:

1. Whatever, ſays he, was the original conſtitution of man, in our preſent ſtate a due degree of exerciſe is indiſpenſably neceſſary towards health and long life.

2. Animal food, and ſtrong liquors, ſeem not to have been deſigned for man in his original make and frame, but rather indulged to ſhorten the ante-diluvian length of life, in order to prevent the exceſſive growth of wickedneſs.

3. Walking is the moſt natural and effectual exerciſe, did it not ſpend the ſpirits of the tender too much. Riding on horſeback is leſs laborious, and more effectual for ſuch. Riding in a coach is only for the infirm, and young children. Houſe exerciſes are never to be allowed, but when the weather or ſome bodily infirmity will not permit going abroad; for air contri-

butes mightily to the benefit of exerciſe. Children naturally love all kinds of exerciſe, which wonderfully promotes their health, increaſes their ſtrength, and ſtretches out their organs.

4. The organs of the body that are moſt uſed, always become ſtrongeſt, and therefore we may ſtrengthen any weak organ by exerciſe.

5. The lungs are fortified by loud talking, and walking up an eaſy aſcent. The digeſtion and the nerves are ſtrengthened, and moſt head-achs cured, by riding; the ſtone and gravel eaſed by riding in a coach over rough ground; rheumatick pains by playing at tennis, billiards, &c. till one ſweat, and then going to a warm bed, to promote the ſweating; feeble arms by playing at ſhuttlecock or tennis; weak hams by foot-ball, and weak backs by ringing or pumping. The gouty beſt recover the uſe of their limbs by walking in rough roads; but prevent the fits beſt, by riding on horſeback, or in a coach. The valetudinary, and the ſtudious, ought to have ſtated times for exerciſe, at leaſt two or three hours a day, the one half before dinner, the other before going to bed.

6. Exerciſe, 1. ſhould always be gone about with an empty ſtomach. 2. Should never be continued to wearineſs. 3. After it, one muſt take care not to catch cold. And, 4. it ſhould always be accompanied with temperance, elſe inſtead of a remedy it will become an evil.

7. Cold-bathing is of great advantage to health; but ſhould not be uſed under a fit of a chronical diſtemper, with a quick pulſe, or with a head-ach, or by thoſe that have weak lungs. It promotes perſpiration, inlarges the circulation, and prevents the danger of catching cold. Thoſe of tender nerves ſhould pour water on their heads before they go in, and none (ſo ſays this gentleman) ought to jump in ſuddenly, and with their heads foremoſt.

8. The fleſh-bruſh is a moſt uſeful exerciſe, as appears by its advantage to horſes, and ought not only to be uſed on human bodies, but alſo on ſuch of the animals we deſign for our food, as it can be applied to.

The great lord *Bacon* alſo highly praiſes the practice of gentle frication, which, as he ſays, draws forth the nouriſhment to every part of the body, by heating the parts, and calling forth, as it were, the juices which ſhould repair the blood, ſpirits, and fleſh, and even give benefit in their paſſage to the bones, nerves and membranes, which are not ſo eaſily reparable in themſelves. It is a fine exerciſe to ſuch as cannot ſo conveniently take other. 'Tis beſt to be performed in a morning. Lord *Bacon* ſays it may be done by the hand, or by a piece of ſcarlet wool moiſtened with oil of almonds, mingled with a ſmall quantity of bay-ſalt or ſaffron. We ſee, ſays he, that the currying of horſes makes them fat, and in good liking. But it muſt be acknowledged, that the fleſh-bruſh, now ſo well known, and ſo much uſed, is above all others the moſt wholſome and cleanlieſt device for this ſalutary purpoſe that can be made uſe of.

In another place, this learned author prefers friction in many caſes to exerciſe, becauſe, as he ſays, this practice draws greater quantity of ſpirits and blood to the parts, and alſo draws the aliment more forcibly from within: likewiſe becauſe it opens the pores, and makes better paſſage for the ſpirits, blood, and

French barley, one ounce: boil all theſe a little in two quarts of fair water, and half a pint of white-wine. Let the patient hold his head (well fitted with a napkin for the purpoſe) over the fumes for about a quarter of an hour.

An excellent and very often try'd Eye-water, eſpecially for outward Affections of the Eye.

TAKE of plantane-leaves, four ounces; and of ſtrawberry-leaves, as much: digeſt theſe for twenty-four hours in a pint of good white-wine; then diſtil them to dryneſs in a glaſs head and body in *balneo Mariæ*. The liquor that is thus obtained put into a very clean braſs (not copper) veſſel, and let it ſtand there ſome hours, till it have acquired a manifeſt, but not a very deep blue tincture; and then put to it (when pour'd on) an equal weight of white roſe-water diſtilled after the common way: ſhake theſe together, and let fall one drop into the internal corner of the eye, the patient ſtooping backward, and ſhutting his eye-lids for a minute or two, that the water may diſperſe on the eye, and that the quickneſs of the liquor, which may make him weep, may the leſs prejudice him.

To make a choice ophthalmick Water to preſerve the Eyes and Sight.

TAKE of the diſtill'd water of rue, celandine, and vervain, of each one ounce; mix them, and infuſe in them two drachms of crocus metallorum, exquiſitely ground, for a week or ten days; then very carefully filtre the infuſion, that none of the atoms of powder paſs through with the liquor. Of this let fall into the eye a drop or two, morning and evening, having a care not to ſhake the glaſs, when you employ the liquor, leſt ſome unheeded duſt may have eſcaped the filtre, and be raiſed.

For Heavineſs and Pain in the Eyes.

TAKE flowers of melilot, of elder, and of marigolds, of each an ounce; linſeed, ſeeds of fenugreek, flea-wort, cumin, and quinces, of each half a ſcruple; French barley, half an ounce; damask roſes, half an ounce; ſpring-water, a pint and half: mix, and make a decoction; with which foment the forehead, temples, and eye-brows, being ſufficiently warm.

For a dry Inflammation.

TAKE of betony, hyſſop, rue, wormwood, vervain, as alſo of ſage-flowers and roſemary-flowers, of each of all theſe half an ounce (to which may be uſefully added cumin-ſeeds, fenel-ſeeds, and carduus-ſeeds, of each a quarter of an ounce): boil theſe a little in two or three quarts of fair water, and then let the patient hold his head for about a quarter of an hour over the ſteam of this decoction, making uſe of a napkin to keep the ſmoke from diſſipating, and direct it to his eyes. A while after he may put into them, if it be thought fit, a little clarify'd honey.

The Rheum Plaiſter, to be apply'd to the Nape of the Neck behind the Ears or Temples, againſt the Falling of Rheum on bad Eyes, Teeth, &c.

TAKE gum-tragacanth, half an ounce; maſtich and olibanum, each three drachms; bole-armoniack, myrtle-berries, ſeeds of flea-wort, pomgranate-flowers, of each a drachm; Burgundy-pitch, half a pound; gum elemi, three drachms;

pureſt caranna, one ounce; beſt turpentine, half an ounce; beat them all ſeverally into fine powder, ſave the four laſt. Firſt, melt the gum elemi, Burgundy-pitch and caranna together, over a gentle fire; when they are melted, put in the powders, having firſt mixed them together; laſt put in the turpentine, and mix it well with the reſt: make it up in rolls, and wrap it up in bladders: when you uſe it, ſpread it on leather, and apply it.

A Tobacco for decay'd Sight.

TAKE roſemary-flowers, betony-flowers, eye-bright flowers, of each one ounce; aloes-wood, amber-ſtorax, clove-bark, and ſaſſafras-bark, of each an ounce: take the outward rind of Piſtachio nuts, one ounce and a half; cortex Eleutherii, half an ounce: all being cut and groſly powdered, mix them. Put a quarter of a pound of the mixture to a pound of tobacco; then ſmoak it.

A Powder good for the Eyes and Head.

TAKE eye-bright, three drachms; mace, one drachm; make it into a fine powder.

I have ſeen decrepit old men almoſt blind, which were by the help of this powder reſtored to entire ſight, ſaith *Montagnana*. But, beſides its being a good eye-medicine, it is eminently available againſt the head-ach, if taken in a glaſs of wine at bed-time: that time is beſt, becauſe the brain imbibes medicines (by the vehicle of the blood) moſt of all in the time of ſleep. For the eyes, take half a ſpoonful before meals in a glaſs of ſack.

A Water for the Eyes.

TAKE Canary wine one pint; roſe-water eight ounces; waters of celandine, fenel, eye-bright, rue, of each two ounces; tutty, one ounce and half; cloves, one drachm and half; white ſugar-candy, red roſe-leaves, of each one drachm; camphire, ſuccotrin aloes, of each one ounce and half; mix: make the tutty red hot, and quench it in roſe-water, mixed with ſack, and throw that liquor away; powder all the things very fine, and mix them with the wine and waters; put them into a glaſs ſtopped with clay, and let them be expoſed to the ſun in ſummer forty days; ſhaking it frequently.

The perſon muſt lie on the back, and having a drop or two of this put into the eye, open and ſhut it, that the water may the better diffuſe itſelf; uſe it three or four times a day.

For a Bruiſe and Blackneſs about the Eyes.

TAKE conſerve of red roſes, Solomon's ſeal bruiſed, Lucatellus's balſam, of each one ounce: anoint the eye with it.

An excellent Ointment in Inflammations of the Eyes.

TAKE freſh butter, four ounces; lapis calaminaris, tutty, white troches of Rhaſis, of each three drachms; white vitriol finely powdered, two drachms; ſugar of lead, one drachm; camphire, (diſſolv'd in oil of ſweet almonds) two drachms; copperas finely powdered, one ſcruple: mix them, and make an ointment, and put the quantity of a grain into the corner of each eye every night, and a little rubbed over the eye-lids, waſhing them with ſome eye-water in the day-time.

A Water

A Water to cool and repel ſharp Rheums, and to take away Films and Specks in the Eyes.

TAKE white vitriol and bay-ſalt, of each one ounce: calcine them till they have done hiſſing; then pour upon them in an earthen pan, one pint of boiling water; ſtir them together, and let them ſtand ſome hours; a party-coloured ſcum will fix upon the ſurface, which take off carefully, and put the reſt into a phial for uſe. If it is too ſharp, put a little ſpring-water or roſe-water to it.

A Liniment for ſore and inflamed Eyes.

TAKE freſh butter, four ounces; white wax, one ounce; tutty prepared, half an ounce; camphire, two ſcruples: make into a liniment. This is a ſafe and good medicine, and may be uſed when other medicines are unſafe. It is to be juſt ſtroked over the eyes two or three times a day. If the eyes are bloodſhot, ſpread ſome mixt with conſerve of red roſes, and put it with a cloth over the eyes all night.

For a Rheum in the Eyes.

TAKE an ounce of lapis calaminaris made red hot, and quenched nine times in red roſe-water, and mountain wine, each a pint; then rub the lapis calaminaris very fine in a marble mortar, mix them together, and waſh the eyes often therewith.

An Electuary. To be taken for a Cataract or Skin growing over the Sight.

TAKE cinamon, one ounce; ſpikenard, ten drachms; agarick, ſix drachms; maſtich, two ſcruples: beat them to a powder, and mix them with honey, and give the patient two drachms every day.

For a Rheum in the Eyes.

TAKE the leaves of green ſtinking hemlock, the leaves of celandine, and the leaves of rue, of each a like quantity; cut them, and beat them as ſmall as you can in a mortar: have ſome bay-ſalt ground very fine in a mortar; throw it upon the herbs, and mix it very well with a peſtle; then put it into a ſtew-pot with a cover, and let it be ſet in a cellar upon a ſhelf: the ſalt muſt be according to the quantity of herbs, ſo as to keep it moiſt, and from moulding. If one eye is ſore, lay it to the contrary wriſt; if both, to both wriſts. Make it the latter end of May, or the beginning of June.

A Medicine to bind to the Wriſts for a Pearl, or blood-ſhot Eyes, alſo Pin and Web.

TAKE two ounces of hemlock; two ſpoonfuls of wheat-flour; the white of a new-laid egg; a ſpoonful of honey; half an ounce of the beſt bole; unſet hyſſop, half an ounce; chop the herbs, mix them all together like a plaiſter; ſpread the quantity of a walnut upon ſheeps leather; lay it upon the pulſe on the contrary arm: change it morning and evening. If the eye be very full of rheum, lay any drawing thing to the nape of the neck, and it will heal the ſaſter.

For a great Redneſs and Inflammation of the Eyes; call'd,

The thick Eye-water.

TAKE quince ſeeds, a drachm; crocus metallorum, one ſcruple; of red roſe-water, ſtrawberry-water, and plantane-water, each ſix

ſpoonfuls; of fenel-water, three ſpoonfuls; ſet all theſe in a glaſs which will hold a quart; place it where it may have a little heat of the fire or ſun; ſhake it often. When you uſe it, it muſt be ſtrained, and two or three drops put into the eyes; take a thin cloth, fold it two or three times double, wet it in the water, and lay it on the eye: when 'tis dry, wet it again. Bind the eye up.

For a great Rheum and Redneſs in the Eyes, and to clear the Sight; call'd,

The thin Eye-water.

TAKE of tutia prepar'd, aloe hepatica, white ſugar-candy, each two drachms; camphire, one drachm; white-wine, and red roſe-water, each ſix ounces: let the dry things be very finely powder'd, and put them all together into a very ſtrong glaſs bottle; mix them well together, ſtop the glaſs cloſe, and ſet it in the ſun for a month or more, ſtirring it every day. When you uſe it, you muſt put to a third part of this water two parts of red roſe-water, or fenel-water.

To take a Web out of the Sight of the Eye.

TAKE a little white ſugar-candy, and a little burnt alum, made into a very fine powder, juſt as much as will make the ſugar taſte a little tart; put five grains of it upon the web: dreſs the eye about eight o'clock in the morning with the powder, and at ſix with the water, till the eye is reſtor'd.

To take off a Fleſh-Pearl, if the Herbs fail.

TAKE a little of the oil which is upon the top of honey, and ſcrape into it a little very ſmooth and clear alum juſt to make it taſte; drop into the eye upon the pearl two or three drops from a ſmall knife's point. If the eye is weak, dreſs it once a day with the water, and once a day (if a ſtrong eye, twice a day) with honey. If the eye is in violent pain, take the rotten part of a great pippin, ſpread it upon a trencher, and ſet it upright, that the water may run from it. Then put in a little bole-armoniack in fine powder to it, and mix it very well: lay ſome of it upon a cloth twice or thrice doubled, and bind it upon the eye, at going to bed. In the morning waſh it with a little ſpring-water warm, and then dreſs it.

An excellent Eye-water.

BOIL two quarts of ſpring-water, as for tea; then, with a clean ſtick, ſtir in two ounces of bole-armoniack; one ounce of white copperas powder'd fine; a quarter of an ounce of camphire beaten with three bitter almonds; ſtir it till 'tis blood-warm; then put it into bottles, and ſhake it three or four times a day for a month together, when it will be fit for uſe. The longer 'tis kept, the better. Uſe it in bed; drop a little into the eyes. It will cure almoſt any ſore eyes, and ſtrengthen thoſe which are not ſore.

Dr. Moriaty's *Eye-water.*

TAKE white roſe-water, plantane-water, and eyebright, of each one ounce; verjuice, half an ounce; prepar'd tutty, half a drachm: mix all theſe together with the white of an egg.

FAINT-

FAINTINGS

MAY proceed from different cauſes, as exceſſive joy or grief, ſudden ſurprizes, coagulations of blood near the heart, worms, ſtubborn heart-burns, ſtones or ulcers in the heart, polypus's, *&c.* and are always dangerous, if they come often without ſome evident cauſe. A fulneſs of blood will alſo ſometimes occaſion this diſorder, in which caſe the quantity of it muſt be leſſen'd; after which pour ſpirits of ſal ammoniack upon a cloth, and hold it to the noſtrils, removing it every now-and-then; and give alſo a ſpoonful of the following cordial; *viz.*

'Take compound hyſterick-wa-'ter, three ounces; chymical oil 'of nutmegs, ten drops: mixed 'together.'

And as ſoon as the party revives, inquire into the cauſe of the ſwooning, in order to remove it, if it proceed from accidental occaſions. In the fit, volatile ſalts, ſpirits of hartſhorn, of urine, or amber; and oils of cinamon, of mace, of nutmegs, of cloves, taken in wine or cordial-waters, are very good to rouſe nature, and make her return to her functions.

Women, who by reaſon of weakneſs and lowneſs of ſpirits are ſubject to this diſorder, muſt avoid drams of all kinds, which afford but a temporary relief, and cauſe the diſtemper to return with greater force. A diſh or two of chocolate will do far more ſervice to ſuch, as it will ſtay within them, and recruit their ſpirits, without burning their ſtomachs: tho' perſons ſubject to obſtructions, and who abound with acidities, muſt alſo be careful not to drink too much even of this liquor, becauſe there is a great deal of ſubſtance in it like paſte.

See *Feminine Diſorders*, *Sickneſs*, *Stomach*, &c.

FALLING *of the* FUNDAMENT.

TAKE the bark of oak, and make a ſtrong decoction of it, in which put a hot cloth, and wring it; to be applied hot to the part, and as it cools, put another to it.

FALLING SICKNESS.

See *Epilepſy*.

FELONS.

See *Chilblains*, *Woitloe*.

FEMININE DISTEMPERS.

THE ſex is unhappily ſubjected to ſo many diſtempers, which are in a manner peculiar to it, that we ſhall not offer to enumerate them here any otherwiſe than as will be found in the reſpective titles to the following approved preſcriptions in various female caſes; referring to other articles for what concerns the fair ſex in common with the other.

An excellent Medicine for Fits of the Mother.

TAKE ſagapenum diſſolv'd in vinegar of ſquills, ſtrain'd thro' a ſieve, and again inſpiſſated or thickened, ammoniacum in like manner prepared, ſteel prepared, myrrh, fecula of briony, of each half a drachm; Engliſh ſaffron, caſtoreum

of each a ſcruple; borax, two ſcruples; ſyrup of ſtœchas, a ſufficient quantity: mix, and make pills of a convenient bigneſs to be ſwallowed; of which take three, morning and night, with care.

A powerful Medicine for white Fluors, and the like Diſtempers.

TAKE a pottle of ale, and ſhred into it two ounces of white iſinglaſs, and in a looſely ſtopt veſſel let the liquor ſimmer till about half is waſted; ſtrain the reſt, and give of it two or three ounces at a time, once or twice a day, as need ſhall require.

A Remedy for the Whites.

THE beſt of remedies in this caſe (after due purging) is, to give two, three, or four grains of laudanum, and to inject three, four, or ſix times a day, this water.

Take ſpring-water, two quarts; white vitriol, roch alum, of each one ounce: being in powder, mix and diſſolve; let it ſettle, and uſe only the clear.

Pills for Suppreſſion of the Menſes.

TAKE of gum pills, one drachm; powder of ſavin, two ſcruples; troches of myrrh, half a drachm; oil of amber, four drops; ſyrup of mugwort, enough to make thirty pills; take three or four, as occaſion requires.

For the Obſtruction of the Menſes.

TAKE conſerve of rue, conſerve of wormwood, of each half an ounce; powder of ſteel, ſix drachms; compound powder of arum-root, Winter's bark, caſtor, ſaffron, myrrh, round birthwort-root, borax, of each one drachm; Ethiops mineral, half an ounce; ſyrup of the five roots, enough to make an electuary: give the quantity of a ſmall nutmeg three times a day, drinking a little white-wine or penyroyal-water after it.

For the ſame.

TAKE the juice of briony-roots, two quarts; the leaves of rue: mugwort, of each two pounds; ſavin, three handfuls; feverfew, calamint, penyroyal, of each two handfuls; baſil, dittany of Crete, of each one handful and a half; orange-peels, four ounces; myrrh, two ounces; caſtor, one ounce; ſpirit of wine, one gallon: let it ſtand to infuſe for ſome days; then diſtil it: give the patient from two drachms to two ounces, according to her ſtrength, in any convenient draught.

A Powder to promote the Menſes.

TAKE ſalt of ſteel and myrrh, of each eight grains; ſaffron and caſtor, of each five grains; oil of ſavin, one drop: make them into a powder for one doſe: take it once or twice a day in a little penyroyal-water.

An Electuary for the ſame.

TAKE conſerve of Roman wormwood, one pound; candied ginger, two ounces; powder of ſteel, half a pound; ſyrup of ſteel, enough to make an electuary. It is proper for the green-ſickneſs, and all menſtrual obſtructions; as alſo in all decays that are occaſioned by ſharp diſtempers, or the ſeverity of cure in ſome chronick caſes; it warms the blood, and ſtrengthens the juices: it is to be taken, the quantity of a nutmeg, two or three times a day.

For the Fits of the Mother.

TAKE half an ounce of aſſa-fetida; tie it in a cloth, and ſeeth it in a pint

a pint of raw milk, till it comes to half a pint, which take when you go to bed: then ſeeth it again, and take the morning following; repeat it the third time, and wring the cloth in the milk.

A Powder to prevent Miſcarriages.

TAKE of dragon's-blood, half a drachm; of red coral-powder, one drachm; ambergris, and Eaſt-Indian bezoar, of each ſix grains: make all theſe into a very fine powder, mingle them together, keep them in a cloſe box, and, when you need, take fifteen grains, and reſt quiet after it. Take it faſting in ſome mace-ale, or broth; and this do as often as you have cauſe.

To prevent Miſcarrying.

TAKE chamomile-flowers, marigold-flowers, red roſe-leaves, of each half an ounce dry'd and powder'd, one large nutmeg; as much cloves and cinamon: beat all together to powder; mix them with the flowers; quilt them in a ſcarlet bag, and wear them upon the navel: when they decay, renew them, and let the bag be worn from the firſt being with child.

Another, very excellent.

A Whole nutmeg burnt in the candle, and grated into half a pint of the beſt claret you can get: drink it off.

To revive a new-born Child, in a Swoon.

TAKE garlick, a little quantity, and put it into each noſtril, ſo that after the fit you may pull it out again; and between the lips put a little, as alſo to the ſoles of the feet.

A good Medicine to cauſe a Woman to be delivered of a dead Child.

BOIL one ounce of green broom in clarified drink; when it taſtes ſtrong of it, take out the broom, put in two yolks of eggs, and ſweeten it with ſugar, as you do caudle; then take the powder of two date-ſtones, and ſtir it well in; draught it off, and give the woman to drink: you will find it work in her within leſs than an hour in great extremity: in the like caſe it is good in Malaga, and boil it in balm, lavender, chamomile, and ſweet marjoram; put it into two linen bags, and apply them hot one after another to her belly: if the child then remain, which ſhould come, give her a little quantity of mithridate, and unicorn's horn, with a draught of white-wine.

The Hyſterick Cordial for Lying-in.

TAKE waters of black cherries, mugwort, balm, of each three ounces; hyſterick-water, and treacle-water, of each ſix drachms; the beſt white ſugar, three drachms; ſaffron and caſtor ty'd up in a little ſarſenet bag to hang in the glaſs, of each a ſcruple: mix 'em.

Dr. Chamberlain's *Receipt for a Woman, to be taken a Month before her Time, in a Morning; and at Night when going to Bed.*

TAKE of the roots of parſley, fenel, marſhmallows, and ſuccory, of each two ounces; and twelve figs: ſlice the figs and roots; a quarter of a pound of raiſins of the ſun ſtoned; boil all theſe together in three pints of ſpring-water, till one pint be waſted; when cold, put it into one pint of Rheniſh wine; then bottle it, and drink a quarter of a pint, with two ſpoonfuls of oil of ſweet almonds in it, in the morning, faſting two hours after it, and the ſame quantity at night.

For Obſtructions.

TAKE two ounces of celandine, to which put three pints of ſpring-

water; boil it till it comes to a quart, cloſe cover'd all the while; let it ſtand till almoſt cold; then ſtrain it off; wring the herbs as hard as you can: put to it half a drachm of Engliſh ſaffron, and a quarter of a pound of honey. Take a quarter of a pint in the morning faſting, and at four in the afternoon, walking or riding gently after it.

For Flooding.

BLUE linen dipt in verjuice or vinegar, apply'd, will ſafely ſtop it, and alſo bleeding at the noſe: it muſt be renew'd as it dries.

Pills for the Green-ſickneſs.

TAKE of chamepitys, long birth-wort-root, ſavine, chamomile-flowers, prepar'd ſteel, each half an ounce; let them be all beaten into a fine powder, and with gum Arabick diſſolv'd to the thickneſs of a ſyrup; beat them into a maſs, of which make twelve pills of each drachm to be roll'd in powder of crabs-eyes, three for a doſe, to be taken morning and evening. 'Tis adviſeable to take warm white-wine after them, and a vomit once a week for a month, and to be let blood in the foot in five weeks, if there be occaſion.

For the Green-ſickneſs.

TAKE one ounce of ſena; three drachms of jalap; rhubarb, coriander-ſeeds, aniſeed, worm-ſeed, red coral, burnt hartſhorn, orange-peel, of each one drachm; cream of tartar, filings of ſteel, of each a quarter of an ounce; ſage-leaves, half an ounce: let theſe be put into a pint and an half of ſmall-beer or ale, and ſtand all night; in the morning ſtrain out about a quarter of a pint to give to a girl about nine years old, and more to one older. Give it three mornings together; then reſt one or two, and give it again occaſionally; but it generally cures after the three firſt mornings. You muſt put, after the ſecond morning, about half a pint of drink more to it.

Said to be infallible for the Green-ſickneſs.

GOosberry-leaves bruis'd and ſteeped in white-wine: drink a glaſs every day before dinner.

For the Green-ſickneſs.

TAKE of ground-pine, an ounce; troches of myrrh, half an ounce; root of long birthwort, an ounce; ſteel prepar'd, choice myrrh, root of ſow-bread, of each half an ounce; ſyrup of nitre, enough to make them into pills, twelve out of a drachm; take four every night and morning; and one a week take ſome gently-purging pills.

A conſolidating Mixture, for weak childing Women.

TAKE ſherry-wine, half a pint; ſtrong cinamon-water, four ounces; roſe-water, white ſugar-candy, each two ounces; juice of kermes ſtrain'd, one ounce; ſpecies call'd lætificans Galeni, two drachms; leaves of gold, four; oil of nutmeg, four drops: mix.

This medicine, ſays Dr. *Fuller*, I fiſh'd out of a very worthy gentleman, in whoſe family it had been kept as a ſacred depoſitum, and great ſecret, and was religiouſly deliver'd down, from mother to daughter, in a conſtant ſucceſſion of ſeveral generations.

It helps concoction, corrects crudities, diſſipates flatus, cheriſhes native heat, ſpecifically recreates women with child, when drooping and languid; comforts the weak, feeble fœtus, prevents miſcarriages from dejection of ſpirit, and cold flaccidity of the womb, and ſupplies deſir'd ſtrength, vigour, and ability, for the happy performance of the great work of child-birth.

It is proper for ſuch only as are cold, weak, and languiſhing. I ſhould by no means, adds he, adviſe it to any of a ſtrong or hot conſtitution, nor to thoſe that are plethorick, or apt to flooding. Let two ounces be allowed night and morning, whenſoever failure of ſpirits makes it needful, and more eſpecially in the laſt month, even till delivery.

Miſcarriages.

WOmen of weak nerves are very ſubject to miſcarriages; their danger is increaſed by high living, and indiſcreet bleeding. They ought to drink Briſtol-water, and red-wine, and live upon a low and light diet, to take the air frequently, and to uſe aſtringent plaiſters, and other proper medicines to ſtrengthen their bowels. The cold bath has been known to be very efficacious to ſtrengthen and brace the parts of ſuch tender perſons as are ſubject to frequent miſcarriages; as it is in almoſt all nervous caſes.

To hinder a Flux of Blood, and prevent a Miſcarriage.

TAKE aſtringent crocus of ſteel, half a ſcruple; ſpikenard, ſpecies of hyacinth, each five grains: bring all into a fine powder.

Let it be given night and morning with a glaſs of red Lisbon wine; or oftener, if there be an actual flux.

To prevent Abortion, and comfort the Fœtus.

TAKE conſerve of red roſes, marmalade of quinces, candy'd nutmeg, juices of kermes ſtrain'd, ſyrup of quinces, ſyrup of coral, each half an ounce; ſpecies of hyacinth, three drachms; aromaticum roſatum, aſtringent crocus of Mars, each two drachms; ſugar of lead, one drachm; oil of nutmeg, four drops: mix. Half an ounce to be given twice a day.

For the Wind-colick, Womens After-pains, Vertigo, &c.

TAKE white-wine, four ounces; waters of chamomile-flowers aud rue, each three ounces; compound peony-water, one ounce and half; white ſugar, ſix drachms; oil of juniper, twenty-four drops: mix. The doſe is three or four doſes, ſhaking the glaſs well.

A Mixture for Womens After-pains.

TAKE crabs claws, red coral, both prepar'd, of each two drachms; pearl prepared, one drachm; London laudanum, three grains; alkermes, ſix drachms; citron-water, bawm-water, mint-water, of each three ounces; mix: take one ſpoonful every quarter or half an hour, till the pains are abated.

A Golden Mixture for Women with Child.

TAKE juice of kermes ſtrain'd, half an ounce; ſyrup of gilly-flowers and rasberries, each two ounces; oil of nutmeg, two drops; oil of cloves, one drop; leaves of gold, five: mix.

This medicine (truly golden, ſays Dr. *Fuller*, more from its virtue than ſubſtance) does ſo ſingularly refreſh the mother and child, and gives to both ſuch vigour and vitality, that if a ſpoonful be taken twice a day, for a month before lying-in, it will produce an happy delivery, and a lively child.

Pills to promote Labour-pains, expel the After-birth, and increaſe the Cleanſings.

TAKE powder'd ſavine, dittany of Crete, each one drachm myrrh, galbanum, gum ammoniack, caſtor, each two drachms: make all into a maſs with ſyrup of mugwort. Always remember this neceſſary rule, Never to give any forcers, where the child lieth not right for a birth. The doſe is one ſcruple, or half a drachm.

A Julep for Child-bed Women.

TAKE water of balm and black-cherries, each three ounces; of barley, cinamon, and Dr. *Stephens*'s waters, and ſyrup of meconium, each two ounces; liquid laudanum, forty drops: mix.

It is, ſays Dr. *Fuller*, a bleſſed and well-experimented remedy for child-bed after-pains; and none here need fear ſtopping the lochia, ſays the doctor; who gives it upon his own experience. The doſe is four ounces, to be repeated occaſionally.

Ointment to drive back Milk.

TAKE powder'd alum, half an ounce; butter, two ounces; wax, two drachms; mix.

For Wrinkles in the Belly after Child-birth.

TAKE jeſſamy-butter, orange-flower ointment, of each an ounce and a half; oil of ſweet almonds, ſix drachms; ſperma-ceti, two drachms; mix.

For Womens Ails, when growing old.

TAKE flowers of ſal ammoniack with ſteel, gum guaiacum, of each half a drachm; ſyrup of peony, a ſufficient quantity to make into twelve pills; to be taken four at a time every night going to reſt, drinking after them three ſpoonfuls of the following julep:

'Take black-cherry and milk-water, of each three ounces; penyroyal-water, two ounces; tincture of ſaffron prepared with wine, an ounce; loaf-ſugar, half an ounce; mix for a julep.'

'Take tops of Roman wormwood, three drachms; roots of zedoary, and galengal, of each two drachms; the leſſer cardamum-ſeeds, a drachm and a half; cochineal, a drachm; the yellow part of orange-peel, two drachms: infuſe theſe ingredients for the ſpace of twelve hours in a pint of milk-water, and five ounces of the ſteel-wine; ſtrain it off, and add peony-water, and compound wormwood water, of each an ounce and a half.'

This infuſion is to be taken, four ſpoonfuls, two hours before dinner, and at five o'clock in the afternoon, drinking after a glaſs of ſpaw-water.

The following are deemed excellent Remedies, properly applied, for Diſtempers incident to Virgins.

ALOES, myrrh, briony, colocynthis, gum ammon. bdellium, ſagapenum, juice of all-heal, fenelgiant, aſſa-fœtida, elixir proprietatis, birthwort, mugwort, motherwort, chamomile, juniper, ſweet-marjoram, herb-maſtich, thyme, ſeverfew, penyroyal, rue, ſavine, ſage, alder, mother-of-thyme, tanſy, wild cypreſs-tree.

Plaiſters of cumin, melilot, fenelgiant, bay-berries, the ladaniferous ſhrub, apply'd to the hollow of the feet, navel and groin.

A *fomentation* of Venice ſoap, and *decoction* of herbs.

Vinegar and ſaffron.

Liniments of unguentum martiatum, nervicum, elecampane or mercury, wild olive, ſow-bread.

Dropping *oils* of juniper-berries, hyſſop, mace, ſweet marjoram, Candy wild marjoram, roſemary, ſavine, ſpikenard, tanſy, amber.

Infus'd *oils* of dill, chamomile, wild penyroyal, rue, beaver's-ſtones, ſaffron, fleur-de-lys, earth-worms.

We ſhall conclude this article of feminine diſorders, with a few words relating to

The GREEN-SICKNESS.

The green-ſickneſs is a very troubleſome diſorder incident to virgins, and ariſes principally from obſtru-

obſtructions, and particularly moſt frequently the ſtoppage of the menſes, ſeveral receipts for which, we have inſerted in this article; and therefore ſhall only further obſerve here, that the ſymptoms of this diſeaſe are, a due age of the patient, without the natural evacuations; a fulneſs, ſometimes pains about the loins; a lazineſs, or inactivity, which is both the cauſe and ſymptom of the diſeaſe; a quick pulſe, often emulating that of a hectick fever, palpitation of the heart, difficulty of breathing upon the leaſt motion, a livid circle about the eyes, dizzineſs of the head, ſometimes an appetite to odd things, as chalk, tobacco-pipes, proceeding from an acidity in the ſtomach, a paleneſs of the face and skin, unnatural hæmorrhages from the mouth, noſe, and other parts; hyſterical ſymptoms.

Young perſons, under a woman'ly age, are often troubled with ſome of the ſame ſymptoms, but not from that cauſe; and women obſtructed have not always the forementionʼd ſymptoms; in thoſe the ſigns of gravidity and obſtructions are hard to be diſtinguiſhʼd in the beginning.

This diſeaſe is the parent of many other dangerous diſeaſes, and after ſix months hardly to be curʼd.

What is to be conſiderʼd in this caſe is, chiefly, if there be a ſufficient fulneſs or deficiency of blood, different methods are to be taken in thoſe two caſes; bleeding, which may relieve in the firſt caſe, will do hurt in the ſecond; exerciſe, frictions, bathings, clyſters, fumigations often repeated, are very beneficial. After relaxing, ſuch ſubſtances as ſtrengthen the ſolid parts in general, are beneficial. It is by this quality that ſteel operates ſo ſtrongly in this diſtemper.

See *Fevers*, *Colicks*, *Fluxes*, *Hyſterick Affections*, under *Hypochondriack Diſorders*, &c.

See *Milk*.

FEVER.

THE almoſt infinite variety of cauſes of this diſtemper, ſo diverſify its appearances, and indicate ſo many ways of cure, that we muſt not paſs over this head too lightly, or too undiſtinguiſhingly. And as it is a diſtemper of the utmoſt conſequence, and ſuch as ought to be critically attended to, we ſhall trace it as briefly as poſſible from its beginning, whether it proceeds from cold, (as is generally the caſe) or from heat, and incautious drinking to quench the thirſt occaſionʼd thereby; whereby dangerous inflammations, *&c.* proceed. And, above all, ſhall be careful to give no direction, but what is the reſult of experienc'd practice in ſo hazardous a caſe, that ſo ſuch as have not an opportunity to conſult a skilful phyſician, may not be led into miſtakes, where the conſequence may be ſo fatal.

As ſoon as a fever is introduced by a cold, a general weakneſs attacks the patient; he feels chilly, perhaps ſhivers and trembles; his pulſe grows quick; he breathes ſhort; he is ſick, giddy, vomits, grows thirſty; his tongue becomes white; his head throbs, and is painful; he loſes his appetite, grows hot and ſweats; his water is high-colour'd, he becomes coſtive, or too looſe; and, if not taken in time,

falls

falls into convulſions, ravings, and dies. It is therefore highly incumbent to try to nip ſo dangerous a malady in the bud.

In order to this, when the fever is begun, let the patient be kept warm in his chamber, and let what diſcharge he makes, be conſtantly attended to: and if the fever be high, and inflammatory ſymptoms appear, ſuch as pains in the head, heat and thirſt, difficult breathing, and the like, let ten or twelve ounces of blood be taken away; which, if the ſymptoms continue with violence, may be repeated as ſoon as the ſpirits will bear it. And if coſtive, a clyſter may precede bleeding; if not, it may be given after; and ſo bleeding and clyſtering may be uſed by turns, as the ſymptoms require; and let him drink plentifully, either barley-water with ſyrup of limons in it, or common almond-milk, which will hold good four or ſix hours in ſummer, and eight or ten in winter; and let him feed no higher than on water-gruel or panada; and by this management, if the fever be not fixed, in three or four days it may be very probably conquer'd. The beſt clyſter in ſuch a caſe, is ſyrup of violets and whey, with a drachm or two of ſalt-petre in it.

Thus much for a *beginning fever*: But if the malady be actually form'd, and the fever has taken ſtronger hold, let the following method be taken; *viz.*

'Take coral and crabs-eyes, of 'each two ſcruples; ſalt-petre pu-'rify'd, one ſcruple; cream of tar-'tar, half a drachm: mix, and 'make a powder, to be divided 'into four parts; one of which 'take in a ſpoonful of the follow-'ing julep; drinking after it four 'ſpoonfuls more:

'Take black-cherry-water, three 'ounces; bawm-water, three 'ounces; cinamon-water, two 'ounces; pearl prepared, one 'drachm; ſyrup of limons, as 'much as ſuffices: mix, and make 'a julep. And when the patient 'is ſick at ſtomach, or faint, let 'him alſo take five or ſix ſpoon-'fuls of the ſame.'

Proceed thus till the heat abates, and the water ſettles; then drink ſack-whey plentifully, and ſweats will generally follow: but if they don't, in two or three days, and the fever ſeems at a ſtand, let the following lenient potion be given in the morning early:

'Take rhubarb, two ſcruples; 'ſena of Alexandria, one drachm: 'ſalt of wormwood, five grains: 'infuſe theſe in water over the 'embers all night; ſtrain it in the 'morning; and to three ounces of 'it put ſyrup of peach-flowers, 'one ounce; aqua mirabilis, three 'drachms: mix, and make a po-'tion.'

If this operates thrice, gently, give it every other day; if it works more, give it after two days, and at bed-time: after each doſe, give this quieting draught to appeaſe any commotion that may be raiſed in the blood by it:

'Take black-cherry water, two 'ounces; compound peony-water, 'two drachms; ſyrup of white-'poppies, half an ounce; Gaſcoign's 'powder, one ſcruple: mix.'

As nothing waſtes the ſpirits like a fever, nor any thing recruits them more than gentle aromaticks, let the following remedies be given on the days the lenient potion above preſcribed, is omitted; *viz.*

'Take Gaſcoign's powder, twen-'ty-five grains; contrayerva ſtone 'powder'd, half a drachm; Goa

'ſtone

'ſtone in powder, fifteen grains; 'confection of alkermes, one 'drachm and a half; ſyrup of clove-'gilly-flowers, as much as will 'make it into a ſoft bolus: divide 'into four equal parts, and give 'one every four hours, if awake, 'but not otherwiſe; and drink af-'ter it ſix or eight ſpoonfuls of the 'lowing julep:

'Take mint-water, four ounces; 'bawm-water, two ounces; black-'cherry water, three ounces; Dr. '*Stephens*'s water, an ounce and a 'half; powder of pearl, a drachm 'and a half; ſyrup of balſam, as 'much as will ſweeten it.'

Any perſon managing according to what we have laid down, will be as little liable to ſymptoms as may be; but as it is hardly poſſible to be void of ſome, we will inſtance a few caſes, which may be reliev'd by *bleedings*.

1. If the pain in the head be troubleſome, and diſturbs reſt, and the pulſe be ſtrong enough to ſupport it, take away blood at proper diſtances till moderated, and proceed as we have directed in taking off the fever radically.

2. If an inflammation of the lungs, or a pleuriſy, accompanies the fever, then the pleuriſy muſt be treated as under the head of *Pleuriſy*; but not to draw off ſo much blood as if it were a pleuriſy only, leſt too few ſpirits be left to ſupport the fever. And be ſure to be very careful in judging whether the fever proceeds from the pleuriſy, or the pleuriſy from the fever, on this account.

3. If a violent burning attends the fever, bleeding muſt be uſed till the ſcorching is abated, and toaſt and water, and other ſuch cooling ſmall drinks muſt be only adminiſter'd, till that effect is obtained; and then proceed as above directed.

4. If the veſſels break, and blood iſſues from the noſe, as they often do in high fevers, (and which being a critical diſcharge ought not to be ſoon ſtopt) and if danger is apprehended, bleeding unloads the veſſels, and brings them nearer together, whereby they may join again; and emulſions are alſo proper to be added, in which gum Arabick is boiled, for common drink, and to thruſt up a tent into the bleeding noſtril, made up with a little colcothar of vitriol, and the white of an egg beaten to water; and then to proceed as above directed.

5. If the patient be lethargick or ſleepy, under a ſtrong pulſe, in the beginning of the fever, bleeding is abſolutely requiſite.

6. Nor is it leſs ſo in watchings, and want of reſt; for in the former it diſſolves the coagulation of the blood, which cauſes drowſineſs; and in the latter dilutes the ſalts that prick and prevent reſt.

7. Ravings at the beginning, in ſome conſtitutions, are not ſo dangerous as terrifying, and muſt be abated by bleeding plentifully; by taking quieting draughts at bed-time; by poor and low diet; and by ſwallowing large quantities of ſmall and cooling liquors.

8. Convulſions themſelves, where the pulſe is ſtrong, may be remedy'd in the beginning with bleeding, diluters, and quieting draughts.

When a fever ſeizes on a low-ſpirited perſon, the caſe is very bad, becauſe, as an eminent phyſician obſerves, a burden is to be carry'd by a diſabled porter, who is likely to ſink under it; and if, moreover, ſuch an one happens to be full of humours, it makes the caſe ſtill worſe, and it were beſt for ſuch an one to apply to proper and learned

aſſiſt-

aſſiſtance: but if there be no opportunity for that, let what follows be obſerved.

If the patient, at falling ill, complains of a load at his ſtomach, (for the load of humours to which he was before ſubject will certainly be increaſed by the ſtoppage of perſpiration, and ſtagnation will be endanger'd) let him take a vomit, as follows:

'Take half a drachm of ipecacuana-root powder'd; oxymel of ſquills, as much as ſuffices: make a bolus, to be taken at five in the afternoon, drinking after it plenty of carduus tea.'

Or if the bowels ſeem to be diſtended with wind, as will appear by the roaring of the guts, colick pains, and a blowing up of the belly, then omit the vomit, and take the following potion, early in the morning:

'Take ſena-leaves cleans'd, and pick'd from the ſtalks, one ſcruple; the beſt rhubarb powder'd, twenty-five grains; cream of tartar, fifteen grains: infuſe them all night in four ounces of boiling water; ſtrain them out in the morning, and put of ſyrup of peach-flowers, and cinamon-water, each one ounce.'

Bleeding is hardly allowable in this diſpirited condition, unleſs the plenitude be very great; but the ſpirits ſhould be encouraged by cordials of all kinds; particularly,

'Take powder of crabs-eyes, half a drachm; Gaſcoign's powder, a drachm; conſerve of roſemary-flowers, a drachm; ſyrup of clove-gilly-flowers, as much as ſuffices: make up theſe into a maſs of a ſoft conſiſtence, divide it into four bolus's of equal bigneſs; take one every four or five hours, drinking after it ſix ſpoonfuls of the following julep:'

'Take black-cherry water and alexiterial milk-water, of each four ounces; mint-water, and bawm-water, of each two ounces; compound peony, and Dr. *Stephens's* water, of each an ounce and half; ſal volatile oleoſum, a drachm; pearl-powder prepar'd, a drachm and half; double-refin'd ſugar, as much as will ſweeten it.'

And take fifteen or twenty drops, in wine and water twice a day, or when faintiſh, of the following mixture; *viz.*

'Of ſpirit of lavender, two drachms and a half; of hartſhorn, a drachm and a half; tincture of ſaffron, one drachm: mix.'

All this is daily done by our greateſt phyſicians in practice, with little variation, and great ſucceſs.

But whenever the ſymptoms in this kind are violent, *bliſters* are very ſucceſsful, and do wonders: ſo if a head-ach with ſleepineſs attacks, apply a bliſter ſomewhere; in low-ſpirited caſes, the legs are by ſome thought the propereſt to begin with, as there they will force on the almoſt ſtagnated blood, and give thoſe tremblings to the veſſels which they ought to have.

In malignant pleuriſies, and pleuritick fevers, ſome are for applying them to the ſeat of the diſorder, the breaſt, if the pain ſeems fix'd there.

In a lethargy or drowſineſs, bliſters ſerve to divert the humours flowing into the head, into another chanel, and contribute to diſperſe thoſe already ſettled there by the univerſal elaſticity they give to the membranes and fibres. By this the vigour of the circulation is renew'd, nothing peccant will have leiſure to ſettle, and what is already depoſited

ſited will be ſent into its ordinary courſe; and in the mean time, the remedies above directed are not to be omitted; and at laſt the urine will ſubſide, and throw out part of its peccancy, and ſweats will effect a ſudden change for the better.

But let it be remember'd, that in this diſpirited ſtate, the liquors and diet ought to have ſomewhat of wine in them, for the repair of the waſted ſpirits.

Fevers likewiſe frequently proceed from over-heating the body by violent exerciſe; by drinking, while hot, too cooling and ſmall liquors, which, tho' grateful at preſent, thicken the blood ſuddenly, and often turn to dangerous inflammations, *&c.* ſo that a dram is much more ſafe and eligible in this caſe, however to be avoided generally, than limonade, ſmall-beer, milk, *&c.* which, drank incautiouſly while hot and thirſty, have often been fatal

In inflammatory caſes from this cauſe, an excellent phyſician gives us the following rules:

As ſoon as a perſon is ſeiz'd with any violent pain in the ſtomach or belly, that is accompany'd with great heat and feveriſhneſs, thirſt, and a ſoreneſs upon touching, let him immediately loſe ten, twelve or fourteen ounces of blood, and repeat bleeding at a convenient diſtance, as often as the pain and fever require; and take inwardly cooling liquors, eſpecially emulſions made of almonds at pleaſure, and the following preſcription; *viz.*

'Take of milk-water, three 'ounces; peony-water, two 'drachms; ſyrup of violets, three 'drachms; ſalt-petre purify'd, one 'ſcruple: mix, and make a potion 'to be taken once in four hours.'

If there be occaſion to proceed farther, the following preſcription will be of great uſe, always ſuppoſing that the bleedings have been performed in time:

'Take crabs-eyes, one drachm; 'ſpirit of vitriol, twenty drops; 'conſerve of mallow-flowers, one 'drachm; ſyrup of limons, as 'much as will make theſe into a 'maſs: divide it into three bolus's, 'one of which take every fourth 'hour, drinking after it ſix ſpoon-'fuls of the following mixture; '*viz.*

'Take black-cherry water, and 'milk-water, of each four ounces; 'of Dr. *Stephens*'s, half an ounce; 'of diſtill'd vinegar, one drachm; 'of ſperma-ceti diſſolv'd in the 'yolk of an egg, half a drachm; 'ſolid laudanum, two grains; ſy-'rup of balſam, one ounce: 'mix.'

By theſe remedies (timous bleedings being premis'd) the blood's velocity will be retained, its acrimony, which frets the part inflam'd, will be abated, the ſtagnation prevented or taken away, and the inflammation cur'd.

Thus much for the skilful *general* treatment of a fever, whether proceeding from cold, or violent heats.

The ſubſequent directions are the reſult of *practice* and *experience*, in all the *particular ſtages* of this dangerous diſtemper; which we may enumerate as follows: *viz.* 1. The cold Fit. 2. Anxieties. 3. Thirſt. 4. Sickneſs, Vomiting. 5. Wind and Spaſms. 6. Weakneſs. 7. Heat. 8. Delirium. 9. Coma, or Sleepineſs. 10. Watchfulneſs. 11. Convulſions. 12. Violent Sweats. 13. Diarrhœa. 14. Inflammatory Eruptions. Of all which in their order: And,

1. In

1. In the *Rigor* or *Cold Fit.*] A right regimen, during this rigor or cold fit in the beginning of a fever, is of great importance, and miſtakes are of dangerous conſequence: a long-continued coldneſs is a ſign of a ſtrong diſeaſe, and is in itſelf an approach towards death. Thoſe who die of *quartan* fevers, die in the cold fit; and indeed there is no miſchief but what may proceed from a rigor of long duration.

In ſuch rigors, all warm cordials, and ſtimulating ſubſtances, are improper, and nothing is more proper than water in it, which dilutes and relaxes at the ſame time, and will ſooner terminate the cold fit, and throw the patient into a ſweat, than the warmeſt cordial; if a very ſmall quantity of Rheniſh wine be mix'd with the water, it will be ſtill more effectual: in this caſe ſtrong frictions of the extremities relieve.

2. *Anxieties.*] In anxieties which attend fevers, when the cold fit is over, a warmer regimen may be allow'd, and becauſe anxieties often happen by ſpaſms from wind, ſpices are uſeful. Soapy ſubſtances, (i. e. ſuch as conſiſt of oils and ſalts) which diſſolve the blood, are alſo indicated; ripe fruits; ſome of the milky plants, ſuch as lettuce, endive, *&c.* and eſpecially honey.

3. *Thirſt.*] In this caſe, liquors ſhould not be drank quite cold; dulcify'd ſpirit of nitre, mix'd with water, is very proper in this caſe; ſo are barley-water and emulſions, except in great weakneſs and flatulencies of the ſtomach, in which caſe water mix'd with a ſmall quantity of Rheniſh wine is the beſt of all.

4. *Sickneſs, Vomiting.*] This is one of the moſt troubleſome ſymptoms attending a fever, becauſe it renders the patient incapable of taking any thing. It is often prevented by giving a vomit, or cur'd by promoting the vomiting for a while by tepid water.

During the ſymptom, acid liquors, and even ſuch as are auſtere and aſtringent, are indicated, becauſe ſuch ſtrengthen the fibres of the ſtomach; and indeed nature directs patients to ſuch a diet, for they covet ſubacid liquors, and abhor fat and oily things. Diluting, and ſometimes relaxing the belly, and carrying the bilious ſalts downwards, often cures this ſymptom.

Attention is to be given to the appetites of patients, in this and many other caſes, who have ſometimes coveted odd things, which have reliev'd them, as ſalt, vinegar, *&c.*

Vomiting, from a bilious cauſe, is cur'd by ſubacid liquors; vomiting, from ſome putrid cauſe, by ſalts of all kinds; in ſuch a caſe, water-gruel with cream of tartar, Rheniſh wine and water, jelly of currans, marmalade of quinces, ſorrel boil'd in broths well skimm'd from fat, are beneficial. If the vomiting comes from a phlegmatick cauſe, ſpices and bitter things will relieve. The counter-poiſon muſt be adapted to the cauſe; for example, in poiſon from ſublimated corroſive, and arſenick: in the firſt, alkaline ſubſtances, in the ſecond, oily ſubſtances are proper; in both, diluent. It is eaſy to judge of the cauſe by the ſubſtances which the patient throws up. Whether a vomit may be ſafely or properly given, muſt be judg'd by the circumſtances; if there be any ſymptoms of an inflammation of the ſtomach, a vomit is extremely dangerous.

5. *Wind* and *Spaſms.*] Whatever is anodyne, and quiets convulſions, and

and what abates the heat, relieves this ſymptom.

6. *Weakneſs.*] Proceeds from too great fulneſs in the beginning, and too great emptineſs in the latter end of the diſeaſe. Thoſe two cauſes demand different methods, in the firſt emptying and diluting; in the latter, a more plentiful nouriſhment, the uſe of wine diluted with water, and ſpices in ſmall quantities, jellies, broths, the alkaleſcent quality of which may be corrected with ſome acid, unleſs there be ſigns of acidity, and in that caſe the diet ought to be contrary to the cauſe of the ſymptom; viper-broth is both anti-acid and nouriſhing. In weakneſs, from great loſs of blood, wine, and all aliment that is eaſily turned into blood, is proper; blood is requir'd to make blood; and a ſmall quantity of blood brings the patient into danger of a dropſy. Frictions of the extreme parts relieve weakneſſes, as they promote the flux of the juices and ſpirits in the joints and limbs, Fat people are moſt ſubject to this ſymptom of weakneſs in fevers. In the latter end of fevers, ſuch are weak by the laxity of the fibres, and the emptineſs of the ſmaller veſſels; ſuch therefore muſt be treated with particular care, *viz.* after due evacuations, diluting ſtrongly both by drink and clyſters, avoiding all things oily, and uſing ſugar, honey, and ripe fruits.

Cordials made of ſpirituous liquors are not the beſt remedies for this weakneſs; tho' they increaſe the force of the heart, and are neceſſary ſometimes to keep up the vital functions, they rather coagulate the fluid. Whatever makes the circulation more free through the ſmall veſſels, is a cordial.

7. *Heat.*] This is moderated by blood-letting, by muſcular reſt, by dry cupping, bathing the lower parts, watry liquors for drink, not cold, but tepid; jelly of currans diſſolved in tepid watry liquors; decoctions of mealy ſubſtances acidulated, ſubſtances anodyne, ſubſtances which diſſolve concretions, as ſugar, honey, and the ſimple oxymel, plentiful diluting, and reſtoring as much water to the blood as is diſſipated by the heat; all demulcent and relaxing ſubſtances, cooling the air in the room, opening the curtains, and removing too thick bed-cloaths. All ſtimulating and ſtyptick ſubſtances are to be avoided, becauſe they increaſe the force of the ſolid parts.

8. *Delirium.*] In a feveriſh delirium there is a ſmall inflammation of the brain; therefore any thing which increaſes the circulation in the lower parts, and diminiſhes the preſſure on the brain, is beneficial, as immerging the feet in warm water; nothing relieves the head more than the piles; therefore ſuppoſitories of honey, aloes and rock-ſalt, ought to be try'd, relaxing by emollient and watry ſubſtances, both in drink and clyſters, eſpecially barley-cream and barley-gruel.

9. *Coma, Sleepineſs.*] Old men are ſubject to comas by the tenacity of the fluids circulating in the brain, which being reſolved by the fever, obſtruct the ſmall canals of the brain. In young people it commonly proceeds from fulneſs, and is beſt cur'd by letting blood, and relaxing the belly. The ſign of ſuch a fulneſs is, a red countenance, and eyes inflamed; if it proceeds from a glutinous oil, it ought to be attempted to be reſolved by water, nitrous ſalts, ſoapy medicines, and ſubacid liquors. People recovering from comas, muſt take at firſt ſoft nouriſhment, and in ſmall quantities.

10. *Watchfulneſs.*] This ſymptom, which is ſometimes call'd, a *coma vigil*, often precedes too great ſleepineſs, and is perhaps the moſt ill-boding ſymptom of a fever. The expedients in ſuch a caſe, are, extreme care to keep the patient from noiſe, and what makes any ſtrong impreſſion upon his ſenſes; ſome of thoſe helps us'd in a delirium, becauſe this is an approach towards it; a moiſt ſoftening diet; all preparations of barley, emulſions of poppy-ſeeds, and almonds; aliment of ſome milky plants, eſpecially lettuces, decoctions of ſcorzonera-roots, almond-cream, and what is called Winter flummery, us'd as aliment; tea, made of cowſlip-flowers, relaxing gently the belly.

Boerhaave propoſes ſome mechanical expedients, which may perhaps have a good effect; as, a ſoft noiſe of water diſtilling by drops into a baſon, and the patient trying to reckon them. The air perfum'd with the ſmell of ſoporiferous plants, as poppies, mandrakes, nightſhade, bean-flowers. Application of cloths dipp'd in vinegar to the temples. Opiates muſt never be given but after great evacuations.

11. *Convulſions.*] It is of the utmoſt importance to know the cauſe and the ſeat of this diſeaſe, which is often obſcure. In infants it commonly proceeds from acidity in the ſtomach, and is cured by earthy abſorbents. Convulſions which ariſe from great evacuations, as great hæmorrhages or bleedings attending fevers, are dangerous. Thoſe ariſeing from inflammations of the membranes of the brain are commonly fatal: the ſymptoms attending them are, a great heat, a hard pulſe, and a delirium: the remedies, and even thoſe from diet, are to be us'd according to the ſeat of the diſeaſe. If from the ſtomach, ſuch aliments as are contrary to the particular acrimony, acid, alkaline, or oily, reſiding there, as in the caſe of vomiting. If from ſomething impacted in the brain, warm, volatile, and ſpicy ſubſtances will increaſe the diſeaſe; in that caſe, ſubſtances which relax and dilute, are proper, eſpecially ſuch as open the belly; and in general, the regimen preſcrib'd in a coma, or delirium.

12. *Violent Sweats.*] Profuſe ſweats deprive the blood of its moſt fluid parts, thicken, and often cauſe obſtructions: It is not good practice, ſays an eminent phyſician, to puſh ſweating too much in fevers, except in ſuch as are peſtilential. In profuſe ſweats, care at leaſt ſhould be taken, by diluting, to reſtore the liquid which the blood loſeth, and to uſe the methods adviſed in too great heat, by taking away ſome of the coverings of the bed, and admitting of cool air, and uſing a diet moderately aſtringent; wine, ſpices, and ſpirituous liquors, in this caſe, have often a good effect; ſpirituous liquors thicken the fluids; ſage is a good remedy in the caſe of profuſe ſweats.

13. *A Diarrhœa, Looſeneſs,*] Proves often a dangerous and fatal ſymptom in fevers; it weakens, excoriates, and inflames the bowels, occaſions bloody-fluxes, thickens the circulating juices, and exhauſts the ſtrength of the patient; notwithſtanding, a critical diarrhœa is not to be ſtopt, for fear of incurring theſe dangers.

Attention is to be given to the cauſe: if acidity, it is to be cur'd by anti-acids; but as, in fevers, the cauſe is more frequently alkaline and bilious, acid or ſour things relieve; and it happens that oily ſubſtances, by blaſting the acrimony, will

will do good in diarrhœas. Oily ſubſtances of themſelves do not irritate or provoke diarrhœas, they only lubricate or make the bowels ſlippery. Diarrhœas ariſing from quantities of fruit are often cur'd by emulſions and vomitings.

Anodyne ſubſtances are proper, and, generally ſpeaking, ſolid and dry aliment, rather than liquid,

14. *Inflammatory Eruptions.*] In all theſe of any kind whatſoever, as ſmall-pox, meaſles, ſcarlet-fever, purples, the intention in diet ought to be, to avoid ſtrong ſudorificks, which puſh out too great a quantity of the matter upon the skin; to uſe cooling and temperate diluents, which keep the matter fluid and moveable, ſo that it may be ſecern'd from the blood; to keep warm, during the eruption; and that the diet be cool; for which reaſon the moderate uſe of acids, as juice of limon, is indicated.

A due attention to the rules abovementioned, in the ſeveral ſymptoms, (ſays the excellent phyſician from whom we extract the above) will prove very ſucceſsful in the cure of moſt FEVERS.

The following directions are proper to be obſerved, 1. In an ephemera, or a fever of one day. 2. In burning fevers; And, 3. In intermitting fevers.

1. AN EPHEMERA

Is cur'd by abſtinence, reſt, and diluting; and the ſame method will prove effectual, if the fever laſts ſeveral days, and is not putrid, or attended with a greater inflammation and acrimony, and obſtruction of the veſſels in ſome parts of the body, amongſt which is

2. A BURNING FEVER.

The cauſes of ſuch a fever are various; errors in air, meat and drink, reſt and motion. Such a fever will be rais'd by vehement exerciſe or labour, heat of the ſun, by long thirſt, by the immoderate uſe of fermented and ſpirituous liquors; and hot things, as ſpices; and by great laſſitude endured any way, eſpecially in hot weather.

Its ſymptoms are, a burning heat in the skin, a ſenſation of extreme heat inwardly; ſometimes coldneſs in the extreme parts; dryneſs of the skin, mouth, and noſtrils; a dryneſs and roughneſs of the tongue; laborious and ſhort breathing; great thirſt; loathing, ſickneſs of the ſtomach, and vomiting; anxiety, reſtleſsneſs, wearineſs; ſometimes a cough and hoarſeneſs; watchfulneſs and delirium, and exacerbation every other day.

Such a fever is often reſolv'd by a bleeding at the noſe, which ought not to be ſtopt, unleſs it endangers life. It is likewiſe often in the critical day reſolv'd by ſweating, vomiting, looſeneſs, and ſpitting of thick phlegm. The fatal ſigns are, commonly, bloody urine, difficulty of ſwallowing, watry ſweats about the head and face, without relief; coldneſs of the extremities, trembling, too great a looſeneſs; and ſometimes an inflammation of the lungs.

The regimen, in ſuch a fever, is, keeping the air of the room pure and cool, untainted with fire, ſmoak, or the breaths of many people; they ought to have no more bed-cloaths than barely protect them from cold; their curtains ought to be kept open, ſo as to renew the air; and their poſture in lying, as erect as they can bear; the ſick, in this condition, covet all theſe things, and their contraries offend them.

Their drink ought to be cool, mild, ſubacid, tepid, given in moderate quantities, and often; as wa-

ter with juice of limon or tamarinds.

Their aliment ought to be light, as water-gruel, preparations of barley, with ſome juice of limon; rice boiled in whey, and ſtrained. Roaſted apples in the progreſs of the diſeaſe; a little toaſted bread with Rheniſh wine and water, jelly of currans; broths and jellies made of animal ſubſtances are rather too alkaleſcent, at leaſt they ought to be qualified with juices of limon, or ſome acid.

Sometimes ſuch alimentary ſubſtances as gently ſtimulate the belly, are uſeful, as ſome ripe fruits, ſtrawberries, currans, mulberries.

The ſymptoms increaſe by the uſe of hot things given either as aliment or medicine.

3. Intermitting Fevers.

They are very obſtinate, often return in ſpite of all remedies, and by long continuance degenerate into hepatical fevers, and many chronical diſtempers, as jaundice, dropſy, ſcirrus's, and ſcurvies; therefore in this diſeaſe a right method, both of medicines and diet, is of great importance. There is a great variety in theſe diſeaſes, as to the intervals of times between the paroxyſms; tertians ſometimes redouble their paroxyſms, ſo as to appear like quotidians. It may be taken as a general rule, that the greater diſtance of time there is between the fits, the fever is leſs dangerous, but more obſtinate.

There is a different regimen to be uſed during the continuance and abſence of the paroxyſm; and in the fit itſelf, during the rigor or cold fit, the heat and the ſweat.

During the rigor, the regimen preſcribed in the article of feveriſh rigors, p. 128, is proper in all fevers, and care is to be taken by all due methods to ſhorten that period as much as poſſible, and by tepid diluents to bring on the ſweat ſoon, but not to puſh it beyond its due meaſure, becauſe an intermitting fever relaxeth and weakens the body extremely.

Between the fits, too great abſtinence is hurtful, as much as too great repletion; as intermitting fevers are often of long continuance, extreme abſtinence is impracticable, and would reduce the patient to a condition not to be able to ſuſtain the ſhock of the next attack.

Between the paroxyſms, ſuch ſubſtances as temper, correct, and ſubdue the bilious alkali, as ſmall thin wines with water, chicken broth with juice of limons, wine with bitters infuſed, are proper; cichory and dandelion are uſeful, becauſe the expreſſed juices of them cure intermitting fevers in warm countries; the phyſicians of theſe countries likewiſe uſe aſtringent vegetables.

Exerciſe, to as great a degree as the patient can bear, is extremely beneficial between the paroxyſms.

But the chief remedy of all is to endeavour to prevent the cold fit, by getting to bed, by frictions, and ſome ſudorifick and warm liquor; for by putting off the cold fit ſome agues have been cured.

Letting of blood ſeldom does good, and often a great deal of hurt in intermitting fevers; but the condition of the patient is to be conſidered in this caſe.

Intermitting fevers have been obſerved to free from ſome chronical diſtempers, as the gout and convulſions, but they often induce great ones themſelves.

Fevers are ſuch frequent and dangerous attendants on human nature, that

that though we have been very copious and particular already in this article, yet we ſhall add the following recipes, which may ſuit other caſes and conſtitutions than thoſe we have mentioned, as they are all of them recommended by the beſt authorities, as well as by experience.

A very good Drink in continual Fevers.

MAKE a decoction of the leaves of rue in fair water, till the liquor taſte pretty ſtrong of the plant: this, being ſtrained, is to be made ſomewhat palateable with liquorice, or a little ſugar, or aromatick ſubſtance: to half a pint of this add about ten drops of ſpirit (not oil) of vitriol. Let the patient uſe this for his ordinary drink.

A pleaſant Julep in Burning Fevers.

TAKE Rheniſh wine, half a pint; damask-roſe-water, four ounces; freſh juice of Seville oranges, one ounce and half; ſyrup of violets, one ounce and half; mix: take four ſpoonfuls often.

An excellent Decoction in Fevers.

TAKE ſpring-water, twenty-ſix ounces: make it boil, and then put it into juice of limons, and fine ſugar, each two ounces; cochineal, one ſcruple: let it continue boiling a very little, ſo as that the ſcum may be taken off; then ſet it by to depurate, by way of ſettling; pour off the clear, and add damask-roſe-water, four ounces.

This is a moſt deſirable drink in fevers; for it reſtrains the heat and fervour of the ſtomach and blood, quenches thirſt, moves urine. It may be drank at pleaſure, without limitation.

The bitter Febrifuge Decoction.

TAKE chamomile-flowers dried, two ounces; cochineal, ſixteen grains; boil in water three pints to one quart: in the ſtrained diſſolve ſalt of wormwood, two drachms: mix.

Sometimes the doctors add treacle-water, two ounces; oil of juniper, ſixteen drops; ſpirit of ſal armoniack, eighty drops: and when expedient, put twenty drops of liquid laudanum into the night doſe.

It is juſtly eſteemed a ſpecifick in intermitting fevers, and a remedy inferior to none, but the Peruvian bark; nay, ſometimes it hath ſucceeded, when that hath failed. I uſe to order four ounces of it, ſays Dr. *Fuller*, every three hours, between fits.

An excellent Alexipharmack Decoction for malignant Fevers, &c.

TAKE Virginia ſnake-root powdered, ſix drachms: boil it in water, one pint to half a pint; ſtrain and reſerve the liquor by itſelf: boil the remaining root in a pint more of water to half a pint as before, adding, when it is near boiled enough, cochineal, half a ſcruple; ſtrain it: and having mixed together both the liquors, diſſolve it in Venice-treacle, half an ounce; honey, one ounce; and then ſtrain it once more for uſe.

This, ſays Dr. *Fuller*, is a moſt deſirable Alexipharmack, ſecond to none. Its uſe is very great in the worſt fevers, where the blood and ſpirits want encouragement: it is a moſt noble ſtomachick, hyſterick, and good againſt worms. Its doſe is two or three ſpoonfuls every hour, or ſeldomer, as the ſtate of the fever requires.

An Infuſion good in Fevers, Dyſenteries, &c.

TAKE conſerve of red roſes, four ounces; oil of ſulphur, forty-eight drops (or as much as ſuffices to bring it to a fit acidity); ſpring-water, one quart; macerate warm all night; in the morning run it, till clear, through a flanel bag.

'Tis a pretty pleaſant julep, uſeful in burning and malignant fevers, in bleedings at the noſe, ſpitting and vomiting of blood, flux of the terms, bilious diarrhœa, dyſentery, vitiated appetite, and danger of abortion.

A wine-glaſs of it may be taken twice or thrice a day.

An excellent Julep in bad Fevers.

TAKE waters of damask-roſes, ſix ounces; of orange-flowers, peony compound, each one ounce; of barley-cinamon, two ounces; cœleſtis, half an ounce; musk, ambergris, (both ground with ſalt of hartſhorn, one grain) each two grains; ſaffron, (clipped ſmall, and tied up in a muſlin rag) one ſcruple; confection of alkermes, two drachms; oil of cloves, one drop; ſyrup of gillyflowers, one ounce and a half: mix.

This, the learned preſcriber ſays, is a temperate, but a moſt noble cordial; and he never knew a better medicine in fevers of a ſuſpicious ill kind, which ſending deleterious vapours into the ventricle, excite a ſingultus or hiccough; which, deadly as that ſymptom generally is, it hath ſometimes overcome. One ſpoonful may be given every half hour; ſo ſhall the weak ſtomach not be over-charged with quantity, and be continually refreſhed with the medicine.

A conſtant Drink for coſtive and parching Fevers.

TAKE tamarinds, two ounces; raiſins ſtoned, four ounces: boil in fair water three pints to one quart, which ſtrain.

A ſudorifick Bolus in malignant Fevers.

TAKE powdered Virginia ſnake-root, fifteen grains; Venice-treacle, half a drachm; ſalt of hartſhorn, two grains; ſaffron, three grains; oil of nutmegs, two drops; liquid laudanum, fifteen drops; diacodium, as much as wanting to make it up with. It is an excellent and powerful ſudorifick, ſays the preſcriber, and we have few comparable to it. 'Tis one of the higheſt alexipharmacks, and a great medicine in malignant fevers, eſpecially when attended with a diarrhœa. Beſides all this, it is alſo ſtomachick, cardiack, and hyſterick.

A Cordial Bolus in continued Fevers.

TAKE powder of crabs-claws, compound, Goa-ſtone, each half a ſcruple; powdered ſaffron, five grains: make it up with confectio alkermes. It forces ſweat, and at the ſame time gives ſtrength to bear it; for it recreates the languiſhing ſpirits, and is a fine cordial. 'Tis to be taken from every twelve to every two hours, till it be found, that nature riſes; and when that point is once gained, it muſt be left off again by degrees, according as the caſe requires. For in ſuch a fever, 'tis neceſſary that a phyſician give conſtant attendance, to make due obſervation, and ſuit his advice to the emergence.

An admirable Mixture for continual Fevers.

TAKE red coral finely levigated, two drachms; ſalt of worm-wood,

wood, four ſcruples; juice of limons freſh drawn, four ounces; ſtrong cinamon-water, two ounces: mix in an open glaſs, and let them ſtand uncorked, leſt their fermentation break the bottle.

It wonderfully, and almoſt miraculouſly, ſays an eminent phyſician, repreſſeth ſubverſions of the ſtomach, and motions to vomit; and more good hath been done with this medicine alone, in this reſpect, than with any other.

Let two ſpoonfuls be given every hour, or a ſpoonful every half hour, till the ſymptom be overcome, the glaſs being firſt well ſhaken.

An acid Julep in burning Fevers.

TAKE pure ſpring-water, (boiled half away) twenty-eight ounces; ſyrup of violets, three ounces; ſyrup of gillyflowers, (or rasberries) one ounce; ſpirit of vitriol, as much as ſerves to make it pleaſantly tart: mix Spring-water, when its crudity is boiled off, my learned friend prefers to barley-water, which is full of heavy ſlime, and ungrateful to the palate and ſtomach of weak people. This elegant and delicately pleaſant julep may be given cold in burning fevers, to three or four ounces four times a day.

A convenient Vehicle for taking the Bark, &c. in Fevers.

TAKE pure fountain-water, one quart; fine ſugar, three pounds; boil (and ſcum it well) into a ſyrup.

Febrifuge Pills.

TAKE powdered chamomile-flowers. two drachms and a half; diaphoretick antimony, one drachm; ſalt of wormwood, half a drachm; with mucilage of gum tragacanth, make up pills for twelve doſes.

I have known theſe, more than once, (tho' not always, I confeſs) put off an intermitting fever, (without a relapſe) when I had before attempted it in vain, with the bark. Let them be taken every three hours in the abſence of the paroxyſm.

A Plaiſter for the Feet, in Fevers.

TAKE cephalick plaiſter, three drachms; hard pitch, two drachms; powdered euphorbium, two ſcruples; camphire and oil of amber, each one ſcruple: mix.

It is uſeful and neceſſary in ſuch fevers as are accompanied with head-ach, dozineſs, watchings, phrenſy, *&c.* for as much as the eſtuating blood is then circulated unequally, and more impetuouſly thrown up into the head than the lower parts.

A pacifick Emulſion.

TAKE white poppy-ſeed, two drachms; ſix ſweet almonds blanched; red poppy-water, three ounces and a half: make an emulſion; to which add mint-water, one drachm; diacodium, three drachms; for a ſingle doſe.

It ſooths up and compoſes to quiet the mad raging ſpirits, and perſuadeth ſleep: it is more temperate than laudanum, and lieth not ſo heavy on the ſtomach as diacodium.

Wafers of Tamarinds, in Fevers.

TAKE tamarinds, one ounce; maſh them in a mortar with thin mucilage of gum tragacanth; paſs them through a pulping ſieve; diſſolve alſo Spaniſh juice of liquorice in the ſame ſort of mucilage, two drachms: mix, and make troches as thin as wafers to ſeal letters; which dry in an oven according to art.

Theſe are very pretty, deſirable and uſeful things to hold in the mouth, to alleviate thirſt, and take away an ill taſte in fevers.

Tincture of Roſes, good for a Fever.

TAKE a quart of ſpring-water, which boil to a pint; then put in half an ounce of dried red roſes, and give it a walm over the fire; afterwards take it off, and drop on your roſes ſpirit of vitriol enough to make it acid; then ſtrain it; this give as a common drink in a fever; and you may put ſpirit of nitre with roſes into any cooling decoction for fevers.

An excellent Medicine good in a Spotted Fever in the Small-pox, or the Bite of a mad Dog.

TAKE of ſage and rue, each one ounce; pewter ſcraped very fine, a ſpoonful; garlick, three heads; ordinary treacle, half a pound; put all theſe into a quart of ſtrong ale, which pour into a pipkin with a cover; paſte it up very cloſe, and let it ſtand on a gentle fire, till half be waſted. If the ſmall-pox fall ſuddenly flat, and turn blue, give to a man five or ſix ſpoonfuls at a time; to a child, two or three ſpoonfuls; and if the perſon be in very great danger, give this once in two or three hours. The treacle mentioned is that which will run like ſyrup.

For Twitchings in Fevers.

TAKE black cherry-water, ſix ounces; compound peony-water, two ounces; ſyrup of coral, one ounce; mix theſe for a julep, of which take ſix ſpoonfuls at a time, three times a day.

For malignant Fevers, Agues, &c.

TAKE troches of vipers, one drachm; Virginia ſnake-root, Contrayerva, each half a drachm; mix.

It is not only prevalent againſt malignant fevers, but alſo (being given before the fit) commonly drives agues. The doſe is from one ſcruple to two ſcruples.

A Powder excellent in malignant Fevers.

TAKE Goa ſtone, Contrayerva-ſtone, Gaſcoign powder, Virginia ſnake-root, each five grains: make a powder. To be taken every ſix hours with four ſpoonfuls of the following julep:

Take milk-water, black-cherry-water, of each four ounces; volatile ſalt of hartſhorn, half a drachm; balſamick ſyrup, one ounce; mix them for a julep.

It is a champion, ſays my good friend, againſt malignant and peſtilential fevers; for it encourages the ſpirits, and drives out the enemy by ſweat.

An excellent Poſſet, good in burning Fevers.

TAKE new-milk, one quart; good freſh ſmall-beer, one pint; white-wine, half a pint; make poſſet, boiling in it wood-ſorrel, two handfuls. Let it be drank plentifully off at pleaſure.

Of the Scarlet Fever.

THE cure of this may be left pretty much to the guidance of nature, ſays the famous *Sydenham*; but if it want the aſſiſtance of art, it may be treated as the meaſles, it being near akin to that diſtemper. And Dr. *Morton* ſays, it differs only from the meaſles in its efflorescence, inſomuch that it may be called, The confluent meaſles, and that it requires the ſame method of cure. In the meaſles the skin is diverſly variegated

gated or ſpotted, in the ſcarlet fever it is all over covered with redneſs.

For a Scarlet Fever.

TAKE burnt hartſhorn, and compound powder of crabs-claws, of each a drachm; cochineal, twelve grains; ſugar-candy, one drachm; mix them, and beat them to a fine powder, and divide it into ſix parts: take one of them every ſix hours, drinking two or three ſpoonfuls of the following julep after them:

Take black-cherry water, milk-water, of each three ounces; ſyrup of citron-juice, one ounce: mix them together.

For a Hectick Fever in Children.

TAKE rhubarb, two drachms, ſliced; put it into a quart bottle of ſmall-beer, and give for common drink; and when it is drank up, pour more upon the ſame rhubarb, and continue it a third time. If it is too ſtrong of the rhubarb when one pint is drank, put in another pint to it.

A Milk-water uſeful in all Sorts of Fevers and Conſumptions.

TAKE carduus, two ounces; rue, goats rue, angelica, wormwood, mint, and balm, of each one ounce: bruiſe them together, and put them into a cold ſtill with a gallon of milk; diſtil it with a gentle fire, and draw off almoſt three quarts. Take a glaſs of it ſweetened with ſugar, at pleaſure.

Tincture of Myrrh, and its Virtues, in malignant Fevers, Worms, Foulneſſes of the Mouth, Womb, &c.

TAKE of myrrh, an ounce; freſh prepared ſalt of tartar, calcined till it has acquired a blue, or almoſt a green colour, half an ounce; let them be well ground together; then put the matter into a wine-cellar for a week, or till it becomes moiſt: afterwards add thereto, by degrees, a pint of French brandy, ſhaking the whole well together; then extract the tincture as uſual, with a gentle heat. It is given internally from fifteen to thirty drops, in a proper vehicle. In malignant fevers it ſtrengthens the ſtomach, deſtroys worms, cleanſes and heals the lungs, and greatly promotes the menſes and lochia.

It is alſo good in ulcers and ſponginеſs of the gums, rottenneſs and pains of the teeth, and foulneſs of the mouth, it being gargled therewith; being injected, it cures ulcers, rottenneſs and obſtructions of the womb; alſo is good in hurts of the nerves, wounds and putrid ulcers, foulneſs of bones.

Almond-milk to quench the Thirſt in Fevers, and prevent the Strangury cauſed by Bliſters.

TAKE barley-water, one pound; fifteen ſweet almonds, blanch'd: make an emulſion (to which add cinamon-water, one ounce; a little ſugar); of which drink plentifully.

How to diſtil an excellent Water in Balneo Mariæ, *experimentally good againſt Convulſion Fits, and in many Stomach Caſes, and in Fevers, Faintings,* &c.

TAKE nine quarts of the very beſt old hock; a pound and a half of ſage, cutting off the ſtalks; then take of cinamon, ginger, mace, nutmegs, aniſeeds, galengal, long-pepper, of each of theſe half an ounce; alſo half an ounce of cubebs, and half an ounce of grains of Paris, all beat ſmall, and mixed together dry with the ſage; put all theſe into a glaſs in the following manner:

manner: ſtop the glaſs very cloſe with wax, and over it a piece of bladder wet; then ſet the glaſs in ſome convenient place for the ſun to have full power upon it for at leaſt fourteen days; then put all into an alembick together, and diſtil them off with a moderate fire. Remember firſt to put in about three pints of fair water at the bottom of your pot. Of this quantity you may draw off about five quarts. When diſtilled, mix it all together, and drink of it a little China cup-full twice a day, ſweetened with white ſugar.

For *Fevers* in *Childen*. See *Childrens Diſtempers*.
See alſo *Agues*, *Fluxes*, *Feminine Diſtempers*, *Hiccough*, &c.

FISTULA.

A Fiſtula is a ſinuous ulcer ariſing chiefly from a bile, or inward piles. That ariſing from a bile is the more painful and difficult to cure. Unleſs ſome great uneaſineſs attends them, they ſhould not preſently be cured, but rather be kept open, as they ſerve for a ſalutary drain of peccant humours in ill-conſtitutioned bodies. After inciſion, which is the ſurgeons work, when the fiſtula is ſo conſtituted as to need a cure, a doſſil is to be put in, armed with the white of an egg, and aſtringent powders. The next day it muſt be ſprinkled with verdigris, and a bit of ſponge ſpread with honey thruſt in, to keep the fiſtula open, for ſeven days, till the callus is conſumed: in the mean while a ſponge whet with rough wine muſt be applied, to ſuppreſs the humours.

This being uſually ſurgeons work, we ſhall only give the following excellent recipe on this article;

'Take of ſanicle, wood-betony, wild daiſy-roots and leaves, red bramble-leaves, dandelion, French bugles, white bottles, agrimony, motherwort, ribwort, broad plantane, of each one ounce; wormwood and mugwort, a few crops: waſh them clean; ſhake out the water through a cloth; then boil them in a quart or three pints of white-wine, for half an hour, over a gentle fire; then put to them three or four ſpoonfuls of honey; let all ſeeth or ſimmer a while, keeping it ſtirring with a ſpoon; then ſtrain it hot thro' a cloth, wringing the herbs well; and when it is cold, put it into a glaſs bottle. Let the patient drink four ſpoonfuls morning and evening, and faſt two hours after it; let it be the laſt thing when he goes to bed: it muſt be taken lukewarm; and for the more ſpeedy cure, you may tent the ſore or wound, dipping the tent in a little of the ſame liquor, and lay upon it a colewort-leaf. If the patient be a woman with child, you muſt leave out the mugwort.'

See *Piles*, *Stone*, &c.

FLUXES, *as* GRIPES, DIARRHOEAS, *or* LOOSENESSES, DYSENTERIES, *or* BLOODY-FLUXES, *&c.*

UNDER this head, that we may not multiply articles, we will touch upon the ſeveral ſpecies of fluxes; as common looſeneſſes, gripes, diarrhœas, dyſenteries, *&c.* however

however different they may be in their cauſes and effects. To begin with

The GRIPES:

This diſtemper is not to be treated alike in different perſons, ſince according to its effects, and the particular conſtitution of the perſon, it may be diſtinguiſhed into a cholerick, phlegmatick, kindly, or critical and malignant caſe. In a perſon of a *bilious* or *choleri k* conſtitution, the diſtemper becomes acrimonious; and the ſtools are thin, but either of a greeniſh yellow, or reddiſh; and in this caſe the following is proper:

'Take rhubarb in powder, twenty-'five grains; diaſcordium, twenty-'five grains; ſyrup of ſolutive 'roſes, as much as will make a bo-'lus.' This ſhould be taken at three o'clock, and will work before the hour of ſleep. After which,

'Take of the powder of coral, 'half a drachm; crabs-eyes, one 'drachm; Japan-earth, one ſcru-'ple; ſyrup of roſes, as much as 'ſuffices. Let this be divided into 'three bolus's; one of which may 'be taken every fourth hour, drink-'ing upon it four ſpoonfu's of 'burnt red-wine; but by no means 'to drink much liquor.'

In a perſon of a *phlegmatick* or colder conſtitution than the above, the ſtools are watry, thin, and leſs tinged; and after he has been treated as above, warm cordials along with reſtringents may be given; for inſtance:

'Along with one drachm of 'diaſcordium, crabs-eyes, fifteen 'grains, may be mixed; four drops 'of the chymical oil of nutmegs; 'of which a bolus being made, 'may be taken every fourth or 'fifth hour, and a ſpoonful or two 'of cinamon-water, or aqua mira-'bilis, may be drank upon it,' becauſe in this latter caſe there is no fever, and many flatulencies; for which reaſon this warm and wind-expelling julep may be added:

'Take of mint-water, ſix ounces; 'cinamon and Dr. *Stephens's* water, 'each an ounce and half; ſyrup of 'orange-peel, an ounce; laudanum, 'two grains; mix, and make a 'julep, of which five or ſix ſpoon-'fuls may be taken.'

The *kindly* flux, and a *critical* one, border upon each other, and are generally harmleſs and uſeful, carrying off the offenſive fœces. Though it muſt be obſerved, that even this, as well as the others, ought to be taken in time.

The *malignant* and ſymptomatical flux is what is moſt grievous and weakening, from what mild cauſe ſoever it proceeded at firſt, and muſt be diligently attended to. And for the management of theſe, we ſhall refer to the following approved recipes; as we ſhall alſo thoſe that are called diarrhœas, dyſenteries, *&c.* and the rather, as we ſhall, to each recipe, add its particular uſe and excellency, that ſo the preſcription may be better ſuited to the reſpective caſes, and the well-intentioned direction be leſs liable to miſtake or miſapplication.

A Bolus for a Diarrhœa.

TAKE rhubarb (not toaſted, but grated fine) from one ſcruple to two; oil of cinamon, one drop; diaſcordium, ſufficient to make it up. This, ſays an eminent phyſician, is a moſt efficacious medicine in a diarrhœa, to be given, if the looſeneſs be not much, at night; otherwiſe early in the morning; and may be repeated as the caſe ſhall require.

An

An Electuary for a Looſeneſs and bloody Flux.

TAKE diaſcordium, conſerve of red roſes, of each half an ounce; dragon's-blood, three drachms; toaſted rhubarb, one drachm; ſapan earth, two ſcruples; ſyrup of dried red roſes, enough to make an electuary; take the quantity of a nutmeg three times a day.

A reſtringent Clyſter for a Looſeneſs without Gripes.

TAKE pomegranate-peel bruiſed, half an ounce; flowers of the ſame, one drachm; boil in milk half a pint to four ounces: to the ſtrained add brandy, (or cinamon-water) two ounces; diaſcordium, ſix drachms; oil of nutmeg, ſix drops; mix.

That it may be the longer and eaſier retained, (which is of great moment in this caſe) foment the anus with ſome warm aſtringent decoction; or at leaſt, apply hot cloths to it, and let the patient compoſe himſelf to ſleep as ſoon as he can, lying on the right ſide.

For a Diarrhœa.

TAKE ſmall cinamon-water, and mint-water, of each three ounces; ſyrup of poppies, one ounce; diaſcordium, half an ounce; mix them. Take two or three ſpoonfuls after every ſtool.

Fracaſtorius's *Decoction for a Diarrhœa.*

TAKE diaſcordium, ſix drachms; alexiterial milk-water, ten ounces; boil to eight ounces; ſtrain, and add mint-water, half an ounce; ſtrong cinamon-water, two ounces; ſyrup of meconium, one ounce and half; mix up for three doſes.

This has even, ſays an eminent phyſician, divine virtues againſt a diarrhœa; for it moſt potently (and almoſt beyond any thing elſe) ſtops ſick fits, anguiſh, griping tortures, and rage of the ventricle and inteſtines: it is of notable uſe, eſpecially in ſuch fevers as are accompanied with a ſymptomatick flux of the belly.

An Infuſion for a Diarrhœa.

TAKE rhubarb ſliced thin, two drachms; yellow mirobalans bruiſed, one drachm; ſalt of wormwood, twenty-five grains; plantane and cinamon-water, each two ounces; infuſe warm and cloſe a night's ſpace; then having ſtrained it out, add oil of aniſeed, one drop; ſyrup of roſes ſolutive, half an ounce (or ſix drachms); mix.

Sometimes, where there are gripes, it may be thus preſcribed:

Take rhubarb, two drachms; brandy, one ounce and a half; cinamon-water, one ounce: infuſe (over hot coals) an hour; to the ſtrained add ſyrup of roſes ſolutive, one ounce; oil of nutmeg, one drop; powdered rhubarb, half a ſcruple; mix.

An Apozem for a Diarrhœa.

TAKE white decoction, two pounds; barley cinamon-water, one ounce; ſugar of roſes, as much as ſuffices; mix, and make an apozem; of which drink a draught morning and evening, and at pleaſure.

For a ſymptomatick Diarrhœa, Dyſentery, &c.

TAKE pomegranate-peels bruiſed, one ounce: boil it in three pints of water, till half be evaporated; adding, towards the laſt, cloves bruiſed, half a drachm; nutmeg,

meg, one drachm; ſtrain, and add ſyrup of dried roſes, three ounces; ſtrong cinamon-water, four ounces; mint-water, one ounce; Venice-treacle, two drachms: mix. The doſe four ounces, twice a day.

A balſamick Clyſter for a Dyſentery.

TAKE broth of ſheeps-inwards, or head, ten ounces; yolks of eggs, two; Lucatellus's balſam, one ounce; ſheeps-ſuet, two ounces: mix, and put it up juſt hot enough to keep the ſuet melted.

If the ſuet be kneaded, as it were, with yolk of eggs, 'twill be preſerved from clotting.

By fomenting, anointing, and lining the inteſtines, this clyſter cheriſhes, compoſes, appeaſes, and heals the fervors, wrinklings, tortors and ulcers; and is, ſays my friend, a moſt deſirable remedy for a dyſentery, after once bleeding and purging.

An experienc'd Medicine for a Dyſentery or Bloody-Flux.

GIVE about three ounces of the juice of ground-ivy, mixed with one ounce of the juice of plantane, once or twice a day.

For a Bloody-Flux.

TAKE yellow wax, diſſolve it in ſpirit of wine, and filtrate it through a paper, that it may remain like butter; ſweeten it, and drink about a drachm thereof: it is a moſt excellent remedy againſt a bloody-flux.

For the ſame.

TAKE conſerve of roſes, one ounce; ſapan earth, red coral prepared, nutmegs toaſted, of each two drachms; elixir of vitriol, ſixty drops; ſyrup of quinces, enough to make an electuary. This is proper for the moſt obſtinate fluxes in the belly, and may be taken the quantity of a nutmeg two or three times a day, or oftener, if need require.

A Pill for a Dyſentery.

TAKE fine roch-alum, three drachms; melt it over a clear fire, and ſtir into it one drachm of dragon's-blood finely powdered; and out of each drachm of the mixture make ten pills, five of which are to be taken three times in a day.

A Draught for the ſame.

TAKE ſtrong cinamon-water, and mint-water, of each one ounce; powder of rhubarb, half a ſcruple; ſyrup of diacodium, one ounce: mix, and make a draught; this both aſtringes and compoſes at the ſame time.

For a Flux of the Belly.

TAKE powdered rhubarb, one ſcruple, or half a drachm; mint and cinamon-water, each one ounce and a half; oil of nutmeg, two drops; ſyrup of dried roſes, half an ounce: mix.

An almoſt infallible Drink to ſtop a Looſeneſs.

TAKE bole armoniac, one ounce; chalk, three ounces; boil three pints of ſpring-water to two pints; ſtrain, and let it ſettle, and pour off the clear; then add diaſcordium, half an ounce; cinamon-water, ſyrup of quinces and of dried roſes, of each two ounces. It is efficacious in all dangerous looſeneſſes, giving the patient about four ounces at a time, ſhaking the bottle.

An eaſy Remedy to ſtop a Flux or Looſeneſs.

TAKE a piece of old cheeſe, toaſt it, then boil it till all the ſalt is out,

out, and afterward dry it: give a drachm of it, and it will ſtop a flux wonderfully.

A Decoction of Cinamon to ſtop a Looſeneſs.

TAKE of cinamon bruiſed, half an ounce; boil it in three pints of water, till it come almoſt to a quart; then let a cruſt of white bread ſoak in it a little while, and add loaf-ſugar enough to ſweeten it; ſtrain it out, and take it for common drink a little warm.

A Purge for a Looſeneſs.

TO a child, give three or five grains of torrified rhubarb, in a little ſyrup of cloves; and to one of ten years old, half a ſcruple; and to one of twenty years old, a ſcruple. Let the rhubarb be ſliced thin, and then dry it over the fire on a paper; and when it is very dry, and well torrified, powder it, and ſo uſe it. Dr. *Lane* ſays, 'tis beſt not to dry it.

An excellent Clyſter for a Looſeneſs.

TAKE a ſheep's-head with the wool upon it, and make broth of it: to three quarters of a pint of the broth put one ounce of Venice-treacle, and give it the patient, having been firſt purged with rhubarb.

A Medicine for Griping and Looſeneſs.

TAKE fifteen grains of powder of rhubarb, and one drop of oil of cinamon made into a bolus with ſyrup of quinces, which repeat for three mornings together. Every night take the bigneſs of a nut of Venice-treacle, till the griping and looſeneſs is ſtopped.

For *Gripes*, &c. in *Children*, ſee *Childrens Diſtempers*.

See alſo *Feminine Diſtempers*, *Fever*, &c.

FRENSY.

See *Madneſs*.

FUNDAMENT.

See *Fiſtula*, *Rupture*.

GOUT.

THE gout is a diſeaſe better known than underſtood. It is in ſhort juſtly called, The diſgrace of phyſick and phyſicians, and ſome have doubted whether aught ſhould be attempted but by way of palliative in this cruel diſtemper, and to keep it from the noble parts: more particularly with regard to the inflammation that attends it, that ought to be permitted to keep its ground; for if it is forced to retreat, the patient will very probably find it in a worſe and more dangerous caſe, under the name of an apoplexy, an inflammation of the lungs, *&c.* Whenever therefore an attack is made by this diſtemper, let a perſon keep warm, take warm diet, drink moderately of wine, and that not the weakeſt; let him avoid ſour diet and pickles; let him conſider whether he has it by accident, or by inheritance; and as there are two ways to deal with it, ſo let it be conſidered which beſt ſuits his particular caſe: for it may be eradicated, or the ſymptoms only ſhould be attempted to be alleviated, that worſe conſequences may be avoided.

If

If a radical cure of the fit be aimed at, all thoſe internal remedies muſt be taken, that will puſh it down to the extremities; the patient muſt either keep in bed, or in a warm room, and let him take the following bolus:

'Take Gaſcoign's powder, one 'ſcruple; caſtor, four grains; pow-'der of Virginia ſnakeweed, three 'grains; camphire, three grains; 'ſyrup of cloves, as much as ſuffices 'to mix up a bolus, to be taken 'morning and evening, drinking 'upon it three or four ſpoonfuls 'of ſtoved wine; and if the pain 'be violent, an emollient poulteſs 'may be ventured upon, of mal-'lows, ſhred ſaffron, and wheaten 'bread boiled in milk, which, ap-'plied to the part, will ſoften and 'mitigate the pain, while the bolus 'puſhes it to the extremities.' Or the ſwelled part may be anointed with a good gouty balſam, made with flowers of chamomile and roſemary, with ſeeds of rue and fenel, infuſed in the ethereal oil of turpentine.

An excellent phyſician makes the following obſervations on the cauſe of this diſeaſe, the method to be taken in it, and the diet to be purſued by perſons ſubject to it.

The moſt common cauſes, ſays he, are an hereditary diſpoſition, (which operates more ſtrongly in this diſtemper, than in any other) a too rich and high diet, and too copious uſe of wine and other ſpirituous liquors, eſpecially at ſupper; exceſs in venery; a full groſs habit of body; the too copious uſe of acid or ſour things, the gout being the only diſeaſe in which acids are very hurtful to human bodies; a ſudden chilling of the feet after ſweat, or drying them at the fire after being wet and cold; a ſedentary life, with a plentiful diet, and intenſe ſtudy, and application of the mind; moſt commonly a gouty conſtitution is attended with great acuteneſs of parts, the nervous fibres both in the brain and the other extremities being delicate; females and young people are not ſubject to this diſeaſe, unleſs where it is hereditary.

A proper regimen of diet is neceſſary in this diſtemper, becauſe it does not admit of very many helps from medicines, and there are no better rules than abſtinence from thoſe things which occaſion it.

As one of the cauſes of the gout is the ſuppreſſion of ſweat and perſpiration, the procuring a due degree of theſe ſeems to be the beſt preventative of it; if the feet could be made to ſweat, in due time it would prevent the gout, which invades in ſuch conſtitutions of the air as ſuppreſs perſpiration.

Violent purging, in abſence of the paroxyſm, by agitating the humours, often hurts, and during the paroxyſm, may draw the gout inwardly.

The beſt diet is abſtinence from acid ſubſtances; the moderate uſe of ſuch as promote perſpiration, as ſubſtances aromatical, and volatile ſalts, which relieve the gouty, as they make the body perſpirable; diluent liquors, taken in ſuch a degree as not to hurt the ſtomach; moderation in the quantity of food and ſpirituous liquors; exerciſe without fatigue; but eſpecially frictions of the extreme parts, daily, and often repeated; all poſſible methods of making the feet ſweat, and much ſleep.

In the paroxyſm, as temperate, and cool, and diluent a diet as the patient can bear; abſtinence from opiates, except when the morbid matter is ſeparating, the conſtant

uſe

uſe of which will hurt; keeping the affected part warm, without the application of cataplaſms; even ſuch as are emollient, weaken and relax too much, and have been ſometimes found to diſtort the parts.

It is of the utmoſt importance to know if any diſeaſe proceeds from a tranſlation of the gouty matter; for the methods, eſpecially evacuations, uſed in an original diſeaſe, would be very improper in a gouty caſe, where the intention muſt be to draw the gout down to the feet, by bliſters applied to the thighs or legs, and acrid inflammatory cataplaſms and plaiſters; therefore when any gouty perſon is diſappointed of a paroxyſm which he expected by the ſeaſon, or the previous ſymptoms, and inſtead of it is ſeized with another diſeaſe, let him ſpeedily conſult his phyſician.

If a gouty perſon can bring himſelf intirely to a milk diet, he may ſo change the whole juices of his body as to eradicate the diſtemper.

The approach of a fit of the gout is eaſily known by the inward diſorders, as wind, ſickneſs, crudities in the ſtomach, a drowſineſs, *&c.*

The lord *Bacon* gives the following directions in relation to the gout, which we ſhall tranſcribe in honour to that great man; tho' if it had generally ſucceeded, as he avers it did upon him, we may preſume the gout would not have been ſo much the foil to the phyſicians ſkill, as it ſtill continues to be.

There be many medicines, ſays he, which by themſelves would do no cure, but perhaps hurt; but being applied in a certain order, one after another, do great cures. I have tried myſelf a remedy for the gout, which hath ſeldom failed, but driven it away in twenty-four hours ſpace. It is, firſt, to apply a poulteſs, and then a bath or fomentation, and then a plaiſter (all which follow). The poulteſs relaxeth the pores, and maketh the humour apt to exhale. The fomentation calleth forth the humour by vapours; but yet, in regard of the way made by the poulteſs, draweth gently; and therefore draweth the humours out, and doth not draw more to it; for it is a gentle fomentation, and hath withal a mixture (tho' very little) of ſome ſtupefactive. The plaiſter is a moderate aſtringent plaiſter, which repelleth new humour from falling. The poulteſs alone would make the part more ſoft and weak, and apter to take the defluxion and impreſſion of the humour. The fomentation alone, if it were too weak without way made by the poulteſs, would draw forth little; if too ſtrong, it would draw to the part, as well as draw from it. The plaiſter alone would pen the humour already contained in the part, and ſo exaſperate it, as well as forbid new humour: therefore they muſt all be taken in order, as is ſaid. The poulteſs is to be laid to for two or three hours. The fomentation for a quarter of an hour, or ſomewhat better, being uſed hot, and ſeven or eight times repeated. The plaiſter to continue on ſtill till the part be well confirmed.

1. The *Poulteſs.*

Take of manchet, about 3 ounces, the crum only thin cut: let it be boiled in milk, till it grow a pulp: add, in the end, a drachm and an half of the powder of red roſes; of ſaffron, ten grains; of oil of roſes, an ounce: let it be ſpread upon a linen cloth, and applied lukewarm, and continued for three hours.

2. The

2. The *Bath* or *Fomentation.*

Take of ſage-leaves, half an ounce; of the root of hemlock ſliced, ſix drachms; of briony-roots, half an ounce; of the leaves of red roſes, half an ounce: let them be boiled in a pottle of water, wherein ſteel hath been quenched, till the liquor come to a quart: after the ſtraining, put in half a handful of bay-ſalt. Let it be uſed with ſcarlet cloth, or ſcarlet wool, dipp'd in the liquor, hot, and ſo renew'd ſeven times, all in the ſpace of a quarter of an hour, or little more.

3. The *Plaiſter.*

Take of emplaſtrum diachalcit. as much as is ſufficient for the part you mean to cover: let it be diſſolved with oil of roſes, in ſuch a conſiſtence as will ſtick, and ſpread upon a piece of Holland, and applied.

Many preſcriptions have been publiſhed on this head, and divers methods tried by different perſons; but the following recipes have been approved in particular caſes, and ſome of them afford matters neceſſary to be known by all perſons ſubject to this diſtemper.

A Decoction for the Gout,

TAKE burdock-roots, four ounces; chamæpitys, two ounces: boil in water three pints to twenty-eight ounces; ſtrain, and add magiſtral worm-water, four ounces; ſpirit of ſcurvy-graſs, elixir proprietatis tartarized, each two drachms: mix. This is a preſcription of a learned phyſician, who tells us, that by reaſon of its *ſtomachick* virtue, it corroborates the ventricle and inteſtines, and prevents the morbifick matter from falling on them: that by reaſon of its *digeſtive* faculty, it keeps the blood in a due mixture, and hinders its fuſion: That by reaſon of its *neurotick* quality, it comforts the nerves, and reſtrains the raging excandeſcence of the ſpirits. And that, laſtly, by reaſon of its *diuretick* force, it drains off the gouty humours by urine, and ſo ſecures them from ruſhing into the joints.

A Clyſter for the Gout in the Inteſtines, and for a malignant Fever.

TAKE Canary wine, one pint; diaſcordium, half an ounce; yolks of eggs, two: mix.

But half the uſual quantity is preſcribed, to the end that it may the longer be retained in the body.

What cordial juleps are to the ſtomach, the ſame this clyſter is to the guts; for it refreſhes them, and rouſes them up, whereby they are enabled to perform their buſineſs briskly, and throw out whatever is offenſive to nature; and at the ſame time defend the viſcera themſelves.

For the Gout in the Stomach.

TAKE of hartſhorn and Virginia ſnake-root, each one ſcruple; milk-water, one ounce and a half; plague-water, half an ounce; ſyrup of ſaffron, two drachms: mix them up in a draught, and drink it when you have the gout in your ſtomach.

A Foment for the Gout.

TAKE ground-pine, ſouthern-wood, each four ounces: boil in water three quarts to two quarts; in the ſtrain'd diſſolve ſalt of tartar, and ſalt armoniack, each two ounces.

It maintains and ſtrengthens the tone of the part; and (which makes it ſafe) in the mean time repelleth not at all; for repellents in the gout are ſometimes exceeding dangerous, becauſe they may drive the morbifick matter to the ſtomach or brain.

Fine Pills for Prevention of the Gout, and for cold Stomachs.

TAKE gum of guaiacum, aloes, each one drachm and an half; balſam of Peru, enough to make them up: mix. The doſe half a drachm before ſupper.

A ſpeedy Remedy for Gout-Pains.

TAKE good ſpirit of ſal armoniack, and with a feather dipt in it moiſten gently all the part or parts affected.

A Medicine that almoſt preſently appeaſes the Pains of the Gout.

TAKE of black ſoap, four ounces; choice wood-ſoot finely ſifted, about a drachm and a half; and add to theſe about half the yolk of an egg: incorporate them diligently together, and ſpreading the mixture ſomewhat thin, apply it (the cold being firſt taken off) by way of cataplaſm to the part affected.

A Plaiſter to ſtrengthen the Joints after the Gout, and haſten the going off of the Pain.

TAKE of Paracelſus and diapalma: melt them, and incorporate them exactly together, and ſpread the mixture very thin upon fine leather, to be uſed as a plaiſter to the part affected.

To appeaſe the Pain of the Gout, and by Degrees leſſen the Fits.

TAKE one part of ſal armoniack, and three parts of ſpirit of wine, neither of them too well rectify'd: ſhake them together, (and if you pleaſe, digeſt them a while) and having dipt old, but clean linen rags in the mixture, apply them to the part affected, ſhifting them now-and-then, as need ſhall require.

To reſtore Fingers bent to the Palm of the Hand, by the Gout, to their uſual Pliableneſs.

PUT two ounces of the fineſt ſhreds of glovers leather to a quart of lees of new ale or ſack, and boil them to a pint. Rub this glutinous liquid upon the part affected night and morning, (heated over a chafing-diſh of coals, as hot as it can be well borne) for a quarter or half an hour together. It has been attended with moſt uſeful and ſalutary effects.

To keep off the Return of a Fit.

AFTER the fit is gone, and you are as well as you have known yourſelf to be after any fit, take a gentle purge of aloes once a week, ſo gentle, as that you may go about buſineſs with it, beginning ſoon after you are well, and continuing to take it as long as you live. This, ſays the rev. communicator, cured a perſon whom I knew, at ſixty-four, who lived to the age of eighty, without having another fit.

An Ale uſed with Succeſs in the Gout, flying Pains, Rheumatick Affections, Dropſy, &c.

TAKE guaiacum, ſaſſafras, each one ounce; ground-pine, germander, each two ounces: boil in wort (inſtead of hops) from ſix to four gallons, into which hang the following bag of ingredients to ferment: Take roots of avens, half a pound; hermodactyls, four ounces; agrimony, ſage, betony, dodder of thyme, ſtœchas-flowers, each two ounces; raiſins ſtoned, half a pound; diſpenſe according to art.

This is alſo good for diſeaſes cauſed by too much, and too ſharp ſerum, and from relaxation of the tone of the parts. One pint twice a day to be taken.

For

For the Gout and Rheumatiſm.

TAKE one ounce of gum guaicum powdered, put it into four ounces of ſal volatile oleoſum, ſhake it often for five or ſix days; then pour it off into a phial: take a tea-ſpoonful twice a day in a glaſs of white-wine: ſometimes take a doſe of rhubarb. This will alſo expel wind, carry off phlegm, and promote appetite.

Dr. Sydenham's *Electuary for the Gout.*

TAKE conſerve of garden ſcurvy-graſs, one ounce and a half: conſerve of Roman wormwood, and the yellow part of an orange, of each one ounce; angelica, and nutmeg candied, of each half an ounce; Venice treacle, three drachms; compound powder of aron, two drachms: make an electuary with a ſufficient quantity of ſyrup of oranges: let the patient take two drachms of it twice a day, drinking five or ſix ſpoonfuls of the following water after it:

Take the roots of horſe-radiſh ſliced, three ounces; garden ſcurvy-graſs, twelve ounces; water-creſſes, brooklime, ſage, mint, of each four ounces; the peels of ſix oranges; two nutmegs beaten; mum, twelve pints; diſtil them in a common ſtill; draw off only ſix pints for uſe.

Mr. Miller *of* Chelſea *gives the following Account of the Virtues of the Herb* Speedwell *in this Diſtemper.*

I Cannot, ſays he, in his ſecond volume of the gardener's dictionary, omit mentioning the virtues of the common Speedwell, which have cauſed it to be in great requeſt of late. It is found an excellent remedy for the gout, and all rheumatick diſorders. The method is to make a tea of the dry'd herb, the quantity to be uſed is about a quarter of an ounce, from which four common diſhes of tea may be drawn: theſe are to be drank every morning, until the patient finds relief. To this ſome add the dry'd herbs of bog-bean and ground-pine, which they mix in equal quantities, and make a tea of them, from which many perſons have received great benefit.

Profeſſors Boerhave *and* Oſterdyke's *Regimen for the Gout, preſcribed to a Gentleman who conſulted them on this Occaſion.*

THEY are of opinion, that the gout is not to be cured by any other means but a milk-diet, which will in twelve months time alter the whole maſs of blood; and in order thereto the following directions muſt be ſtrictly followed:

1. You muſt not taſte any liquor, only a mixture of one-third milk, and two-thirds water, your milk as new as you can get it, and to drink it as often as you have occaſion for it, without adding any other to it. A little tea and coffee is likewiſe permitted, with milk.

2. In a morning as ſoon as awake, and the ſtomach has made a digeſtion, you muſt drink eight ounces of ſpring-water, and faſt two hours after; then eat milk and bread, milk-pottage, or tea with milk, with a little bread and freſh butter.

3. At dinner you muſt not eat any thing but what is made of barley, oats, rice, or millet-ſeed, carrots, potatoes, turneps, ſpinach, beans, peaſe, &c. You may likewiſe eat fruit when full ripe, baked pears or apples, apple-dumplings, but above all milk and biſcuit is very good, but nothing ſalt or ſour, not even a Seville orange.

4. At ſupper you muſt eat nothing but milk and bread.

5. It is neceſſary to go to bed betimes, even before nine o'clock, to accuſtom yourſelf to ſleep much, and uſe yourſelf to it.

6. Every morning before you riſe, to have your feet, legs, arms, and hands, well rubbed with pieces of woollen cloth, for half an hour, and the ſame going to bed. This article muſt be ſtrictly obſerved, for by this means the humours, knobs, and bunches will be diſſipated, and prevent their fixing in the joints, by which they become uſeleſs.

7. You muſt accuſtom yourſelf to exerciſe, as riding on horſe-back, which is beſt, or in a coach, chaiſe, *&c.* the more the better; but take care of the cold weather, winds, and rain.

Laſtly, In caſe a fit of the gout ſhould return, and be violent, which they are of opinion will not, then a little doſe of opium or laudanum may be taken to compoſe you; but no oftener than neceſſity requires. And the gentleman having put the queſtion as to an *hereditary gout*, the profeſſors gave it as their opinion, that if he would ſtrictly reſolve to follow the foregoing directions, it would be of no conſequence to him, that he derived his gout either from father or mother. The gentleman accordingly did follow them, and obtained a perfect cure, and afterwards returned, by degrees, to his former moderate way of living, in which he did ſo well, that he deſired what is above might be communicated for the general good, which was accordingly done in a Daily Paper, March 28. 1730.

We ſhall conclude this article with the following recipe, publiſhed under the title of

A Cure for the Gout.

Publiſhed by Thomas Sandeford *and* Edward Gent, *both of the City of* Kilkenny *in* Ireland, *who petitioned the King for a Reward for the Diſcovery of it.*

TAKE half an ounce of hiera picra, and eight grains of cochineal, both in fine powder; put both into a pint of the beſt red port: let it ſtand at leaſt twenty-four hours; ſhake the bottle well and often during that time, but ſhake not the bottle for three or four hours before you draw off any of the tincture for uſe: take of this half a quartern to near a quartern, according as you find yourſelf ſtrong or weak. You muſt continue takeing of this every ſecond, third, or fourth day, till you take the whole pint; and if the gout returns, take another pint as before, and ſo do to every fit. This tincture, if taken in a fit of the gout, in a few hours diſſolves all particles in the blood which cauſe the pain: and if purſued as before directed, will in time work them all out of the blood. It likewiſe carries off all new ſwellings ſoon, and all old ſwellings in time. You may uſe poſſet-drink with this as with other phyſick; yet if you take nothing after it, it will work very well: the propereſt time of taking it is in the morning faſting, or at night, if you do not eat or drink for four or five hours before: continue in bed from the time of taking it, till it purges you downwards by ſtool, which will be in about twelve hours time; but if you have not a ſtool in that time, take a large ſpoonful more. If you have the rheumatiſm or ſciatica, take the tincture as before, but in a larger quantity. I caution all people that take this, to have

have ſpecial care, that they do not take cold, for it will cauſe many to ſweat greatly for a time, and if they take cold, will be apt to be grip'd; which if they are, a little mull'd port-wine, or a ſpoonful of the tincture, immediately eaſes them.

N. B. The hiera picra muſt be made according to *Quincy*'s diſpenſatory.

See *Pleuriſy, Rheumatiſm, Sciatica,* &c.

GANGRENE.

See *Mortification.*

GONORRHOEA.

See *Venereal Diſtempers.*

GRAVEL.

See *Stone,* &c,

GREEN-SICKNESS.

See *Feminine Diſtempers.*

GRIPES.

See *Childrens Diſtempers, Fluxes,* &c.

GUMS.

See *Teeth.*

GUNPOWDER MARKS.

See *Wounds.*

HÆMORRHAGES, *or exceſſive* BLEEDINGS.

Herm. Vander Heyden obſerves. that in violent bleeding at the noſe, when the blood hath iſſued forth in manner of a torrent, the ſpeedieſt and moſt certain remedy (when all other means have failed) hath been, to put the patient's feet into warm water, as far as to the very knees: as it happened to one that was at the very point of death; whence, by the trial of this experiment, he was happily recovered, when both his legs and thighs, for want of blood, had now grown cold; and no wonder; for his blood flying up to his head, he had loſt no leſs than eighteen pints of it at the noſe, as by moſt exact obſervation was found. And *Vigo* adviſes the ſame in a quinſy.

Bleedings have been ſtopt, when nothing elſe would do it, by putting the teſticles in ſharp vinegar, which hath cauſed a ſudden receſs of the ſpirits. Some preſcribe letting blood in an adverſe part for a revulſion. Cuſtom has ſtopt blood, as in a famous inſtance which the lord *Bacon* gives of the prince of Orange, who, in his firſt hurt by the Spaniſh boy, could find no means to ſtanch the blood, either by ligament or medicine; but was fain to have the orifice of the wound ſtopped ſucceſſively one after another by mens thumbs, for, at leaſt, two days ſpace; and at laſt the blood, by cuſtom only, retired into its old chanels.

The following receipts are of peculiar excellency in hæmorrhages.

Mr. Boyle's *Syrup for ſpitting of Blood, and Hæmorrhages.*

TAKE comfrey-roots, ſix ounces; plantane-leaves, twelve ounces; cut, beat, and ſtrain out the juice; to which add an equal weight of ſugar, and boil it up to a ſyrup.

He muſt be a mere ſtranger in phyſick, ſays Dr. *Fuller*, that is not acquainted with this moſt noble ſyrup, and how mightily it ſuccours thoſe that cough up blood.

Mr. Boyle's *Electuary for the ſame.*

TAKE white poppy and henbane-ſeed powder'd, each half an ounce; ſyrup of corn-poppy, conſerve of red roſes, each one ounce and a half; mix. This honourable author gives it high and deſerved commendations. Take the quantity of a walnut twice a day, after due bleeding, and gentle purging.

Lucatellus's *Electuary for inward Bleeding*, &c.

TAKE conſerve of red roſes, two ounces, conſerve of hips, one ounce; Lucatellus's balſam, half an ounce; ſpecies of diatragacanth frigid, one drachm; ſyrup of balſam, three drachms: mix.

It thickens, reſtringes, heals, and is profitable againſt hoarſeneſs, cough, ſpitting of blood, and all inward hæmorrhages whatſoever: is good even in a conſumption itſelf, provided it be not a confirm'd one too far gone.

Let the quantity of a ſmall bean be exhibited thrice a day.

Againſt Vomiting of Blood, internal Bleeding, immoderate Menſes, &c.

TAKE frog-ſpawn water, two ounces; ſyrup of dried roſes, two drachms; powder'd Japanick earth, one ſcruple; ſugar of lead, four grains; oil of cinamon, one drop; liquid laudanum, twenty drops: mix. Frog-ſpawn for diſtillation, *Ettmuller* ſays, ſhould be gather'd a few days before the new moon; it will ſtink, tho' never ſo often diſtill'd.

For the ſame.

TAKE ſalt-petre, troches of amber, of each half a drachm: mix for a powder to be taken every eight hours, with four ſpoonfuls of the tincture of roſes.

For the ſame.

TAKE conſerve of roſes, two ounces; marmalade of quinces, one ounce; pomegranate peels, one drachm and half; red coral; bole Armenian, of each two drachms; blood-ſtone prepared, one drachm; ſyrup of dried red roſes, enough to make an electuary: take the quantity of a large nutmeg three or four times a day.

A balſamick Bolus in Hæmorrhages, &c.

TAKE conſerve of red roſes, Lucatellus's balſam, each half a drachm; balſam of Peru, ten drops: mix. It is a prevailing medicine againſt an inveterate cough, and recent conſumption, ſpitting of blood, dyſentery, contuſion, and inward bleedings by open'd or broken veſſels.

For a violent Bleeding at the Noſe.

FOLD a linen cloth, and dip it into half a pint of vinegar, in which one ounce of ſugar of lead is diſſolv'd, and apply the cloth cold to the region of the heart; and as often as it waxes warm, repeat it cold: it will at firſt, by reaſon of its coldneſs, ſtrike the patient into a kind of ſhaking like an ague-fit; but, in a ſmall time after, let the flux of blood be ever ſo violent; it will ſtop it, as is averr'd by an eminent phyſician.

Another.

TAKE vinegar, one pint; and diſſolve in it over the fire, one ounce of nitre, and a drachm of camphire, and apply it cold to the region of the breaſt, and it will marvellouſly ſtop enormous bleedings at the noſe.

To ſtop the Bleeding at the Noſe.

TAKE nitre, two drachms; alum, one drachm; white-wine vinegar, and lime-water, of each one ounce: mix them, and dip in a tent, and put it up the noſtril, and apply them freſh ſeveral times in an hour to prevent a relapſe.

To

kin, ſo that he may receive the ſteam as hot as he can well bear, and keep the veſſel there as long as he finds the ſteam ſtrong enough.

For the Head-ach, Vertigo, Dizzineſs, &c.

TAKE conſerve of roſemary-flowers, one ounce and half; powder of mountain valerian, cinabar of antimony, of each two drachms; caſtor, one drachm; ſyrup of peonies, enough to make an electuary: take the quantity of a nutmeg twice a day.

Againſt a Vertigo.

TAKE of cypreſs-roots, two ounces; of aniſeed half an ounce: make of both a very fine powder, and take thirty grains in a ſpoonful of wine, beer, or ale, when you go to bed. This medicine, continued for five nights, (beſides other patients) cured a woman, who for divers years was troubled with a vertigo, and had uſed all ſorts of other remedies, preſcribed to her by London phyſicians, to little or no purpoſe.

For a nervous Head-ach.

TAKE of the gum-pills, and the pills of waſh'd aloes, of each two drachms, with a drop or two of oil of cinamon: make them into middling pills; of theſe take three regularly once every week going to bed; and at other times as often as the head-ach returns; or as you are to be employ'd in affairs that require ſtudy or application.

Scheffer's *Cephalick Balſam.*

TAKE volatile ſalt of hartſhorn, and of ſal armoniack, each one drachm; chymical oil of mace, one ſcruple; highly rectify'd ſpirit of wine, one ounce: digeſt according to art. This is a ſort of ſal volatile oleoſum, to be doſed from twenty to thirty drops, and taken in a vehicle ſuitable to the intention, againſt pituitoſe diſtempers of the brain and nerves, ſtuffing and heavineſs of the head by a cold palſy; as alſo againſt palpitation of the heart, hypochondriack, and hyſterick affections. In a word, it may be uſeful where-ever volatile enlivening ſalts are indicated.

A Medicine to bring away Filth from the Noſtrils.

TAKE turbith-mineral, half a ſcruple; powder of liquorice, half a drachm; nutmeg, one ſcruple; oil of roſemary, two drops: make it all into a powder, to be ſnuffed up into the noſe in a very ſmall quantity.

Thoſe ſorts of medicines, which phyſicians call'd *Errhines*, are to be us'd chiefly in the morning; but, if need be, at any other time alſo: they draw out of the head and noſe abundance of water, mucus, and viſcid phlegm; and are pertinently preſcrib'd againſt ſuch illneſſes of the head, as are caus'd by tough, clammy matter, and have been of long continuance and obſtinate; ſuch as gravitative head-ach, palſy, and drowſy diſtempers.

This of turbith is wonderfully powerful, brings off eſpecially thin lympha (as tho' it raiſed a ſalivation thro' the noſe) ſo plentifully and ſtreamingly, that none can imagine it, who hath not ſeen it: but if repeated too often, 'twill fret the membrane of the noſtrils, and make it ſore; therefore after every time of uſing it, it would not be amiſs to ſnuff up warm milk or oil.

Another for the ſame.

TAKE marjoram-water, (or tea made with marjoram) one ounce;

ounce: diſſolve it in ſalt of vitriol, half a ſcruple.

Ettmuller takes white vitriol, two drachms; water eight ounces: diſſolves, and lets it ſtand to precipitate. Sometimes he allows but two ſcruples to eight ounces; but if it be too ſtrong, it may eaſily be weakened to any degree with water.

'Tis one of the beſt medicines to bring away mucus, and plenty of rheum: and, if it be made mild, it may be uſed to new born babes, when their noſtrils are ſtopt.

See *Apoplexy, Epilepſy, Hypochondriack and Hyſterick Diſorders, Palſy*, &c.

HEARING.

See *Ear*.

HEART.

See *Cordials, Stomach*, &c.

HEART-BURN, CRUDITIES, *&c.*

THE cardialgia, or heart-burn, (as tis call'd, not very properly) is a very troubleſome pain in the upper orifice of the ſtomach. It may be cauſed by ſtale liquors, vinegars, ſpices, *&c.* by indigeſtion, exerciſe too ſoon after eating, over-much eating, emptineſs, worms, &c. If is ſometimes ſo great as to cauſe a nauſea and vertigo. A ſlender diet, conſiſting of gruel, panada, ſago, fat broths, oils, and jellies, is proper for it. A due quantity of any teſtaceous powders, ſuch as oiſter-ſhells, crabs-eyes, &c. ſeldom fails to remove it; and leſs ſeldom ſtill the inner coat of a fowl's gizzard, dry'd, beaten to powder, and taken about one drachm at a time, eſpecially when the ſtomach is almoſt empty.

Thoſe ſubject hereto may always carry about them ſome lozenges made as follows, which generally are of great and immediate efficacy:

'Take calcin'd oiſter-ſhells, waſh-
'ed by time on the ſea-coaſt, ſo as
'to be as white within and with-
'out as mother of pearl; dry them
'well by the fire, and let them be
'beat and ſifted as fine as poſſible:
'mix half a pound of it with half
'a pound of loaf-ſugar well beat
'and ſifted; wet it with a ſpoonful
'or two of milk and water, to
'make it a very ſtiff paſte; then
'mould them into lozenges neatly,
'and bake them very dry in a ſlack
'oven, after every thing elſe is
'drawn.' Theſe lozenges effectually ſweeten the ſour humour in the ſtomach, and help digeſtion. A trial of it on vinegar will demonſtrate its immediate efficacy.

'Two drachms of chalk, one of
'red coral, an ounce of conſerve of
'wormwood, taken to the quan-
'tity of a nutmeg night and morn-
'ing, is a medicine that has been
'found effectual in the heart-
'burn.'

As alſo has the following:

'Two drachms of chalk, and
'two drops of oil of cloves, to half
'a pint of pump-water.'

Under this head we ſhall claſs Crudities ariſing from exerciſing too ſoon after meals, from ſtuffing, indigeſtion, &c. There are two very remarkable kinds of crudities, which phyſicians call the *acid* and the *nidoroſe*.

An *acid* crudity diſcovers itſelf by the heart-burn, by acid eructations, by thick or viſcid phlegm, by coſtiveneſs.

A *nidoroſe* Crudity is attended with a heavy pain at the ſtomach about two hours after eating, and with belch-

belchings about five or ſix hours after, which are not ſour, but inſipid, ſometimes putrid, ſometimes ſulphureous, and ſometimes they retain the natural taſte and ſmell of the victuals eaten; the face is often overſpread with diſorderly fluſhings; and the perſons are moſt inclinable to be looſe.

An acid or ſour crudity is corrected by abſorbent and alkaline medicines, by volatile aromaticks, nutmeg, ginger, ſpirits of hartſhorn, *&c.* The acidity being thus overcome, catharticks may be given. Cray-fiſh, jelly of hartſhorn, *&c.* may be alſo given in this diſorder. The following recipe is alſo good in this caſe; after having taken a gentle puke, *viz.*

'Take powder of zedoary, one 'drachm; of crabs-eyes, two 'drachms; of chalk, half a 'drachm; make into a powder, 'and divide it into ten equal parts; 'take one morning and evening in 'a glaſs of ſack, till the ſourneſs 'and fulneſs ceaſes.'

Mint, ſage, horſe-radiſh, muſtard or pepper, are alſo convenient ſalads in the acid crudity. See *Herbs*.

As to the *nidoroſe* or *ſtinking* crudity, an emetick ſhould be given, or at leaſt the body gently purged with rhubarb and tamarinds; and then the following is a good preſcription, *viz.*

'Take elixir proprietatis, one 'ounce; ſpirit of ſalt, or of vitriol, 'two drachms: digeſt them toge-'ther; and take thirty drops after 'meals in a glaſs of Rheniſh.'

Salads of ſorrel, and lettuce; alſo raſpberries, cherries, and ſuch cooling things, and ſour fruits, are good in this putrid ſort of crudities. See *Herbs*.

The following receipts are well recommended.

A Powder for the Heartburn and ſwooning Fits.

TAKE the whiteſt chalk, ſix ounces; crabs-eyes, crabs-claws, of each one ounce and a half; treble refined ſugar, half an ounce; oil of nutmegs, ſix drops; mix, and make a powder, adding to it fine bole, ſix drachms. Give the patient one drachm in the morning faſting, and at night going to bed, for a fortnight together, taking a gentle purge once in ſix days to carry it off.

An Emulſion to cure the Heartburn.

TAKE barley-water, two pints; diſſolve it in gum Arabick, three ounces; add to it crabs-claws finely ſifted, one ounce and a half; a ſufficient quantity of fine ſugar: mix, and make an emulſion. It cures the heart-burn, thickens and ſweetens the blood, is good in ſtranguries and gonorrhœas, and uſeful in all complaints from ſharp humours.

In almoſt all weakneſſes and diſtempers of the ſtomach, chewing of rhubarb is good, eſpecially in coſtive caſes.

Always obſerve that ſtomachick medicines be given in a ſmall doſe, and by intervals, rather than to overpower the ſtomach at once by a load of medicines.

For the Heart-burn.

TAKE ſalt of wormwood, one drachm; juice of limons, compound wormwood, water of each, one ounce and half; crabs-eyes levigated, two drachms; mint-water, four ounces: fine ſugar, three drachms, mix; take two or three ſpoonfuls three times a day.

Of HERBS, ROOTS, PLANTS, *&c. uſed in Phyſick.*

ALtho' we have already, under the head of ALIMENT, treated of the properties of many ſorts of roots, plants, fruits, herbs, *&c.* as well phyſical as edible, yet, as theſe vegetables make the moſt fundamental and efficacious part of the materia medica, we think we ought to beſtow an article purpoſely on this ſubject, and be as particular in it, as our compaſs will admit.

And, firſt, we ſhall treat

Of the Ingredients into which Vegetables reſolve themſelves by the moſt ſimple Operations of Cookery and Chymiſtry.

The two operations, *viz.* making an emulſion, and vegetable putrefaction, reſemble animal digeſtion the moſt. 1. In making an emulſion, the oily parts of vegetables diſſolve into a white liquor reſembling chyle. 2. Vegetable putrefaction turns vegetable ſubſtances into an animal nature.

Amongſt the ingredients of vegetables, that which conſtitutes the moſt ſpirituous and fragrant part of the plant is what paſſes by perſpiration, and exhales by the action of the ſun. Every plant has its atmoſpheres, which have very various effects on thoſe who ſtay near them, producing head-achs, ſleep, fainting, vapours; as others, a great refreſhment of the ſpirits.

If to a plant you pour hot water, and let it ſtand a ſufficient time, the liquor ſtrained is called the infuſion of the plant.

If the plant be boiled in the ſame water, the ſtrained liquor is called the decoction of the plant.

The infuſions and decoctions of plants contain their moſt ſeparable parts, and convey not only their nutritious, but medicinal qualities into the blood. Of all the eſſential ſalts of plants, that which is in moſt common uſe in aliment, is ſugar, which rather diſſolves phlegm, than increaſes it; for it grows tenacious only by long boiling.

Another manner of preparing vegetables is by expreſſing their juices. Thoſe expreſſed juices contain the eſſential ſalt of the plant; for if they be boiled into the conſiſtence of a ſyrup, and ſet in a cool place, the eſſential ſalt of the plant will ſhoot upon the ſides of the veſſels.

Thoſe eſſential ſalts of plants differ, according to the plant unto which they belong; but are reduced into three claſſes: 1. Thoſe of acid, aſtringent, auſtere vegetables, as of unripe fruits, which reſemble the tartar. 2. Thoſe of ſucculent watry plants, as endive, cichory, which afford a fine nitrous kind of ſalt, ſoluble in water, and very cooling. 3. Thoſe from oily, aromatick, and odoriferous vegetables, which will hardly afford any, till their oils be extracted from them. From hence it appears, that the expreſſed juices of vegetables, not filtrated very clear, contain their whole ſpecifick virtues.

In the preparations of cookery, the moſt volatile parts of vegetables are deſtroyed. If any of them are retained, it is in decoctions which are made *in balneo.* Decoctions, when we take the liquor, contain the ſpecifick virtues of the plants: when we feed upon the plant, it makes their ſolid parts more tender, and deprives them of a great deal of their more ſubtile oils.

The

The fibrous and ſolid parts of plants paſs unaltered thro' the inteſtines, and ſometimes, by ſticking there, occaſion great diſorders.

Grains and nuts paſs often thro' animals unaltered.

Vegetable ſubſtances contain a great deal of air, which expands itſelf, producing all the diſorders of flatulency or windineſs.

There are other preparations of vegetables by fermentation, whereby they are wrought up into ſpirituous liquors, which may be called by the general name of wines. Such fermented liquors have quite different qualities from the plant itſelf; for no fruit, taken crude, has the intoxicating quality of wine.

See *Aliment*, *Diet*, *Digeſtion*, &c.

Juices of herbs, ſays Dr. *Fuller*, excellently dilute, ſweeten, purify, and ſoften ſalt, harſh, torrid, and irritable blood; convey off (by urine) ſaline and bilious recrements, refreſh the eſtuating or overflowing hypochondria with a grateful refreſhing coolneſs, correct a dry ſtrigoſe habit with mollifying moiſture; and (in my judgment) are the very firſt in the family of antiſcorbuticks; and ſo much the more, becauſe they are carried into the blood in their true natural ſtate, and full and intire virtues, without being perverted and ſpoiled by coction, (or boiling) or any other ill-applied artifice. But they are more medicinal in the ſpring than any other time of the year; and that, not only becauſe nature in human bodies being then of itſelf upon raiſing a Ζύμωσις and renovation of the blood, may be eaſily aſſiſted in its work; but alſo becauſe the juices themſelves are then in their own nature, really much richer and efficacious, as *Simon Pauli* obſerves, ſaying, An evident proof that ſcorbutick herbs are inriched with volatile ſalt, moſt eſpecially in the ſpring ſeaſon, is this, that if we prepare an eſſence or tincture of them at the end of April, or beginning of May, 'twill look like red Chio or Malvatick wine; which it will not do at other ſeaſons of the year.

Notwithſtanding this, we muſt take notice, that many herbs have a peculiar time for gathering, when their virtue is in full ſtrength, more than at any other. For example,

Betony ſhould generally be gathered in Auguſt, as well ſeed as roots; it ſhould be dry'd in the ſhade; or if there be a neceſſity for it, in the ſun. On occaſion, it may alſo be gathered at any time for medicine; but that which is gathered before ſun-riſe, is beſt.

Swinegraſs may be gathered when wanted.

Chamomile, in April.

Pellitory, in June, before ſun-riſe.

Red Dock, when you need.

Penywort, in the beginning of winter.

Tarragon, in June and July.

Columbine, in Lammas-moon.

Adders-tongue, in April.

Groundſel, after mid-day.

Wallwort, at pleaſure.

Violets, in March, when the ſugar and ſyrup of violets ſhould be made. Oil of *roſes*, of *chamomile*, of *poppies*, and of *roſemary flowers* in May.

Centaury ſhould be gather'd when it begins to flouriſh. *Baldmary*, as centaury is by ſome called, if gather'd in the latter end of the year, may be kept four years. The roots, which are the parts uſed, are known by their bitterneſs, and the more bitter the better; they are of a darkiſh yellow colour.

Origany, or wild-marjorams, are gather'd in June.

Harts-

Harts-tongue, in November.

Chriſtologi rotunda, and the other ſort, in harveſt-time.

The *Lichen cinereus ſylveſtris*, or *aſh-coloured Ground-liver-wort*, ſo much recommended by the famous Dr. *Mead*, in the cure of the bite of a mad dog, (ſee *Venomous Bites*) ſhould be gathered in October or November.

Garlick, when you pleaſe.

Wild Garlick, when it periſhes.

Agnus Caſtus, when flouriſhing.

Gourds, at the end of September, or in October, when ripe, and laid to dry in a place where the ſun comes to them all the day.

Juniper-berries ſhould be gathered when yellow.

Cucumbers, when ripe; and the fruit ſhould be laid under vines, where the ſun has not full force, and in a moiſt place, to rot, which will better the ſeed.

Citruls, when ripe, and ſhould be dried in the ſun.

If *Calaminth* be deſign'd to make the water of that name, it ſhould be gathered when it flowers, and dried in the ſhade, and then it will keep good a year, but not longer.

Saffron, ſhould be gathered before ſun-riſe.

Hellebore, in harveſt-time.

Fenel, in the beginning of the ſame time, and it may be kept a year. Fenel-roots may be taken up at the beginning of the year, and will keep the ſame time.

Galengal may be gathered at any time of the year. It muſt be laid three days in the ſun to dry, leſt it rot, and then kept in the ſhade.

Theſe general directions alſo ſhould be obſerved; *viz.* That

Seeds ſhould be gathered when full ripe, and when their moiſture is a little dried away. *Flowers*, when they begin to fade. *Herbs*, when full of moiſture, and before they begin to ſhrink. *Roots*, when the leaves fall. *Fruit*, when arrived at full bigneſs, before they fall, and always in dry weather; and the heavieſt and compacteſt fruit is always to be preferred to that which is larger and lighter.

Herbs which grow in the open fields and air, are always better than thoſe that grow in cloſer gardens; and thoſe which grow on hills beſt of all, tho' field herbs, it muſt be obſerved, are commonly ſmaller than garden herbs.

Juices of herbs, ſays Dr. *Fuller*, may be preſerved good for medicinal uſe three ways: 1. By boiling, and putting ſweet oil upon them, as is uſed in flasks of wine. 2. By boiling away a quarter part, carefully ſcumming, and then adding to every pint of juice two or three ounces of brandy. 3. By letting them ſettle, decanting of the clear, and putting them into bottles fumed with ſulphur. And this way is judged the beſt of all. See *Infuſions*.

A Collection of medicinal Herbs, Plants, Fruits, &c. ranged according to their ſeveral Qualities.

Tart or acid Vegetables.

The fruit, juice, flower, bark of ſloes, to be given in thickened juices from four grains to a drachm.

Thickened juice of German ſloe, or bullace-tree, from ſix grains to a drachm and a half.

Juice of a ſort of ſorrel.

Ladies-mantle.

Wild tanſey.

Bellirica, one drachm to four.

The fruit and juice of barberries.

Root of ſnakeweed.

Fruit, bark and root of capers.

The

The unripe fruits and leaves of the cornel-tree.

The fruit and leaves of the cypreſs-tree.

The flowers, fruits and root of ſweet-briar.

Quinces and pears, and their quiddany.

Root of fern.

Bark of aſh-tree.

Flower, fruit and bark of pomegranates.

St. John's-wort, whole.

Thick juice of rape of ciſtus, from one drachm to five.

Leaves, flower, ſeed and root of dock.

Unripe fruits of medlars.

All ſorts of nuts of Egypt, from five grains to two drachms.

Myrtle-leaves.

The leaves and flowers of the large lily.

Verjuice.

Burnet.

Purſlane.

Wild plums.

Sour pears.

Leaves and nuts of oak.

Cinquefoil.

Rhubarb from half a drachm to two drachms.

Roſe-flowers.

Burnet.

Greater houſleek.

The fruit of the ſervice-tree.

The fruit of tamarinds, from one to two ounces; with the pulp ſufficiently preſſed and cleanſed, from half an ounce to two ounces.

Tamarisk-bark.

The earth falſely called catechu.

Root of tormentil.

Very tender Pot-herbs, and tender mealy Herbs.

Pot-herbs, or the like.

Orach. Potatoes, or Jeruſalem artichoke. Beet. Borage. Red cabbage. Pig-nut, or earth-nut. Chervil. All the ſuccories. Artichoke. Cucumbers. Dandelion. Endive. Almoſt all kinds of lettuce. Parſnips. Purſlane. Turneps. Skirret-root. Vipers-graſs-root. Spinach. Yellow goat's-beard-root. Meadow valerian.

Mealy Herbs, &c.

Sweet almonds. Oats. Buckwheat, or Saracen-corn. Barley. Mays. Millet. Rice. Panick. Piſtachia. Wheat. Rye. Spelt.

Watry, ſomewhat mealy, ſomewhat oily, ſoft, and mollifying Herbs, &c. uſed in Medicine.

Yellow-mallow. Root, leaves, flowers and ſeeds of vervain-mallow. Chick-weed. Daiſy. Engliſh mercury. Bear's-foot. Greater, leſs and middle comfrey. Hound's-tongue. Henbane-leaves. Roots of white lilies. Toad-flax. Flax. Piles-trefoil, and ſweet-trefoil. The leaves, flowers and root of mallows and water-mallows. Flowers and leaves of melilot. Mercury. Pellitory of the wall. Leaves and buds of black poplar. Self-heal. Jeruſalem ſage. Elder-leaves and flowers. Scabious. Solomon's-ſeal. Night-ſhade. Orpine. Stinking trefoil. Mullein. Violets. Ruſtick vulnerary. Freſh butter. Cream. The fat of fowls, as ducks, geeſe, and capons. Bullock's-liver. Soft oils of mild mealy ingredients. Oil of bitter and ſweet almonds. Linſeed-oil. Oil of olives. Oil of palm. Oil of white poppy. Oil of nightſhade. Oil of ſweet trefoil. Oil of violets.

Vegetables againſt four Humours.

Wormwood. Jack-by-the hedge. Garlick. Dill. Healthful-wolf's-bane. Angelica. Aniſe. Smallage.

Long-rooted and round birthwort. Wild radiſh. Wake-robin. Aſparagus. White aſphodel. Baſil. Cabbage. Sweet-flag. Calamint. Holy-thiſtle. Lady's-thiſtle. Caraways. Aven. Cloves. Scurvy-graſs. Onions. Leſs centaury. Wild carrots. Garden-rocket. Eringo. Flix-weed. Hemp-agrimony. Greater and leſs galingale. Elecampane. Dittander. Sweet-marjoram. White horehound. Feverfew. Spurge-olive. Navew-gentle. Water or garden-creſſes. Wild penyroyal. Wild marjoram. Pepper. Leek. Pellitory of Spain. Radiſh-root. Rue. Sope-wort. Satyrium. Mother-of thyme. Savine. Summer-ſavory. Small houſleek. Muſtard. Squills, or ſea-onion. Thyme. Treacle-muſtard. Victorialis. Nettle. Zedoary. Ginger.

Stimulating Medicines are ſuch as by their Size, Thickneſs, Figure, Moveableneſs, being impelled againſt the Fibrils of the Veſſels, increaſe the contractile Force.

The Leaves of the following may be called acrid Aromaticks; viz.

Thoſe of wormwood, ſouthernwood, maudlin, dill, aniſe, birthwort, wake-robin, wood-betony, calamint, mother-wort, germander, ground-pine, greater celandine, ſcurvy-graſs, dittany, noble liverwort, flix-weed, hemp-agrimony, fenel, ground-ivy, tree-ivy, hyſſop, bay, lovage, ſweet-marjoram, horehound, feverfew, meliſſa, mint, creſſes, wild penyroyal, tobacco, wild marjoram, dittander, arſe-ſmart, leek, penyroyal, roſemary, rue, ſavine, ſage, ſummer-ſavory, water-germander, mother-of-thyme, Scotiſh ſcurvy-graſs, thyme, tanſey, treacle-muſtard, male ſpeedwell, nettle.

The Flowers of the following are called ſtimulating Aromaticks; viz.

Thoſe of maudlin, orange, marigold, clove-gilly-flower, leſſer centaury, chamomile, citron, ſaffron, hemp-agrimony, lily of the valley, hops, melilot, Syrian herb-maſtich, ſage, ſcabious, camel's-hay, lavender-ſpike, tanſey, lime-tree.

The Roots of the following may be called ſtimulating Aromaticks; viz.

Thoſe of ſweet-flag, garlick, angelica, healthful wolf's-bane, birthwort, wild radiſh, carline thiſtle, avens, onions, greater celandine, counter-poiſon, coſtmary, ſweet and bitter coſtus, turmerick, ſow-bread, cyperus, doronicum, baſtard dittany, root of fumitory, galingale, gentian, elecampane, maſterwort, fleur-de-lys, lovage, ſpignel, reſt-harrow, butter-bur, rock-parſley, hogs-fenel, piony, leek, pellitory, pellitory of Spain, radiſh-root, madder, butchers-broom, male ſatyrium, figwort, common hart-wort, ſquills, wild valerian, victorialis, ſwallow-wort, zedoary, ginger.

The following Seeds may be called ſtimulating Aromaticks; viz.

Thoſe of malacca bean-tree, dill, aniſe, ſmallage, columbine, burdock, caraways, celeri, kermes-berries, coriander, cubebs, cumin, carrots, garden-rocket, flix-weed, fenugreek, juniper, bay, aliſander, navew-gentle, creſſes, fenel-flowers, parſnip, rock-parſley, leek, radiſh-root, worm-ſeed, common hart-wort, muſtard, treacle-muſtard, nutmeg, peach-ſtones.

The following Barks may be called ſtimulating Aromaticks; viz.

Thoſe of guaiacum, ſaſſafras, juniper, orange, citron, limon, caſcariglias, cinamon.

The

The following Saps may be alſo called ſtimulating Aromaticks; viz.

Thoſe of aloe, ambergris, liquid amber, gum ammoniack, anime, aſſa fœtida, bdellium, benzoin, elemi, fenel-giant, juniper, lack, ladaniferous ſhrub, maſtich, myrrh, ſagapenum, ſtorax, tacamahaca, frankincenſe.

The following Herbs, Plants, &c. are good againſt Diſeaſes ariſing from a ſpontaneous alcaline Humour.

Alcaleſcent Herbs, and ſuch as generate the Alcali in the human Body.

Edible, and fit for Pickling, ſome poiſonous.

Wormwood, jack-of-the-hedge, garlick, ſmall madwort, wild radiſh, wake-robin, wild orach, aſparagus, winter creſſes, cabbages, white briony, black briony, turnep, treacle worm-ſeed, Guiney pepper, motherwort, meadow-creſſes, Mexico-ſeeds, leſs centaury, germander, celandine, pilewort, ſcurvy-graſs, onions, toothwort, fox-glove, garden-rocket, flix-weed, German or pine ſpurge, hemp-agrimony, hedge-hyſſop, ſciatica-creſſes, ſpurge-laurel, dittander, navew-gentle, water-creſſes, garden-creſſes, roſe-bay, arſe-ſmart or lake-weed, leek, radiſh-root, rue, ſavine, ſummer ſavory, leſſer ſharp houſleek, muſtard, ſquills, treacle muſtard, victorialis.

Milder antiſcorbutick Specificks.

Male ſouthernwood, female ſouthernwood, broad-leaved wormwood, narrow-leaved wormwood, all ſorts of ſorrel, all ſorts of petty-ſorrel, everlaſting, agrimony, male pimpernel, female pimpernel, mugwort, coſtmary, burdock, ſea-purſlain, oak of Jeruſalem, red-top cabbage, turnep, box, chervil, germander, ground-pine, ſuccory, colewort, cuminoides, endive, hemp-agrimony, fenel, fumitory, both ſorts of galingale, ground-ivy, ſorrel, aliſander, ſweet-marjoram, meliſſa, mint, water-creſſes, garden-creſſes, moneywort, rhubarb, ſage, ſcabious, water-germander, flix-wort, male-ſpeedwell, nettle.

Aromatick fragrant Fruits.

Oranges, citrons, pomegranates, limons, barberries, all ſorts of ripe cherries, ſtrawberries, goosberries, mulberries, ſour-ſweet apples, apricocks, peaches, all ſorts of ripe plums, the common blue bramble, the red bramble, the raſp-berry tree, elder, tamarind, the Idean vine.

The ſharper Scorbuticks.

Acriviola, garlick, jack-of-the hedge, wake-robin, wild-radiſh, wormwood, onions, greater celandine, ſcurvy-graſs, elecampane, flix-weed, garden-rocket, gentian, hedge-hyſſop, woad, pepperwort, or creſſes, leek, pellitory-dragon, garden radiſh-root, wild radiſh-root, rue, ſavine, worm-ſeed, ſoap-wort, leſſer ſharp vermicular houſleek, muſtard, water-trefoil.

Antiſcorbuticks gently binding.

Capers, flower of broom, aſh-tree, ſorrel, and all its ſpecies, hops, oak-fern, rhubarb, tamarisk.

Cooling Antiſcorbuticks.

Tartar, and all tartarized Acids.

Oranges, citrons, limons, China oranges, pomgranates, ſummer-fruits ſour-ſweet, whey, ſorrel, petty-ſorrel, ſuccory, milk and water in ſummer, endive, lettuce, ſow-thiſtle, butter-milk.

Strengthening, drying, chearing, anti-ſcorbutick Herbs, proper for curing the Rickets.

Liverwort, betony, bark of root of capers, ceterach, ſuccory, dodder, diapenſia, endive, male fern, agrimony, harts-tongue, meliſſa, nut of Egypt plums, royal oak-fern, oak-fern, oak leaves, and acorns, rhubarb, leaves and root of bramble, wall-rue, ſcabious, bark, flowers and leaves of tamarisk, maiden-hair, male ſpeedwell.

See *Aliment, Diet,* &c.

HERPES.

See *Cutaneous Diſtempers.*

The HICCOUGH *or* SINGULTUS.

THIS diſtemper, which is a convulſive motion of the diaphragm, is cured ſometimes by ſneezing only. Sometimes it becomes incurable.

Proper remedies are, laudanum with cordials, preſerved ginger, ſtomachicks, carminatives after a vomit, and purging with calomel, *&c.*

Externally, a cataplaſm of ſharp leaven, with powder of mint, and other aromaticks ſuppled with oil of caſtor, *&c.*

Inwardly, the inner skin of a fowl's ſtomach, dried and powdered.

If the diſtemper is obſtinate, and the patient ſtrong, vomits are proper.

Some apply a fomentation, hot, to the ſtomach, with a ſponge; or hot bread moiſtened with vinegar boiled with caſtor, pepper, and muſtard.

A quack cured a girl only with ſpirit of ruſt.

The aurum moſaicum, ſtomachick cataplaſm, ſpirituous and ſtomachick fotus's, are well known to the phyſicians, when to be uſed; but above all the julapium moſchatum, whoſe effects are accounted almoſt ſupernatural.

An ounce of skirret-roots boiled in a pint of good red-port, and a large coffee-cup full taken blood-warm, when the hiccough is troubleſome, has been of ſervice in this caſe.

Two or three preſerved damaſcens have alſo done good even in a fever, as Mr. *Boyle* ſays.

See *Fever,* &c.

HIP-GOUT.

See *Sciatica.*

HYSTERICKS.

See *Hypochondriack Diſorders.*

HYPOCHONDRIACK *and* HYSTERICK DISORDERS, SPLEEN, VAPOURS, LOWNESS, *and other Nervous Complaints.*

WE have already touched upon ſeveral ſpecies of theſe diſorders under the heads of Apoplexy, Epilepſy, Fever, Fluxes, Feminine Diſorders, Head-ach, *&c.* as we ſhall alſo of other ſpecies under *Palſy,* &c.

them, by taking ſteel-filings, one part; diſtill'd vinegar, ten parts; he digeſts them in *Balneo Mariæ*, till they become of a gold colour; then he decants; he takes eight ounces of water, and puts four drops of this tincture into it, and it exactly reſembles in taſte and virtue the waters of the Tunbridge wells.

And many people have found benefit by the waters of the new Tunbridge wells, near Iſlington.

We ſhall conclude this article with a caution againſt the too liberal uſe of ſpirit of hartſhorn, which has been known to be attended with hæmorrhages, and ſo ought to be diſcretely uſed, and in ſome feminine caſes not at all.

See *Apoplexy*, *Breaſt*, *Epilepſy*, *Feminine Diſorders*, *Fever*, *Fluxes*, *Head ach*, *Palſy*, *Scurvy*, &c.

JAUNDICE.

THE jaundice often takes riſe from grief, and occaſions a yellowneſs moſt commonly with the heartburn. If it inclines to greenneſs or blueneſs, it is called the Black-jaundice. The yellower it is, the eaſier it is cur'd. It ſometimes follows the colick; in which caſe purge only with rhubarb, and it will, generally ſpeaking, go away of itſelf; but if it ſhould prove otherwiſe, uſe the following apozem:

'Take red dyers-root, and turmerick, each one ounce; greater celandine with the whole, and tops of leſſer centaury, each half an ounce; boil them in ſpring-water, and Rheniſh wine, each an equal quantity, to a quart; ſtrain; add to it ſyrup of five roots, two ounces; mix 'em, and make an apozem. Take half a pint morning and evening, till the cure is perfected.'

Begin the cure of the jaundice with a vomit:

'Take nine ſole-root-leaves cut and bruiſed; pour in it a jill of white-wine, and make an extract.' Or,

'Take root of ſow-thiſtle, and of greater celandine, each one ounce; leaves of ſuccory, and of ſtrawberries, each one ounce and an half; white horehound-leaves, half an ounce; ſena-leaves, and white tartar, each one ounce: infuſe it in white-wine and ſpring-water, each an equal quantity; boil it to a quart; ſtrain it, *&c.*'

If there be a ſuſpicion of a ſcirrhus in the liver, fomentations and the following plaiſter are proper:

'Take mallow-leaves, wild-mallow-leaves, melilot-flowers, and chamomile-flowers, each one ounce; meliſſa-leaves, and ground-pine-leaves, each half an ounce; fenugreek-ſeeds, one ounce and a half: boil it in two quarts and a pint of ſpring-water; adding towards the end a quart of white-wine for a fomentation.'

Sheep's-dung infus'd in beer is a remedy in high repute among the poorer ſort of people.

If the liver is hard, the caſe is deſperate; if otherwiſe, bathe the ſide with woolen cloths; then put upon it plaiſter of hemlock with ammoniack, or of frogs with mercury.

If the diſtemper continues long, it is a preſage of the dropſy.

Half a drachm of Caſtile ſoap, diſſolved in a draught of white-wine, will provoke urine in the jaundice and dropſy.

If the diſtemper ſhould continue long,

long, Tunbridge waters ſhould be drank, if poſſible, on the ſpot.

In an obſtinate jaundice, Ethiops-mineral is a moſt powerful remedy. The white part of the excrements of birds, which is their urine, or the white part of gooſe-dung, is good in the jaundice.

A common remedy among the country people, is the ſwallowing nine live lice every morning, for five or ſix days, with which ſeveral have been cured, after the failure of other medicines.

A very skilful phyſician gives the following directions under the head of

Inflammations of the Lungs.

Theſe, ſays he, are not ſo frequent, as in ſome other parts of the body; but when they obtain, are extremely dangerous, unleſs they take up but a ſmall part of the liver, and ſuch happen more frequently than is commonly imagined.

Some of the beſt cautions, as to diet, may be taken from the cauſes and ſymptoms of this diſeaſe; which, beſides the general cauſes of inflammations, are extreme fatneſs; which, diſſolv'd by heat and inflammations, obſtructs the veſſels of the liver very ſuddenly. An atrabilarian aduſt temper of the blood and gall, an acrimonious or purulent matter, ſtagnating in ſome other organ, is more eaſily depoſited upon the liver than any other part, eſpecially if attended with the uſe of hot and ſpicy aliments, ſpirituous liquors, great heat, and a fever; eroſions, by the acrimony of the gall, or obſtructions by viſcoſity; any calloſity, ſcirrhus, or ſtone in the liver; thirſt, long endur'd, being ſuddenly chill'd by cold air, cold water, or drinking cold liquors after great heat; vomits given injudiciouſly, when the liver is already unſound, which, if they do not remove the obſtruction, exagitate the liver too much; inveterate hypochondriacal diſtempers: all theſe cauſes may produce inflammations of the liver.

In ſuch a caſe, the liver being ſwell'd, compreſſes the ſtomach, diaphragm, and the neighbouring viſcera of the lower belly, ſtops the circulation of the juices, the generation and excretion of the gall, and all digeſtion; produceth an infinity of bad ſymptoms, the jaundice, with all the diſeaſes depending upon it. A fever, an inflammation and pungent pain on the region of the liver and diaphragm, a tenſion of the hypochondres, yellowneſs of the skin and eyes, and a ſaffron-colour'd urine, are ſigns of an inflammatory diſpoſition of the liver.

This diſeaſe ends as other inflammations, being cur'd either by reſolution, concoction, and excretion of the morbid matter, or terminates in an abſceſs, ſcirrhus, or gangrene.

During the firſt ſtate, a warm regimen and ſaffron, which is reckoned a ſpecifick, is improper.

Cooling, reſolving liquors taken inwardly, as whey, with ſorrel boil'd in it; outward fomentations, and frequent injection of clyſters, bathing and frictions, relax, and render the matter fluid; honey, with a little Rheniſh wine, or vinegar, the juices and jellies of ſome ripe garden-fruits, and thoſe of endive, dandelion, lettuce, are reſolvent.

Violent purging hurts; gently relaxing the belly relieves; diluents with nitrous ſalts are beneficial, or tamarinds boil'd in warm water or whey. Bloody ſtools, not in an extreme degree, or only ſtreak'd with blood, ought not to be ſtopped,

ped, becauſe they help to reſolve the diſtemper, and hæmorrhages by the noſe often do the ſame. The feveriſh matter is often carried off by urine, and therefore diureticks, not highly ſtimulating, are proper. Sweating ought not to be promoted by warm cordials, but encourag'd by warm diluting liquors.

It is a deplorable caſe, when the inflammation terminates in a ſuppuration, unleſs the abſceſs points outwardly, ſo as it may be opened; for if the pus be evacuated into the abdomen, it produceth diſmal ſymptoms, putrefaction, or an incurable dyſentery, or bloody-flux.

The pus, from an ulcer of the liver, growing thin and ichoroſe, corrodes the veſſels: it is often carried into the blood, and rejected by vomiting, with a cadaverous ſmell, attended with great thirſt; if it is carried downward, it occaſions a purulent colliquative diarrhœa; acid ſubſtances relieve moſt in this caſe.

This diſeaſe may happen to produce a cancer, or ſcirrhus; one cannot ſay, that the laſt is abſolutely incurable, becauſe it has been known by experience, that graſs and freſh paſture has cur'd it in cattle; and perhaps the expreſs'd juices of graſs, and ſome opening plants, may do the ſame thing in mankind, as of the milky plants above-mention'd.

The diet preſcrib'd here is neceſſary in a jaundice, and all diſeaſes of the liver; and abſtinence from ſuch ſubſtances as induce putrefaction, eſpecially ſalted fiſh and fleſh, and, above all, ſtrong liquors.

We ſhall add the following recipes, which have been found effectual in different caſes of the jaundice.

Mr. Boyle's *Medicine for the Jaundice in Children.*

TAKE half an ounce of choice rhubarb made into powder: incorporate with it exactly, by long beating, three ounces of well choſen and cleans'd currans. Of this electuary let the patient take every morning about the quantity of a nutmeg, for ſeveral days together.

Mr. Boyle's *ſpecifick Remedy for the Yellow-jaundice.*

TAKE half a drachm of good ſaffron dried, to be rubb'd in a glaſs mortar into powder, and incorporate it well with two drachms of choice turmerick. In the mean time take two ounces of freſh ſheep's-dung, and let it ſteep in about a quart of ſtrong ale in a moderate heat, till the liquor be fully impregnated with the virtue of the dung; then ſtrain it lightly thro' a linen cloth, into a pint of it, or as large a draught within the limit as the patient can well take: give about half a drachm of the foremention'd mixt powder. This do in the morning faſting, and in the evening about bed-time, giving alſo another doſe the morning after the firſt.

For the Yellow-jaundice.

TAKE rhubarb, two drachms; ſaffron, mace, each a drachm; hemp-ſeed, one ounce: bruiſe them, and put therein a quart of white-wine, and ſet it in a gentle heat to extract; then take, mornings and evenings, in an empty ſtomach, about a quarter of a pint; and when all is ſpent, pour on ſome more wine upon the ingredients, adding a little freſh rhubarb and ſaffron, and uſe it as before.

Excellent Pills for the Yellow-jaundice.

TAKE cream of tartar, cochineal, each half a drachm; Venetian ſoap, two drachms: beat theſe up into pills. Or, inſtead of cochineal may be uſed Barbadoes indico.

I have experimented theſe, ſays Dr.

Dr. *Fuller*, and recommend them as excellent for the jaundice. Let half a drachm be given thrice a day, till the diſeaſe be conquered, which will be in a ſhort time, unleſs ſome almoſt invincible tumour, or obſtruction, in the liver or gall-paſſages, hinder.

For the Jaundice and Dropſy.

TAKE horſe-radiſh ſliced, two ounces; muſtard-ſeed bruiſed, one ounce; live millepedes, one hundred: infuſe them for a night (in a very cloſe veſſel) in a pint and half of boiling water; ſtrain it, and add three ounces of the ſyrup of the five opening roots: take four ounces every night and morning.

A moſt prevailing Medicine for the Jaundice.

TAKE Venice-ſoap, (ſcrap'd very thin) from two ſcruples to four: boil it in cows milk from ſix ounces to four; then add ſugar, three drachms, and ſtrain it. Let it be given morning and afternoons for four or five days.

Mynſicht's elixir of vitriol is very good for the jaundice, taken from ten to forty drops three times a day in a glaſs of white-wine and water.

Pills for the Jaundice.

TAKE Venice-ſoap, two drachms; fine rhubarb in powder, two ſcruples; ſaffron one ſcruple; extract of gentian, a ſufficient quantity to make a maſs of pills; ten out of a drachm: take five twice a day in a wine-glaſs of bitter wine.

An Electuary for the Jaundice, and Obſtructions of the Spleen.

TAKE conſerve of Roman wormwood, one ounce; extract of gentian, one drachm; Venice-ſoap, five millepedes, of each three drachms; ſyrup of the opening roots, enough to make an electuary: take the quantity of a nutmeg three times a day.

A great Arcanum againſt the Jaundice.

TAKE troches of vipers, (or rather vipers fleſh dry'd) fifteen grains; ſalt of amber, three grains; ſaffron, two grains: make a powder.

Dr. Willis's *Preſcription for the Jaundice.*

TAKE the roots of the greater nettles, a pound; ſaffron, a ſcruple; bruiſe them well, and extract a tincture with white-wine. Take three ounces in the morning for four or five days.

For the Black or Yellow-jaundice.

TAKE the inner rind of barberry-bark ſliced thin, one ounce; ſaffron, half a drachm; red ſanders, half an ounce; infuſe a whole night in white-wine, in which gads of ſteel have been quench'd: take a quarter of a pint of it every morning.

General Remedies proper in the Yellow-jaundice, and Diſeaſes of the Liver.

GArden and meadow-ſorrel, round-leav'd and petty-ſorrel, wild orach, Engliſh mercury, wild and garden ſuccory, dandelion, wild endive, endive, fumitory, hawk-weed, lettuce, ditch-dock, purſlain.

See *Dropſy*: Alſo *Confectionary* and *Diſtillery*.

ILIACK PASSION.

See *Twiſting of the Guts*.

IMPOSTHUME.

To make the Impoſthume-water, or Drink.

WASH and ſcrape an handful of burdock-roots, and pull off the outward bark of them; then take unſet hyſſop, thyme, and comfrey, as much of each as you can hold between two fingers: boil theſe in a gal-

a gallon of ale, till it comes to two quarts; ſtrain it, and put half a pint of honey to it, and ſet it on the fire again, till it boil; then divide it into nine parts, and drink it in the morning faſting, and in the evening: it will cure any impoſthume in the head or ſtomach.

INFECTION.

See *Odours, Plague, Venomous Bites,* &c.

INFLAMMATIONS *of the* GUTS.

See *Twiſting of the Guts.*

INFLAMMATORY DISTEMPERS.

See *Apoplexy, Fever, Jaundice, Madneſs, Pleuriſy, Quinſy, Stomach, Thruſh, Twiſting of the Guts, Ulcers,* &c.

INFUSIONS.

IN bodies containing fine ſpirits, which eaſily diſſipate, the rule is, according to lord *Bacon*, a ſhort ſtay of the body in the liquor receives the ſpirit, and a longer confounds it, becauſe it extracts the earthy part with it, which debaſes the finer. 'Tis therefore an error in ſuch as think the virtue is increaſed by the length of the ſtay. But if you would have the infuſion ſtrong, in thoſe bodies which have fine ſpirits, you muſt repeat the infuſion of the body oftener. *E. gr.* Take violets, and infuſe a good pugil of them in a quart of vinegar, for three quarters of an hour; then take them out, and refreſh ſeven times, in like manner, the infuſion with a like quantity of new violets, and it will make a vinegar ſo freſh of the flower, that a twelvemonth after, you ſhall ſmell it, if brought in a ſaucer, before it come at you. It ſmells more perfectly of the flower, a good while after, than when firſt made.

This rule is of excellent uſe for the preparations of medicines and other infuſions. *Ex. gr.* The leaf of borage hath an excellent ſpirit to depreſs the fuliginous vapour of dusky melancholy, and ſo to cure madneſs: but nevertheleſs, if the leaf be infuſed long, it yields a raw ſubſtance of no virtue. Therefore I ſuppoſe, ſays lord *Bacon*, that if in the muſt of wine, or wort of beer, while it works, before it be tunned, the borage ſtay a ſmall time, and be often changed with freſh, it will make a ſovereign drink for melancholy paſſions; and the like I conceive of orange-flowers.

Rhubarb hath manifeſtly in it parts of contrary operations, *i. e.* parts that purge, and parts that bind; and the firſt lie looſer, and the latter deeper: ſo that if you infuſe rhubarb for an hour, and cruſh it well, it will purge better, and bind leſs afterwards, than if it ſtood twenty-four hours. This is tried. But I conceive likewiſe, ſays our author, that by repeating the infuſion of rhubarb ſeveral times, as is ſaid of violets, letting each ſtay in but a ſmall time, it may be made as ſtrong a purging medicine as ſcammony, and it is of great importance to be able to make medicines of ſuch benign qualities, as rhubarb has, to have the ſame efficacy and ſtrength, as thoſe that are not without ſome malignity.

Purging medicines have generally their virtue in a fine ſpirit, as appears by their loſing much of their force if boiled. 'Tis therefore of good uſe in phyſick, if you can retain the purging quality, and take away the unpleaſant taſte, which 'tis probable may be done by this courſe of repeated infuſion. For 'tis not

not unlikely, that the nauſeous taſte is in the groſſer part.

The way of trying the efficacy of a long or ſhort ſtay in infuſions, is as follows: Let the orange-peels, or whatever you would infuſe, ſtay half an hour in water; then take them out, and infuſe them again in other water; and ſo the third time; and then taſte and conſider each water, and you will thereby perceive the different qualities of the infuſion, as well with regard to ſtrength, as to taſte and ſmell, and ſo regulate your infuſion accordingly.

Infuſions in air (for ſo may we well call odours) have the ſame diverſities with infuſions in water; in that the ſeveral odours, which are in one flower or other body, iſſue at ſeveral times, ſome earlier, ſome later. So we find, that violets, woodbinds, ſtrawberries, at firſt, yield a pleaſant ſmell; but ſoon after a ſcent quite different: which is cauſed not ſo much by mellowing as by the late iſſuing of the groſſer ſpirit.

As we would chuſe in ſome caſes to extract the fineſt ſpirits, ſo, in others we might be glad to diſcharge them as hurtful. So burning of wine is beſt in agues, as it inflames leſs, the finer ſpirit being evaporated. Opium loſes ſome of its poiſonous qualities, vapoured out, or mingled with ſpirit of wine, or the like. Sena loſes ſome of its windineſs by concoction; and windy or ſubtile ſpirits are generally taken off by the fire or evaporation: and even in infuſions of things of too high a ſpirit, it were better to pour off the firſt infuſion, after a ſmall time, and uſe the latter.

See *Aliment, Herbs*, &c.

INTERMITTING FEVERS.

See *Fevers*, &c.

ISSUES.

See *Evacuations*.

ITCH.

See *Cutaneous Diſtempers*.

KIBES.

SEE *Chilblains*.

KIDNEYS.

See *Stone, Ulcer*, &c.

KING'S-EVIL

IS a tumour hard and unequal, ſeldom painful; moſt commonly of the ſame colour with the reſt of the body; ſometimes ſlightly red or livid. It is hard to be cured at any time, but if hereditary, incurable; and ſcarce ever in perſons above forty years old.

Paronychia, with a rue-leaf, is ſometimes taken for it, infuſed in beer; as is infuſion of roſemary like tea; alſo king's-evil root. The application of a dead man's hand has been known to cure it.

White dead-nettle, boil'd in milk, turns it to curd, and alone has been found to cure the diſtemper.

The ſwelling may be diſſolved by uſing the following plaiſter:

'Take of great briony-root cut 'into thin truncheons, half a pound: 'fry it in a frying-pan, till it de- 'cays: ſtrain it, and add half a 'pound of turpentine of fir; five 'ounces of yellow wax: mix 'em, 'and make an ointment.'

But above all things yet known, ſome phyſicians tell us, a decoction of

of colts-foot leaves have been found to be ſucceſsful, taken inwardly for a long time.

A famous empirick, the honourable Mr. *Boyle* tells us, uſed to do great matters in this diſtemper, by a ſtrong decoction of the herb devil's-bit, taken for a great while together.

This honourable gentleman gives us the three following receipts for this diſeaſe:

An approved Remedy for the King's-evil.

'Set a quart of new-milk on the 'fire till it juſt boils up; then take 'it off, and put into it two ſpoonfuls 'of the beſt honey, and ſtir it till 'it be diſſolved, and then ſet it on 'the fire again, and let it boil two 'or three walms. Then divide it 'into four parts, and drink one part 'warm, early in the morning, an'other about ten of the clock, an'other about four in the afternoon, 'and the laſt a little before bed'time. Do this daily for two or 'three months, except you purge, 'which muſt be once a week, take'ing (if a grown man) three quar'ters of an ounce of caryocoſtinum 'diſſolved in poſſet-drink. Dreſs 'the ſores, if they run, with any 'drawing ſear-cloth, or a plaiſter of 'Burgundy-pitch.'

The medicine, though not very promiſing, is very famous by the many cures done with it, by a charitable lady, of whoſe ingenious chaplain, ſays Mr. *Boyle*, I procured it.

An uſeful Drink in the King's-evil.

'Take white-wine, a quart; juice 'of pellitory of the wall, a pint; 'ſpirit of wine, half a pint; ſal 'prunellæ, an ounce; mix, and diſ'ſolve; then pour off the clear, and 'ſweeten with white ſugar, and 'take ſix ſpoonfuls night and morn'ing. There is no better thing in 'the world, ſays my author, for 'this diſtemper.'

A Cure for Schrophula's, and the King's-evil.

'Take an ounce of paronychia 'folio rutaceo, called rue whitlow-'graſs, and by ſome felon-wort: 'boil it every morning in a quart 'of ſmall-beer; ſtrain it, and drink 'it for your ordinary drink. It 'waſtes the peccant humour, ap'peaſes the pains, diſcuſſes the un'broken tumors, and heals the bro'ken ones.'

The following recipes are alſo worthy of attention, having done great good in different caſes.

An excellent Diet-drink for the King's-evil, Dropſy, or any other running or ſwelling Humour.

TAKE twelve pints of water; three ounces of lignum vitæ, half the bark, and half of chips, a little broken; two ounces of liquorice, ſcrap'd and ſlic'd; two ounces of ſarſaparilla, ſlic'd and cut half an inch long; half an ounce of ſaſſafras, ſhav'd; a quarter of a pound of raiſins of the ſun, ſtoned: put all into an earthen pot cloſe covered on the coals all night; next day boil it three or four hours, till a third part of it be conſumed; and before it is ſtrained out, add to it half an ounce of ſena; and when 'tis cold, put it into bottles, and take ſeven or eight ſpoonfuls in the morning, after dinner, and going to bed. During the time you take this, you muſt eat all drying meats.

The Salve to be put on the Leg.

Take of bees-wax, what quantity you pleaſe; and of oil-olive, double the quantity: melt them together: when it is ready to boil, pour it into

into a baſon of cold water, and work it with the back of a ſpoon like butter. Do ſo in three or four waters, till it become pretty hard; then ſpread it on old Holland, and apply it to the ſore. Waſh the ſore twice a day with skimmed milk and water as hot as you can bear it; then put on the plaiſter.

N. B. After the above diet-drink is drawn off, you may put nine quarts of water to the ſame ingredients, and drink it as common drink, if it agrees with the ſtomach.

Another Plaiſter for the Evil.

TAKE diachylon, with the gums, one ounce; hogs-lard, half an ounce; wax, a ſufficient quantity to make a plaiſter: lay it on the ſwelling.

A Decoction againſt the King's-evil.

TAKE herb Robert, brooklime, of each three ounces; dead nettles, ſix ounces; liquorice, aniſeeds, of each one ounce; raiſins, four ounces; ſena, three ounces; carthamus, two ounces; agarick, ſix drachms; ſpring-water, a gallon: infuſe, and boil them to two quarts. Take four ounces four times a day. If you omit the purging ſimples, as the ſena, you may uſe it as common drink.

Pills for the ſame.

TAKE quickſilver, intimately mixed with a little Venice-turpentine; gum-guaiacum, of each one drachm and half; oil of ſaſſafras, twenty drops; extract of ſarſaparilla, enough to make forty pills: take three twice a day, with a draught of *Bates*'s compound lime-water.

A Powder for the ſame.

TAKE ſponge-ſtone, three drachms; ſal gemmæ, two drachms; tartar vitriolate, one drachm: mix, and make a powder. Take two ſcruples, twice a day, for twelve days together. It is ſaid to be ſpecifick in the cure of the king's-evil. If there be any ulcers, ſtrew them with it.

An Electuary for the ſame.

TAKE Ethiops-mineral, and cinnabar of antimony, of each ſix drachms; earth-worms dried and powdered, two drachms; ſalt of amber, tartar of vitriol, and cream of tartar, of each a drachm and a half; powder of arum-root, two drachms; ſteel prepared with ſulphur, three drachms; ſyrup of the five opening roots, a ſufficient quantity to make an electuary: take the quantity of a nutmeg twice a day, for near three months.

For the King's-evil.

STAMP a peck of the flowers of fox-glove, till they be very ſmall, in a ſtone mortar; after which put to them three pounds of freſh butter out of the churn; ſet them on a ſoft fire in a new earthen pipkin, and let it boil four hours, ſtirring it continually with a wooden flat ſtick; then put it out in an earthen pipkin, which never had ſalve in it: you may beat it again when it needs, which will be once a month: you may ſet it in an oven after the bread is out, and put in a piece of new butter without ſalt, to keep it moiſt. When you uſe it, take no more than you need at a time; and warm it not too hot, but ſo that the patient may well endure it. It muſt be laid on every place where the evil is broken. Dreſs the ſores twice a day, anointing them with ſome of that oil which runs from the compoſition, as far as it is hard: lay on the cloth neither too thick, nor too thin: keep always the ſame cloth next to it; but the cloth over that,

that, ſhift as often as you pleaſe. There muſt be no ſalt in the butter you uſe; nor muſt it be waſhed, but well beaten out of the churn. There will be an oil on the top of the compoſition, if well kept; and that is the oil which is ſpoken of. During this time uſe the following

Diet-drink.

Take three ounces of guaiacum ſliced; one ounce of its bark: infuſe them for two hours in a gallon and an half of clear running water, on hot aſhes, in a pipkin cloſe covered; then boil it over a gentle fire, till a third part be waſted; after which add epithymum; polypody of the oak, two ounces; of the flowers of fumitary and borage, each an ounce; roſemary-flowers, ſuccory-roots, primroſes, cowſlips, chamomile-flowers, violet-flowers, each one ounce; the ſeeds of anis and fenel, each half an ounce: boil all theſe till there remain but ſix pints of liquor; then ſtrain it clear, and let it infuſe as aforeſaid, twelve hours on hot aſhes, with three ounces of ſena beaten: after once boiling, ſtrain it clear; then put it in a little ſugar according to the palate, and let the patient take two or three ounces in the morning faſting, continuing it eight days; and add or diminiſh as you find it work: twice or thrice a day is ſufficient.

For the King's-evil.

TAKE a peck of ſanicle; half a peck of harts-tongue-leaves; three handfuls of rue-leav'd whitlow-graſs; half a pound of Spaniſh liquorice: waſh the leaves clean, and put them into two gallons of water; boil it to one gallon; take it off, and ſtrain it; ſweeten it with honey. Give the patient a quarter of a pint three times a day, firſt in the morning, an hour after dinner, and laſt at night. Before you give this diet-drink, put a good handful of ſcurvy-graſs into a pint of white-wine; ſteep it all night, and the next morning ſtrain it, and give the patient a third part of the white wine; drink it three mornings ſucceſſively, and then take the above diet-drink.

A muſhroom that grew on a birch-tree, put into wine, and drank, is ſaid to have a ſingular virtue in curing and waſting the king's-evil.

LENTIGINES.

SEE *Cutaneous Diſtempers.*

LEPROSY.

See *Cutaneous Diſtempers.*

LETHARGY.

See *Apoplexy, Fever,* &c.

LIVER.

See *Jaundice,* &c.

LIVER-SPOTS.

See *Cutaneous Diſtempers.*

LOOSENESS.

See *Fluxes,* &c.

LOWNESS.

See *Head-ach, Feminine* and *Hypochondriack Diſorders.* Alſo *Diſtillery.*

LOWSY DISTEMPER.

See *Childrens Diſorders.*

LUNACY.

See *Madneſs.*

LUNGS.

See *Ulcers:* Alſo *Syrups* in *Confectionary.*

MAD DOG.

SEE *Venomous Bites,* &c.

MADNESS, PHRENSY, *and* MELANCHOLY.

UNder this head we ſhall claſs not only the diſtemper of *Madneſs* itſelf, but the approaches to it, *Melancholy*, *Phrenſy*, &c. and begin with

A Phrenſy, otherwiſe called *An Inflammation of the Brain.*

It is a diſeaſe, that, of all others, requires the ſpeedieſt applications.

The firſt remedy is bleeding, occaſionally repeated, and this will ſometimes do of itſelf. If the patient be coſtive, purgatives muſt be avoided, becauſe they will excite a motion in the fluids, and ſo increaſe the diſorder: an emollient and relaxing clyſter is therefore beſt to be given, which muſt not be ſharp, but ſoftening; and the following is very proper:

'Take marſhmallow-roots, one 'ounce; leaves of pellitory of the 'wall, chamomile, and melilot-'flowers, of each half an ounce; 'fenugreek, and line-ſeeds, of 'each three drachms; figs, one 'ounce: boil all theſe in whey, and 'to the decoction ſtrained, conſiſt-'ing of twelve ounces, add lenitive 'electuary, two drachms; ſal gem. 'three drachms: mix, and make a 'clyſter, as occaſion requires.'

After this the rapid motion of the blood is to be attacked by refrigerating medicines; the following is a very good one:

'Take poppy-water, two ounces, 'lettuce-water, one ounce; cina-'mon-water, two drachms; ſal 'prunellæ, one ſcruple; ſyrup of 'limons, three drachms; mix, and 'make a draught, to be taken every 'fourth hour.'

Let barley-water be drank plentifully, with a little juice of limon ſqueezed in it; and after proper diſcharges have been made, and the diſorder begins to give way, let the following be taken:

'Take poppy-water, three ounces; cold cinamon-water, three 'drachms; ſyrup of white poppies, 'one ounce; ſalt-petre refin'd, fifteen grains; mix, and make a 'draught, to be taken whenever 'reſt is wanting, whether by day 'or night.'

When the patient is pretty well recovered, which will be known by the pulſe, which was ſtrong and quick, becoming ſlow and equal; the urine, which was pale, becoming of a pure amber colour, and ſettling, and by the memory and judgment returning; it will be then convenient to give ſome ſuch gentle lenient potion as the following, to divert the humours, and throw them downwards:

'Take ſena-leaves, two ſcruples; 'cream of tartar, three drachms; 'coriander-ſeeds, one ſcruple; man-'na, half an ounce: infuſe them all 'night in barley-water; ſtrain them 'out in the morning; take five 'ounces, and keep gently warm; 'and repeat this once or twice at 'the diſtance of one day.'

Profuſe hæmorrhages from the noſe commonly reſolve this diſeaſe, and copious bleeding, by opening the temporal arteries, which are the moſt effectual remedies.

As to the diet proper in the caſe, ſubſtances which cool, and at the ſame time relax the belly, are highly beneficial, as tamarinds boiled in water,

water, which taken plentifully, may at laſt bring a looſeneſs, which is a great relief to the head.

Soliciting the blood to other parts of the body; therefore tepid batheings of the lower parts, and procuring the piles, relaxing fomentations applied to the veins, which carry the blood from the head, relieve in this diſeaſe. Cool air, and ſetting up, if poſſible; for the warm air of the bed exagitates the blood.

The aliment ought to be ſlender, as water-gruel acidulated, or ſubacid ripe fruits, with their jellies; the drink ſmall, diluting, and cooling, barley-water, ſmall-beer, or the decoction of tamarinds above-mentioned. All ſuch gentle anodynes as are to be found amongſt the alimentary kind, are ſafe. See the articles of *Delirium* and *Watchfulneſs* in the caſe of FEVERS.

Melancholy, Madneſs.

This being a diſeaſe more terrible than death, and hard to be cured, when it has taken place, the approaches towards it ought to be carefully obſerved. Theſe are, commonly, ſhort ſleeps, obſtinate watchfulneſs, troubleſome or terrible dreams, great anxiety of mind, with ſighing, ſudden fits of anger without cauſe, love of ſolitude, ſuppreſſion of uſual evacuations, as of the menſes in women, and hæmorrhoids in men; great heat, eyes hollow and fixed, immoderate laughter or crying without occaſion; too great loquacity, and too great taciturnity, by fits; great attention to one object, all theſe ſymptoms without a fever.

When this diſeaſe is hereditary, it is ſeldom cured.

The atribilarian conſtitution, or a black viſcous pitchy conſiſtence of the fluids, which moſt frequently occaſions this diſeaſe, makes all ſecretions difficult and ſparing; the intention therefore ought to be to render the humours fluid, moveable, and carry them out of the body, eſpecially the bile, which is viſcous; ſudorificks indeed are not ſo proper, becauſe they thicken.

The aliment preſcribed in melancholy conſtitutions (ſee *Conſtitutions*) ſhould be uſed. *Boerhaave* gives an inſtance of a patient, who by a long uſe of whey, water, and garden fruits, evacuated a great quantity of black matter, and recovered his ſenſes. Cold bath, and eſpecially a ſudden immerſion in the ſea, has done good by acting upon the nerves and ſpirits; where-ever there is any uneaſineſs or ſenſation of pain, one ought to ſolicit the humours towards that part, or to make the proper evacuations from them, eſpecially (if it be poſſible) to procure the piles, which ſeldom miſs to relieve the head.

The madneſs which proceeds from a plethora, or too great fulneſs, is cured by plentiful bleeding and purging.

The weakneſs which ſucceeds the madneſs requires a more refreſhing and warm diet, eſpecially the uſe of chalybeat waters.

Mr. *Boyle* gives the following remedy, which he intitles,

An experienced Medicine for a Mania, or a Madneſs not very obſtinate.

'Take two ounces of the berries of box, and infuſe them warm (in a cloſe veſſel) in a quart of claret, or red wine, for forty-eight hours; then decant the liquor, and put to it an equal quantity of the diſtilled water of vervain; and of this mixture let the patient take ſix or eight ounces at a time, and compoſe himſelf to ſweat, and reſt after it.' This

muſt be daily done for a pretty while together, if need requires.

The following are alſo well approved in particular caſes.

For Madneſs that is of a chearful and raving Species.

TAKE ſweet ſpirit of nitre, three drachms; ſpirit of hartſhorn, tincture of caſtor, of each one drachm: mix them, and give forty drops thrice a day.

Another.

TAKE tincture of black hellebore, two drachms; ſal volatile oleoſum, compound ſpirit of lavender, of each one drachm; mix, and give forty drops three times a day.

For the ſame.

TAKE ſalt of nitre, powder of black hellebore, of each two drachms; volatile ſalt of amber, twelve grains: mix them, and divide them into ſix papers, and give one of them twice a day with a draught of the following emulſion:

Take the ſeeds of white poppies, two ounces; peony, ſweet almonds husked, of each ſix drachms; bruiſe them, and pour upon them black cherry-water, one quart: ſtrain it, and add compound peony-water, three ounces; ſpirit of ſaffron, one ounce; white ſugar, a ſufficient quantity to ſweeten it; and the patient may drink of it at pleaſure.

An Emetick Draught for Madneſs.

TAKE the juice of aſarabacca, ſix drachms; oxymel of ſquills, half an ounce; carduus-water, two ounces; mix into a draught. This is a very ſtrong vomit, and much uſed at Bedlam.

An Elixir againſt Melancholy.

TAKE roots of valerian, caſſamunair, of each two ounces; black hellebore, four ounces; digeſt them twenty-four days in a quart of ſpirit of wine rectified; then ſtrain and preſs it out hard, and add to it extract of ſaffron, one ounce; ſalt of ſteel, half an ounce; diſtilled vinegar, half a pint; digeſt theſe ſome days together in a cloſe veſſel, and pour it off, and filtre it for uſe. It is to be taken from ten to forty drops, in compound bryony-water. It is a moſt efficacious medicine in all melancholy affections of either ſex.

A Cordial againſt melancholy Affections.

TAKE white ſugar, one pound; borage-water, four ounces: boil almoſt to a conſiſtence: while it is boiling, add freſh borage-flowers freed from their black ſpots, ſix ounces; boil them till the flowers are criſp or dried: take it from the fire, and mix therewith leaves of gold N° 16; ambergris, twenty-four grains. It is a moſt elegant cordial, recreating the vital and animal ſpirits; and it has no ſecond in hypochondriack melancholy. It is alſo good againſt diſeaſes of the breaſt and lungs, as colds, coughs, aſthmas, rheums, wheeſings, and hoarſeneſs, *&c.* There is no doſe to be limited in the uſe of it, but it may be taken at pleaſure.

A Water good againſt Melancholy.

TAKE of the flowers of wall-gilliflowers, or hearts-eaſe, four ounces; of roſemary-flowers, three ounces; of damask-roſe-leaves, three ounces; of borage and bugloſs-flowers, each one ounce; of balm-leaves, ſix ounces; marigold-flowers, one ounce; pinks, ſix handfuls; cinamon groſly beaten, half an ounce; two nutmegs; one ounce of aniſeeds groſly powdered; one drachm

of

of Engliſh ſaffron; and let them ſtand, being all put into a gallon of ſack, and ſteeped for the ſpace of two days, ſtirring them very often; then diſtil in a dry or cold ſtill, well paſting up the ſides thereof with rye-paſte: let this water drop into a glaſs which hath two grains of muſk hanging on a little lawn bag: you muſt let ſix ounces of white ſugar-candy be put into the glaſs where the water ſhall drop. You may ſet the glaſs in warm water, that the ſugar may melt: whether the flowers be ſingle or double, 'tis no difference. Take of it three times in a week faſting, two ſpoonfuls at a time, and at other times, if you find yourſelf ill. Let the fire be as ſmall as you can; elſe the water will be ſmall, and the leſs; and as any of the forementioned flowers grow up ripe, gather them, and put them into the ſack: let the pot be cloſely ſtopped, and put them therein, as they ripen.

Excellent againſt Melancholy.

TAKE four pints of whey; put in of borage, bugloſs, each two ounces; fumitary, tops of St. John's-wort, panſies, agrimony, balm, of each one ounce; harts-tongue, ſcabious, betony, of each half an ounce; polypody-roots, half an ounce: boil theſe to three pints; then put in three drachms of ſena-leaves; one drachm of mace; fenel-ſeeds, as much; cowſlip and roſemary-flowers, of each half an ounce; and a few raiſins of the ſun ſtoned: then give it one wallop, and let it ſtand cloſe covered till it be cold; afterwards let it run thro' a cotton bag; drink of this in a morning early, and again at nine o'clock, before dinner a good draught, and then cover it.

See *Epilepſy*, *Head-ach*, *Feminine* and *Hypochondriack Diſorders*, *Palſy*, &c.

MASTICATION.

MAſtication, or chewing, is a very neceſſary preparation of ſolid aliment, without which there can be no good digeſtion. A great loſs of ſpittle cauſeth a decay of appetite. This has been confirmed by experience in ſeveral, who have made it their conſtant cuſtom to chew maſtich. Chewing and ſmoaking of tobacco is only proper for phlegmatick people. The humour of ſalivation is not properly ſpittle, but putrefied blood. The depravation of the inſtruments of maſtication by a paralytical diſpoſition, or by the want of teeth, as in old men and infants, is a natural indication of a liquid diet, as of milk and broths: and even ſuch of them as take ſolids, ought to chew in order to make an expreſſion of the ſpittle.

See *Aliment*, *Diet*, *Digeſtion*, &c.

MEASLES.

DR. *Morton* ſays, very few remedies in this diſtemper are needful before the eruption, unleſs very urgent ſymptoms ſhould happen, as convulſions, &c.

If the animal ſpirits run into great diſorders, cephalick juleps with tincture of caſtor, and pulvis ad guttetam, and ſuch-like, may be uſed;

and if that fail, ſome drops of liquid laudanum may be given.

The diarrhœa is rather to be palliated than totally checked: the white decoction may be ſubſtituted inſtead of malt liquor, which ſhould be forbidden; and the teſtaceous powders may be given, but laudanum, except in caſe of great neceſſity, ſhould be forborne.

The diſtemper may be known by the following ſigns:

In the breeding of the meaſles, the firſt day they are hot and cold by turns; the ſecond day comes on the fever, with great ſickneſs, thirſt, cough, heavineſs, ſleepineſs: ſneezing, vomiting, looſe and greeniſh ſtools, a ſerous humour from the noſe and eyes, are the ſymptoms the fourth or fifth day; when the efflorescence and eruption commence. The ſixth day the puſtles die away, and the face becomes rough. On the eighth day they quit the face, and on the ninth the whole body; and then the fever increaſes, and the cough and difficulty of breathing grows very troubleſome.

The cough ſhould be treated with mucilaginous or oily things, and pectorals, as oil of ſweet almonds, ſyrup of coral, and its tincture, and ſuch-like. Gum tragacanth taken plentifully in a linctus, or diſſolved in ſome pectoral decoction, and mixed with the teſtaceous powders, is held very excellent for this vexatious and often mortal cough. And this is preferred even to the famous *Sydenham*'s narcoticks, or ſleepy medicines.

When the efflorescence or breaking out is begun, and a ſhortneſs of breath enſues, and a difficulty of ſwallowing, *&c.* Dr. *Morton* abſolutely preſcribes bleeding in large quantities, as he does alſo for a troubleſome and dangerous ophthalmy, or redneſs and pain in the eyes. A looſeneſs in this ſtage of the diſtemper may be ſafely ſtopped by opiates.

In the laſt ſtage, when the appearance of the meaſles is gone off, if a fever with violent ſymptoms continue, 'tis reckoned a very dangerous indication. On the contrary, if the criſis be perfect, powerful purges are neceſſary, though the blood ought not to be over-haſtily agitated, before the venom is wholly ſubdued.

If a dry troubleſome cough continues after the diſtemper is over, bleeding ſhould be uſed, and, if need be, repeated in a day or two; and linctus's and lenient medicines, as in a catarrh, ſhould be given, with the bark in pretty good quantity; and if occaſion requires, an opiate at nights.

Bleeding and a vomit, ſeaſonably preſcribed at the beginning of this diſtemper, often happily prevent the bad ſymptoms attending it. Thoſe who have had the ſmall-pox are leſs liable to the meaſles.

See *Childrens Diſtempers*, *Small-pox*, &c.

MEAT.

See *Aliment*, *Diet*, *Digeſtion*, &c.

MEDICINES.

A general Rule relating to them.

WE have very little to ſay under this head, becauſe the proper medicines for every diſtemper are given with every diſeaſe treated of in this work. However the following general rule is proper to

to be attended to by every one, who is obliged to have recourſe to the medical art. It is this:

That *Change in Medicines*, as well as food, contributes to health; for nature by continual uſe of any thing grows to a ſatiety and dulneſs, either of appetite or working; for even poiſons have loſt their force by cuſtom; and this is the more evident in the Turks, who ſo plentifully accuſtom themſelves to opium, that it abates much of its ſoporoſe effects upon them. Intermiſſion therefore alſo has generally the ſame effect as change; and one medicine is not to be ſo conſtantly uſed, as to blunt its force; but a neceſſary one may be diſcontinued ſome days, and then reſumed.

On the other hand, a patient muſt not be preſently diſcouraged, if he find not all the ſucceſs he expected in ſome regimens, as in the caſe of guaiacum, ſarza, *&c.* or if in the beginning of the courſe, he find himſelf, as he thinks, worſe; for ſuch diets drying up humours, rheums, *&c.* they cannot dry up till they have firſt attenuated, and till then the humour is more fluid than before, and of conſequence more troubleſome to the patient, 'till 'tis dried up and conſumed. Perſeverance therefore in ſuch caſes muſt be uſed; and here to diſtinguiſh rightly between the neceſſity for intermiſſion or change in one caſe, and perſeverance or conſtancy in the other, the judgment of the phyſician is requiſite.

See *Conſtitutions*, *Herbs*, *Opium*, &c.

MEGRIMS.

See *Head-ach*, *Hypochondriack Diſtempers*, *Palſy*, &c.

MELANCHOLY.

See *Madneſs*, &c.

MILK, NURSES, *&c.*

The Qualities and Uſes of the different Sorts of Milk. With the Regimen proper to be obſerved by Nurſes.

THE milks of ſeveral animals differ but very little as to their ſenſible qualities; *Womens milk* is the ſweeteſt.

As to their nutritious qualities, they ſeem to ſtand in the following order; that of women, aſſes, mares, goats, ſheep, cows.

The milk of animals which make hard dung, is moſt nouriſhing.

Milk, ſtanding ſome time, naturally ſeparates into an oily liquor called *Cream*; and a thinner, blue, and more ponderous liquor, called *Skimmed-milk*; neither of which parts is naturally acid or alkaline, (but may turn ſo by ſtanding for ſome time) nor in the leaſt acrimonious; for being let fall into the eye, they cauſe no pain or ſenſation of ſharpneſs.

If a nurſe ſhould abſtain from all acid vegetables, from wine, malt-drink, and feed only on fleſh, and drink water, her milk, inſtead of turning ſour, will become putrid, and ſmell like urine.

An alkaleſcent diet, except that of water, is often the caſe of nurſes in great families: their milk ſubjects the child to fevers. On the other hand, the milk of poor people, that feed upon an alkaleſcent vegetable diet, ſubjects the child to diſeaſes that depend upon acidity in the bowels, as colick. The cure

of both diſeaſes is effected by a change of diet in the nurſe from alkaleſcent to aceſcent, or contrariwiſe, as the caſe requires. The beſt diet for nurſes is a mixture of both.

No nurſe ſhould give ſuck after twelve hours faſting.

Milk appears to be a proper diet for human bodies, where acrimony is to be ſubdued or avoided; but not ſo proper where the canals are obſtructed, it being void of all ſaline quality.

The inconveniencies ariſing from its curdling by the ſour juices of the ſtomach, may be overcome by time: all that it can do in obſtructions is by dilution.

How to increaſe Milk in Nurſes, &c.

Whatever generates a quantity of good chyle, muſt likewiſe generate milk; ſuch is new-milk ſeaſoned with ſugar or ſalt. This will increaſe the milk, when it is diminiſhed by the too great uſe of fleſh-meat. Gruels made of grains, broths, malt-drink not much hopped, poſſet-drinks, and, in general, whatever relaxes, have the ſame effect.

Lentil-pottage is alſo deemed a good medicine to increaſe milk, if drank liberally of.

As are alſo thin broths, ptiſans of barley or oatmeal, panada's, milk with ſalt and ſugar, cream, if the milk be not too thick: malt-drink, neither ſtrong nor ſtale. Moderate labour, and exerciſe. While eating much fleſh-meat abates milk.

See *Childrens* and *Feminine Diſorders*, *Diet*, &c.

MISLETO.

Sir John Colbatch's *Diſſertation concerning Miſleto.*

THE latter end of December gather the miſleto-leaves, and berries, and tender twigs; dry 'em in a gentle conſtant heat, and then make 'em into a fine powder, and put 'em into a glaſs covered with a bladder or leather. It muſt be kept cloſe and dry: the large ſtalks muſt alſo be carefully dried, and preſerved for decoction. The doctor gave his ſon half a drachm made into a bolus with ſyrup of peonies, and a ſtrong infuſion of the ſtalks ſweetened with ſyrup of peonies. He gave a girl two drachms of the powder every day, and in ſeven days ſhe was perfectly well. A drachm of aſſa-fetida, added to an ounce of miſleto, makes it out more powerfully than alone. Purgeing and bleeding are uſeful before you give the miſleto; but vomiting dangerous. It is good for children in gripes: they may take it in pap, panada, or breaſt-milk. You cannot give 'em too much: it will eaſe always, if not cure.

MITHRIDATE.

See *Opium.*

MORTIFICATIONS, GANGRENE.

THere are two degrees of this terrible diſtemper, which we ſhall touch upon under this head. 1. A beginning mortification, which is called a Gangrene, and is known by a change of the fleſh into a black ſubſtance, attended with a diminution or loſs of the natural heat of the

the part: but when the mortification becomes intire, or affects the bony as well as fleshy parts, 'tis called, 2. A Sphacelation.

This distemper may be brought on, 1. By old age. 2. By the confluent small-pox. 3. By scorbutick or dropsical disorders. 4. From the bites of venomous creatures. 5. From wounds; and too streight bandages in them. 6. From violent external cold. 7. From issues, the too close paring of nails, corns, *&c.* On all which we shall lightly touch, referring to the skilful operator the principal management of a disease too important to be treated by common hands. And,

1. When old age, or want of a due circulation, occasions a gangrene, warm aromaticks or stimulating fomentations must be used to the part; and when it comes to be scarified, the skilful operator will then direct the rest of the management. 2. In those occasioned by the confluent small-pox; and, 3. In those from scorbutick or dropsical disorders, the internal remedies must have regard to the original distempers, at the same time that proper external means are used to prevent or stop it. 2. In such as proceed from the bites of venomous creatures. *&c.* See *Venomous Bites*. 5. In gangrenes proceeding from wounds, see *Wounds*. And in cases of too tight bandages, they ought immediately to be removed, and the part scarified to make it bleed; and when it comes to this, the skilful practitioner must be referred to for the other parts of management. 6. In gangrenes proceeding from external cold, as sometimes happens to travellers into Northern regions, the frozen part should be rubbed with snow, or thawed in cold water, and afterwards fomented with a decoction of warm herbs; or as some do, with brandy, spirit of wine, Venice-treacle, or mithridate dissolved in urine. Then wrapping up the part with flanel or woolen cloth, go into a warm bed, and take some rich cordial or sudorifick medicine, to sweat. 7. Gangrenes from issues, too close paring of nails, corns, *&c.* are to be treated as other gangrenes. See that head under the article of *Wounds*.

We have purposely been as brief as we could under this head, for two reasons: 1. Because this distemper, and its management, especially when it comes to scarification, must naturally fall under the hands of a surgeon, who knows best what to direct, and to do, in the different cases that may happen: And, 2. That we may have room to insert a most useful and curious account of a new discovery lately made in relation to the cure of this malady by the bark, taken internally, and which has succeeded when all the art of physick, and all the skill of the surgeon, and all manner of scarification, and even amputation of the extreme members, have been ineffectual. That account was published by Mr. *John Douglas*, an eminent surgeon, in the year 1732, and from him we shall transcribe what follows, and the rather as it contains some particulars necessary to be observed in the management of this sad disease.

After having given a diary of his patient's case, and the successful methods taken to stop, by the bark, a mortification which had eluded all the old tried methods of prescription;

'I doubt not, says he, but it 'is evident, that the violence of 'the fever, which increased upon 'us, in spight of all the means we

'could

'could uſe, both internally and externally, for eight days running, 'and which brought our patient to 'the very brink of the grave, in 'the opinion of all concerned, was, 'in a few hours, taken away by the 'bark, whereby a ſtop was put to 'the progreſs of the mortification, 'and nature was enabled to form 'the forementioned impoſthumations, and make a ſeparation between the living and dead parts: 'which being done, we were left 'to chooſe either to wait for the 'falling of the ſloughs, ſeparation 'or exfoliation of the bones, or to 'proceed to amputation, as we 'judged proper. But to amputate '*before* the mortification is *intirely* '*ſtopped*, eſpecially when it proceeds 'from an *internal* cauſe, (as has hitherto been *too frequently* done) is 'only haſtening the patient's death; 'for the ſphacelus breaks out anew 'in the ſtump, and then the poor 'patient is in a worſe condition 'than at firſt.

'Notwithſtanding what has been 'ſaid, I doubt not it will be objected, That granting the bark 'had ſuch an extraordinary effect 'in the forementioned caſe; yet 'one ſwallow makes no ſummer; 'which I ſhall anſwer by the accounts given of it by Mr. *Ruſhworth* and Sergeant *Amyand*.

'Mr. *Ruſhworth*, a ſurgeon, in 'Northampton, ſent a printed letter to the maſter and governors 'of the ſurgeon's-hall in London, 'dated October 18, 1731, in which 'he gives the following account of 'his uſing the bark in mortifications:

'In the year 1715, I was ſent 'for to a man who had a mortification on the foot from an internal cauſe: the fever was very 'high, attended with the irregular 'pulſe that is uſual in the caſe. I 'made deep inciſions in the mortified part to the bone, and ſcarified all round as far as there was 'any inflammation, and uſed the 'common applications; upon which 'the fever abated, the pulſe became 'not only calm, but alſo regular, 'and in a few days I had a digeſtion at the edges. I was obliged 'to leave it to the care of an apothecary; but in a ſhort time I was 'ſent for again, the fever being returned, and the part mortified 'higher: I uſed the ſame method 'as before, with the ſame ſucceſs; 'but all the former ſymptoms returned the third time; but upon 'repeating the ſame method again, 'ceaſed: I thought it to no purpoſe to take off the leg, having 'too often found returns after it, 'the fault being in the blood and 'juices. But Providence now firſt 'directing me to order the bark in 'this caſe, (whilſt there was a remiſſion of the fever) it anſwered 'beyond what I expected; the fever 'no more returned; the leg was 'taken off, and I ſaw the perſon 'well and luſty many years afterwards; and I have ſince ſeveral 'times had the experience of the 'good effects of it in the like caſes, 'which has been no ſmall ſatisfaction to me.'

'In October laſt, continues Mr. 'Douglaſs, Mr. *Ruſhworth* reprinted 'the forementioned letter, with additions, *viz.* a letter to ſergeant '*Amyand*, Auguſt 5. 1732, *&c.* in 'which he ſays,' "I beg leave juſt "to mention, that leaving off the "bark too ſoon, a patient of mine "had a return of the mortification "in about five days time, but ſcarifying and repeating it, I preſently had the good effect of it "again, and ſhe is now perfectly "recovered;

" recovered; and tho' ſhe had a very " ill habit of body before, is now " much better than ſhe had been " for ſeveral years, and her looks " ſhew it to all that knew her be- " fore, though ſhe is fifty years of " age."

' In the ſame pamphlet, ſays Mr. ' *Douglaſs*, there is a letter from ' ſergeant *Amyand* to Mr. *Ruſhworth*, ' dated July 29. 1732, in which he ' gives the following account of ' his ſucceſs in giving the bark in ' mortifications.' " I am now to " acknowledge yours of the 17th " inſtant, and to acquaint you, that " from your example I have given " the bark in all mortifications " with ſuch ſucceſs, as has encou- " raged the gentlemen you men- " tion to adminiſter it. I have " now under my care a gentleman " of 78, who owes his life to that " medicine. His caſe was at firſt " a *Gangrene* after a *Phlegmon:* the " uſual means ſeemed to have re- " moved the danger; but the fever " continuing without remiſſion or " intermiſſion, a ſphacelus ſoon ap- " peared, which nothing did ſtop " the progreſs of till the bark was " uſed; and in twenty-four hours, " and leſs, the ſeparation begun, " with a laudable pus. The ſame " thing happened to a Jew, whoſe " ſphacelus had got ground for " three weeks, in ſpite of all means, " where ſeveral ſurgeons were con- " cerned.

" I have now uſed it in *ſeven* " caſes, the circumſtances in *each* " being *different*, and yet *in all* the " bark has taken effect: even with- " in theſe few days, to Mr. *Delenor*, " who kept the bagnio in St. James's- " ſtreet, in whom a mortification " happened, after ſeveral punctures " in dropſical legs, the bark ſtopped " the progreſs in leſs than twenty- " four hours, and the ſloughs began " to ſeparate; but the patient having " a jaundice, and ſpent with evacua- " tions, it revived, and came into " the other leg; of which though " he died, yet the power of the " bark was ſo plain, that from *this* " and the *other* caſes, I think it " evident, that we may be as ſure " of getting the better of, or at " leaſt of ſtopping a mortification " from an internal cauſe by the " bark, as conquering an ague " thereby.

" I am, *&c.*

" *Claud. Amyand.*"

' N. B. Mr. *Ruſhworth*, adds Mr. ' *Douglaſs*, gave the bark in the *re-* ' *miſſion* of the fever, Mr. *Amyand*, ' and we, in the *height* of the fe- ' ver, yet it had the *ſame* effect; ' which ſhews the difference be- ' tween theſe ſorts of fevers and ' agues, in which laſt it is known ' to every body, that the bark does ' harm, if given in the fit.'

The bark was preſcribed and given in the caſe Mr. *Douglaſs* ſpeaks of, in the following manner:

' Take of the beſt Jeſuit's-bark, ' very finely powdered, half a ' drachm; a ſufficient quantity of ' confection of alkermes: make a ' bolus, to be taken every four ' hours.'

This having a good effect on taking but four or five doſes of the bark, and ſtopping the progreſs of the mortification, and the patient having had five or ſix ſmall ſtools, three drops of liquid laudanum were added to each bolus of the bark, which anſwered that end. When the violence of the fever was taken off by the bark, nature was enabled to form the requiſite abſceſſes, and then the bark was only ordered every ſix hours: but on ſome bad appearances, repeated again every four

four hours; ſo that he took in twenty-eight days about ten ounces of bark.

We content ourſelves to refer to the treatiſe itſelf for further particulars, which is intituled, *A ſhort Account of Mortifications, and of the ſurpriſing Effect of the Bark, in putting a Stop to their Progreſs. By* John Douglas, *Surgeon, F. R. S. Printed for John Nourſe, at the Lamb without Temple-Bar,* 1732.

We will add in this place the two following receipts from the great Mr. *Boyle*.

A Medicine for a light or beginning Gangrene.

'After having lightly ſcarify'd 'the part affected, apply as hot as 'the patient can well bear it, a ca-'taplaſm made of ſtrong brandy, 'and the pith or crumb of white-'bread, ſhifting it three or four 'times a day, or ſomewhat oftener, 'if need be.'

N. B. Some uſe turneps boil'd, and made unctuous with a little freſh hogs-lard to reſolve the hard tumours of womens breaſts.

To prevent a Gangrene upon a great Pain, and to ſtrengthen the Part.

'Take of melilot-plaiſter, and 'diapalma, equal parts; and having 'melted and well incorporated them 'together, make thereof a thin 'plaiſter; which, being prick'd full 'of holes, is to be laid upon the 'inflam'd or bruiſed part, firſt 'lightly ſcarify'd.'

Aromatick Herbs chiefly proper in a Gangrene.

'Southernwood, wormwood, 'jack-of-the-hedge, angelica, coſt-'mary, holy-thiſtle, leſs centaury, 'germander, Candy-dittany, Ro-'berts's ſtork-bill, lavender-ſpike, 'ſweet-marjoram, white hore-'hound, myrtle, wild marjoram, 'poley, penyroyal, roſemary, rue, 'ſavine, ſago, water-germander, 'tanſey, wild cypreſs-tree.'

MOUTH.

See *Cankers, Childrens Diſtempers, Teeth, Tongue, Uvula,* &c.

NAUSEA.

SEE *Sickneſs, Stomach, Vomiting,* &c.

NEPHRITICKS.

See *Stone,* &c.

NERVOUS DISTEMPERS.

See *Epilepſy, Head-ach, Feminine* and *Hypochondriack Diſorders, Madneſs, Palſy,* &c.

NON-NATURALS.

PHyſicians reckon theſe to be ſix; viz. 1. *Air*, ſee AIR. 2. *Meat* and *Drink*, ſee ALIMENT and DIET. 3. *Sleep* and *Watching*, ſee SLEEPING. 4. *Exerciſe* and *Reſt*, ſee EXERCISE. 5. *Retention* and *Excretion*, ſee COSTIVENESS, and the ſeveral articles relating to *Purging, Bleeding, Vomiting*, and other EVACUATIONS. 6. The *Paſſions of the Mind*, ſee PASSIONS.

NOSE.

See *Hæmorrhages, Smelling,* &c.

NURSES.

See *Breaſt, Childrens* and *Feminine Diſtempers, Milk,* &c.

NUTRITION.

See *Aliment, Diet, Digeſtion,* &c.

OBSTRUCTIONS.

SEE *Feminine* and *Hypochondriack Diſorders,* &c.

ODOURS.

ODOURS.

POmanders, and knots of powders, have been often preſcribed for drying of rheums, comforting the heart, provoking of ſleep, *&c.* For tho' theſe things are not ſo ſtrong as perfumes, yet they may be held continually in the hand, whereas perfumes can be taken but at certain times; and beſides there are divers things that breathe better of themſelves, than when they come to the fire; as nigella Romana, the ſeed of melanthium, amomum, *&c.*

There are two things, which, inwardly uſed, cool and condenſe the ſpirits; and which the lord *Bacon* wiſhes were tried outwardly in vapours. The one is nitre which he would have diſſolved in Malmſey or Greek wine, and ſo the ſmell of the wine taken; or to have it more forcible, to pour of it upon a fire-pan well heated, as they do roſe-water and vinegar. The other is the diſtill'd water of wild poppy, which he would have mingled, at half, with roſe-water, and ſo taken with ſome mixture of a few cloves in a perfuming pan. The like would he have done with the diſtill'd water of ſaffron-flowers.

Smells of musk, amber, and civet, ſays the ſame author, are thought to further venereous appetite; which they may do by the refreſhing and calling forth of the ſpirits.

Incenſe and nidoroſe ſmells, ſuch as were of ſacrifices, were thought to intoxicate the brain, and to diſpoſe men to devotion; which they may do, by promoting ſadneſs and contriſtation of the ſpirits; and partly alſo by heating and exalting of them.

'Tis certain, that odours do, in a ſmall degree, nouriſh, eſpecially the odour of wine; and we ſee hungry men love to ſmell hot bread. It is related, That *Democritus*, when he lay a dying, heard a woman in the houſe complain, that ſhe ſhould be kept from being at an approaching feaſt and ſolemnity, which ſhe much deſired to ſee, becauſe there would be a corps in the houſe; whereupon he cauſed loaves of new bread to be ſent for, and open'd them, and pour'd a little wine into them, and ſo kept himſelf alive with the odour of them, till the feaſt was paſt. I knew a gentleman, adds my lord *Bacon*, who would ſometimes faſt three or four, yea five days, without meat, bread, or drink; but uſed to have continually a great whiſp of herbs to ſmell to, and amongſt them, ſome eſculent ones of ſtrong ſcent, as onions, garlick, leeks, and the like.

Feathers, and other things of ill ſmell, are uſed with ſucceſs in the diſeaſe called Fits of the Mother. See *Plague.*

Some perfumes will dry and ſtrengthen the brain; and ſtop rheums and defluxions; as we find in fume of roſemary dry'd, and lignum aloes and calamus taken at the mouth and noſtrils; and no doubt there are other perfumes that moiſten and refreſh, and are fit to be uſed in burning agues, conſumptions, and too much watchfulneſs; ſuch as are roſe-water, vinegar, limon-peels, violets, the leaves of vines ſprinkled with a little roſe-water, *&c.*

In ſudden faintings and ſwoonings, a handkerchief with roſe-water, or a little vinegar, put to the noſe, gathereth together the diſperſed ſpirits, and recovers.

See *Air.*

OINTMENTS.

To make Ointment of Roſes.

PUT a pound of good hogs-lard into an earthen pot; ſet it over the fire in a skillet of water, till it be thoroughly melted; be careful none of the water boil into it: then take a good quantity of red roſes; let the ſeeds be clean pick'd out; bruiſe them very well, put them into the hogs-lard, and ſet them on a ſoft fire for one hour, covering them cloſe; put it by for two days, then melt it as before; ſtrain it from the roſes, and put in freſh roſes: this you muſt do three times; after which ſtrain it from the roſe-leaves, ſix or eight ſpoonfuls of the juice of red roſes, and ſet it on the fire again, letting it ſtand four or five hours, and ſtirring it often; then ſet it by till it be quite cold.

Flos unguentorum.

TAKE of reſin, pine-reſin, Burgundy-pitch, each half a pound; virgins-wax, olibanum, each a quarter of a pound; maſtich, an ounce; harts-tallow, or deers-ſuet, a quarter of a pound: make your gums into fine powder, ſearcing them; then melt the wax and tallow, mix the powder well therewith, and boil them together near an hour; afterwards ſtrain it thro' a canvas-bag into a pottle of white-wine; let all boil together half an hour at leaſt, and let it be always ſtirr'd with a good ſtrong bramble-ſtick, which has the rind ſhav'd off. A little before you take it off the fire, put in two drachms of camphire beaten ſmall, and a quarter of a pound of Venice-turpentine, by little and little, ſtill ſtirring it till it be cold enough to make up into rolls; which muſt be done with oil of roſes, or oil of adder's-tongue.

The Virtues.

It cleanſes and generates fleſh, and heals more in eight days, than any other ſalve doth in a month. It ſuffers no corruption in a wound, nor dead fleſh. 'Tis alſo good for the head-ach, for wind in the brain, and all manner of impoſthumes in the head, or in the body; for ſwellings in the ear, or of the cheek; for all manner of ſtrains and bruiſes. It will draw out thorns or ſplinters, broken bones, or any other thing which may grow in a wound. 'Tis good againſt the bitings of venomous beaſts, and ripens and heals all manner of botches without fault; feſter and canker, and noli me tangere. It draws out all manner of aching in the liver, reins, ſpleen, and helps the hæmorrhoids or piles.

The Lord Dennie's *Receipt for making the Green Ointment for Aches, Strains, or Swellings, either in Man or Horſe.*

TAKE ſix pounds of May-butter unſalted, one quart of ſallad-oil, four pounds of barrow's-greaſe, one pound of the beſt reſin, one pound of turpentine, and half a pound of frankincenſe; to this proportion take ſmallage, balm, borage, red ſage, lavender-cotton, herb-grace, comfrey call'd benefit, ſorrel, bay-leaves, birch-leaves, lung-wort, marjoram, and roſemary, of each two ounces; pick, clean, and waſh them; ſtrain all the water clear from them: (all theſe muſt be gather'd after the ſun-riſeing) then ſtamp them in a mortar of ſtone or wood as ſmall as poſſible; afterwards beat your reſin into powder with the frankincenſe, and melt them firſt alone; then put in your butter, hogs-greaſe, and oil; and when all is melted, put in your herbs, and let them all boil together half a quarter of an hour; take it from the fire, and continue ſtirring it a quarter of an hour after; during which time put in your

your turpentine, and two ounces of verdigris very finely beaten to powder; ſtir it well, leſt it run over, till it leave boiling. Afterwards put it in an earthen pot, ſtopping the pot very cloſe with a cloth, and a board at the top; ſet it in a dunghil of horſe-muck twelve days; then take it up, put it into a kettle, and let it boil a little, taking heed it run not over; ſtrain all this thro' a coarſe cloth into ſome earthen or gally-pot; and when all is ſtrain'd, put to it half a pound of oil of ſpike, and cover it cloſe till you uſe it, when you muſt make it warm, in winter eſpecially.

The green Ointment.

TAKE ſage, roſemary, and rue, each a quarter of a pound; worm-wood, bay-leaves, melilot, lavender, chamomile, St. John's-wort, each two ounces; roſe-leaves and dill, each half an ounce; marſh-mallows, an ounce; chop the herbs ſmall, and ſtamp them: take as much ſheeps-ſuet as they all weigh, chop it very fine, and ſtamp it together with the herbs in a ſtone mortar, that there be no ſuet ſeen; after put in a quart of the beſt oil, and work them all together in a pot with your hands; cover it cloſe with paſte, that no air come in or out, and let it ſtand eight or ten days; then boil it on a ſoft fire, till the leaves are parch'd dry; afterwards ſtrain it, and take oil of roſes, oil of chamomile, oil of ſpike, oil of white lilies, of each a quarter of an ounce; of labdanum and ſtorax finely powder'd, each a quarter of an ounce; mix your oils and powder, after taking it off the fire, and ſtir them together a good while, till almoſt cold, when you may put it into pots. 'Tis good for any ach, ſwelling, *&c.*

OLD AGE

SHould carefully guard againſt all the injuries of weather: ſhould leſſen the quantity, and lower the quality of their food gradually, as they grow older, even before a manifeſt decay of appetite force them to it; and in ſhort deſcend out of life, by as gradual ſteps of aliment as they aſcended into it.

A diet ſhould be deviſed for old men, or people in conſumptions, as ſhould be half chyle before it be eaten. The following is recommended by the great lord *Bacon*:

'Take two large capons, par-
'boil'd on a gentle fire, an hour or
'more, till all the blood be gone.
'Add in the decoction the peel of
'a ſweet limon, or that of a ci-
'tron, and a little mace. Cut off
'the ſhanks, and throw them away;
'then with a ſtrong chopping-knife
'mince the capons, bones and all,
'as ſmall as common minc'd meat:
'put them into a large neat boul-
'ter; then take a ſweet and well-
'ſeaſon'd kilderkin of four gallons
'of beer, [as our author ſays] of
'eight ſhillings ſtrength; [but now
'it will be beſt, it may be pre-
'ſum'd, of good well-brew'd ale
'of good conſiſtence] new as juſt
'tunn'd: make a great hole in the
'kilderkin, then thruſt into it the
'boulter, in which the capons are,
'drawn out in length. Let it ſteep
'three days and nights, the bung-
'hole open to work; then cloſe
'it, and let it continue a day and
'an half; then draw it into bot-
'tles, and it will be fit to drink in
'three days more. This will laſt
'ſix weeks approved (ſays our au-
'thor). It drinks freſh, flowers
'and mantles exceedingly, yet taſtes
'not newiſh. It is an excellent
'drink for a conſumption, either
'alone, or with other beer, quench-
'ing

'ing thirſt; and having no windi-
'neſs. Note, It is not poſſible, that
'meat and bread, either in broths,
'or taken with drink, (as uſual)
'ſhould get into the veins and out-
'ward parts, ſo finely and eaſily as
'when thus incorporated, and made
'a chyle aforehand.'

He recommends alſo, for trial, a like brewing with potato-roots, or burr-roots, or the pith or bottom of artichoaks, which are, as he obſerves, nouriſhing meats. Alſo it may be try'd, he ſays, with other fleſh, as pheaſant, partridge, young pork, pig, veniſon, eſpecially of young deer, *&c.*

A mortreſs made with the brawn of capons, ſtamped, ſtrained, and mingled, after made, with the like quantity at leaſt of almond-butter, is alſo an excellent meat, he ſays, for nouriſhing weak perſons: for tho' the fleſh of itſelf be ſtrong, the almonds excellently qualify it.

Indian maize hath certainly an excellent ſpirit of nouriſhment, if thoroughly boiled, and made into a cream like barley-cream. Our author judges the ſame of rice, if made into a cream; but it will bind, if not thoroughly boiled.

Piſtachoes, if good, and not muſty, joined with almonds made into milk, or made into milk of themſelves, like almond-milk, but greener, are, as he ſays, alſo an excellent nouriſher; but, having the property of a ſubtile windineſs, it would be well to add a little ſcrap'd ginger.

Milk, warm from the cow, is a great nouriſher, and a good remedy for conſumptions; but then, as he obſerves, you muſt put into it, when you milk, two little bags, one of powder of minth, the other of powder of red roſes, which will keep it from curdling in the ſtomach. For the ſame reaſon you may drink it ſugar'd to your palate: but it will be beſt to drink a good draught, that it may ſtay the leſs time in the ſtomach, leſt, after all, it ſhould curdle on a weak ſtomach; and it will be right to let the cup into which you milk the cow, be ſet in a greater cup, or pan of hot water, that you may take it as warm as poſſible. Cow's-milk, thus prepar'd, ſays the lord *Bacon*, I judge to be better for a conſumption, than aſs's milk, which, it's true, does not ſo eaſily turn, but is a little harſh. Marry, ſays he, it is more proper for ſharpneſs of urine, and exulceration of the bladder, and all manner of lenifyings. Woman's milk, adds he, is likewiſe preſcribed, when all fail; but I commend it not, ſays he, as being a little too near the juice of man's body, to be a good nouriſher, except it be in infants, to whom it is natural.

But it may be obſerved here, ſome of our moderns ſay, that this laſt has done much good where other remedies have failed, and it has been preſcribed with good ſucceſs by ſeveral phyſicians. A great deal depends upon conſtitution; but the reaſon our great author gives, ſay ſome phyſicians, ſeems not univerſal; for the conſentaneouſneſs of juices may do good in ſome caſes; and can that which is ſo nouriſhing to an infant, and ſo reſtorative to its weak nature, be amiſs when apply'd to older perſons, in proper caſes, who by weakneſs are reduced to a ſtate as helpleſs as infancy? To be ſure, ſay they, there may be in the milk of a young wholſome woman, ſuch good blood and juices, as may contain in them reſtorative ſpirits to a decay'd or weakly habit: it is, as they ſay, a thorough-prepar'd chyle, light and eaſy; and as it is made of the beſt

blood

blood and nouriſhment of the party, it cannot, if properly preſcrib'd, but be of efficacy in ſuitable caſes. We all know, argue theſe gentlemen, what benefit old age often derives to itſelf, of either ſex, by cloſe contact only, or lying with a young perſon; and if the effect be ſo conſiderable in this caſe, can it be detrimental, infer they, when it draws its nouriſhment from the fountain-head of health, as one may well call the ſalubrious and exuberant breaſt of a blooming and vigorous young woman? But, after all, we muſt leave this point doubtful; for 'tis certain, that high and groſs animal feeding muſt produce a very different milk from that of thoſe animals, which feed upon vegetables. But a great deal will depend upon conſtitution, *&c.* after all.

But let us proceed with our excellent author, who, in truth, was the greateſt maſter of nature, and who came certainly nearer perfection, than any man, not of his time only, but of any other; and that for this plain reaſon, that to the moſt unbounded genius and capacity, he made nature his principal guide and ſtudy in all his inquiries.

Oil of ſweet almonds new-drawn, ſays he, with ſugar and a little ſpice ſpread upon toaſted bread, is an excellent nouriſher; but then, to prevent the oil from frying in the ſtomach, you muſt drink a good draught of mild beer after it; and to keep it from relaxing too much, put in a little powder of cinamon.

The yolks of eggs, continues he, are ſo well prepar'd by nature for nouriſhment, that if they be poached or rare boiled, they need no other preparation or mixture: yea, they may be alſo taken raw with Malmſey or ſweet wine. It will do well to put in ſome few ſlices of eringo-root, and a little ambergris; for, beſides the immediate faculty of nouriſhment, ſuch drink will ſo ſtrengthen the back, that it will not draw down the urine too faſt; for, as he obſerves, too much urine always hinders nouriſhment.

There is no great nouriſhment, our author obſerves, in the brain of living creatures; for the ſpirits too much prey upon it, he ſays, to leave any great nutritive virtue in it; but elſe, he is of opinion, that thoſe parts which lie more inwardly of all living creatures, are more nouriſhing than the outward fleſh.

Mincing of meat ſaves the grinding of the teeth, and muſt therefore (eſpecially to age) be more nouriſhing; but as butter is not ſo proper for weak ſtomachs, it were better to moiſten with claret, orange or limon-peel cut ſmall, ſugar, and a very little cinamon or nutmeg. As for chuets, ſays my author, which are likewiſe minc'd meats, inſtead of butter and fat, moiſten partly with cream, or almond or piſtachoe-milk, or with barley or maize-cream, adding a little coriander and caraway-ſeeds, and a very little ſaffron.

Ariſtotle directs, that wine be forborne in all conſumptions; for that the ſpirits thereof prey upon the roſcid juice of the body, and ſo rob it of its nouriſhment; if then it be neceſſary to uſe wine to help to ſtrengthen the ſtomach, let it be burnt, that the quicker ſpirits may be evaporated. Sweats muſt be reſtrained gently. The rule in this caſe, which is preſcribed by *Hippocrates*, ought to be followed, tho' 'tis againſt the preſent practice, *i. e.* that the linen garment next the fleſh be kept dry in winter, and often changed; and in ſummer ſe-

dom, and ſmear'd over with oil; for any fat ſubſtance, in ſome meaſure, fills the pores of the body, and ſtops ſweat. The more cleanly way is, to ſmear the linen over lightly with oil of almonds, and to ſhift as often as is fit.

As wine therefore, though it ſtrengthens the ſtomach, weakens the ſpirits in a conſumption, and as it is neceſſary to keep the ſtomach in a right tone, it is beſt to have recourſe to outward applications, for avoiding both miſchiefs. For this purpoſe, the beſt method, according to lord *Bacon*, is, to bedew a cake of new bread with a little ſack or Alicant, and after it is dry'd before the fire, put it in a clean napkin, and lay it to the ſtomach: for 'tis certain, that all flour hath a powerful virtue of aſtriction, inſomuch that it hardeneth a piece of fleſh, or a flower that is laid in it. For this reaſon a bag quilted with bran is alſo very good; but it muſt not lie long, becauſe it drieth too much.

Sleep is a great nouriſher; bears and other creatures that ſleep in the winter, will, by that means only, grow very fat. This is not to be wonder'd at, ſince by ſleep the ſpirits are leſs ſpent than by waking, and ſince it helps to thruſt out the nouriſhment into the parts: for this reaſon a ſhort nap after dinner is a great refreſhment to men in years, to thoſe of weak bodies, and to ſuch as abound not with choler; for in ſuch bodies there is no fear of an over-haſty digeſtion, which is the inconvenience of afternoon-ſleeps. Sleep alſo in the morning, after taking ſomething of eaſy digeſtion, as milk from the cow, nouriſhing broth, or the like, furthers nutrition: but this ſhould be done ſitting upright, that what is taken may paſs the more ſpeedily to the bottom of the ſtomach.

It is right to change frequently, both in medicine and aliment; for nature, being long uſed to one thing, is leſs affected by it: as poiſons themſelves by habit may loſe their effects.

Old men who have delighted in young company, and been converſant much with them, have been of long life; their ſpirits being exhilarated thereby, Such were the antient ſophiſts and rhetoricians, who had always young auditors and diſciples; as Gorgias, Protagoras, Iſocrates, *&c.* who lived one hundred years, as alſo did many of the old grammarians; as Orbilius, *&c.*

Nor do antient people reap leſs benefit, by lying in the ſame bed with young, attracting to themſelves the juvenile moiſture, and nouriſhing juices, of the young. Hence *Abiſhag* the *Shunamite* damſel, who was put to bed to old king *David*, in the laſt decline of life, was a means to prolong the days of that prince: but, by parity of reaſon, the young perſon may ſuffer by their kind communication, and the longer they protract the life of the old perſon, the more they endanger their own healths: and hence it is, that when old rich men marry young poor damſels; or old rich women poor young men, the young perſon ſeems to have given a valuable conſideration, if they live long together, and behave handſomely, for whatever fortune may be left them at laſt. Parents who ſuffer their children to lie with perſons in years, (whether grandfathers, grandmothers, aunts, uncles, nurſes, or governantes) ſhould well conſider this point.

OPHTHALMIA.

See *Eyes*.

OPIUM.

IN all acute and vehement pain, opium is the ſovereign relief; particularly in violent paroxyſms of the colick, ſtone, gout, rheumatiſm, and hard labour of women.

Opium itſelf is a medicine that ought not to be meddled with, without advice; and therefore we ſhall refer its uſe to the direction of the skilful practitioner on the ſpot; only obſerving here, by way of caution, that it ought not to be adminiſtred, but while there is a due vigour and force in all the parts, and ſhould be avoided when a criſis approaches; when an inflammation draws towards an abſceſs; alſo where there is a viſcidity in the humours, or want of juices; in apoplexies, lethargies, palſies; in diſeaſes ſpringing from groſs matter, in difficulties of reſpiration from phlegm; in a dropſy of the breaſt or belly; in cold diſeaſes, where the pulſe is weak, and the head heavy; in coſtiveneſs; in ſuppreſſions of urine; nor is it to be given to women in labour, becauſe their pains are neceſſary. Wine, or the aqueous ſpirit of wine, which diſſolves it all intirely, and is the Engliſh method of preparing it, is accounted the beſt.

Under this head, it may be proper to beſtow a few words, in relation to the three noted compoſitions ſo frequently uſed in private families; *viz.* Venice-treacle, Diaſcordium, and Mithridate, in order to direct their uſes, *&c.*

Venice-treacle may be given with advantage in the following caſes; namely, in colicks, after a doſe of phyſick; in defluxions of matter on the lungs; where cold is taken; after bleeding, and gentle phyſick; in fluxes of the belly, at bed-time; in convulſions, after proper diſcharges; in hoarſeneſſes from cold; in head-achs; in dry aſthmas; in dropſies accompany'd with pains; in expelling dead children; in promoting the menſtrual flux; in ſlow fevers, when reſtleſs; in the cold fits of fevers; in expelling repelled ſcabs; in bites of vipers, and others externally—But muſt be avoided in fevers where there is ſleepineſs; in the beginning of fevers, till proper diſcharges: and in general there ought to be a caution in common feveriſh colds. It is too common for the ladies to order this or the red powder to be given at the beginning of colds; by which miſtake they blow up the embers, and turn them into a fever, and ſo endanger the lives they would preſerve—A much better method for a new-taken cold, is, to keep them warm, or confin'd to their room for a day or two; to refrain fleſh-meats, to drink poſſet-drink or ſage-tea, and to keep to a meagre diet of thin water-gruel or chicken-broth, which will nip a fever in the bud. The greateſt doſe of Venice-treacle is four ſcruples, and the leaſt three grains.

Diaſcordium is moſtly uſed among phyſicians for ſtopping fluxes in the belly; and therefore, after proper diſcharges have been made, it is mix'd up with any compound waters, and others, and given either by way of draught, or by ſpoonfuls, at convenient diſtances. The greateſt doſe is five drachms and twelve grains, and the leaſt ſix grains.

Mithridate is like Venice treacle, but not ſo effectual. 'Tis good

gainſt all cold pains, and apply'd outwardly in pains of the teeth; 'tis a good anodyne-plaiſter, and gives eaſe; it alſo expels the dead child; but falls ſo far ſhort of Venice-treacle, that it is not ſo often uſed as formerly. The greateſt doſe ought to be four drachms and two ſcruples, and the leaſt three grains.

PALATE *of the* MOUTH.

SEE *Uvula.*

PALLIATIVES.

CHronical diſeaſes, as coughs, phthiſicks, ſome kind of palſies, lunacies, *&c.* are moſt dangerous in their firſt ſtage; a wiſe phyſician will therefore conſider whether the attempt of a ſpeedy cure of a diſeaſe be not perilous, and in ſome caſes, whether it be not better to be attempted by palliation, *i. e.* by alleviating the ſymptoms without buſying himſelf about a perfect cure, when the diſtemper, by violent reſiſtance and oppoſition, may poſſibly carry away all before it. Palliatives often exceed expectation; and the patient by ſtriving by little and little to overcome the ſymptom in the exacerbation, may turn ſuffering into nature.

PALPITATION.

See *Hypochondriack Diſtempers.*

PALSY.

A Palſy is a relaxation of the nervous parts from their natural tone, by which means their motion is impaired, and render'd incapable of exerting their proper offices. If it reſiſts the effect of medicines, it commonly remains incurable. The ſame may be ſaid, if it happens to perſons in years, or of an ill habit of body. If the diſtemper continues a conſiderable time; the patient loſes his memory.

In general, as to the cure, nettling the relaxed member is of great uſe.

There is no remedy better than hot baths; but with ſome they do not agree. For poor people, warm baths may be made in imitation of natural ones after the following manner:

'Take four pounds of quick-lime, two pounds of powder of quick-ſulphur: boil it a little in twenty or thirty gallons of common water pro ſemicupio.'

Scio-turpentine is admirable in this diſeaſe, and is adminiſtred thus:

'Take three drachms of Scio turpentine; diſſolve it in the yolk of an egg, mixing with it one ounce of ſyrup of French lavender, four ounces of alexiterial milk-water: mix 'em, and make a draught to be given every morning for four times.'

The following plaiſter may be applied to the back, as very advantageous:

'Take plaiſter of frogs, one ounce, with fourfold mercury; of camphire, half a drachm: mix it; ſoften it with oil of amber, and make a plaiſter.'

To diſcuſs any humour ſettled in the joints of the loins or muſcles, uſe

uſe the philoſophers oil, or that oil of turpentine which is yellow, and comes off next the ſpirit in diſtillation. Juice of ſage with nutmegs and caſtor have place here, as has the following cataplaſm:

'Take the pulp of boil'd turneps, 'four ounces; herb rue pounded, 'two ounces; muſtard-ſeed, one 'ounce; album græcum-powder, 'powder of euphorbium, of each 'two drachms; powder of brim-'ſtone, three drachms; one hun-'dred drops of oil of amber; a ſuf-'ficient quantity of ointment for 'the nerves: mix 'em, and make a 'cataplaſm to be applied to the 'throat.'

A fomentation made with a decoction of emmets, and their hillocks, in common water, uſed every day, often proves highly beneficial, and reſtores the parts to their natural ſtrength: with it may be uſed the following oil:

'Take of muſtard-ſeeds unbruis'd, 'what quantity you pleaſe; a ſuf-'ficient quantity of compound ſpi-'rit of lavender to wet it; infuſe 'it cold for twenty-four hours; 'then extract the oil, and anoint 'the parts affected, together with 'the ſpine of the back, and the 'joints of the neck with it.'

In the palſy of the tongue, the juice of ſage alone reſtores the ſpeech. The following gargariſm is ſometimes uſed with good ſucceſs:

'Take ſage-leaves, and roſemary-'leaves, each one ounce; hyſſop-'leaves, and penyroyal-leaves, each 'half an ounce; ſtaveſacre-ſeeds, 'and muſtard-ſeeds, each half an 'ounce: boil it in a ſufficient 'quantity of ſpring-water to a pint: 'ſtrain it, and add two drachms of 'ſage-juice purified; oxymel of 'ſquills, and Hungary-water, each 'one ounce; ſyrup of French la-'vender, three ounces: mix it, and 'make a gargariſm.'

Let the patient hold two ſpoonfuls in his mouth for ſome time, and then ſpit it out; and repeat the ſame often in a day.

If a paralytick limb be withered, it is ſcarce ever known to be reſtored.

As to the cauſe, whatever ſtops either the flux of the ſpirits, or the flux of the blood to any part, induceth a palſy; for both are neceſſary for ſenſe and motion: ſuch are all the cauſes of an apoplexy, an epilepſy, extreme and laſting pains, the ſuppreſſion of uſual evacuations, either natural or morbid, tranſlations of morbifick matter in acute diſtempers; whatever diſtends, diſtorts, compreſſes, or contracts the nerves; ſtrong and ſtrait ligatures, luxations, fractures, any inflammation in the integument of a nerve, eſpecially in the ganglia, where they are tied together; ſerous defluxions, exceſs in aſtringent aliment, eſpecially unripe fruits; drinking too much warm water, which is weakening and relaxing; exceſs in coffee or tea; extreme heat; extreme cold; poiſonous vapours of arſenick or mercury.

A palſy is more or leſs dangerous according to the cauſe, the extent, and ſeat of the diſeaſe. When the original of the diſeaſe is in the brain, it is moſt dangerous; when it ſeizeth the heart, or organs of breathing, fatal; becauſe life cannot be continued a moment without the uſe of thoſe parts.

The regimen in this diſeaſe ought to be warm, attenuating, conſiſting of ſpicy and cephalick vegetables, ſuch as create a feveriſh heat, becauſe ſuch is neceſſary to diſpel the viſcoſity. Of vegetables, ſoapy;

of ſuch as conſiſt of an acrid, volatile ſalt and oil, muſtard, horſe-radiſh, *&c.* ſtimulating by vomits, ſneezing, relaxing the belly, purgeing and diluting ſtrongly at the ſame time, promoting ſweat by ſuch motions as can be uſed, or other means, by ſtrong frictions, *&c.*

Bleeding is to be uſed or omitted according to the ſymptoms which affect the brain; it relieves in any inflammatory diſpoſition of the coat of the nerve.

The art and skill to find out the part primarily affected, muſt be learned from anatomy, which ſhews the origin and inſertion of the nerves.

Riverius gives us the following helps for this purpoſe:

If the face be reſolved, and all the other parts firm, then we are ſure the brain only is affected; and in that particular place, whence the nerves come into that part.

If the parts below the head and face alſo be hurt, then both the brain and ſpine are affected.

If the lower parts ſuffer, and the face eſcape free, then the fault is in the ſpine only.

If the thighs and legs be ſtruck, the cauſe is toward the lower end of the medulla ſpinalis, about the vertebræ of the os ſacrum.

If one ſide of the face or body ſuffer reſolution; then one ſide of the brain, or of the ſpine, occaſions it.

And thus in the reſt, the original cauſe is to be ſought for, where thoſe nerves ariſe that run into the paralytick member.

The following recipes are of approved efficacy in theſe diſorders.

A choice external Remedy for paralytick Affections.

MAKE a ſtrong decoction of roſemary-leaves, (or flowers, if the ſeaſon afford them) and let the patient hold the part affected for a good while at a time in the liquor kept very warm. If after ſeveral trials this medicine prove not effectual enough, take ten drops of oil of worms, and mix with it well four or five drops of oil of turpentine; and with this mixture well warmed, anoint the part from time to time, or elſe let the patient keep the part for a good while together, for more than once or twice, if need require, in warm rain-water (to diſſolve the ſcorbutick ſalts).

A choice Medicine for the Palſy.

TAKE ſarſaparilla, a pound and a half; bark of guaiacum, china in chips, of each two ounces and a half: boil all in ſix pints of water to a conſuming of a third part: at the end, add raiſins of the ſun ſtoned, four ounces; liquorice bruiſed, one drachm; fat figs, number twelve: boil, and ſtrain it. Of this let the diſeaſed drink warm, as their ordinary drink.

For the Megrim, Vertigo, Palſy, &c.

TAKE male peony-roots, (freſh taken up and bruiſed) two ounces; miſleto cut ſmall, one ounce; Canary wine, one pint: give them a hot and cloſe infuſion for two hours; then having wrung out the liquor, add to it compound peony-water, and compound ſyrup of the ſame, each two ounces; tincture of caſtor, two drachms; oil of nutmegs, two drops; mix.

It clarifies and invigorates the brain and nerves, and is of uſe in convulſive maladies, eſſential head-ach, megrim, vertigo, palſy, and hyſterick affections.

Give three ounces every night and morning.

Pills

Pills good in paralytick and hyſterick Maladies.

TAKE ſalt of hartſhorn, ſalt of amber, of each one ſcruple; crum of white bread newly baked, two ſcruples; oil of lavender, four drops: with balſamick ſyrup make all up into twenty pills for four doſes.

An excellent Powder againſt ſleepy and paralytick Affections.

TAKE marjoram, *Arabian* ſtœchas-flowers, each five grains; nutmeg, three grains; muſtard-ſeed, two grains; oil of ſaſſafras, one drop: make all into powder.

It opens the paſſages of the brain and nerves when ſubſiding by reaſon of laxity, and therefore is a moſt deſirable remedy againſt ſoporoſe and paralytick affections. To be given night and morning.

A paralytick Gargle.

TAKE white-wine, half a pint; muſtard made up as it comes to table, two ounces; ſavory or thyme-water, four ounces; honey of roſes, two ounces; vinegar, enough to render it pretty tart: mix.

Riverius preſcribeth thus: Take muſtard-ſeed powdered, one drachm, vinegar of roſes, white ſugar, each one ounce; water, three ounces: mix.

Inſtead of ſavory or thyme-water, (if not at hand) may be ſubſtituted a decoction of ſaſſafras.

Againſt palſiacal and drowſy Diſtempers.

TAKE powdered muſtard-ſeed, half an ounce; conſerve of rue, two ounces; ſyrup of ſtœchas, one ounce and a half; oil of roſemary, lavender, each four drops; mix.

It penetrates into the nerves, opens their obſtructions, and puts a new ſprightlineſs into the clogged ſpirits. 'Tis of uſe in the cold ſcurvy and dropſy, as well as in ſleepy illneſſes and the palſy. The doſe is from two drachms to half an ounce thrice a day.

A Muſtard Gargle for the ſame.

TAKE fair water, half a pint; brandy, vinegar, of each four ounces; muſtard-ſeed powdered, half an ounce; ſugar, one ounce; mix.

Theſe things may eaſily be procured, and preſently thrown together, in caſe of haſte, in ſoporoſe diſtempers; and are uſeful alſo in a palſy of the tongue.

A Cataplaſm for paralytick Limbs.

TAKE turneps baked in an oven, eight ounces; rue, four handfuls; muſtard-ſeed, two ounces; oil of juniper, two drachms; nerve ointment, as much as needful: when it is ſpread upon a cloth, ſprinkle it with powder of euphorbium.

A paralytick Oil.

TAKE oil of amber, ſaſſafras, each one drachm; oil of roſemary, pepper, each one ſcruple: mix.

An Electuary againſt the Palſy.

TAKE muſtard-ſeed dried and powdered, five ounces; creſs-ſeeds, two ounces; ſyrup of the juice of ſage, enough to mix and make an electuary. Take half an ounce of it every day for ſeveral months, anointing the paralytick parts twice a day with oil of amber, rubbing it in before a good fire for half an hour at a time: continue it a fortnight or three weeks, and you will hardly fail of a cure, if the palſy be but newly come.

A Plaiſter againſt the ſame.

TAKE gum ammoniack, galbanum, Burgundy pitch, cumin plaiſter, of each alike: ſpread it on leather, and apply it to the back.

For a Palſy over the whole Body.

TAKE muſtard-ſeed bruiſed, two ounces; cinamon bruiſed, three drachms; white-wine, a quart: infuſe them together cold, and ſtrain it; then put to it compound ſpirit of lavender, three ounces. Give the patient four ſpoonfuls three times a day.

See *Diſtillery*; alſo *Apoplexy*, *Epilepſy*, *Head-ach*, *Hypochondriack Diſtempers*, *Scurvy*, &c.

PARALYTICK.

See *Palſy*.

PASSIONS.

DR. *Cheyne* makes the following judicious obſervations on this head:

1. He ſays, That the paſſions have a greater influence on health, than moſt people are aware of.

2. All violent and ſudden paſſions diſpoſe to, or actually throw people into acute diſeaſes; and ſometimes the moſt violent of them bring on ſudden death.

3. The ſlow and laſting paſſions bring on chronical diſeaſes; as we ſee in grief, and languiſhing, hopeleſs love.

4. Therefore the ſudden and acute paſſions are more dangerous than the ſlow or chronical.

5. Men of lively imaginations, and great vivacity, are more liable to the ſudden and violent paſſions, and their effects.

6. Thoughtful people, and thoſe of good underſtanding, ſuffer moſt by the ſlow and ſecretly conſuming paſſions.

7. The indolent and the thoughtleſs ſuffer leaſt from the paſſions: the ſtupid and idiots not at all.

8. The diſeaſes brought on by the paſſions, may be cured by medicine as well as thoſe proceeding from other cauſes, when once the paſſions themſelves ceaſe, or are quieted; but the preventing or calming the paſſions themſelves, is the buſineſs not of phyſick, but of virtue and religion.

9. The love of God, as it is the ſovereign remedy of all miſeries, ſo, in particular, it effectually prevents all the bodily diſorders the paſſions introduce, by keeping the paſſions themſelves within due bounds, and by the unſpeakable joy, and perfect calm, ſerenity, and tranquillity it gives the mind, becomes the moſt powerful of all the means of health and long life.

PERFUMES.

See *Odours*.

PERSPIRATION.

THE fewer cloaths we uſe ourſelves to, the hardier we ſhall be. Flanel, and too warm cloathing, day and night, relax the fibres, and promote debilitating ſweats, inſtead of the natural and beneficial perſpirations.

Inſenſible Perſpiration is the laſt and moſt perfect action of animal digeſtion: the keeping it up in due meaſure,

meaſure, is the cauſe as well as ſign of health; and the leaſt deviation from that due quantity, the certain forerunner of a diſeaſe: therefore the beſt indications for diet are taken from the meaſure of perſpiration. The food which is moſt vapouriſh and perſpirable, is certainly the moſt eaſily digeſted; but ſuch may be proper or improper for the animal, according to its circumſtances.

The ſtrength of the aliment muſt be proportioned to the action of the ſolids upon it; which, in an animal under a courſe of exerciſe or hard labour, is much ſtronger: therefore aliment too vaporous or perſpirable will ſubject it to the inconveniences of too ſtrong a perſpiration, which are debility, faintings, and ſometimes ſudden death. What diminiſhes ſweating, or the *ſenſible* perſpiration, increaſes the *inſenſible*: for that reaſon a ſtrengthening and aſtringent diet often conduceth to this purpoſe. The moſt nouriſhing aliment is the leaſt perſpirable, except mutton, which of all others is the moſt ſo, and hogs-fleſh the leaſt; and for the ſame reaſon eels, and all very fat and oily ſubſtances. Copious food of ſmall nouriſhment perſpires much.

A ſtomach too void, or too full, ſtops perſpiration.

The fruits of the low pomiferous plants, as cucumbers, melons, *&c.* ſtop perſpiration; therefore they are wiſely provided by nature in a ſeaſon when the perſpiration is too great.

Variety of meats diminiſh perſpiration.

Honey in cold conſtitutions increaſeth perſpiration, except when it promotes too great a ſecretion of the bile; and then it diminiſheth it.

Drinking exceſſively during the time of chylification, ſtops perſpiration. Let thoſe who ſit long at their bottle after meals, ſays a learned phyſician, conſider this.

The moſt ſure ſign of a deficient perſpiration is flatulency or wind.

See *Sudorificks*, &c.

PHLEBOTOMY.

See *Evacuations*, &c.

PHLYCTÆNÆ.

See *Cutaneous Diſtempers*.

PHRENSY.

See *Madneſs*.

PHTHISICK.

THIS term is generally applied, in the higheſt ſtage of it, to ſuch as have ulcerated lungs with a hectick fever.

A phthiſical cough, however, is not to be immediately eſteemed a pulmonary cough, becauſe it may be ſtomachical, (ſee *Coughs*, &c.) which may however at length become pulmonary.

Vomits are very good in the beginning of all conſumptions. Purges muſt be avoided; all ſyrups and ſugared things are pernicious. Rob of raiſins is much eſteemed.

A perſon was cured by an eminent phyſician only with a decoction of elecampane-root, with raiſins and liquorice, adding a tenth part of Spaniſh-wine, which is very nouriſhing.

Diaphoretick antimony, Potter's antihecticum, ſperma-ceti, and a decoction of the woods, excel all

other

other medicines in the ſharpneſs of the lympha.

To cleanſe an ulcer of the lungs, and diſcharge the adhering matter, medicines of tobacco are moſt eligible.

The patient's common drink ſhould be impregnated with fumes of ſulphur, which, with other things drawn in through the mouth, are of ſingular efficacy in deſperate caſes.

Balſam of ſulphur prepared with oil of aniſeeds, by a ſlow fire, ſpeedily and ſafely cleanſes and heals freſh ulcers.

Conſerve of red roſes is much eſteemed to conſolidate the ulcers; and, above all others, a decoction of red roſes, ſtrongly expreſſed, and ſweetened with a ſmall quantity of ſugar.

If the hectick heat be violent, and the conſumption makes a ſwift progreſs, a milk diet muſt be entered on, and aſſes milk, or buttermilk, principally choſen.

The moſt ſovereign remedy of all in this diſtemper, is daily riding on horſeback, in which exerciſe the patient need not be confined to a ſtrict diet.

For a phthiſicky Cold.

TAKE China-roots, ſix ounces; elecampane, and Florentine iris, of each four ounces; ſarſaparilla, half a pound; the leaves of harts-tongue, maiden-hair, ground-ivy, lungwort, of each one ounce; white poppy-ſeeds, pearl barley, of each ſix ounces; liquorice, three ounces; raiſins of the ſun, and figs, of each four ounces; let theſe be cut, ſlic'd, gently bruiſed, and divided into two ounce-papers, which boil in a quart of fair water to the conſumption of half, over a gentle fire in an earthen pot with a cover; then ſtrain it, and divide it into two parts, whereof take one warm in the morning faſting, the other in the afternoon about five o'clock, walking a little after. In a ſpoonful of the ſame liquor take a paper of the following powder, before you drink the reſt. This method is to be continued a fortnight, taking your ſalts in the beginning, middle, and end. Let blood after the ninth day of the courſe.

The Powder.

Take of the powder of benzoin, one ounce; and divide it into twenty-four little papers for uſe.

See *Aſthma, Conſumption, Cough, Pleuriſy*, &c.

PILES.

WHEN they bleed, and unload themſelves, are often a great relief to nature. But when they only ſwell, they are very troubleſome, and ſometimes dangerous, becauſe they may turn into fiſtula's, and perhaps gangrenes.

To relieve them you ſhould loſe ten or twelve ounces of blood from the arm; after which the coſtiveneſs which generally attends them may be relieved, as well as the ſwelling, by the following means:

'Take Æthiops mineral, a ſcruple; brimſtone in powder, five grains; crabs-eyes, and volatile ſalt of hartſhorn, of each four grains; lenitive electuary, half a drachm: mix, and make a bolus, which take three times a day.' Alſo,

'Take

'Take ointment of populeon, 'one ounce; burnt cork, one 'drachm; Balauſtin flowers pow-'dered, one ſcruple; opium diſ-'ſolved in oil, five grains; ſugar of 'lead, four grains; mix, and make 'an ointment, which apply on cot-'ton, and keep it bound on with 'a bandage, the upper part of 'which muſt go about the body, 'and the under part muſt come 'under the thighs, and ſo tie upon 'the fore part of the bandage, and 'it keeps on the ointment.'

Hogs-lard rubbed ſo long between two large flat leaden weights, that it becomes black, applied to the part, has alſo frequently given immediate relief.

If blood is diſcharged with the excrements, it is the true piles; but if it flows without pain, it is ſcorbutick.

Outwardly apply leaches, or rub the part affected with freſh fig-leaves a little bruiſed.

For exulcerations make a liniment of aurum fulminans, and oil of ſweet almonds.

Oil of box is more effectual towards eaſing the pain than any thing elſe, mixed with oil of linſeed.

The Emperor Charles V. was cured only by painters varniſh, and oil of roſes.

Prepare the varniſh of oil of flax, twelve ounces; Venice-turpentine, four ounces; the pureſt ſandarack, or juniper-gum, three ounces: melt 'em over a gentle fire, *&c.*

For another excellent eaſer of pain, take of the herb toad-flax with the flowers, as much as you will; boil it with hogs-lard, till it grows green, and makes an ointment: For uſe add a proper quantity of the white of an egg.

Roſemary eaten every morning with a little honey, will quite take away the piles.

Onion or leek roaſted under the aſhes, with oil of roſes and a little ſaffron, is highly recommended. A leek fried with butter in a pan is an admirable remedy.

Oil of amber uſed by itſelf cures the moſt violent pain.

The Dog-and-duck water in St. George's Fields, drank for ſome time as common, is of excellent uſe in this caſe.

The following approved recipes have likewiſe been attended with great ſucceſs in different caſes of this malady; out of which the patients may chuſe as they beſt approve.

An eaſy and experienced Remedy for the Piles.

IN four ounces of ſpring-water, diſſolve about one drachm of ſalt of tartar, or as much as will give the liquor a manifeſt, but not ſtrong alkaliſate taſte, and apply ſoft rags dipped in luke-warm, or ſomewhat more, to the part affected, ſhifting it from time to time.

A choice internal remedy for painful Piles.

TAKE half a drachm of choice live ſulphur, and mix it with a little ſugar to make it reliſh; and give that doſe once, or, at moſt, twice a day.

An experienced Remedy for the unbroken Piles.

TAKE calcined oiſter-ſhells, and incorporate them with as much honey as will make up the powder into an ointment; with which the part affected is to be tenderly anointed from time to time.

Another very ſucceſsful try'd Medicine.

TAKE maiden leeks, (as ſome call thoſe that grow without having

having been tranſplanted) and caſting away the green part, make of the bulbous part, and a ſufficient quantity of whole oatmeal, a caudle; whereof let the patient eat plentifully.

An aſtringent Ale, good againſt the Piles, and all Sorts of Bleedings.

TAKE roots of comfrey, Solomon's-ſeal, each eight ounces: boil them in ſix gallons of very ſtrong wort to four; ſtrain it off, and when you thin it up, pour into it juice of plantane and yarrow, each one pint; hang into it (in a bag) ſhepherds purſe, knot-graſs, ſanicle, mouſe-ear, each four ounces; raiſins ſtoned, twelve ounces: let all work together. This, the doctor obſerves, alſo gives ſtrength to the blood; conglutinates ruptured veſſels, is of ſingular avail againſt the whites, immoderate ſweating, and ichorous ulcers.

For the Piles.

TAKE the juice of yarrow depurated, or cleanſed, one pint; white ſugar, two ounces; mix. When the flux is too violent, then this eaſily procured ſtyptick may, ſays the doctor, bring good aſſiſtance; and was the great ſecret of a certain skilful phyſician. *Riverius* ſays, that the decoction of yarrow, uſed as an ordinary drink for three days together, happily takes off the pain of the piles. The doſe is three or four ounces twice a day.

An Emulſion againſt the Piles.

TAKE the ſeeds of melons and pompions, of each half an ounce; white poppy-ſeeds, two drachms; five ſweet almonds ſhelled: beat them in a marble mortar, and pour in by degrees barley-water about a pint; roſe-water, two drachms; fine white ſugar, what is ſufficient: mix them well together, and give the patient three ounces very often.

A Bolus for the Piles.

TAKE pulp of caſſia new drawn, two drachms; flowers of brimſtone, half a ſcruple: mix, and make a bolus, to be taken at four o'clock in the afternoon, and ten in the morning, and let them take a draught of milk-water upon it.

A Fomentation for the bleeding Piles.

TAKE hounds-tongue, plantane, yarrow, elder-leaves, of each three ounces; pomegranate-peels, one ounce; boil in water, and rough red wine, of each three pints: in the ſtrained liquor diſſolve alum, half an ounce; ſugar of lead, two drachms. It not only checks the bleeding piles, but alſo the immoderate flux of the menſes.

A Fomentation for the dry Piles.

TAKE onions, linſeed, of each four ounces; henbane, night-ſhade, yarrow, and houſe-leek, of each two ounces; boil them in a gallon of water to two quarts: in the ſtrained liquor diſſolve of the beſt opium, two drachms. Bathe the part therewith, and it will ſoon give eaſe.

See *Hæmorrhages.*

PILLS, *and their Virtues.*

Balſamick Pills to ſweeten the Blood, and an Ointment to cure Pains in the Body or Limbs.

TAKE of turpentine of Scio, three drachms; balſam of Tolu, half a drachm; balſam of Peru, three ſcruples: beat theſe all together well in a mortar; then, with powder of crabs-eyes, make them up into pills of a common ſize. Take four pills every morning and evening, without any obſervation, drinking after them half a pint of warm ale. Continue the uſe of them one whole month together, and for three or four months in the year. This is called the balſamick pill. For your pain, take two or three ſpoonfuls of the beſt oil of turpentine, and as much nerve-oil; put both together into a pipkin, and warm them, which will make them mix. Then before a brisk fire let the place pained be well rubbed in, by a warm hand, with the ointment, till 'tis three or four times well dried in; afterwards wrap it about, and go into a warm bed.

To make the Scots Pills.

TAKE two ounces of aloe ſuccotrina, and put it into an earthen pot that will bear the fire; pour upon it a pint of violet-water: cover it cloſe, and ſet it upon wood-embers; keep a conſtant heat to it, but let it not boil till the water is dried up; then put to it the like quantity again. When it is dried up, if you can get it, put to it a pint of the juice of violets; if not, half a pint. Keep the ſame conſtant heat all the time, till it is of a dryneſs to make into pills; then take it out, and put it into a gally-pot, and cover it cloſe. Take four or five common-ſized pills, as you find occaſion. If you take them at night, they will work the next day at noon, drinking water-gruel in the morning.

To make Violet-water for the Scots Pills.

PICK the violets, and put them into an earthen pot well glazed; then boil a pint and an half of ſpring-water, and pour upon 'em: it muſt be very thick of violets. Let it ſtand upon wood-embers. It muſt not boil, but be kept very hot for twenty-four hours; afterwards ſtrain it off. Wring it pretty hard; this done, put as many more freſh violets, and let it ſtand another twenty-four hours; then ſtrain it again, and uſe it for the pills: keep it cloſe covered while it is doing.

PLAGUE.

THE plague is often taken without manifeſt ſenſe: where it has been found, it hath a ſcent of a mellow apple, and, as ſome ſay, of May-flowers. Smells of luſcious or mellow flowers, as white lilies, cowſlips, and hyacinths, are by ſome thought bad for the plague.

The plague is not ſo eaſily received by ſuch as continually attend the infected, ſuch as phyſicians, keepers of the ſick, &c. as by freſh perſons; nor by ſuch as take antidotes, either inward, as mithridate, juniper-berries, rue, &c. or outward, as angelica, zedoary, &c. in the

the mouth, tar, galbanum, *&c.* to ſmell to; nor again by old people, and thoſe of a dry and cold complexion. But it takes ſooneſt hold of thoſe that come out of a freſh air; of ſuch as are faſting; of children; and it is alſo noted to go in a blood more than to a ſtranger, and therefore thoſe of kin ſhould not be too buſy about the infected.

The moſt pernicious infection next the plague, is the ſmell of a gaol, when priſoners have been long, cloſe, and naſtily kept. Whereof, ſays the great Lord *Bacon*, we have had, in our time, experience twice or thrice, when both the judges that ſat upon the priſoners, and numbers of thoſe who attended the buſineſs, or were preſent, ſickened upon it, and died; it were therefore wiſdom in ſuch caſes to air the gaol before the priſoners were brought forth.

Out of queſtion, if ſuch foul ſmells be made by art, and by the hand, they conſiſt chiefly of man's fleſh, or man's ſweat, putrified. For they are not thoſe ſtinks and fetid ſmells which the noſtrils ſtrait abhor and expel, that are moſt pernicious; but ſuch airs as have moſt ſimilitude with man's body, and ſo the more readily inſinuate themſelves, and betray the ſpirits. Poiſoning of air is no leſs dangerous than poiſoning of water; and this may be too eaſily affected, in great aſſemblies of people in houſes, *&c.* as in churches, at arraignments, at plays, and publick ſolemnities. This wicked art hath been practiſed by the Turks in war, and by Emanuel Commenus againſt the Chriſtians, when they paſſed through his country to the Holy Land. And theſe empoiſonments of air are the more dangerous in great meetings of people, becauſe the great perſpiration promotes the infection.

Particular perſons have been poiſoned by odours, and by perfumed gloves, *&c.* and 'tis probable the moſt deadly poiſons are mingled with ſweet ſmells, which make them the more efficacious.

Plagues alſo have been raiſed by anointing the chinks of doors, *&c.* as the ſame author ſays; not ſo much by the touch, as for that it is common for men, when they find any thing wet upon their fingers, to ſmell to it.

Great plagues have been propagated in divers countries by the putrefaction of great ſwarms of locuſts and graſhoppers, when they have died, and been thrown in heaps.

In mines are frequently ſuch damps as kill either by ſuffocation, or by the poiſonous quality of the mineral. And thoſe that deal much in refining, or other works about metals and minerals, have often their brains hurt and ſtupified by the metalline vapours; among which, it is noted, that the ſpirits of quick-ſilver always fly to the skull, teeth, or bones; inſomuch, that gilders uſe to have a piece of gold in their mouths to attract the ſpirits of the quick-ſilver; which gold they afterwards find to be whitened.

Many have been killed by the vapour of charcoal or ſea-coal in a cloſe room without vent; and it is the more dangerous, becauſe it comes without any ill ſmell, ſtealing on by little and little, inducing only a faintneſs without any manifeſt ſtrangling.

When the Dutchmen wintered at Nova Zembla, ſays Lord *Bacon*, and could gather no more ſticks, they made a fire of ſome ſea-coal they

they had, which at firſt much refreſhed them; but in a little while there grew a general ſilence and lothneſs to ſpeak among them, and immediately after, one of the weakeſt of the company fell down in a ſwoon. Whereupon, doubting what it was, they opened their door to let in air, and ſaved themſelves. The effect, no doubt, is wrought by the inſpiſſation of the air, and ſo of the breath and ſpirits. The like enſues in rooms newly plaiſtered, if a fire be made in them, which occaſioned the death of the Emperor Jovinian. And the air is no leſs unwholſome upon the firſt ſhowers after a long drought. As is obſerved under the head of AIR.

Some apothecaries, upon ſtamping of coloquintida, have been put into a great ſcouring by the vapour only. And the burning of Guiney-pepper has often provoked, from the ſtrength of its ſpirit, a continual ſneezing from all in the room.

A ſovereign Antidote againſt the Plague, invented by Dr. Burges.

TAKE three pints of Malmſey, and boil therein an ounce of ſage, and as much rue, till a pint be waſted; then ſtrain it, and ſet it over the fire again, and put thereto half an ounce of long-pepper, half an ounce of ginger, a quarter of an ounce of nutmegs beaten together; let it boil a little; after which put thereto four drachms of mithridate, two drachms of Venice-treacle, a quarter of a pint of good aqua vitæ, or hot angelica-water, which is better. Keep this as a moſt valuable treaſure; take always a ſpoonful or two of it warm, if you be diſeaſed, and ſweat thereupon (if not, once a day is ſufficient). This is not only good for the common plague, called The ſickneſs, but the meaſles, ſmall-pox, ſurfeits, and divers other diſeaſes.

To make Plague-water.

TAKE jujubes, ſebaſtian, roots of althea, eringo-roots, and polypodium roots, each two ounces; a large handful of maiden-hair; all ſorts of dry'd bloſſoms of field-cowſlips, cloves, borage, *&c.* angelica, roſemary, origanum, rue, fleetwort, St. John's-wort, centaury, colts-foot, bugloſs, balm, ſweet-mints, tormentil, yellow marjoram, ſage, harts-tongue-leaves, polypodium, betony, wormwood, motherwort, pimpernel, ſcabious, celandine, ſuccory, fluellin, monk-ear, herb Robert, round robins, agrimony, wild ſage, germander, wild germander, fumitary, mugwort, ſilverwort, tanſey, arſe-ſmart, water-creſſes, wood-ſorrel, each one ounce and half; carduus, wall-gilliflowers, both herbs and flowers; French wormwood, ſage of Jeruſalem, winter-ſavory, each one ounce; boys-love or ſouthern-wood, and Jacob's-ladder, each half an ounce; aniſeed and liquorice, each three ounces; cloves and mace, each one ounce; three quarts of brandy. Take the juice of balm, borage, mints, agrimony, betony, celandine, each half a pint; then take two gallons of wort, cyder-lees or ſack-lees; ſteep the herbs a night or two cloſe ſtopped: put them into a ſtill, and the juices, roots, flowers, and brandy, when in the ſtill, but mix them a little together: keep but a ſlow fire under it. Cut the herbs a little before they are ſteeped.

See *Air*, *Odours*.

PLANET-STRUCK.

See *Cutaneous Diſtempers*.

PLANTS.

See *Herbs*, &c.

PLETHORA.

See *Conſtitution*, &c.

PLEURISY.

PLeuriſy is an inflammation of the pleura, and is hardly diſtinguiſhable from an inflammation of any other part of the breaſt, lungs, *&c.* and proceeds from a ſtagnant blood, and is to be remedied by evacuation, ſuppuration, or expectoration, or all together.

Bleeding ought to be uſed in the beginning of the diſtemper, and to be repeated as often as the circumſtances of the diſeaſe, and the patient's ſtrength, will permit; for many perſons who cannot bear a ſudden expence of blood will be very little affected by repeated bleedings in a ſmall quantity.

When this is done, the *obſtruction*, from whatever cauſe it ariſes, muſt be attempted to be opened by teſtaceous or well-diluted volatile medicines. The following are good in this caſe; *viz.*

'Take alexipharmick milk-wa-
'ter, four ounces; black cherry-
'water, four ounces; Dr. Stephens's
'water or aqua mirabilis, two oun-
'ces; diaphoretick antimony, one
'drachm; ſyrup of red poppies,
'one ounce: mix, and make a ju-
'lep, of which take three or four
'ſpoonfuls often in a day.' Or,

'Take ſperma-ceti, one drachm;
'ſaffron in powder, eight grains;
'contrayerva-ſtone, half a drachm;
'ſyrup of marſhmallows, enough to
'make three bolus's; one of which
'to be taken every ſix hours, with
'three ſpoonfuls of the following
'julep; *viz.*

'Take milk water, eight ounces;
'volatile ſalt of hartſhorn, half a
'drachm; balſamick ſyrup, one ounce
'and half; mix and make a julep.'

You muſt then proceed to aſſiſt *expectoration*, and to eaſe the cough, for which the following preſcription is excellent:

'Take ſyrup of maiden-hair, two
'ounces; oil of almonds, one ounce;
'ſperma-ceti, one drachm; loaf ſugar,
'two drachms: mix and make a
'lambative; whereof take one or
'two ſpoonfuls whenever the cough
'is troubleſome. And let the pa-
'tient drink at pleaſure of a liquor
'made of the decoction of the ſy-
'rup of maiden-hair, two pounds;
'and balſamick ſyrup, two ounces.'

If the *pain* continue vehement, lenient medicines muſt be adminiſtered both inwardly and outwardly; and the following are very proper for both intentions; *viz.* 1. Inwardly, after bleedings have been ſufficiently premiſed:

'Take black-cherry-water, two
'ounces; peony-water compound,
'two drachms; ſyrup of white
'poppy, called diacodium, ſix
'drachms; mix, and make a draught
'to be taken at bed-time.'

2. Outwardly.

'Take ſperma-ceti, two ounces,
'melt it; oil of almonds, three
'drachms; ointment of orange-
'flowers, or marſhmallows, half an
'ounce: mix, and make an oint-
'ment to be rubbed in morning
'and evening, and apply a warm
'flanel over the part.'

After this ointment has been ſoaked in, half fill an ox-bladder with the following decoction, and apply it warm wrapt up in flanel, to the part; *viz.*

'Take an ounce of rue and ſage;
'elder and chamomile-flowers, of
'each half an ounce; and half an
'ounce of aniſeeds; and half an
'ounce of cumin-ſeeds; bruiſe them,
'and boil them in equal parts of
'milk and water.' If

If theſe methods prove ineffectual, a bliſter may be applied to the part: the blood may be drawn off by cupping, or the matter may be brought to ſuppuration, as follows; *viz.*

'Take roots of mallow or marſh-mallow, of lilies, of each one ounce; leaves of mallows, flowers of chamomile, elder-flowers, fenugreek-ſeeds, and mallow-ſeeds, of each one ounce; and eight fat figs: boil all theſe in milk, till the whole milk be evaporated: bruiſe them, and add hogs-lard and freſh butter, of each an ounce and a half; mix, and make a poulteſs, and apply it warm morning and evening.'

When the impoſthume is ready to be opened, which is known by the ſoftneſs of the part, and abatement of redneſs and pain, open it either with a lancet or cauſtick; and then cleanſe and heal it in the uſual manner:

Cooling emulſions ought to be given to moderate the *heat of the blood* attending pleuriſies; and if the belly is not open, clyſters ſhould be adminiſtred; for both which intentions the two following are very proper:

1. To temper the heat of the blood in pleuriſies:

'Take barley-water, two pounds; of each of the four large cold ſeeds, half a drachm: bruiſe them all in a mortar together; ſtrain out the liquor, and ſweeten with ſugar, for common drink to quench the thirſt.'

2. To keep the belly open, and procure a ſtool:

'Take barley well cleanſed, a handful; mallow-leaves, mercury-leaves, and violet-leaves; flowers of roſes and violets, of each half an ounce; boil in water to half a pound: add caſſia freſh drawn, and red ſugar-candy, of each an ounce; oils of lilies and linſeed, of each half an ounce; common ſalt, one drachm; mix, and make a clyſter.

Remember to drink every thing milk-warm, encourage reſt, and keep quiet.

An excellent phyſician gives the following obſervations on the cauſe and cure of this diſtemper, and the regimen to be purſued in it.

There is none of the membranes, ſays he, which inveſt the inſide of the breaſt, but may be the ſeat of this diſeaſe.

The cauſes of it, beſides thoſe common to all inflammations, are often a particular diſpoſition to inflammatory diſtempers; a ſtreightneſs of the arteries of the pleura; a calloſity of that membrane; an adheſion of the lungs; the ſudden admiſſion of cold air by too thin cloathing; too hot a regimen; and eſpecially the copious uſe of ſpirituous liquors; cold liquors drank when the body is very hot; a tranſlation of ſome inflammatory matter from ſome other part; but moſt of all cold air from a northerly or north-eaſterly wind; from which cauſes proper cautions may be taken in the regimen by way of prevention.

This diſeaſe is ſometimes dry, without any ſpitting, and ſometimes attended with expectoration from the lungs, and that is taken off by a coction and reſolution of the feveriſh matter, or terminates in ſuppurations, or a gangrene.

The regimen ought to be much the ſame as in inflammation of the lungs, (ſee *Ulcer*) a cool, relaxing, ſlender, diluting diet, and avoiding all things which increaſe heat, even to hot air.

The ſymptoms of ſuppuration are the ſame as in inflammations of

the lungs; when the matter is made, the ſide muſt be opened to let it out.

When the diſeaſe reſiſts all remedies, the ſudden abatement of the pain, a quick weak pulſe, ſometimes intermitting, ſhort breath, and cold ſweats, are ſymp oms of a gangrene, and approaching death.

The following remedies have alſo been efficaciouſly tried in this diſtemper, in particular caſes.

For a Pleuriſy, and Streightneſs of Breath.

TAKE linſeed-oil new-drawn, ſyrup of ground-ivy, of each one ounce and half; ſugar-candy powdered fine, two drachms; powdered orris, one drachm; flower of ſulphur, half a drachm; tincture of gum-ammoniack, twelve drops; oil of aniſeed, four drops; flowers of Benjamin, ſix grains: mix.

Againſt ſizy Blood in Pleuriſies, Rheumatiſms, &c.

TAKE Iriſh ſlate, fifteen grains; ſalt of amber, three grains, ſalt of hartſhorn, two grains; oil of nutmeg, one drop; mix.

For a Pleuriſy.

TAKE linſeed-oil freſh-drawn, one ounce and a half; ſyrup of maidenhair, ſix drachms; mix them, and give the patient every five or ſix hours, drinking after it ſix ſpoonfuls of the following infuſion:

Take ſtone-horſe dung, ſix ounces; white-wine, one pint: infuſe it cold, and very ſtrong expreſſed: to the ſtrained liquor add ſyrup of wild poppies, one ounce; ſweet ſpirit of nitre, two drachms: mix them all together, and give the patient as before directed.

A Liniment for a Pleuriſy.

TAKE ointment of marſhmallows, one ounce; ſpirit of wine camphorated, two drachms; compound ſpirit of lavender, turpentine, of each one drachm: mix them together, and anoint the ſide grieved with a warm hand; and afterwards apply the following plaiſter:

The Plaiſter.

Take cumin-plaiſter, an ounce; camphire, two ſcruples; oil of amber, fifteen drops: make them into a plaiſter; ſpread it on leather, and apply it to the ſide affected.

N. B. The foregoing liniment and plaiſter ought not to be uſed in caſe of ſpitting of blood, becauſe they rarefy the fluids, and increaſe the ſymptoms.

A Decoction againſt the Pleuriſy.

TAKE penyroyal, hyſſop, and chamomile-flowers, of each one ounce; balls of ſtone-horſe dung, number eight: ſteep them together in a cloſe veſſel three or four hours over the fire, with barley-water and white-wine, of each one pint; then preſs it out hard, and to the clarified liquor add compound horſe-radiſh-water, four ounces; and ſyrup of five roots, two ounces; mix, and keep them for uſe.

It is an almoſt infallible remedy for pleuriſies, and any ſtitches in the breaſt or ſide. Take about four ounces for a draught.

A Water for the Pleuriſy.

TAKE freſh horſe-dung, number twelve; white-wine, a gallon; ſweet fenel-ſeeds, parſley-ſeeds, of each two ounces; treacle or melaſſes, one pound; polypody of the oak; butchers-broom, liver-wort, of each two ounces; ginger, three ounces; mix, and diſtil with a gentle fire. It prevails againſt pleuriſies, pains, and rheumatiſms. Give four ounces, and go to bed and ſweat upon it.

See *Gout, Inflammations, Rattleſnake Root, Rheumatiſms, Venomous Bites, Ulcers,* &c.

POISONOUS PLANTS.

See *Venomous Bites.*

POLYPUS.

See *Smelling.*

POULTESSES.

A Poulteſs.

TAKE a ſmall handful of groundſel, half a pound of currans, and a quarter of an ounce of gentian-roots ſliced; boil all theſe in a pottle of water, till it is reduced to a quart: let this be drank often, and let the child drink a great deal of fumitary-water, and ſyrup of fumitary. This hath cured a child which was broken out till ſhe was ten years old. If you will, you may put a little ſena into it. You may put on this poulteſs: Take of ground-ivy or hay-hoes, mallows and plantane, each one ounce; of elder, one ounce: cut theſe herbs a little, mingle them with raw cream, and lay it on to the face.

To make a Poulteſs for a ſore Leg.

TAKE of claret, and water, each a quart; dried elder-flowers, chamomile-flowers dried, and red roſe-leaves, of each one ounce; linſeed, half an ounce; fenugreek, an ounce; beat all theſe well together, and boil them in the liquor for half an hour; then take half the ſtuff to bathe the leg with two pieces of flanel ſteeped in it; and put one after another as hot as it can be endured: then take horſe-beans beaten fine, and ſifted thro' a ſieve: put the bean-flour to the other part of the ſtuff, and thicken it up to a poulteſs: ſpread it hot on a piece of cloth pretty thick, and put it on hot.

POWDERS, *and their Virtues.*

The red Powder.

TAKE carduus, tormentil, betony, ſcabious, pimpernel, angelica, dragon, balm, ſtrawberry-leaves, violet-leaves, roſemary, dandelion, fumitary, rue, ſage, borage, endive, ſuccory, St. John's-wort, agrimony, of each one ounce: chop 'em very ſmall, and put 'em to ſteep in a gallon of white-wine twenty-four hours; then take two pounds of bole armoniack finely beaten and ſearced, put into an earthen baſin, and add thereto as much of the wine as will make it as wet as morter; then put it in the ſun, ſtirring it every hour once, till it is grown almoſt dry; afterwards wet it again, and ſet it a drying as before: thus do till all the wine be uſed to once wetting; to which you muſt put two drachms of ſaffron ſteeped in ſome of the wine before ſtrained; into this laſt wetting one ounce of mithridate, two ounces of diaſcordium, and half an ounce of alkermes: when all theſe are put into the wine, and you have wet the bole therewith, as before, dry it ſo hard, as that you may make 'em up into balls, rolling them conſtantly as they dry. You may put out the old herbs, when ſteeped ſo long as to get out the virtue; and put in freſh, that your powder may be the ſtronger: keep your herbs in the wine to the laſt. Give this powder in dragon or carduus-water. It is good to drive out the ſmall-pox or

meaſles, or any thing from the heart: it helps ſweating, and is recommended againſt an ague, given in ſack, and ſweating thereupon.

POX.

See *Venereal Diſeaſe.*

PROUD FLESH.

See *Ulcers*, *Wounds*, &c.

PURGES.

See *Diet*, *Evacuations*, *Stomach*, &c.

QUIET.

SEE *Exerciſe.*

QUINSY.

A *Quinſy*, or Squinancy, is a difficulty of ſwallowing, putting the patient in danger of ſuffocation by reaſon of the tumour in the throat. In treating this diſtemper, wrap up the neck and breaſt warm with clean ſoft wool, never dy'd, dipt in warm ſweet oil; uſe warm water for common drink, and bleed in the foot. If there be no tumour, the quinſy is almoſt always mortal. When the redneſs is moſt thrown outwards, it is moſt ſafe.

Linſeed-oil can never be commended too much.

Thoſe who are of a ſanguine complexion, and have red hair, are the moſt ſubject to this diſeaſe.

A large quantity of blood ſhould be ſpeedily taken from the arm, and afterwards from the ranula; then touch the affected parts with the following mixture:

'Take as much as you pleaſe of 'honey of roſes; a ſufficient quan-'tity of ſpirit of ſulphur, to the 'higheſt tartneſs: mix it, and let a 'cupping-glaſs be applied to the 'nape of the neck.'

If the diſtemper does not yield to the firſt bleeding, repeat it, and inject a clyſter; alſo a purge may be given.

Among gargariſms the patient's own water is much commended; alſo juice of greater houſleek with ſpirit of wine, ſal armoniack, and dog's-dung; but above all, one of a decoction of rape, with a little ſal armoniack.

Externally apply the following cataplaſm:

'Take one ſwallow's neſt, three 'onions roaſted on the aſhes under 'the hearth, one ounce of elder 'flowers; boil 'em in milk, and 'paſs 'em thro' a ſieve; then add 'half an ounce of album Græcum; 'half a drachm of diſtilled chamo-'mile oil, a ſufficient quantity of 'white lilies; mix 'em, and make 'a cataplaſm.'

A vomit is convenient in the beginning of a malignant quinſy, if taken in time.

Warm vapours ſhould be conſtantly uſed; thus,

'Take elder, roſe and marigold-'vinegar, each one ounce; diſtilled 'elder-water, ſix ounces: mix 'em, 'and let the warm fumes be drawn 'into the throat thro' a funnel.'

To break an impoſthume, a gargariſm of muſtard-ſeeds boiled in metheglin is proper.

In order to promote ſpitting:

'Take oil of ſweet almonds, and 'flower of brimſtone, each one 'ounce; cryſtalliz'd tartar, and ſu-'gar-candy, each two drachms; 'four drops of nutmeg-oil; three 'ounces of ſyrup of wild mallow:

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'mix 'em, and make an electuary.'

Or the following powder:

'Take mineral cryſtal, and cry-'ſtallized ſugar, each an equal quan-'tity; mix 'em, and make a pow-'der.' Hold a ſcruple of it in the mouth till the ſpittle flows plentifully; then ſpit it out: repeat it in a quarter or half an hour's time, and it will produce a wonderful ſpitting.

The juice of the green ſhells of nuts depurated, with honey, is alſo commended.

If froth appear about the mouth in a quinſy, it is a mortal ſign.

In this diſtemper, the patient is ſometimes forced to undergo inciſions made in the throat and tongue, tho' generally without effect; for the apparatus of which we refer to the ſurgeons.

In a ſpurious quinſy there is no need of bleeding, except in perſons full of humours.

Sweating medicines are of ſervice at firſt; and afterwards gentle 'purges, with outward reſolvents, 'a gargariſm made of decoction of 'wild marjoram, root of pellitory 'of Spain, muſtard-ſeed with vine-'gar, *&c.* and laſtly, juice of houſ-'leek with ſyrup of mulberries.'

Or the following gargariſm:

'Take one drachm and an half 'of Jews-ears; two drachms of pel-'litory of Spain; one ounce of herb-'hyſſop; four fat figs ſlit: boil 'em 'in a ſufficient quantity of ſpring-'water to one pint, adding towards 'the end four ounces of the beſt 'honey: ſtrain it, and add two 'ſcruples of ſmall duſt of album 'Græcum; two ounces of rectify'd 'ſpirit of wine; half an ounce of 'ſpirit of ſcurvygraſs: mix 'em, 'and make a gargariſm.'

The following account of the cauſes of this diſtemper, with further directions for the cure, and the regimen to be obſerved by the patient, will be very proper in this place.

Sometimes this diſeaſe, ſays an excellent phyſician, proceeds from a ſeroſity obſtructing the glands, which may be watry, œdematoſe, ſcirrhous, according to the ſeveral degrees of the viſcoſity or toughneſs of the humours; ſometimes inflammatory, which inflammation will ſometimes end in a ſuppuration, or gangrene.

The difficulties of breathing and ſwallowing, which happen without any ſwelling outward or inward, after long diſeaſes, proceed commonly from a reſolution or paralytical diſpoſition of the parts, and are the immediate forerunners of death.

The regimen in thoſe quinſies which proceed merely from the obſtruction of the glands, muſt be to uſe ſuch warm liquors as gently relax, ſoften, and moiſten thoſe glands, ſuch as carry off the redundant ſerum by ſtool, ſweat, and urine; or by ſtimulating, open the emunctories of theſe glands to ſecern the humour.

In a mere watery tumour, the diet may be more warm than in the inflammatory, and the moderate uſe of wine often relieves the patient.

The difficulty of ſwallowing and breathing, occaſioned by ſcirrhoſities of the glands, is not to be cured any otherwiſe than by extirpation.

Thoſe who are ſubject to inflammations of the throat, ought to live temperately to prevent a plethora; or to break ſuch a fulneſs ſpeedily by proper evacuations, to beware of cold air, too aſtringent or ſtimulateing aliment or medicine, and violent exerciſe, which heat by increaſing the projectile motion of the blood; but eſpecially the ſwallow-

ing of cold liquors when they are hot.

In theſe inflammations a ſlight diarrhœa or looſeneſs relieves; therefore aliments which promote it, are uſeful, as tamarinds infus'd in whey. Decoctions and emulſions of farinaceous vegetables moderately acidulated, and ſuch as abound with a cooling nitrous ſalt, are proper; it is commonly thought, that pimpinella, ſaxifraga, or burnet, is a ſpecifick in this caſe: every body knows the benefit of mulberries, taken all manner of ways. All acids, as ſorrel, juice of limon, *&c.* abate inflammations.

The mouth and throat muſt be kept moiſt, and the noſe clear, that the air may have a free paſſage through it; for air drawn by the mouth, dries.

When the deglutition is totally aboliſhed, the patient may be nouriſhed by clyſters, which I have known to have been done for a whole week, after which the tumour ſuppurated.

When the inflammation ends in a gangrene, the caſe generally proves mortal, except it be only in the tonſils, uvula, and palate, and go no further, which parts may be ſeparated, and the patient live.

The following approved recipes will conclude this article:

For a Quinſy.

TAKE ſalt of nitre, half a drachm; ſugar of lead, half a ſcruple; make a powder, and take three or four times a day in a proper liquid.

A Gargle for the ſame.

TAKE of pectoral decoction, a pint and a half; marſhmallow-roots, half an ounce; marſhmallow and ſage-leaves, of each one ounce: boil to a pint, and add ſweet ſpirit of nitre, half an ounce; mix, and uſe it often a little warmed.

Another for the ſame.

TAKE water, half a pint; ſublimate mercury, fifteen grains; cream of tartar, one drachm; mix them ſo, that they may be diſſolved; and filtre through cap-paper; to be uſed now-and-then.

A Powder for a Quinſy.

TAKE burnt alum, and bole armoniack, of each one drachm; mix, and make a powder, and blow into the throat and uvula.

A Gargle for a Quinſy.

TAKE columbines, two ounces; inner rind of elm, one ounce; Jews-ears, liquorice, album Græcum, each half an ounce; boil in water two pints and a half to twenty-ſix ounces; in the ſtrained diſſolve ſalt armoniack, two drachms; ſyrup of raſpberries, honey of roſes, each three ounces.

It moiſtens, foments, and mollifies the muſcles of the throat when inflamed, ſwoln up till almoſt crack'd, parch'd, and ſcorch'd with drought and heat. It cleanſes the glands, and ſalival ducts, when outwardly ſmeared over with ſlime, and opens them when inwardly ſtuffed up with phlegm.

But where viſcid phlegm is the main cauſe, and the glands ſuffer more than the muſcles, there's a neceſſity of flying to ſuch medicines as attenuate powerfully, and draw out.

See *Mouth, Throat, Uvula.*

RATTLE-SNAKE-ROOT.

THE following account of the virtues of this root having been publiſhed in the papers, Nov. 3. 1739. we think it of too important a nature to be omitted in this collection. It was publiſhed under this title:

To the PUBLICK.

The Memorial of John Tennent, *Practitioner in Phyſick, lately from* Virginia.

THE author ſets forth, That he had been induced to make a free and open publication of a diſcovery he made in *Virginia* in the year 1735. which promiſes extraordinary benefit to mankind, and ſeems to open an *occult ſcene* in phyſick.

It is the deduction of the further efficacy of the root of a plant diſcovered by the Seneka Indians in America, to prevent death following the bite of the rattle-ſnake, whoſe poiſon in the hotteſt months is ſo very virulent, as to kill in the ſpace of a few minutes often; but if the perſon upon being bit has this root to chew and ſwallow immediately, it operates ſo inſtantaneouſly, that it carries off the frightful forerunners of death, which proves its great ſubtilty and activity, preventing thereby the blood's ſtagnation, which is the end of all diſeaſes.

The quality of the root was notoriouſly known in Virginia, and the neighbouring colonies, for upwards of twenty years before the deduction of its further efficacy, the Indians having communicated it to the white people; but in that time none would attempt to apply it in other caſes, altho' propoſed to ſeveral.

It appeared, firſt from theological, and next phyſical reaſoning, in a general way, that from ſo powerful an effect of a root, ſome other great purpoſes muſt be anſwered; and in the courſe of reaſoning upon the diſſolution and coagulation of fluids, it followed, that the moſt epidemical and mortal diſeaſe of Virginia, and the neighbouring colonies, called a Pleuriſy, muſt be cured by it.

That it has anſwered that important end, the votes of the Virginia legiſlature will teſtify, which ſoon will be made publick, with remarks: By theſe votes is alſo to be ſeen, that other diſeaſes are cured by it, beſides that epidemical one of the American colonies.

In the courſe of experience, it is proved to be a ſucceſsful remedy in all the ſtages and kinds of pleuritick and peripneumonick fevers, quartan agues, rheumatiſm, anaſarca, (*i. e.* a dropſy) and gives ſurpriſing relief in the fit of an aſthma: it alſo has a greater effect in the gout than any thing yet tried; and from theſe facts, it may be ſaid, that it promiſes a more extenſive uſe than any one medicine in the *materia medica*.

As to the method of adminiſtering it in theſe diſeaſes, the advice of a phyſician is requiſite, that he may take under his conſideration their particular ſymptoms and cauſes: and as an handle for the learned to improve this medicine, a book will in a ſhort time be publiſh'd, ſetting forth the theological and philoſophical deduction of the root's efficacy, from its preventing death after the rattle-ſnake's bite, the general method of giving it in the diſeaſes aforeſaid, and particular uſes

that occured in practice, with animadverſions on each caſe.

On this occaſion, however, 'tis ſuppoſed not amiſs to notify to the learned, that this root anſwers the cure of an anaſarca and quartan agues beſt, given in powder; pleuritick and peripneumonick fevers, and paroxyſm of an aſthma, in decoction; the rheumatiſm and gout, in tincture made with ſpirit of wine, and camphire added. Theſe different preparations, in theſe ſeveral diſeaſes, are ſo neceſſary, that the root given in a contrary manner hath prov'd abortive; whence it ſeems to follow, that an analyſis of it is neceſſary to be made, to give light into its nature, and the diſeaſes it affects according to its modification. Its operations are different, tho' given in the ſame manner, being either emetick, cathartick, ſudorifick, or diuretick, according to the ſtate of the human body.

To give the world ſome light in the mean time into the efficacy of this medicine, 'tis requiſite to notify, that it carries off a fit of the gout in a ſhort time, and when properly taken, for a conſiderable time afterwards; tho' it does not intirely prevent the return of the fits, it affects their ſource ſo powerfully, that they will but ſeldom invade, and when they do, it is but ſlightly; and then may quickly be remov'd by this medicine: but when the diſeaſe is advanced to ſuch a ſtage as to be attended with chalk-ſtones, and contractions, 'tis not to be expected that they can be remov'd, admit that the primary cauſe could be eradicated; yet it is reaſonable to think, that they may be leſſen'd in a great meaſure under the operation of a powerful internal medicine, and application of a proper external one at the ſame time; and even in this advanced ſtage of the gout, the fits may be diminiſh'd, the time between them lengthen'd, and when they attack, are to be carry'd off very ſoon.

As this is truth, being found ſo by experience, which cannot be contradicted, no queſtion but thoſe of ſuperior genius may improve ſo efficacious a medicine. The memorialiſt is of opinion, that the reſin and ſalt of this root, join'd with mercury in ſome ſhape, may go a great length towards curing the gout; but he humbly ſubmits that opinion to the judgment of the learned phyſicians here.

Many have been cenſur'd for preſcribing in the gout, and indeed very juſtly, becauſe ſuch preſcriptions were (as quack medicines are for the moſt part) fraudulently intended, and conſiſt in wonderful ſecret matters, *&c.* But from the meaſures taken in this affair, with regard to humanity, diſintereſtedneſs, and honour of the art of medicine, 'tis preſum'd that the cauſe of all cenſure is remov'd: and as the gout is a moſt painful diſeaſe, and ſtyled the reproach of phyſicians, for the benefit of mankind, and to let the world ſee, that improvements are ſtill to be made, the method of preparing and taking this root is as follows:

'Take four ounces of the Seneka 'rattle-ſnake-root, reduced to a 'groſs powder; mix it with a quart 'of the beſt rectify'd ſpirit of wine 'in a glaſs proper for a ſand-heat, 'in which let it digeſt twelve 'hours, by keeping up a common 'degree of heat; then let it cool, 'ſtrain off the tincture, decant, and 'filtre, and add half an ounce of 'camphire to each pint. The doſe 'is from one common ſpoonful to

'one

'one and an half, in a glaſs of warm 'Canary, or ſome ſoft Spaniſh wine, 'and to be repeated every four or 'five hours, till eaſe is obtain'd.' The patient muſt keep warm in bed all the while, and take for drink weak ſack whey, warm. There muſt be no more bed-cloaths than uſual; for tho' the operation of the tincture may be by ſweat, it muſt not be forwarded, as is commonly done in taking ſweats.

This method may be follow'd in any ſtage of the diſeaſe, and in any time of the fit; but if begun upon its firſt attack, is ſtill better; and, whether it invade the head, ſtomach, inteſtines, or joints, there is no danger in following the method, which, generally ſpeaking, will remove the fit in about twenty-four hours; tho' the effect in ſome caſes may be quicker, and in others ſlower; ſo that the tincture muſt be continued according to its effects. In ſome particular caſes, *bleeding* is ſo neceſſary, that without it this method may prove unſucceſsful: in ſuch a caſe the aſſiſtance of a phyſician is neceſſary to judge of the quantity to be taken, as well as other circumſtances which may attend that particular patient: but they who may be ſo ſituate as not to be near a phyſician, will find this method anſwer for the moſt part, which will ſhew, that the bad ſucceſs hitherto attending preſcriptions in the gout, occaſioning its being termed the reproach of phyſicians, was neither a ſufficient reaſon for that term, nor of giving up the point, unleſs it could have been prov'd, that the art of medicine was at its *ne plus ultra*.

To take this root for a conſiderable time, to lengthen the time of the return of the fits, the advice of a phyſician is highly neceſſary, that he may judge of every circumſtance of the caſe, ſuch as age, ſex, ſtage of the diſeaſe, temperament, *&c.* and then preſcribe accordingly.

The apothecaries who may be applied to for this tincture, may buy the root from thoſe who have it from Virginia, where it grows in great plenty; which leads to remark, that the more *common* a plant is, 'tis to be thought more *uſeful*, for that is the characteriſtick of PROVIDENCE, intimating its general uſe to mankind; tho' this is contrary to the notion of ſome *curious people*, who are apt to aſcribe *great properties* to things *ſeldom to be met with*.

It were to be wiſh'd, (the editor preſumes to add) that phyſicians would preſcribe this excellent root with a little more chearfulneſs than they ſeem to do. But the faculty are ſo determin'd generally by the *old* rules, (tho' once *they* were *new*) that one would be led to imagine, they thought the art capable of no improvement ſince the days of *Galen*, *Hippocrates*, &c. The treatment Mrs. *Stephens's* medicines for the ſtone long met with, as well as this, will warrant our obſervation.

REINS.

See *Stone*, &c.

RESTORATIVES.

The diſtill'd Cock-water, for any Weakneſs.

TAKE two ounces of balm-leaves; one quart of plantane-water; one pound of currans rubbed, but not waſhed; one pound of dates, the ſtones taken away, and the whites next the ſtone, the dates ſliced thin: put all into a ſtill, and one pound of raiſins of the ſun ſton'd; then

then take a good red cock, pull him, and flay off his skin, and cut him in quarters; wipe away the blood, but do not waſh him; break his bones; then put him into the ſtill; afterwards put in a quart of Malaga ſack, and three quarts of new-milk; paſte down the ſtill cloſe; then take a quart bottle, and put into it four ounces of white ſugar-candy, and a book of leaf-gold; but firſt grind them well together in a little mortar; ſet it under the noſe of the ſtill; the next water will be good, but ſomewhat inferior to the former.

A ſtrengthening Drink, and not hot.

TAKE the pith of an ox or cow, one pound; tops of cypreſs, ſix handfuls; hemp-ſeeds, ſix ounces; roots of comfrey, and water-lilies, of each four ounces; the rinds of ſix China-oranges; let the ſeeds be bruis'd, and the other things cut ſmall; then put to them a gallon of milk, and diſtil them in a cold ſtill. The more probable opinion is, that two quarts of milk, and the ſame quantity of mum, are better than all milk.

To make the Catholicon, or univerſal Medicine.

TAKE the elder-berries, as ſoon as they are fully ripe; pull the berries off from the ſtalk, and put them into an earthen pan, or wooden bowl; let theſe ſtand till they begin to be mouldy; then ſtrain them, meaſure the juice, put it into a pot or skillet, let it boil till half be conſumed; after which take it up, and to every pint of ſyrup put a pound of ſugar; let theſe boil together again, till half or better be conſumed; then keep it for uſe. You muſt give a ſpoonful of this at a time, if the party have a cold, or a pain in the loins, or in the beginning of any diſeaſe; let the patient ſweat an hour after it. If you give it for the ſtone, avoid ſweating. This is good in any caſe whatever, and hath performed very great cures.

See *Conſumptions*, &c.

RHEUMATISM.

RHEUMATISM ſeems to be brought about by much the ſame cauſes as the mucilaginous glands in the joints are render'd ſtiff and gritty in the gout.

If the diſtemper newly attacks the patient, and is yet gentle, tho' teazing, and cauſing reſtleſſneſs, he may rub the parts affected with a hot flanel and Hungary-water, or rum, brandy, or well dephlegm'd ſpirit of malt, or with any ſpirit diſtill'd from aromatick herbs, as minth, marjoram, thyme, *&c.*

If the pain ſhould be univerſal, and diſturb reſt, tho' not violent, ſtove the bed with aromatick and fetid gums in a warming-pan, and go into it while warm; which is a kind of dry and artificial bath, that will open the pores, and has often had good effects.

If it be violent, and confine the party to bed, and he be feveriſh, dry, hot, and parched, and the parts affected ſwell, and ſo it may be deemed a true or an inflammatory rheumatiſm, it muſt not be neglected, leſt it turn to a fever, a gout, or a dropſy. He muſt loſe, according to his age, ſtrength, or pains, from ten to twelve ounces of blood, and be confined to the ſame diet as in a high fever; namely

ly water-gruel, poach'd eggs without vinegar, panada; and drink no wine nor ſtrong liquors, and only toaſt and water: if the pains be violent, he muſt repeat bleeding to forty or fifty ounces.

When the pains abate by this evacuation, and a ſediment begins to be ſeen in his water, which will be about the fourteenth day, he may take a doſe of gentle purging phyſick, made up of a drachm of ſena-leaves clear of ſtalks, and ſalt of wormwood, four or five grains; pour on to theſe a jill or four ounces of boiling water; let them ſtand on embers all night: next morning ſtrain it, and to the liquor put ſyrup of roſes or peach-flowers, one ounce; and two drachms, or half an ounce of cinamon-water, and drink it: this will move four or five times gently, and carry the diſeaſed matter out of the blood, and which is now in proper ſtate to be carry'd off. At night a pacifick draught may be taken to allay any diſturbance caus'd by the phyſick, and to alleviate the pains, which will not probably be intirely overcome. Repeat this phyſick for thrice, at the diſtance of three days each time, and the cure will moſt probably be completed.

If the pain be very uneaſy, and fix'd upon one part only, a poulteſs of bread, ſaffron, and milk, may be apply'd to the ſwelling, which will ſoften and relax the fibres, and cauſe them to ſwell more outwards, and preſs leſs inwards, and ſo will give ſome reſpite till the cure can be completed.

If it be a wandering rheumatiſm, which fixes no-where, confinement is not ſo neceſſary as in the former: in this caſe the party ſhould bleed once or twice to eight ounces; drink volatile ſpirit of hartſhorn to thirty drops twice or thrice a day in ſack; take care to keep warm; ſhould avoid pickles and ſalt meat, and eat freſh meat; and take freely horſe-radiſh, pepper, or muſtard, which attenuate and thin the blood, that is always ſizy and thick in rheumatick diſorders; and which may be uſed the more freely, as a fever ſeldom or never attends on this kind of rheumatiſm.

If there be a ſpecifick in aliment, it is certainly *whey*. I knew a perſon ſubject to this diſeaſe, ſays an eminent phyſician, who could never be cur'd by any other method but a diet of *whey* and *bread*. A *milk-diet* is likewiſe effectual for changeing that ſaline conſtitution of the ſerum of the blood.

Cream of tartar in water-gruel, taken for ſeveral days, will abate the pains and ſwellings conſiderably, by its acidity correcting the alkaleſcent ſalts in the blood.

In obſtinate ſciatical pains, bliſtering and cauteries have been found effectual, and the moſt penetrating medicines, eſpecially the ethereal oil of turpentine mix'd with honey.

Having been thus particular in the ſeveral caſes that may happen in this diſtemper, we ſhall need the leſs to enumerate recipes on the occaſion. However the following eaſy and ſafe ones may be very pertinently uſed, as the caſe may require:

A ſucceſsful Remedy for a kind of Rheumatiſm, and a Contracture of the Limbs that followed upon it.

TAKE the inward bark (that which grows next the wood) of an elder-tree, cut or tear it into ſmall bits, and with them looſely plac'd fill about a third part of a bottle; then pour in as much ſmall ale or beer as will fill up the remaining part of the veſſel; ſtop it well,

well, till the liquor be ſtrong of the infuſion: and of this let the patient drink a good draught once or twice a day; or if he can well bear it, let him uſe it as a diet-drink.

For the Rheumatiſm.

TAKE ſcurvygraſs, and horſe-radiſh ſcrap'd, of each half an ounce, a large ſpoonful of muſtard-ſeed bruis'd: infuſe them in a quart of Mountain. When they have ſtood a week, drink a glaſs of it an hour or two before dinner, and fill the bottle up again with wine.

For the ſame.

TAKE an ounce of muſtard-ſeed bruiſed, put it into a quart of white-wine; let it ſtand three days, pour it off clear; then put a pint of milk on the fire, and when it boils, put into it a quarter of a pint of water, and a quarter of a pint of the muſtard-wine, and a little of the juice of Seville-orange; give it one boil, and ſtrain it: take this quantity three nights running, then miſs three nights, and then again take it three nights, till you have taken it nine times: this will make the perſon ſweat; if you chuſe not to ſweat with it, take only a wine-glaſs of the clear muſtard-wine, night and morning, as long as you chuſe.

For the ſame.

TAKE powder of gum guaiacum, cinnabar of antimony, of each one ſcruple; Venice-treacle, half a drachm; ſyrup of clove-gilly-flowers, a ſufficient quantity to make a bolus, to be taken going to reſt, and early in the morning, with four ſpoonfuls of the following julep:

Take treacle-water, compound horſe-radiſh-water, of each two ounces; black-cherry-water, alexiterial milk-water, of each three ounces; ſyrup of limons, one ounce; compound ſpirit of lavender, two drachms; mix them, and make a julep.

For the ſame.

TAKE half a pound of flints in middling-ſiz'd pieces, calcine them in the fire till throughly red; quench them in a quart of milk; then boil them until half is conſumed: let the perſon take half a pint or more, according to the age and ſtrength, every morning in bed. This has cur'd ſeveral who have loſt the uſe of their limbs by the rheumatiſm.

An Electuary againſt the Rheumatiſm.

TAKE gum guaiacum, cinnabar of antimony, Virginia ſnake-root, of each two drachms; powder of caſtor, one drachm; contrayerva-root, orange-peels, roſemary, of each half an ounce; ſyrup of limons, a ſufficient quantity to make an electuary; of which take a large nutmeg in quantity, three times a day, drinking after it a draught of warm ſaſſafras tea.

A Purge for the Rheumatiſm.

TAKE jalap, one ſcruple; gum guaiacum, calomel, of each half a ſcruple; oil of juniper, two drops; ſyrup of buckthorn, enough to make a bolus for one doſe.

For the Rheumatiſm and Scurvy.

TAKE cinnabar of antimony, twenty grains; freſh powder of arum-roots, gum guaiacum, of each ten grains; ſyrup of marſh-mallows, enough to make a bolus, to be taken twice a day.

Dr. Sydenham's *Receipt for the Rheumatiſm.*

TAKE water of lettuce, purſlain, and water-lilies, of each four ounces; ſyrup of limons, one ounce and

and a half; ſyrup of violets, one ounce: mix, and make a julep: let the patient drink of it at pleaſure. Apply a poulteſs of white bread and milk to the part affected.

The ſame celebrated phyſician gives the following, which he calls

An effectual Remedy for a ſcorbutick Rheumatiſm.

TAKE freſh conſerve of garden ſcurvygraſs, two ounces; of wood-ſorrel, one ounce; compound powder of aron, ſix drachms; ſyrup of orange, as much as ſufficeth: mix them to an electuary, and let the patient take two drachms three times a day for a month, drinking three ounces of the following water after each doſe:

Take garden ſcurvygraſs, eight handfuls; brooklime, water-creſſes, ſage, and mint, of each four ounces; the rind of ſix oranges; nutmegs beaten, half an ounce: infuſe them in twelve pints of Brunſwick mum, and diſtil them in a common ſtill, drawing off only ſix pints of water for uſe. N. B. The exact doſe of the compound powder of aron muſt be obſerv'd, or at leaſt muſt not be leſſen'd.

For the Rheumatiſm.

TAKE cow-dung gathered in May; put to it one third part of white-wine, and diſtil it. Give the patient four ounces going to reſt.

It is likewiſe good againſt the gout, ſtone, and ſtoppage of the urine.

A ſovereign Remedy for rheumatick Pains.

TAKE ſena, hermodacts, turpethum, and ſcammony, of each two drachms; zedoary, ginger, cubebs, of each a drachm; mix them and powder them: take one drachm in a convenient vehicle. Anoint the parts affected with the following ointment:

Take palm-oil, two ounces; oil of turpentine, one ounce; volatile ſalt of hartſhorn, two drachms: afterwards lay on a plaiſter of mucilagines.

A Bolus to carry off rheumatick Pains by Sweat.

TAKE long-pepper, grains of paradiſe powder'd, of each half a drachm; Venice-treacle, one drachm: mix, and make two bolus's, and take one going to bed: while you ſweat, drink ſage-poſſet. Take care of catching cold.

For the Rheumatiſm.

TAKE wild garlick, which the Iriſh call ramſy: it is to be gather'd in woods the latter end of April, or the beginning of May: it is what cows eat which feed near woods, and the butter taſtes of it. Take a quantity of this herb ſtamp'd, and ſtrain out the juice; and to every quart you may add half an ounce of cloves bruis'd, and put into every bottle. It keeps the year round, and muſt be us'd in the following manner: Take the patient, and lay him on a pallat-bed before the fire, well ſecur'd from all air; then let two people be ſupplied with coarſe towels as hot as he can endure, and rub him all over very hard for above half an hour to open the pores; afterwards take ſome of this juice made hot, and with their warm hands let them rub in as much as the skin will ſoak up: then, if the patient can bear it, let him lie in blankets; if he cannot, in ſheets made very hot: continue this till the pain is gone, which will be in three or four nights. The juice does not ſtain. You muſt keep warm while you uſe it; for it inclines to a conſtant breathing ſweat.

An

An highly approved Medicine for the Rheumatiſm and Sciatica.

TAKE water-creſſes, which grow round fountains, eighteen ounces in May, and at other times twenty, or twenty-four; pick them clean, cut them as ſmall as poſſible, and put them into an earthen pot with the bigneſs of an egg of freſh butter without any water; cover the pot well, and paſte round it, that no water may get in; then put your pot into boiling water, and let it boil for four hours; afterwards take it out, ſtrain it, and let the perſon take it milk-warm in bed, and lie and ſweat without receiving any ſuſtenance, till they grow faint or weak; and then a broth made of fowl and veal. Sometimes the ſweat will continue for eight or nine hours; in which caſe the food muſt be light.

See *Gout*, *Rattle-ſnake Root*, *Sciatica*, &c.

RICKETS.

See *Childrens Diſtempers.*

RIGOR.

See *Fevers.*

RINGWORM.

See *Cutaneous Diſtempers*: Alſo *Coſmeticks.*

ROOTS, MEDICINAL.

See *Herbs*, &c.

RUPTURES.

A Rupture, in general, is a falling down of the ſmall guts, or the caul of the bowels, and is commonly incurable in old perſons. Sometimes it produces the iliack paſſion, ſometimes a gangrene.

The cure muſt be begun, by diſcharging the excrements by means of an emollient clyſter, uſing a fomentation of emollients and carminatives with ſpirit of wine, *&c*, Afterwards the guts muſt be kept in their place by proper bandages.

Lying on the back, eſpecially for old men, is eſteem'd an infallible remedy.

Vulneraries, eſpecially thoroughleaf, and the greater wallwort, are commended.

That ſort of rupture which proceeds from wind, is the eaſieſt to cure. The ſame medicines which expel wind and the colick, are proper here; outwardly, diſcutient fotus's, catapiaſms of bean-flour, cumin-ſeeds, cow's-dung, brimſtone, *&c.*

Whoever is much weaken'd with a rupture, ſhould take care of eating improper food, and drinking hot or ſpirituous liquor; and ought to abſtain from windy things, which may cauſe colick pains and convulſions; and beware of contracting a violent cough; becauſe all theſe things increaſe the diſtemper exceedingly.

When it cannot be reduc'd, it preſages great and ſudden danger. Violent pains, irregular vomitings, hiccoughs, and laſtly a faint pulſe, and cold ſweats, ſucceed, the certain ſymptoms of an approaching gangrene, and ſpeedy death. The reſt of the cure, as inciſion, caſtration, *&c.* we omit, as belonging properly to the ſurgeons.

But the following approved recipes fall naturally in our province:

For a Rupture, eſpecially in a Child, or young Perſon.

TAKE of the geranium, commonly called columbinum, reduce the root and leaves to fine powder, and let the patient take about half a drachm at night and morning for three or four weeks together, waſhing

jng it down each time with ſome ſpoonfuls of red wine.

For Ruptures in the Belly, eſpecially in Children.

HAving well cleans'd the roots of Solomon's-ſeal, ſcrape one ounce of them into a quart of broth, and let the patient take a meſs, or a Porringer full it for his breakfaſt; or elſe give half a drachm, or two ſcruples of the powder of it at a time, in any convenient vehicle.

The Rupture-plaiſter, which braces up and ſtrengthens the relaxed Parts.

TAKE of galls, the bark of oak, pomegranate, and balauſtines, all reduced to powder, each three ounces; ſteep them in vinegar for four days; afterwards pour the vinegar off, and let them be well dried; then add thereto the following powders; *viz.* the roots of the greater comfrey, and tormentil, each three ounces; frankincenſe, myrrh, maſtich, each two ounces; dragon's-blood, litharge of gold, prepared calamine, Armenian bole, (waſhed in vinegar, and afterwards dried) each three ounces. The foregoing powders being mixed, let them be put by degrees to the following ingredients, melted together, *viz.* ſolid pitch, two pounds; yellow wax, a pound; Venice-turpentine, a pound, or enough to make all into a plaiſter according to art. Apply it freſh every day, after putting up the gut, which muſt be ſecured by a proper truſs.

A Cataplaſm for a Rupture.

TAKE pomegranate-peels, tormentil-roots, red roſes, balauſtine-flowers, of each one ounce; wheat-flour, the weight of the whole; red-wine a ſufficient quantity; make a cataplaſm, and apply ſome of it to the part affected, with a little oil of roſes.

A Fomentation for Ruptures in Infants.

TAKE the leaves of roſemary, wormwood, marjoram, rue, of each half an ounce; lavender-flowers, one ounce: boil a little in a ſufficient quantity of water, and to a pint of the ſtrain'd liquor, add ſpirit of wine camphorated, Hungary-water, of each one ounce: mix, and make a fomentation, to be applied often.

See *Childrens Diſtempers, Colicks,* &c.

SALIVATION.

SEE *Venereal Diſtempers.*

SALVES, *and their Virtues.*

The white Salve.

TAKE reſin, white pitch, and frankincenſe, of each half a pound; virgins-wax, and deer-ſuet, each a quarter of a pound; maſtich, one ounce; camphire, two drachms, finely powder'd: beat the reſin, maſtich, and frankincenſe, in a mortar, to a fine powder; then melt the pitch, wax, and ſuet together, and put in the things you powder'd to them; boil them; after which take it off the fire, and let it ſtand a little while, ſtirring it through a thin ſtrong cloth into an earthen or any other pot, with a quart of white-wine, or old cyder; put it on the

the fire again, and boil it very ſoftly till you think half is waſted; then drop in of Venice-turpentine, a quarter of a pound, drop by drop; and put in the camphire at the ſame time, ſtirring it till tis ſomething cold; pour it into cold water, and as ſoon as you can, gather it up together: make it up into rolls, pouring oil on your hands firſt, to keep it from ſticking to them; afterwards take white paper, and oil it as much as will go round every roll. It may be kept as long as you pleaſe for uſe.

The Virtues.

It is good for all wounds and ſores, new or old, in any part of the head or body; cleanſes all feſters in the fleſh, and heals more in nine days, than other ſalves cure in a month; ſuffers no dead fleſh to ingender; cures the head-ach, rubbing the temples therewith, a ſalt phlegm in the face, and ſinews grown ſtiff or ſprung with labour, or dry for want of blood; draws out whatever is fix'd in the fleſh or wound; cures the bite of a mad dog, pricking of any venomous animals; is good for all fellons or white-flaws, feſterings, and cankers, aches of the liver, ſpleen, kidneys, back, ſides, arms, or legs; cures boils, botches, ſwellings, and humours in any part of the body; helps the gout, and all pains of the joints in man or woman; cures wrenches, palſy, and waters between the fleſh and skin, as alſo the piles. For any of the above purpoſes, make a cerecloth thereof, and ſpread it on thin white leather.

The plain black Salve.

TAKE a pound of good ſallad-oil, and half a pound of red-lead finely powder'd; put them into a skillet, and ſtir it well; let it boil till it be black, and let ſome of it cool; if it be hard enough for plaiſter, take it off the fire, and put it into a little beer: when 'tis cold, roll it up, and put it into oil'd papers.

The Virtues.

'Tis good for bruiſes, ſwellings, burns, or ſcalds, or to lay on the top of tents. Many take four of white-lead, and four of red, two ounces of bees-wax, and two of reſin, and think the beſt.

To make the brown Salve.

TAKE of candy-oil, five ounces; of white ceruſe, litharge of gold, Venice-turpentine, bees-wax, and litharge of ſilver, each two ounces: firſt put in your oil, then the wax; and when they are well incorporated, the litharge, keeping it continually ſtirring, the fire ſomewhat increaſed, till it grow black; then put in the ceruſe, ſtir it well, try a drop or two in water; and if it be pretty hard, 'tis enough; if too hard, 'tis boil'd too much; pour it preſently into water, and take it out forthwith; make it into rolls: if it happen to be over-boil'd in working, let it be roll'd cold; then crumble and boil it with two or three ſpoonfuls of oil, which will ſoften it; and if it be right, it will not ſtick to your fingers in working. The turpentine muſt be put in juſt before the reſt are pour'd out.

A yellow Salve.

TAKE half a pound of freſh butter; yellow wax and reſin, of each half a quarter of a pound; flour and honey, of each two ſpoonfuls; two drachms of ſaffron, finely beaten: boil all together half an hour, and then ſtrain it; this is good for an old ſore.

See *Wounds, Waters,* &c.

SARCOMA.

See *Smelling.*

SCALDS.

See *Burns.*

SCHIRRHUS.

See *Twiſting of the Guts.*

SCIATICA, *or* HIP-GOUT.

THE ſymptoms are, firſt, an heavineſs in the part affected, which cannot be moved without great difficulty, with a ſlight numbneſs and ſtinging in the part, and a pungent pain. Sometimes it is attended with a fever, and grievous pains in the loins down to the metacarpus; the leg withers, grows ſhorter, and is very weak and lame.

Let the patient take, according as his ſtrength will bear, from one to two drachms, or half an ounce, of ethereal ſpirit of turpentine, (viz. that which in diſtillation comes off betwixt the ſpirit and the oil) with a triple quantity of fine honey, every morning, upon an empty ſtomach, for four, ſix, or eight times, drinking after it two or three draughts of ſack-whey.

At night, let him take twelve grains of Matthew's pills; and, on a nauſea, omit taking the ſpirit for a day or two.

To take away the reliques of the diſeaſe, give the patient a doſe of flower of brimſtone in milk, twice a day, for ſome time. Coloquintida put into clyſters is alſo good for this diſorder.

Root of white bryony, freſh bruiſed, and mixed with linſeed oil, and applied warm to the part, will perfectly cure the pain.

Poterius's plaiſter is commended, to be applied as follows:

'Take four ounces of ſtone-pitch; 'half an ounce of Venetian turpen-'tine; of maſtich and amber, each 'two drachms; common brim-'ſtone, half an ounce; mix 'em, 'and make a plaiſter.'

The leaves of the leſſer yellow crow-foot, ſtamped, and applied a little below the knee, will bliſter the part, and cure the diſtemper.

A mixture of quick-lime and liquid ſoap is alſo very good, as a cauſtick, if other means fail of the deſired ſucceſs.

The following receipts have been tried to good purpoſe in particular caſes.

For the Sciatica, when the Part is weak.

TAKE the plaiſters of oxycroceum, of ruptures, of Paracelſus, of each one ounce; camphire, two drachms; oil of amber, one drachm and a half; mix, and make a plaiſter; to be ſpread on leather, and applied to the part affected.

For the ſame, when the Parts are contracted.

TAKE the plaiſter of diachylon, with the gums, two parts; ammoniacum and cumin plaiſters, of each one part: mix, and apply them.

Another.

TAKE muſtard-ſeed powdered, half a pound; white pepper and ginger, of each one ounce: mix together in a fine powder, and keep in a glaſs cloſe ſtopped: and at the time of uſing, make into a poulteſs, with oxymel of ſquills.

Another.

DRINK the juice of St. John's-wort for forty days; or take

two drachms of the ſeed in any convenient liquor: it purges the belly, and eaſes the pain.

Another Remedy for the Sciatica.

BOIL in a pottle of good white-wine vinegar, on a quick fire for half an hour, an ounce of each of the following herbs; *viz.* of chamomile, feverfew, rue, roſemary, red-roſe-leaves, ſage and wormwood; then ſtrain off the liquor thro' a coarſe cloth, and keep it for uſe.

Put the vinegar into a pan like a milk-pan, but much narrower at the bottom. Take a brick, and hew it round according to the breadth of it: heat it red-hot in the fire; then take it out with the tongs, and put it into the vinegar in the pan, which ſhould be ſo narrow at the bottom, that the brick may be an inch under the vinegar. After it has remained there a quarter of an hour, or more, take it out with the tongs, and in a napkin take it in your hands, and hold the flat ſide as near the hip as you can bear it, and ſtill nearer and nearer, as the brick grows colder, till it touch your bare skin. Let this be performed in the morning while warm in bed, and have another napkin ready to wipe off the ſweat as faſt as it riſes in any quantity; and take care to provoke ſweating by a good quantity of cloaths on the bed. Take away the brick when cold, and apply a plaiſter of Paracelſus three inches broad, (pricked full of holes with a knife's point) all along the region of the loins, as low as you can; and keep it on continually: it will cauſe an itching at laſt, which is a good indication. When you begin to feel it cold, take it off, wipe it, heat it, and apply it again, or take a freſh one.

For a Sciatica.

TAKE an equal quantity of pitch, reſin, and bird-lime; melt the pitch and reſin together over a ſoft fire; then take it off the fire, and ſtir in the bird-lime; and ſpread the plaiſter upon ſheeps leather.

See *Gout*, *Rattle-ſnake-root*, &c.

SCROPHULOUS.

See *King's-evil*, *Leproſy*, &c.

SCURVY.

THIS is the reigning diſtemper of England, and is cauſed by eating ſo much fleſh-meats, which we do without conſidering ſeaſons or circumſtances of the creatures killed for our nouriſhment. From July to the laſt of November, all ſorts of herbage on which cattle feed, is in decay; the air is more groſs, it is the creatures time of generating, in which they are generally unclean; and rots and murrains then moſtly abound; wherefore to be ſparing in theſe months, in fleſh-meats, and careful about the choice of them, is certainly very requiſite. And to ſay nothing of the religious part, we ſhall obſerve, that the keeping of Lent in the ſpring months, when all nature, as it were, is in a ferment, and begins to put forth as well in the blood of animals, as the juices of vegetables, is a moſt wholſome and requiſite injunction for laying in a foundation of health for the following ſeaſons.

This diſeaſe is productive of very troubleſome diſorders, which appear in different ſhapes. It is diſtinguiſhed

ſtinguiſhed principally into *hot* and *cold*.

For the cure of the former, *viz.* the hot ſcurvy, the following general rules ought to be obſerved.

Sours, as the juices of oranges, (as the common ſailors in the Streights and the Weſt Indies experience) are deemed good; but as there is an acrimony in ſome people which will not bear ſour things, it is ſafeſt to dilute well with freſh water, or water-gruel; and ſo much the rather, as the ſpecies of the diſtemper may be miſtaken; and ſours may do harm in one, but water will do good in both. Hence in a hot ſcurvy, diluting well with German ſpaw-water at meals, and at all times where thirſt requires it, will be uſeful. And let the following direction be followed; *viz.*

'Take ſpirit of lavender, one 'ounce; ſpirit of hartſhorn, half 'an ounce; ſpirit of ſalt dulcified, 'ſix drachms; mix them, let them 'ferment a while; then cloſe up the 'bottle; and taking thrice a day, 'for ſix weeks, thirty drops in any 'liquor, in a wholſome air, will be 'of great ſervice.'

For the cure of the *cold ſcurvy*, let the following general rules be obſerved, with regard to diet and regimen; *viz.* Let the air be clear and pure, and far from the ſea ſide; let the victuals conſiſt of meats of eaſy digeſtion; let them avoid ſalted, ſmoaked, and ſour things, let their beer be well boil'd and hopp'd; or let it be medicated with ſcurvy-graſs, brooklime, water-creſſes, fir-tops, wormwood, ſavory, thyme, marjoram, roſemary, *&c.* and let too much ſleep, too much watching, too much motion, and too much indolence be avoided; and the following preſcription is very ſuitable in this ſpecies; *viz.*

'Take mint-water, two ounces; 'Dr. Stephens's water, one ounce; 'lenitive electuary, two drachms; 'cream of tartar, one drachm; ſy-'rup of ſolutive roſes, one ounce; 'mix, and make a potion to be 'taken once a week in a morning.'

And the following is a good medicine for ſuch as are troubled with this diſtemper at ſea, taking ſixty drops of it in ſtrong wine, or any liquor, thrice a day conſtantly; *viz.*

'Take tincture of antimony, 'one ounce; of amber, half an 'ounce; of elixir proprietatis, two 'drachms; ſal volatile oleoſum, a 'drachm and a half.'

This diſtemper chiefly invades in the winter, and that principally ſuch as are ſedentary, or live upon ſalted and ſmoaked fleſh and fiſh, or quantities of unfermented farinaceous vegetables, and drink bad water; ſuch as are hypochondriacal and hyſterick; and ſometimes ſuch as have taken the Peruvian bark, either in great quantities, or without proper evacuations. From which cauſes, he tells us, the beſt rules are taken for prevention.

The *ſcurvy* of *mariners*, adds this gentleman, is generally cured by acids; as, all ſorts of ripe fruits, limons, oranges, buttermilk; alkaline ſpirits hurt them; and acid ſpirits, as that of ſalt, do them good; when the ſymptoms are attended with an ill ſmell of any kind, either in the urine, mouth, breath, with drought, heat, hæmorrhage of the gums, or of any kind, ſuch a diſeaſe will be cured by aceſcent ſubſtances, and none better than *whey*: in this ſcurvy chalybeat waters are generally effectual.

If the ſcurvy be intirely muriatick, or ſalt, or briny, proceeding from a diet of ſalt fleſh or fiſh, the vegetables commonly called antiſcor-

butick, (ſee thoſe under HERBS) as water-creſſes, ſcurvygraſs, and brooklime, may be given with ſucceſs, but tempered with acids, as the juice of oranges and limons; and the potherbs which are antiacid in this caſe, are a proper diet (ſee alſo ALIMENT); but if there be a high degree of heat and inflammation, the hot antiſcorbuticks (ſee HERBS, as above) will do hurt.

If the patient be pale, cool, without thirſt, with pale or natural coloured urine, with a previous diet of aceſcent ſubſtances, the eruptions not of a high inflammatory or livid colour, the warm antiſcorbuticks, animal diet, and animal ſalts, are proper.

There is great attention to be given to the condition of the mouth, gums, and teeth, (ſee TEETH) in the ſcurvy, from which the nature and degree of the diſeaſe may be gueſſed at. Violent purgings always hurt ſcorbutick conſtitutions; lenitives relieve. Bleeding is not proper, unleſs where the ſymptoms are urgent, and the caſe inflammatory.

The following experienced recipes will complete this article:

An excellent Drink for the Scurvy.

TAKE four ounces of water-trefoil, and let it work in about two gallons of wort, inſtead of hops, or of ſmall ale or wort, made for it; and let the patient uſe it for all or the greateſt part of his ordinary drink.

For a cold rancid Scurvy, Palſy, Dropſy, and flying Pains.

TAKE garden-ſcurvygraſs, gathered in a dry time, as much as you pleaſe; preſs out its juice; fill a veſſel with it, ſuppoſe of four gallons; work it (like ale) with yeſt, two ſpoonfuls: when it hath done working, bung it up cloſe, and keep it in a good cellar. At ſix months end, 'twill be clear, and yellow like ſack, and then bottle it out, and it will keep a good many years, ſaith the eminent Dr. *Willis*.

Drink three or four ounces twice a day.

A Decoction againſt the Scurvy in Winter, when Herbs have little Virtue.

TAKE pine or fir-tops cut ſmall, four ounces; winter's-bark bruiſed, half an ounce: boil in water one quart to twenty ounces; pouring into it at laſt, juice of dandelion, four ounces: ſtrain, and when it is cold, add ſpirit of ſcurvygraſs, half an ounce; horſe-radiſh-water compound, and ſyrup of elder-berries, each four ounces.

The doſe is a quarter of a pint twice a day.

For the Scurvy.

TAKE half a peck of ſea-ſcurvygraſs, bruiſed; horſe-radiſh-root ſliced thin, one ounce; cinamon, nutmegs, cardamums, and ginger, bruiſed, of each half an ounce; twelve oranges cut in quarters; raiſins of the ſun ſtoned, half a pound; infuſe them all twenty-four hours in three quarts of white-wine; put them all into a cold ſtill with two quarts of water, and draw off with a gentle fire about three quarts: take about half a pint morning and evening. It purges the blood, and procures a good habit of body.

A Drink to be conſtantly uſed for the Scurvy.

TAKE choice rhubarb, and gentian-root cut in thin ſlices, of each two ounces; yellow dock-roots, and young elder-roots, of each one

one pound; ginger, and aniſeeds, bruiſed, of each two ounces; ground-ivy, cypreſs, and fir-tops, of each two ounces: boil in ſix quarts of water to a gallon; ſtrain, and drink it for common drink.

See *Antiſcorbuticks* under HERBS.

SEATONS.

See *Evacuations.*

SEEDS MEDICINAL.

See *Herbs*, &c.

SHINGLES.

See *Cutaneous Diſtempers.*

SICKNESS.

See *Faintings, Fever, Heartburn, Stomach*, &c.

SIGHT.

See *Eyes.*

SINGULTUS.

See *Hiccough.*

SIRONES.

See *Cutaneous Diſtempers.*

SLEEP.

UNDER this head it will be of uſe to inſert the following obſervations of the learned Dr. *Cheyne.*

1. He ſays, That the valetudinary, the ſedentary, and the ſtudious, ſhould eat very light or no ſupper; if any, it ought to be vegetable food; neither ought they to go ſoon to bed, after any ſupper whatſoever.

2. Going to bed on a full ſtomach, and wind and crudities ſomewhere in the alimentary paſſages, is the cauſe of the want of due reſt, which is ſound and refreſhing always in proportion to the emptineſs and cleanneſs of theſe paſſages, and their vacation from their proper office of digeſtion: and this is the caſe of the want of kindly and refreſhing reſt, in hypochondriacal and hyſterical people.

3. Watching by night, and ſleeping by day, is of the moſt pernicious conſequence to health and long life, and plainly contrary to the indications of nature, and the conſtitutions of our bodies.

4. The valetudinary, ſedentary, and ſtudious, ought carefully to avoid evening dews, nocturnal ſtudies, and unſeaſonable watching; go to bed by eight, nine, or ten, and riſe proportionably by four, five, or ſix; unleſs actually under a fit of ſickneſs.

5. Nothing is more prejudicial to tender conſtitutions, than lying long a-bed, indulging a lethargical and drowſy ſleep, or lolling or loitering awake; as appears by their heavineſs, and want of appetite, upon doing ſo; and their good ſtomachs, chearfulneſs, and freedom of ſpirits when they riſe early.

6. The moſt advantageous manner for the tender, ſedentary, and ſtudious, to beſtow their time, on account both of their health and ſtudies, is to go early to bed, riſe betimes, go about their ſtudies till eleven, taking a light vegetable breakfaſt; proſecute them till about four in the afternoon, then to take their great meal of animal food, and after that to employ the reſt of their time in ſome innocent amuſement, or gentle bodily exerciſe; to retire betimes, to prepare for going to bed, taking no farther nouriſhment, except a draught of water, or warm ſack-whey, which will be particularly uſeful to thoſe who labour under ſtone and gravel.

See *Exerciſe.*

SMALL-POX.

THIS diſtemper (the terror of the young and beautiful, and of all who bear a tender relation to ſuch perſons of all ages as have not had it) is ſo general, and ſo few eſcape it, and at the ſame time ſo ſpreading and infectious, that we cannot be too particular in the treatment of it, thro' its ſeveral ſtages, and in all its various kinds. And that our readers may the better rely on what we ſhall deliver on this head, we think it proper to acquaint them, that what follows is extracted from no leſs authorities, than thoſe of Dr. *Arbuthnot*, Dr. *Morton*, Dr. *Sydenham*, Dr. *Freind*, Dr. *Allen*, Dr. *Liſter*, and the famous *Etmuller*, *Barbet*, *Bonetus*, &c. compared with the practice of others of no leſs note and eminence.

Dr. *Arbuthnot* tells us, in general, That the greateſt and moſt important ſtrokes for the recovery of the patient, muſt be made at the time of the invaſion, or firſt ſtate of this diſeaſe; therefore it is neceſſary to know the firſt ſymptoms of it; many have ſuffered by miſtaking it for another diſeaſe.

The doctor obſerves, That young perſons, who have not had the diſeaſe, ought to be extremely careful to avoid great irregularities in their diet, becauſe the ſmall-pox, which are occaſioned by ſuch, often prove dangerous. This diſeaſe is likewiſe more dangerous as the fluids are more exalted and diſſipated, and the ſolids more ſtrict and compacted, and conſequently more ſo as people are advanced in age.

This diſeaſe, continues he, may be eaſily communicated by the contagion or ſteams of an infected perſon, ſwimming in the air, and drawn in by the breath, or perhaps by the pores of the skin: and it is evident by inoculation, that the ſmalleſt quantity of the matter mixed with the blood produceth the diſeaſe, tho' not ſo quickly as thoſe volatile ſteams.

The firſt *ſymptoms* are a chilneſs, rigor, ſucceeded by a fever and conſtant heat, a certain ſplendor or ſhining in the eyes, with a little moiſture; this is very obſervable in children; a great pain in the head, with dulneſs, drowſineſs, ſleepineſs, a pain in the back in ſome, but pains in the limbs in all, anxiety, inquietude, notwithſtanding their drowſineſs, loathing, ſickneſs of the ſtomach, vomiting, and in infants convulſions ſhortly before the eruption. The blood let the firſt time, florid; after a ſecond time, ſizy.

It is evident, proceeds he, that in this ſtate the diſeaſe ought to be treated as any other inflammatory diſtemper, by ſuch methods as if it were poſſible to hinder any ſuppuration at all, and to reſolve and digeſt as much of the feveriſh matter as we can; for the longer the eruption is a coming, and the ſmaller when it comes, the diſeaſe is leſs dangerous; therefore all the methods practiſed in the beginning of inflammatory diſeaſes are here neceſſary, with a particular care of cleanſing the alimentary duct by vomiting and clyſters, the impurities of which will be carried into the blood.

Bleeding, which is extremely uſeful in the beginning of the diſeaſe, is not ſo proper and uſeful when it is advanced.

In the *firſt ſtage* the whole habit of the body ought to be relaxed, a free

free perſpiration thro' the skin, without violent ſweating, promoted; the toughneſs of the fluids taken off by diluents; no fleſh ſhould be indulged, unleſs it be ſmall chicken-broth; no ſpice; the air ought not to be ſpoiled by heat, nor the coverings of the bed ſo thick as to promote ſweat.

The greatneſs and danger of this diſeaſe is eſtimated by the quantity of eruptions on the face and other parts of the head; therefore the matter ought to be ſolicited by all poſſible methods to the lower parts, eſpecially the legs, by fomentations, bathing, epiſpaſticks, bliſtering, and through the whole diſeaſe keeping the feet and legs warm; the breaſt and head not any more covered than to keep them from the impreſſion of cold air.

During the filling and ripening of the puſtles, the diet, he ſays, may be more plentiful, but ſtill not hot or inflammatory, with the due uſe of anodyne ſubſtances: in this ſtate demulcents, or what abates acrimony, and, where the circumſtances of the patient require it, a ſpoonful or two of Canary wine, twice or thrice a day, are proper: the diet in this ſtate ought likewiſe to be adapted to the particular ſymptoms of the diſeaſe, as cleanſing, attenuating, expectorating, to promote the ſpitting; diuretick, when that is ſuppreſſed; and clyſters diluent, without any ſtimulus, frequently injected, are beneficial in every ſtage of the diſeaſe.

Thus far Dr. *Arbuthnot*, as to the *general* treatment of this diſeaſe.

We ſhall next inſert the ſentiments and preſcriptions of Dr. *Morton*, who has more *particularly* written of this diſtemper.

This learned gentleman gives us the treatment as well of the *favourable* as of the *malignant* ſort.

In the favourable ſort,] he ſays, There are four ſtages of this diſtemper which require a different method of cure, 1. The breeding. 2. The eruption. 3. The ripening. 4. The declination.

In the *firſt ſtage*, a diarrhœa muſt not be ſuffered, but muſt be reſtrained with the white decoction, or ſtopped with repeated doſes of laudanum or aſtringents. Vomiting, if it happen, is not preſently to be ſtopped, unleſs very violent; but is rather to be gently promoted with repeated draughts of carduus poſſet-drink, or with a little ſalt of vitriol. After this ſlight evacuation, or if vomiting to exceſs be the effect of the diſtemper itſelf, 'twill be proper to aſſuage the tumults of the ſpirits by giving immediately ſome alexipharmack medicine, having opium mixed with it, and to repeat it at proper intervals. The form preſcribed by Dr. *Morton*, who has written excellently on this diſtemper, is as follows:

'Take carduus-water, alexiterial 'milk-water, cinamon, barley, mint, 'and Stephens's water, of each two 'ounces; ſalt of wormwood, twelve 'grains; powder of Virginia ſnake-'root, of crab-ſhells prepared, of 'Contrayerva-ſtones, each half a 'drachm; ſyrup of clove-gilly-'flowers, or mint, an ounce and a 'half: mix, and make a julep, of 'which let two, three, or four 'ſpoonfuls be given every four 'hours, adding to each doſe ſome 'drops of liquid laudanum, as oc-'caſion requires.'

In great pains of the head, limbs or back, alſo in pleuritick caſes, or difficulty of breathing, bleeding is neceſſary, alſo in the colick, and bliſters and opiates may be made

uſe of, eſpecially in lethargick or ſleepy caſes. Stubborn watchings in this ſtage are a bad ſign, and bleeding, opiates, cordials, and bliſters, are to be properly preſcribed in ſuch a caſe.

In the *ſecond ſtage*, little ſpots like the pricks of needles appear firſt in the face, then in the neck, breaſt, *&c.* Theſe form themſelves into a round hardiſh ſwelling. The ſecond day they inlarge their baſes, and the third they begin to gain heads. In this ſtage, which laſts three days, it is needleſs to give phyſick, but to leave nature to do her own work, eſpecially in the milder ſort, and where there is no bad ſymptom.

The *third ſtage* begins three days after the eruption, and the pointed heads of the puſtles in a few hours begin to ſwell, firſt turning whitiſh. The lympha ſooner or later is gradually changed into purulent matter, and the puſtles grow yellow or browniſh, and here ends this ſtage. During the ripening of the mild ſort, ſome drops of liquid laudanum only may be given, to aſſuage pain, and procure reſt. The following decoction may be taken plentifully in caſe the ripening proceed ſlowly:

'Take bruiſed lentils, one ounce; 'new figs, ſix; ſhavings of hartſ-'horn, half an ounce: boil it to two 'pints, in a poſſet-liquor.'

And make uſe of this gargariſm:

'Take coarſe-bruiſed lentils, one 'ounce; root of marſhmallows, 'half an ounce; new figs, ſix or 'ſeven; cleanſed barley, one pugil; 'ſhaved liquorice, two ounces: boil 'it in a ſufficient quantity of ſpring-'water to a pint and a half; filtre 'it, and add honey of roſes an 'ounce and a half; mix, and make 'a gargle.'

Acids ſhould not have place in gargles, unleſs in the greateſt difficulty of ſwallowing. If the ſpitting ſhould abate, or go off too faſt, diureticks ſhould be given, particularly a doſe or two of the pulvis Æthiopicus.

The *laſt ſtage* of the ſmall-pox is their declination, in which the puſtles being filled with laudable pus, or matter, they firſt begin to be incruſtated, and covered with a yellowiſh ſcurf; then after a day or two the purulent matter hardens, and is changed all over into dry ſcabs, which gradually ſcale off, and fall away. In the favourable ſort, 'tis rare that any one dies in this diſtemper, ſays Dr. *Morton*, except it be in this *laſt ſtage*. It betokens well in the declination, if there be no fever, and the perſon has an appetite: but purple ſpots appearing, deliriums, watchings, ſpaſms of the tendons, *&c.* are very bad ſigns.

The malignant ſmall-pox.] There are alſo four degrees of the *malignant ſort*; viz. The univerſal confluent; the particular confluent; the diſtinct ſort, but exceedingly ſmall, and in a manner cohering together; and laſtly, the diſtinct ſort, accompanied with petechiæ and miliary eruptions: all which are very dangerous, and frequently mortal.

Very dangerous *hæmorrhages* are wont to happen in the malignant ſort, which are generally fatal, if they can't be ſtopt by vitriolick preparations (or the aq. ſtyptic. reg). And if the hæmorrhage be ſuppreſſed, nothing can be done unleſs the drooping ſpirits can be raiſed with bliſtering, and generous cordials. Bleeding in this caſe only haſtens death.

A frequent *neceſſity of making water* is alſo a bad ſign, tho' not ſo bad

as

as an hæmorrhage; and in this caſe the pulvis Æthiopicus, or cineres bufonum, Dr. *Morton* ſays, is an incomparable remedy, as he has found by experience, the doſe a ſcruple every four or ſix hours, with other alexipharmacks.

To avoid the troubleſome ſymptom of a *ſore throat*, timely care muſt be taken to wrap the throat up warm with fine ſoft woollen cloths, from which more benefit may be expected, ſays the doctor, than can be had from bags of ſaffron, and any other amulets whatever; and proper gargles may be uſed, *&c.*

A large *ſalivation* laſting long, with a remarkable tumour of the head and face, is a good ſign; but it it breaks off on a ſudden, unleſs there be a great flux of urine, or very great ſwelling of the extreme parts, it is a very bad omen. Nothing can be worſe than a ſalivation changing into a diarrhœa.

The ſmall-pox at *going off* often leaves the body in a ſickly ſtate; and a loſs of appetite, accompanied with hectick heats, is often the conſequence. Dr. *Morton* recommends upon his own experience to other phyſicians, in this caſe, that where theſe heats are continual, alexipharmacks muſt be perſiſted in; but where periodical, the Peruvian bark muſt be given, after which purgeing may be ſafely proceeded upon.

Tumours of the glands of the ears, which continue without heat or redneſs, are not to be treated with diſcutients, but ſuppuratives; the running ſanious ſcab, and malignant ulcers, with alexipharmacks and febrifuges, abſtaining ſtrictly from evacuations; white tumours in the fleſh by frictions, lixivial fomentations, and the methods proper in *dropſies*, which ſee; and pains in the head by antiſcorbuticks and chalybeats, after proper evacuations have been made.

Dr. *Freind* ſays, that purging is no-where more ſucceſsful than in the fever, which ariſes from the confluent ſmall-pox, either when at full maturity, or when they begin to dry away; and he avers, that he has ſaved many lives by this method, which was alſo recommended by the famous *Sydenham* in the ſecondary fever in the confluent ſort.

Dr. *Freind* however declares, that in the confluent kind neither bleeding nor purging ſhould be adminiſtered ſo long as the face continues ſwelled and inflamed, and the ſaliva is ſufficiently diſcharged, leſt the morbifick matter ſhould be prevented from being ſeparated from the blood by thoſe evacuations, and its diſcharge of conſequence thro' the puſtles hindered. Nor yet in the progreſs of the diſtemper, when at the eighth or ninth day, even when the ſwelling of the face goes down, and the ſalivation begins to decreaſe, (provided the hands ſwell as they ought to do, and there be no other very bad ſymptoms) does he think thoſe evacuations ſhould be admitted; but to leave the matter to nature: only, that in order to moderate the heat of the fever, and to prevent the excrements from indurating in the lower belly, it is his practice to give a clyſter every day, during this ſtate of the diſtemper.

In very bad ſymptoms, as an increaſing burning fever, pale and thin urine, want of ſleep, difficulty of breathing, great anxieties, *&c.* the ſame learned gentleman adviſes bleeding and purging: and he alſo directs bleeding, as the only happy remedy in a difficulty of breathing upon the criſis; notwithſtanding

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the weakneſs and lowneſs of the pulſe: but in caſes of bloody urine he abſolutely prohibits it. But after all, Dr. *Allen* has great doubts about purging in the ſecondary fever, and ſays, that in the courſe of above twenty years practice, he has found the frequent uſe of clyſters very beneficial; but has rarely adventured upon purges.

Dr. *Sydenham* tells us, That the eighth day is the fatal day in the diſtinct kind; the eleventh in the confluent; in the more crude of the confluent, the fourteenth; and in the worſt kind the ſeventeenth, from being firſt taken; and he has known ſome die, tho' not many, on the twenty-firſt. It is uſual with him, he ſays, to let his patients ſit up every day from the ſeizure till the ſixth, or from the fourth of the eruption; but when they all come out, he confines them to their bed till all is over.

Till the fourth day, he ſays, there is no occaſion for medicines to drive out the diſtemper; but then if it does not appear as it ought, ſome gentle cordial medicine may be given. The diſtinct kind in their own nature are ſeldom dangerous: but in the confluent ſort, he ſays, the patient muſt be kept from ſweating, and the ſalivation muſt be vigorouſly ſupported; which is beſt done by large quantities of ſmall-beer, or ſome other liquor that is not over-heating.

This famous phyſician uſually gave the adult a compoſing draught, as he ſays, with fourteen drops of laudanum, or an ounce of ſyrup of meconium every night at ſix or ſeven, from the time they are fully out, till the end of the diſtemper.

In the confluent ſort a diarrhœa in children is beneficial, and not to be ſtopt; but not ſo in the diſtinct.

If the ſaliva becomes troubleſome thro' its viſcidity or thickneſs, the ſame gentleman preſcribes the following gargle:

'Take elm-bark, ſix drachms; 'liquorice-root, half an ounce; 'ſtoned raiſins, twenty; flowers of 'red roſes, half an ounce: boil in 'a ſufficient quantity of ſpring-'water to half a pint; diſſolve it 'in a ſtrainer. Take alſo ſimple 'oxymel, and honey of roſes, each 'two ounces: mix.'

An emetick is ſometimes neceſſary to be given, as he ſays. He adds, that in a *ſuppreſſion of urine* the perſon muſt be taken out of bed: that when the puſtles flatten, or a *diarrhœa* happens in the diſtinct kind, the ſpirits muſt be ſupported with cordials. Preſcribes plentiful bleeding, and an anodyne twice a day, in the ſecondary fever, about the eleventh day; for now, ſays he, we are not ſo much dealing with the ſmall-pox, as with the putrid fever. For immoderate coſtiveneſs, uſual at this time, he uſed to order an ounce and a half of lenitive electuary, diſſolved in a little milk-water, over and above the anodyne. If the firſt bleeding anſwers not, he preſcribes a repetition of it the next day; and in like manner bleeding and purging by turns, as the nature of the fever, and the patient's reſtleſsneſs may require, till the diſtemper be conquered. In the confluent ſmall-pox, he ſays, ſpirit of vitriol is of great uſe, given plentifully in ſmall-beer from the fifth or ſixth day, to the end of the diſtemper.

Dr. *Liſter* commends the following method in the confluent ſmall-pox:

'Take ſaffron, one ſcruple; co-'chineal, half an ounce; a little ſu-'gar to mix in eight papers, one 'of which he gave every four hours 'with a ſpoonful or two of treacle-

'water

'water for three days; and every 'six hours afterwards; alſo an 'ounce of diacodium morning and 'night; and his patient recovered.'

For another he preſcribed almoſt after the ſame manner; *viz.*

'Take ſaffron, half a drachm; 'cochineal, half an ounce; ſugar-'candy, one drachm; mix for ſix 'papers, and take one every third 'hour.'

The ſmall-pox breaking out after a ſurfeit, and likewiſe in thoſe who live intemperately, generally ſpeaking, are of a bad kind, and moſtly prove mortal.

Etmuller tells us, that nothing is ſo much to be attended to in the ſmall-pox as the voice; for when reſpiration is free and eaſy, and the voice clear without hoarſeneſs, it is a very good ſign.

Horſe-dung, tho' a naſty medicine, is yet of great virtue in this diſtemper, as it promotes ſweating, relieves the throat, *&c.* Some alſo much cry-up ſheeps-dung. Linſeed oil and oil of ſweet almonds deſerve alſo, ſays Dr. *Allen*, their juſt praiſes.

'Tis not good to puncture the puſtles of the ſmall-pox; for it retards their healing, the ſcabs remain longer, and the diſfiguration will be the greater; 'tis therefore beſt to leave this intirely to nature.

Barbette highly commends oil of myrrh per deliquium, prepared with the white of an egg, as alſo the oil of the yolks of eggs, for curing the *marks left by the ſmall-pox*. The following liniment for the ſame purpoſe is an elegant preſcription made uſe of by the *London* phyſicians:

'Take oil of ſweet almonds, 'half an ounce; white-lead and 'ſperma-ceti, each one drachm; 'balſam of Gilead, half a drachm; 'make into a liniment.'

Corroſive ulcers in the face and elſewhere are beſt cured with ſpirit of vitriol mixed with a ſufficient quantity of honey of roſes: which, *Bonetus* tells us, is a never-failing one, even tho' the ulcer ſhould have conſumed half the cheek.

Mercurius dulcis, according to *Etmuller*, is an admirable medicine to *prevent* the ſmall-pox. He gives to a child of five years old mercury dulcis, five grains; powder of jalap, one grain (which ſeems an inconſiderable doſe); made up into a bolus with conſerve of roſes. I have often, ſays he, admired its efficacy for this purpoſe; and from this proſpect have conſtantly ordered it in the beginning of the ſmall-pox, as the very beſt of laxatives; foraſmuch as it is the genuine corrector of that diſeaſe.

As to the article of *inoculation*, we ſhall not enter upon it in this work, becauſe if ever that ſhould be choſen, it will doubtleſs be by the direction of a perſon too well skilled in the matter to need our inſtructions.

And this the rather, we omit, as a receipt has lately been communicated to the publick, which, if it anſwer generally on trial here, as it is ſaid to have done abroad, will render inoculation itſelf uſeleſs. We ſhall inſert it here, as it is contained in the following letter from Carolina, which is well worth the attention of all our readers.

Charles-town, South-Carolina, September 28. 1738.

'The ſmall-pox has carried off 'abundance of the inhabitants, ſo 'that the country-people will not 'venture to come to town, and 'but few people are ſeen in the 'ſtreets. About four hundred per-'ſons white and black have been 'inoculated. 'At

‘ At the firſt breaking out of the ‘ ſmall-pox in this town, ſeveral ‘ perſons were adviſed to prepare ‘ their bodies for any ſudden attack ‘ thereof, by drinking for ſome ‘ days in the morning tar-water, ‘ which they were aſſured would ‘ cleanſe their blood, and make the ‘ pock favourable. Experience ſince ‘ has ſhewn, that all thoſe who ‘ have made uſe of the ſaid tar-wa- ‘ ter have not only hitherto eſcaped ‘ the infection, tho’ they have been ‘ in houſes and rooms where in- ‘ fected perſons were, but alſo one ‘ certain perſon, having drank a ‘ quantity thereof, has been ſince ‘ twice inoculated without any ef- ‘ fect; which proves tar-water to ‘ be not only a preſervative, but an ‘ antidote againſt the infection, and ‘ conſequently far preferable to the ‘ inoculation. For the benefit of ‘ the publick it has therefore been ‘ deſired to publiſh the manner of ‘ making and uſing the tar-water; ‘ *viz.*’

“ Take about two quarts of tar, “ which is a ſufficient quantity for “ ſix perſons; put in the evening “ upon it about five pints of water; “ after having ſtirred it well, let it “ ſettle; and the next morning “ pour off the clear water, and take “ faſting near a pint, which is to “ be continued five days ſucceſſive- “ ly every morning: the ſame “ quantity of water taken from it, “ muſt be immediately ſupplied “ again. After five days uſing the “ ſame, half a pint every other day “ is ſufficient for two weeks; then “ a quarter of a pint is enough to “ be taken every other day, during “ the time of infection. The tar “ is not to be renewed till after “ two months. This is alſo, ſays “ the letter-writer, a moſt excel- “ lent remedy for *conſumptive* “ people.”

We have been ſo particular on this article, that we ſhall ſubjoin only the following recipes, to prevent the ſo much apprehended diſfiguration that attends the ſmall-pox.

To prevent Pitting in the Small pox.

TAKE oil of ſweet almonds, two ounces; ſperma ceti, three drachms; oil of rhodium, four drops: melt them together with a gentle heat, and mix for a liniment.

It muſt be uſed when the ſcabs grow hard, to keep them ſoft and moiſt by anointing them with a feather.

For the ſame.

TAKE pomatum, an ounce and an half; oil of almonds, one ounce; ſperma ceti and virgins wax, of each three drachms; damask roſe-water, one ounce: ſet them over the fire; and when they are melted, take them off; and when you have ſtirred them well, let them ſtand till they are cold; then make a hole, and drain out the water; and with a feather anoint the patient’s face.

An Ointment to prevent the Pitting of the Small-pox.

TAKE ſperma ceti, orange-flower butter, white-wax, of each two drachms; oil of ſweet almonds, a little: mix, and make an ointment.

See *Meaſles*, &c.

Of the CHICKEN-POX.] This is ſo mild a diſtemper, that it never wants the care of a phyſician. ’Tis indeed like the ſmall-pox, in the figure and magnitude of the puſtles, which have leſs redneſs and inflammation, and are a ſort of very little bladders filled with a thin ſerous humour, which in three days break

of

of themſelves, and dry up, and ſeldom have any feveriſh attendants.

See *Childrens Diſtempers.*

SMELLING.

THIS ſenſe is ſeldom recovered when loſt, eſpecially in people in years. Marjoram uſed in any manner is ſaid to be efficacious in it.

The diſtempers affecting the noſe, are, an Ozœna, a Sarcoma, and a Polypus, *&c.*

An Ozœna is a ſordid ulcer in the noſtrils, frequently venereal, and ſometimes turns cancerous. The leaves of tobacco and tobacco ointment are good in it. If it gather a cruſt, oil of ſweet almonds is to be uſed. Fumes of cinnabar, and ſweet mercury, nay ſometimes ſublimate mercury, are uſed.

A Sarcoma is a fleſhy excreſcence bred in the noſtrils, and grows in the lower part.

And a Polypus is an excreſcence of the like nature, growing in the upper part, near the root of the noſe; they are to be treated much alike. A polypus is very hard to be cured: it is ſometimes white, ſometimes red, ſometimes livid; if livid and painful, it is beginning to be cancerous, and a cancerous polypus muſt not be meddled with. The extirpation of it being an operation in chirurgery, we ſhall refer the cure to the experienced artiſt.

See *Hæmorrhages*, &c.

SMOAKING.

TObacco comforts the ſpirits, and diſcharges wearineſs, partly by its opening, but chiefly by its opiate virtue, which condenſes the ſpirits. For this reaſon that celebrated naturaliſt the lord *Bacon* recommends the ſmoaking of other things, as well to dry and comfort, as for other intentions; and particularly wiſhes trials were made of the drying fume of roſemary, and lignum aloes, nutmeg, Indian leaf, &c.

SPASMS.

See *Fever.*

SPHACELATION.

See *Mortifications.*

SPIRITUOUS LIQUORS

ARE ſo evidently pernicious to the human body, that we ſhall beſtow a few words on this article. We ſhall begin with the following obſervation on their bad effects.

Spirit of wine, ſays a learned phyſician, mixed cold with the white of an egg, coagulates it as much as boiled water; which ſhews that ſpirit of wine is an immediate ſtyptick, ſo that, injected into the veins, it is ſudden death; and, taken by the mouth in great quantities, is ſometimes ſudden, but always certain death. Spirituous liquors are ſo far from attenuating, volatilizing, and rendering perſpirable the animal fluids, that they rather condenſe them, and harden the ſolids, and therefore are properly uſed to hinder

der the growth of young animals. This plainly demonſtrates the bad effects of inflammable ſpirits on human bodies.

" Thus the ſtill," (ſays the Reverend Dr. *Hales*, in his *Philoſophical Experiments on Sea-water*, publiſhed anno 1739) " which makes " good drink out of unwholſome " ſea-water, procures alſo from " wholſome wine, or malt drink, a " moſt pernicious liquor, which " yearly deſtroys, all over the world, " innumerably more, than the three " great plagues of *war*, *peſtilence*, " or *famine*, ever did.

" But notwithſtanding it ſhortens " the lives of, and deſtroys vaſtly " more than ſtorms, ſhipwrecks, " and other accidents to which na- " vigators are ſubject; yet how " fond are they of this inchanting " ſiren! — They pretend, that it " comforts, warms, and defends " them from the ſevere colds to " which they are ſometimes ex- " poſed; which can only be true " in thoſe who habituate themſelves " ſo much to it, that they cannot " live without it; and ſuch gene- " rally drink it as freely in ſummer " as winter. — But on the other " hand, how much better able to " endure the cold and hardſhips at " ſea are the ſober ſea-faring per- " ſons, who are generally of a more " hale and robuſt conſtitution than " moſt other men! Their vital " heat, not being extinguiſhed by " intemperance, does, by its kindly " genial warmth, more effectually " ſecure them from the inclemency " of the weather, than the falſe, " momentary fluſh of heat, which " a dram gives. Beſides, it is well " known, that ſailors did not periſh " with cold, in former ages, for " want of drams, when they " were not to be had."

Thus far this reverend author, who, in the above, confines himſelf to the ſailors only: and if that ſet of men, who are forced to undergo ſuch hardſhips and labours in an uncertain and ſtormy element, have ſo little excuſe for exceſſive drinking theſe pernicious liquors, what can be ſaid for thoſe at land, who have not the like pleas to urge?

See *Diabetes*, *Inflammations*, *Temperance*, *Ulcers*, *Water*, &c.

SPLEEN.

See *Hypochondriack Diſtempers*, *Stone*, &c.

SQUINANCY.

See *Quinſy*.

STAGNATIONS.

A Stagnation or Coagulation of the blood may proceed from ſudden frights, from drinking great quantities of ſpirituous liquors, &c. It is a very great difficulty to relieve this malady, becauſe the volatile and fixed ſalts, neceſſary for this purpoſe, loſe much of their force, taken by the mouth, in their paſſage to the blood. Friction with the fleſh-bruſh is not amiſs to be try'd, and the following medicines may be given:

' Take ſperma-ceti, one drachm; ' volatile ſalt of vipers, one ſcruple; ' conſerve of roſemary-flowers, two ' drachms; ſyrup of orange-peel; ' make a maſs, to be divided into ' four bolus's; one of which take ' every fourth hour, drinking ſix ' ſpoonfuls of the following expreſ- ' ſion after it:

' Take one hundred millepedes, ' or hog-lice; ſaffron in powder, ' one ſcruple; alexiterial milk-wa- ' ter, one pound; compound bry- ' ony-

'ony-water, two ounces; bruiſe 'theſe inſects in a mortar along 'with the ſaffron; then gently mix 'the waters along with the ingre-'dients; then preſs out the juice, 'and take it as above directed.'

In all ſtagnations of blood, 'tis neceſſary to bleed, and that plentifully, if the caſe require it; but where *humours* ſtagnate, phyſick muſt be taken.

See *Apoplexy, Hypochondriack Diſtempers*, &c.

STOMACH.

AS we have treated under other articles of moſt diſeaſes that affect the ſtomach, we ſhall refer to the proper heads for them, and have reſerv'd this place principally for ſuch general ſtomachick cordials, and catharticks, as regard principally this part, and comfort the heart and bowels at the ſame time, and which could not ſo properly be brought in under any other head. But firſt we ſhall touch upon one dangerous diſeaſe, which we have left to this place; and that is

An Inflammation of the Stomach.

The ſymptoms are a vehement burning fix'd, pungent pain in the ſtomach attended with a fever; a great increaſe of this pain the moment after ſwallowing any thing, ſucceeded with vomitings, a painful hiccough, and great anxiety.

If this diſeaſe is not ſpeedily cur'd, it proves fatal.

Of all diſeaſes this demands moſt a total abſtinence from every thing that has acrimony in it; even the nitrous cooling ſalts, which are beneficial in other inflammations, here irritate too much; vomits, all cordials of volatile or ſpicy ſubſtances, and ſpirituous liquors, are all no better than poiſon, and milk generally curdles; food muſt be given frequently, and by ſpoonfuls at a time, for any diſtenſion increaſes the inflammation; a thin gruel of barley, oatmeal, whey, with very little ſugar, or honey, or chicken-broth, are proper aliments; whey, emollient decoctions, barley-water, emulſions, are proper drinks; and it has been found by experience, that chalybeat waters have been agreeable to the ſtomach even in this inflammatory ſtate.

If there happens an impoſthume, honey, and even honey of roſes, taken inwardly, is a good cleanſer; and decoctions of comfrey-roots, healing; ſpeedy and plentiful bleeding, fomentations, and clyſters, have the ſame good effect as in other inflammatory diſtempers.

The ſame regimen is neceſſary in a *ſcirrhus*, or *cancer* of the *ſtomach*; though nothing will be quite effectual.

The ſame regimen is alſo to be obſerved in the *inflammation* of the *ſpleen, caul, pancreas*.

Now follow the recipes for the choiceſt ſtomachicks, *&c.*

A Wine for all Stomach Illneſſes from a cold Cauſe.

TAKE roots of Virginia ſnake-weed, and gentian, each three drachms; galingale, cloves, cubebs, mace, nutmeg, ſaffron, each one drachm; cochineal, half a drachm; Canary wine, three pints; infuſe cold: give a draught before and after meals.

A rich comfortable Cordial.

TAKE Canary wine, one pint; clove bruiſed, a drachm; ſaffron clipped ſmall, half a ſcruple: digeſt

digeſt cloſe in balneo an hour; to the ſtrained add ſpirit of clary, (ennobled with eſſence of ambergris) half an ounce; ſpirit of lavender compound, one drachm; ſyrup of gilly-flowers, one ounce and an half; juice of kermes ſtrain'd, half an ounce; leaves of gold, three; mix.

An excellent external Medicine to ſtrengthen the Stomach.

TAKE wormwood, mint, and mugwort; and by beating them well in a ſtone or glaſs mortar, make a cataplaſm, to be applied ſomewhat warm to the ſtomach, and kept upon it for a pretty while.

An Electuary to ſtrengthen the Stomach, aſſiſt Digeſtion, and for any Diſorder that proceeds from a cold Cauſe.

TAKE conſerve of orange-peel, conſerve of Roman wormwood, of each ſix drachms; candied ginger, two drachms; mint powder'd, ſpecies of diambre, of each one drachm; ſyrup of orange-peels, enough to make an electuary: take the quantity of a nutmeg three times a day, with a glaſs of generous wine.

To ſtrengthen the Stomach, and help the want of Appetite.

MAKE the roots of gentian (ſound, and not ſuperannuated) pulverible, with no more waſte of their moiſture than is neceſſary; reduce theſe to powder; of which let the patient take from twelve or fifteen grains to double that quantity, (or more, if need be) twice or thrice a day.

It may be taken on an empty ſtomach; or, if that cannot conveniently be done, at meal-times. To correct the bitterneſs, one may add to it powder'd ſugar, or make it up with ſome fit conſerve, or mix it with a ſyrup.

It is very good, not only for want of appetite, but for obſtructions.

And I have uſually given it (ſays the Hon. Mr. *Robert Boyle*) in vertiginous affections of the brain; and to leſſen, if not quite take away, the fits of agues, and even quartans. But in this laſt caſe the doſe muſt be conſiderably augmented.

A ſtomachick Electuary, to chear the Heart, and aſſiſt Digeſtion.

TAKE green ginger, one ounce; conſerve of red roſes, three ounces; oil of cinamon, four drops; oil of cloves, two drops; mix, and give the bigneſs of a nutmeg, an hour before dinner and ſupper.

A ſtomachick Foment,

TAKE rough red wine, one pint; brandy, wine-vinegar, each half a pint; dry'd wormwood, mint, biſtort-root, each half an ounce; pomegranate-peel, two drachms; cloves, mace, nutmeg, cinamon, each one drachm; Venice-treacle, half an ounce; macerate cloſe in balneo, two hours, and uſe the ſtrain'd as hot as can be ſuffer'd.

This is an excellent remedy, nobly comforting, warming, and ſtrengthening, and is uſed with good ſucceſs, when the ſtomach being grown cold and flaccid, is troubled with flatus, pain, queaſineſs, vomiting, loſs of appetite, and ill digeſtion: it is good alſo in a diarrhœa, dyſentery, *&c.*

A pectoral Decoction, and its Virtues.

TAKE raiſins of the ſun ſtoned, two ounces; pearl, barley, the roots of liquorice and marſhmallows, each half an ounce; ſpring-water, three pints; boil them together to a quart; towards the end of

of the boiling, add conſerve of red roſes, an ounce; ſtrain off the liquor without ſqueezing. It blunts ſharp, and thickens thin humours; is ſmooth, healing, and pectoral. If it is required to warm and thin the juices, add to the decoction hyſſop, and the root of Florentine orrice; and if to cool and incide, or cut, put in oxymel of ſquills.

Pectoral Wine.

TAKE Spaniſh juice of liquorice, one ounce; ſaffron, one ſcruple; ſeeds of coriander, caraway, aniſe, each two drachms; ſalt of tartar, half an ounce; penyroyal, and hyſſop-waters, each four ounces; Canary wine, one quart; digeſt cold: let two ounces be given four times a day, or oftener.

Againſt windy Pains in the Stomach, &c.

TAKE powder'd golden rod, vervain, ſavory, marjoram, thyme, aniſeed, each one drachm; common reſin, ſix drachms; mithridate, half an ounce; clarified honey, two ounces, or as much as needs; mix.

It corrects both crude and acrid or ſour humours, warms the ſtomach, promotes urine. It hath been kept as a family medicine in a certain gentleman's houſe, and is a notable experimented thing againſt windy pain in the ſtomach, and flatuous ſtitches in the ſide. The doſe from two drachms to half an ounce twice a day.

Dr. Stoughton's *great ſtomachick Elixir.*

TAKE of gentian-root, and orange-peels, each half a pound; infuſe it five days in three quarts of rectify'd ſpirit of wine; add half an ounce of the tincture of ſulphur *per campanam:* make the elixir.

Another Way of making Stoughton's *Drops.*

PUT into a quart of brandy three ounces of gentian-root ſlic'd thin, and the outward rind of ſix or eight Seville-oranges, when ripe, and their rind deep-coloured; they muſt be thin pared, ſo as to be without the white; and if the oranges are ſmall, take the rind of ten or more; add to this, half a drachm of Engliſh ſaffron, and thrice as much cochineal finely powder'd: ſhake all well together, and in three weeks time you may pour a little of it into a ſmall bottle for uſe, adding, upon the ſame ingredients, the quantity you pour off, and ſo continue to do, pouring off and repleniſhing, till you find the bitter decay.

A ſtomachick Bitter of the like Nature.

DRY'D orange-peel, one ounce; gentian-root, half an ounce; calamus aromaticus, two drachms; beſt cinamon, one drachm; cochineal, half a drachm; ſteep them for a week in a pint of French brandy, and then filtre for uſe. Slice the roots very thin, and bruiſe the cochineal.

Dr. Ratcliffe's *bitter Tincture.*

TAKE one nutmeg ſliced, one ounce of gentian ſliced, two drachms of cochineal bruiſed, one ounce of zedoary-roots ſliced, the rinds of ſix Seville-oranges pared thin; ſteep theſe in a quart of the beſt brandy, and let it ſtand ten days, ſtirring it every day; ſtrain it thro' a fine lawn-ſieve; take a tea-ſpoonful in a glaſs of white-wine, two hours before dinner, the ſame in the afternoon, for ten days or longer, if your ſtomach is not recovered.

For a Pain in the Stomach.

TAKE a pound of green walnuts, and a pound of broad figs, which cut up in pieces; a pound of ſugar, a handful and an half of rue; beat it all very well ſeverally; then mix it thoroughly together, and keep it for uſe.

To make Stoughton's *Bitter, Doctor* Ratcliffe's *way.*

TAKE one quart of the beſt French brandy, one drachm of cochineal, two ounces of gentian, ſix Seville-orange-peels; let theſe ingredients ſtand a week in a bottle or jug, and pour off the liquor thro' a ſtrainer.

Tinctura Sacra; or, Hiera Picra.

TAKE of hiera picra, as ſold at the chymiſts or drugſters in powder, one ounce and a half, and put it into a quart of good Madeira-wine. Shake the powder well in the liquid for three or four days; then let it ſettle, and, when clear at top, pour off for uſe. The quantity is from three to five ſpoonfuls, taken at night going to reſt, or in the morning faſting, uſing exerciſe; and to a perſon in health there needs no confinement, or alteration of diet. The excellency of this fine ſtomachick medicine is too well known to need any thing to be ſaid in its praiſe.

Elixir of Health, or Daffy's *Elixir, and its Virtues.*

TAKE of leaves of ſena, four ounces; ſhavings of guaiacum, roots of elecampane dried, liquorice, the ſeeds of aniſe, caraway, and coriander, each two ounces; raiſins of the ſun ſtoned, eight ounces; cochineal, a drachm; French brandy, three quarts; ſteep them all together without heat for four days; then ſtrain off the liquor. Some, to make it more purging, add ſalt of tartar, rhubarb, and ſcammony.

It is a mild purge, carminative, and diuretick; whence it relieves in gripings, cures the colick, and brings away gravel and ſlime by urine. The doſe is from one to five ſpoonfuls.

Mr. Boyle's *Elixir Salutis.*

TAKE of the ſeeds of aniſe, ſweet fenel, coriander, and parſley, of each two ounces; of liquorice ſcrap'd, waſh'd, and bruis'd, and choice leaves of ſena, of each likewiſe two ounces; of raiſins of the ſun, rubb'd clean, and bruis'd, one pound; of elecampane-roots, and guaiacum-wood, of each one ounce; mix theſe ingredients, and pour on them two quarts of aqua vitæ, or Engliſh ſpirits (for brandy is too hot a liquor). Let theſe infuſe together forty-eight hours; then pnt them all into an hair bag, and preſs them ſtrongly in an apothecary's preſs; and if there be need, paſs what is ſtrain'd thro' an hippocras-bag after the liquor is ſettled. Keep this in bottles well ſtopp'd in a cool place, and give of it two or three ſpoonfuls at a time, in the morning faſting; and, if need require, at bed-time.

A gently purging Electuary.

TAKE powder'd ſena, cream of tartar, each four ſcruples; pulp of prunes paſſed thro' a ſieve, two ounces; ſyrup of roſes ſolutive, as much as ſufficient: mix.

This pleaſantly-taſted medicine lubricates the inteſtines, and procures a ſtool or two without ſickneſs or gripes, and may ſerve for four doſes to be taken at night, for which the party need not keep houſe the next day.

An

An excellent purging Elixir.

TAKE ſena, ſix drachms; rhubarb, two drachms; liquorice, one drachm and a half; aniſeed, caraways, each one drachm; cochineal, one ſcruple; ſaffron, half a ſcruple; brandy, twelve ounces; aqua mirabilis, cinamon-water, each two ounces: after due infuſion, ſtrain, and add ſyrup of roſes ſolutive, two ounces; mix.

I account of this, ſays the doctor, who preſcribes it, as the beſt I ever met with of this kind. The doſe is two ſpoonfuls at night, and three the next morning; or elſe five or ſix ſpoonfuls in the morning only.

An excellent domeſtick Purge for Perſons who cannot uſe much Exerciſe.

TAKE the beſt rhubarb in powder, two ounces and a half; ſalt of wormwood, a drachm; orange-peel, half an ounce; grated nutmeg, two ſcruples; cochineal, half a drachm: infuſe forty eight hours, by a warm fire-ſide, in a quart of true arrack; ſtrain it off, and put it in a well-corked bottle for uſe. Of this two or three ſpoonfuls may be taken twice or thrice a week, without interruption of buſineſs or ſtudies, with great ſafety and benefit.

A ſovereign Cordial in low Spirits, Faintings, Oppreſſions, Sickneſs at Stomach, Head-achs, and Vapours.

TAKE of ſimple chamomile-flower-water, ſix ounces; compound gentian, and wormwood-water, each an ounce and a half; compound ſpirit of lavender, ſal volatile, tincture of caſtor, and gum ammoniack diſſolved in ſome ſimple water, each two drachms; tincture of ſnake-weed, and tincture of the ſpecies of diambræ, each a drachm; the chymical oils of lavender, juniper, and nutmeg, each ten drops, mixed with a bit of the yolk of an egg, to make the whole uniform; aſſa-fetida, and camphire in a rag, each half a drachm; but theſe may be left out by thoſe to whom they are diſagreeable. Two, three, or four ſpoonfuls of this is a preſent help, and it will keep good ſix months.

See *Appetite, Breaſt, Cordials, Diet, Heart-burn*, alſo *Diſtillery*.

STONE, GRAVEL, INFLAMMATIONS *in the* KIDNEYS, DIFFICULTY *of* URINE, &c.

THE ſtone being not only a very troubleſome diſorder, but as we claſs under this head ſo many different complaints, that are properly nephritick, and proceed from one, or a like cauſe, we are conſtrained to be very particular in this article.

To begin with generals:

The ſtone happens moſt commonly in the *kidneys* and *bladder*. The ſymptoms of the *former* are, A dull pain in the kidney, bloody water upon a ſudden jolt, or violent motion; pain in ſtooping; pain in the thigh, ſickneſs in the ſtomach, colickal pains, various changes in the colour of the urine, black, bloody, pale, tho', if the ſtone be ſmooth, and well-bedded, perhaps this may not happen. Fleſhy filaments, or matter voided by urine, are ſuſpi-

cious ſymptoms of a ſtone in the kidney, eſpecially if the patient has been ſubject to voiding of gravel.

When a ſmall ſtone is lodg'd in the body of the kidney, it does not create pain, nor much when it falls into the pelvis; but when it falls into the ureter, and ſticks, the pain is moſt acute; it often ſtops at the flexure and valve of the ureter, and ſometimes in the urethra, or paſſage of the urine from the bladder. While it ſtays in the bladder, it creates no pain, but remaining there long, it grows a confirm'd ſtone, too big to be paſs'd by the urethra: the manner of its concretion is by concentrical rings, like an onion, about the firſt kernel, which ſhews the cauſe to be attraction.

The ſymptoms of a ſtone in the *bladder* are, A titillation about the neck of the bladder, and the parts thereabout; a frequent needing to make water; a ſenſation of weight in the lower belly, under the ſhear-bone, with a great pain, eſpecially upon any ſudden motion, which cauſeth a concuſſion of the bladder, a dribbling, difficulty, and a momentary ſuppreſſion of urine by the ſtone, ſhutting up the orifice of the bladder, attended with a teneſmus, or needing to go to ſtool, and a burning pain in the urethra; ſometimes a white mucus in the urine; tho' this laſt ſymptom will happen without a ſtone in the bladder.

The regimen in the ſtone in the kidneys is, by diluent and ſoft diureticks to try to expel it, if it is ſmall enough to paſs; if the ſtone is brittle, it will often crumble, and paſs in the form of gravel.

If the ſtone is too big to paſs, the beſt method is to come to a ſort of a compoſition or truce with it; the diet ought to be cool and diluent, as far as poſſible, to hinder its growth; to uſe diureticks that gently reſolve, as parſley, fenel, ſcorzonera, ſaſſafras, mallows, and tea, dandelion, cichory, oats, barley, honey, honey and vinegar; nitrous ſalts, as ſpirit of dulcify'd nitre; the moſt ſoft cooling diluent of all is whey; the beſt emollients are decoctions of marſhmallows, linſeed tea.

Bathing in tepid water, clyſters, ſeaſoning the aliment moderately with ſea-ſalt; for the moderate uſe of it is reſolving and diuretick; the belly, in all caſes of the ſtone, ought to be kept lax and open.

In a confirm'd ſtone of the *kidneys*, too violent exerciſe is dangerous.

During the paſſing of a ſtone, one ſhould avoid at firſt all ſtrong forcers. Relaxing and lubricating the paſſages, and quieting the ſpaſms by opiates, is certainly the beſt method; and where bathing cannot be conveniently had, ox-bladders, half-full of warm water, apply'd conſtantly to the affected part, may be uſefully ſubſtituted. Letting of blood takes off a tenſion better than any thing, and is very neceſſary, where the ſymptoms are violent. When the parts are ſufficiently relax'd, ſtimulating diureticks may be us'd more ſafely, eſpecially if aſſociated with opiates.

As to diſſolvents of the ſtone, all that have hitherto been propos'd are chimerical. *Helmont* talks of bulls blood; but (ſays Dr. *Arbuthnot*, who wrote before Mrs. *Stephens*'s medicines were publiſh'd) goats blood is rather a better diſſolvent.

The ſureſt way to hinder the generation of a ſtone is to procure a diarrhœa by whey, broth, and a liquid diet; and indeed what would not one do to prevent ſo painful a diſeaſe?

When

When the ſtone is fallen to the bladder, care ſhould be taken to make it paſs as ſoon as poſſible, for the reaſons above-mention'd: if all the ſymptoms abate without the paſſing of the ſtone, it is not certain, that the ſtone remains in the bladder, becauſe a very ſmall ſtone may paſs inſenſibly by urine; if the ſtone has paſs'd, it is not certain that the fit is over; for there are often more, and the uſual remedies ought not to be left off.

The irritations of the membranes of the bladder by a ſtone may be much mitigated by the injection of the oil of linſeed or almonds into the bladder.

Such as are ſubject to the gravel or ſtone, ought to be careful of their diet, to uſe ſuch aliments as generate a ſmall quantity of fœces, or relax the belly: aliment demulcent, as peaſe. A decoction of chich-peaſe is a remedy in a fit of the ſtone. They ought to drink whey in the ſpring, and take honey in ſeveral forms, if it agrees with them. Rice, barley, millet, are all good in this caſe; nothing makes ſtones or gravel paſs more eaſily than opiates.

If the ſtone ſticks in the urethra, it may be fetch'd out by emollient fomentation of the parts, by oil injected, or, in caſe of great extremity, by an inſtrument with a cavity like a ſmall ſpoon, dipt in oil.

The ſtone in the bladder is not only a painful, but a mortal diſeaſe, if not extracted. The diet of a patient in ſuch a caſe is ſuch as of a wounded perſon, nouriſhing, without acrimony.

Thus far the learned doctor, as to the general treatment of the ſtone in the kidneys and bladder. We ſhall now hear what he ſays, as to

Inflammations of the Kidneys.] A diſtemper very dangerous, cauſed by it.

The ſymptoms, ſays he, are a pungent pain in the region of the kidneys, a ſtupor, or dull pain, in the thigh, colick, wind, vomiting, a fever, urine ſometimes totally ſuppreſs'd, in ſmall quantity, high-colour'd; and, which is worſe, ſometimes quite pale, without any ſediment.

Whatever obſtructs the blood in the extremities of the arteries of the kidneys, will produce this diſeaſe; a wound, abſceſs, bruiſe, ſwelling, lying much on the back, too violent motion, eſpecially walking in hot weather; whatever obſtructs the paſſage of the urine, as a viſcous matter, gravel, or ſtone; every thing which drives the blood into the urinary canals, heat, hard riding, too great fulneſs of blood, but eſpecially ſharp and forcing diureticks: laſtly, ſpaſms and involuntary contractions of the veſſels of the kidneys.

Coffee-colour'd urine is not a dangerous ſymptom: it proceeds indeed from a mixture of a ſmall quantity of blood with the urine, but often prognoſticates a reſolution of the obſtructing matter, and the expulſion of gravel or a ſtone after great pain; pale urine is a ſymptom of a more laſting and dangerous diſeaſe.

After plentiful bleeding, and a careful avoiding of all ſtimulating diureticks, which in this ſtate of the diſeaſe will increaſe it, the expulſion of the obſtructing cauſe muſt be promoted by emollient and ſoft liquors drank plentifully, by clyſters of the ſame frequently injected, by bathing and outward fomentations, by opiate and anodyne ſubſtances, which ſtupify and relax the

fibres; thoſe liquors muſt be ſwallowed down notwithſtanding the continual vomiting; for vomiting is the inſtrument of nature to promote the expulſion of the ſtone, gravel, or other obſtructing cauſe.

Whey, and in a great feveriſh heat, butter-milk, emulſions of barley and poppy-ſeeds, honey in whey and water, are proper liquors for this intention.

When the gravel, ſtone, or other obſtructing cauſe is ſeparated from the kidney, ſoft expreſſed oils, and oily ſubſtances, relax the paſſages; if the pain proceeds only from gravel, or a ſtone, oily ſubſtances may be joined ſafely with ſtimulating ſubſtances, as with juice of limon, juniper-water, and ſome diuretick ſyrup; this by the way, for it is out of my preſent ſubject.

Violent motion, as jolting in a coach, may be uſed in this caſe.

The pain protracted beyond ſeven days, a pulſation, chillneſs, often and irregularly returning, a heavineſs and ſtupor in the part, are ſigns of making of matter, which when made will appear in the urine. In which caſe ſoft and balſamick ſubſtances are beneficial; for if the matter ſtays long, the caſe is incurable.

It happens ſometimes to end in a *fiſtula*, with which the patient may live many years in no great uneaſineſs. Butter-milk, not very ſour, has been reckoned a great ſecret in ulcers of the kidneys, and chalybeat waters have been beneficial to ſome; ſpruce beer is a good balſamick in ſuch a caſe. Soft malt liquors are better than wine.

Inflammations of the kidneys ſometimes end in a ſcirrhus, or great ſtone in the kidneys.

A ſudden remiſſion of the pain, with cold ſweats, weak and intermitting pulſe, hiccough; no urine, or in ſmall quantity, black and fetid, are ſigns of a mortification and approaching death.

Such as are ſubject to nephritick ſymptoms, ought to be extremely careful of the choice of their liquors; ſharp wines, which abound with tartar, are hurtful; malt liquors not hard, nor ſtale, are certainly better to make uſe of; and ſoft diureticks. They muſt avoid acrimonious ſubſtances in their aliment, uſe moderate exerciſe, and not to lie hot, ſoft, nor much upon the back.

We have heard what Dr. *Arbuthnot* has ſaid, as above, that all pretences to diſſolvents of the ſtone to the time he wrote, were chimerical. But the higheſt authority in *England* having given ſanction to one ſince diſcovered, 'tis but juſt to take notice of it here.

We ſhall then obſerve, That the medicines of Mrs. *Joanna Stephens*, for the cure of this cruel diſtemper, having obtained great repute, the parliament thought fit, (Seſſ. 1739.) for the benefit of the publick, to purchaſe this diſcovery, for the ſum of five thouſand pounds. And the truſtees named in an act of parliament paſſed for that purpoſe, publiſhed the following paper in the London Gazette of *June* 21. 1739. purſuant thereto.

A full Diſcovery of the Medicines given by me Joanna Stephens, *for the Cure of the* Stone *and* Gravel; *and a particular Account of my Method of preparing and giving the ſame.*

MY medicines are a powder, a decoction, and pills. The powder conſiſts of egg-ſhells and ſnails, both calcined.

The decoction is made by boiling ſome herbs (together with a ball,

ball, which conſiſts of ſoap, ſwines-creſſes burnt to a blackneſs, and honey) in water.

The pills conſiſt of ſnails calcin'd, wild carrot-ſeeds, burdock-ſeeds, aſhen-keys, hips and haws, all burnt to a blackneſs, ſoap and honey.

The Powder is thus prepared:

Take hens egg-ſhells, well drained from the whites, dry and clean; cruſh them ſmall with the hands, and fill a crucible of the twelfth ſize (which contains nearly three pints) with them lightly; place it in the fire, and cover it with a tile; then heap coals over it, that it may be in the midſt of a very ſtrong clear fire, till the egg-ſhells be calcined to a greyiſh white, and acquire an acrid ſalt taſte: this will take up eight hours at leaſt. After they are thus calcined, put them into a dry clean earthen pan, which muſt not be above three parts full, that there may be room for the ſwelling of the egg-ſhells in ſlacking. Let the pan ſtand uncovered in a dry room for two months, and no longer: in this time the egg-ſhells will become of a milder taſte, and that part which is ſufficiently calcined will fall into a powder of ſuch a fineneſs as to paſs through a common hair ſieve, which is to be done accordingly.

In like manner, take garden ſnails with their ſhells, cleaned from the dirt; fill a crucible of the ſame ſize with them whole; cover it, and place it in a fire, as before, till the ſnails have done ſmoaking, which will be in about an hour, taking care that they do not continue in the fire after that. They are then to be taken out of the crucible, and immediately rubbed in a mortar to a fine powder, which ought to be of a very dark-grey colour.

Note, *If pit-coal be made uſe of, it will be proper, in order that the fire may the ſooner burn clear on the top, that large cinders, and not freſh coals, be placed upon the tiles which cover the crucibles.*

Theſe powders being thus prepared, take the egg-ſhell powder of ſix crucibles, and the ſnail-powder of one; mix them together, rub them in a mortar, and paſs them through a cypreſs-ſieve. This mixture is immediately to be put up into bottles, which muſt be cloſe ſtopped, and kept in a dry place for uſe. I have generally added a ſmall quantity of ſwines-creſſes burnt to a blackneſs, and rubbed fine; but this was only with a view to diſguiſe it.

The egg-ſhells may be prepared at any time of the year; but it is beſt to do them in ſummer. The ſnails ought only to be prepared in May, June, July, and Auguſt; and I eſteem thoſe beſt which are done in the firſt of theſe months.

The Decoction is thus prepared:

Take four ounces and a half of the beſt Alicant ſoap, beat it in a mortar with a large ſpoonful of ſwines-creſſes burnt to a blackneſs, and as much honey as will make the whole of the conſiſtence of paſte. Let this be formed into a ball.

Take this ball, and green chamomile, or chamomile-flowers, ſweet fenel, parſley, and burdock-leaves, of each an ounce (when there are not greens, take the ſame quantities of roots); cut the herbs or roots, ſlice the ball, and boil them in two quarts of ſoft water half an hour; then ſtrain it off, and ſweeten it with honey.

The Pills are thus prepared:

Take equal quantities by meaſure, or ſnails calcined as before, of wild carrot-ſeeds, burdock-ſeeds, aſhen-keys, hips and haws all burnt to a blackneſs, or, which is the ſame thing, till they have done ſmoaking: mix them together, rub them in a mortar, and paſs them thro' a cypreſs-ſieve. Then take a large ſpoonful of this mixture, and take four ounces of the beſt Alicant ſoap, and beat them in a mortar with as much honey as will make the whole of a proper conſiſtence for pills; ſixty of which are to be made out of every ounce of the compoſition.

The Method of giving theſe Medicines is as follows:

When there is a ſtone in the bladder or kidneys, the powder is to be taken three times a day; *viz.* In the morning after breakfaſt, in the afternoon about five or ſix, and at going to bed. The doſe is a drachm avoirdupois, or fifty-ſix grains, which is to be mixed in a large tea-cup full of white-wine, cyder, or ſmall-punch; and half a pint of the decoction is to be drank, either cold or milk-warm, after every doſe.

Theſe medicines do frequently cauſe much pain at firſt, in which caſe it is proper to give an opiate, and repeat it as often as there is occaſion.

If the perſon be coſtive during the uſe of them, let him take as much lenitive electuary, or other laxative medicine, as may be ſufficient to remove that complaint, but not more: for it muſt be a principal care at all times to prevent a looſeneſs, which would carry off the medicines; and if this does happen, it will be proper to increaſe the quantity of the powder, which is aſtringent, or leſſen that of the decoction, which is laxative; or take ſome other ſuitable means, by the advice of phyſicians.

During the uſe of theſe medicines, the perſon ought to abſtain from ſalt meats, red wines, and milk, drink few liquids, and uſe little exerciſe, that ſo the urine may be the more ſtrongly impregnated with the medicines, and the longer retained in the bladder.

If the ſtomach will not bear the decoction, a ſixth part of the ball made into pills muſt be taken after every doſe of the powder.

Where the perſon is aged, of a weak conſtitution, or much reduced by loſs of appetite, or pain, the powder muſt have a greater proportion of the calcined ſnails, than according to the foregoing direction; and this proportion may be increaſed ſuitably to the nature of the caſe, till there be equal parts of the two ingredients. The quantity alſo of both powder and decoction may be leſſened for the ſame reaſons. But as ſoon as the perſon can bear it, he ſhould take them in the above-mentioned proportions and quantities.

Inſtead of the herbs and roots before-mentioned, I have ſometimes uſed others, as mallows, marſh-mallows, yarrow red and white, dandelion, water-creſſes, and horſe-radiſh root; but do not know of any material difference.

This is my manner of giving the powder and decoction. As to the pills, their chief uſe is in fits of the gravel, attended with pain in the back and vomiting, and in ſuppreſſions of urine from a ſtoppage in the ureters. In theſe caſes, the perſon is to take five pills every hour, day and night, when awake, till the

the complaints be removed. They will alſo prevent the formation of gravel and gravel-ſtones in conſtitutions ſubject to breed them, if ten or fifteen be taken every day.

J. STEPHENS.

June 16. 1739.

N. B. Mrs. *Stephens* received the ſaid reward, on her medicines having been tried and approved, March 17. 1739-40. See London Gazette, March 23. 1739-40.

We ſhall make no obſervations here upon this famous preſcription: but as there may be ſome perſons who will not care to go thro' this proceſs for the ſtone, and different habits and conſtitutions may be differently affected by the medicines; as there are many caſes alſo in which the ſtone is not formed, and which may be reached by leſs difficult preparations; and as under this article we compriſe as well the *ſtone*, *gravel*, *ſand*, &c. as all nephritick caſes, bloody water, ſuppreſſion of urine, *&c.* for theſe reaſons we cannot diſpenſe with giving the following recipes for theſe diſtempers, which the patients may have recourſe to, as they find them ſuitable to their reſpective caſes: and which have all of them been tried and approved on many patients, in different ſtates of theſe maladies.

We ſhall therefore inſert, 1. Thoſe recipes which relate to the ſtone principally. 2. Thoſe chiefly relating to the gravel. 3. Thoſe which are principally diuretick, and relate to ſuppreſſion of urine, bloody water, *&c.*

1. *Recipes good againſt the Stone principally.*

A choice Medicine in an actual Fit of the Stone.

TAKE the decoction made according to the London Diſpenſatory for the ſyrup of marſhmallows, with this difference, that to the ſame quantity of water, you muſt take but half the quantities of each of the ingredients. Let this corrected decoction be well clarified, and let the patient take it warm ſix, eight, or ten ounces at a draught, from time to time, as need ſhall require.

A Draught for the Stone.

TAKE oil of almonds freſh drawn, ſix drachms; oil of tartar per deliquium, two drachms; mix: then add parſley water, compound horſe-radiſh-water, of each one ounce; diacodium, ſix drachms; mix for one doſe: to be taken two or three times a day, as occaſion requires.

An excellent Water againſt the Stone.

TAKE freſh-ſpotted arſe-ſmart, three pounds; pellitory of the wall, purſlain, bean-cods, of each one pound: bruiſe them, and add new milk, or hot from the cow, one gallon: mix them, and diſtil. Take four ounces twice a day with honey, for twenty-ſix days together.

An eaſily prepared Medicine in Fits of the Stone.

TAKE ſomewhat leſs than a handful of red chich-peaſe, or cicers, and boil them ſoftly in a quart of ſpring-water till the liquor be red, and well impregnated with the ſeeds: ſtrain this decoction, and ſweeten it with ſyrup of marſhmallows, out of which all the ſtronger diureticks are left.

A good Clyſter in Pains of the Stone, or Colick.

TAKE half a pint of good ſallad-oil, and as much good ſack; (or if that cannot be had, good claret wine) ſhake them very well together, and give it moderately warm.

For

For the Stone, and Inflammation of the Kidneys.

TAKE barley-water, one pint and half; ſweet almonds blanched, one ounce; compound horſe-radiſh-water, one ounce and half; fine ſalt-petre, one drachm; ſyrup of marſh-mallows, two ounces: mix for an emulſion: take four ounces every two or three hours.

An excellent Foment in Fits of the Stone in the Bladder, and Suppreſſion of Urine, &c.

TAKE roots of ſmallage, four ounces; roots of fenel, linſeed, each two ounces; herbs pellitory of the wall, mallows, arſe-ſmart, chamomile-flowers, each two ounces: boil in water three quarts to two; in the ſtrained diſſolve crude ſalt armoniack, (or if you cannot get it, ſalt prun l) half an ounce; common ſoap, two ounces: mix.

For the Stone.

TAKE barley-water, (with half an ounce of gum Arabick boiled in it) two pints; white-wine, half a pint; ſyrup of marſhmallows, ſyrup of the five opening roots, of each one ounce and a half; ſweet ſpirit of nitre, half an ounce; mix, and let the patient drink a glaſs frequently.

For the Cure of the Stone and Gravel, whether in Kidneys, Ureters, or Bladder.

TAKE marſhmallow-leaves, the herb mercury, ſaxifrage, and pellitory of the wall, of each freſh-gathered, three ounces; cut them ſmall with a pair of ſciſſars, and mix them together, and pound them in a clean ſtone mortar, with a wooden peſtle, till they come to a maſh; then take them out, ſpread them thin in a broad glazed earthen pan, and let them lie, ſtirring them about once a day till they are thoroughly dry, (but not in the ſun) and then they are ready, and will keep good all the year long. Of ſome of theſe ingredients ſo dried make tea, as you do common tea, with boiling hot water, as ſtrong as you like to drink it; but the ſtronger, the better; and drink three, four, or more tea-cups full of it blood-warm, ſweetened with coarſe ſugar, every morning and afternoon, putting into each cup of it at leaſt half a ſpoonful, or rather more, of the expreſſed oil of beech-nuts, freſh drawn, (which in this caſe has been experienced to be vaſtly preferable to oil of almonds, or any other oil) ſtirring them about together, and ſo to continue it for as long as you ſee occaſion.

An almoſt ſpecifick Medicine for Exulcerations in the Kidneys.

TAKE jet, and having reduced it to fine powder, give of it about half a drachm for a doſe, in ſome good white-wine in the morning faſting, and at bed-time for ſome days together.

2. *Recipes for Cure of the Gravel.*

A Clyſter for the Gravel, Sand, &c.

TAKE mallows, golden rod, each one ounce; juniper and bay-berries, daucus and parſley-ſeed, each two drachms; boil in water to twelve ounces; in the ſtrained diſſolve Caſtile ſoap, half an ounce; oil of chamomile, one ounce; oil of aniſeed, two drachms; ſyrup of violets, two ounces; mix.

It diſperſes wind, ſoftens hard fœces, empties the inteſtines, lubricates the urinary paſſages, and expels ſand.

For

For the Gravel and Strangury.

TAKE Rheniſh wine, compound horſe-radiſh-water, compound parſley-water, of each three ounces; ſweet ſpirit of nitre, one drachm and half; ſyrup of marſhmallows, one ounce; mix: drink a wine-glaſs full as occaſion requires.

An experienced Remedy to expel Gravel, and provoke Urine.

TAKE the juice of onions, two ſpoonfuls; white-wine, half a pint, or more; mix them for a draught. It gives preſent eaſe; and if repeated for ſome time, in a ſhort ſeaſon cures.

Another for the ſame.

TAKE oil of ſweet almonds, nephritick water, ſyrup of marſhmallows, of each one ounce; ſweet ſpirit of nitre, two drachms; mix: take two ſpoonfuls every four hours.

An excellent Tincture for the Colick and Gravel.

TAKE fine ſuccotrin aloes, the ſpecies for the Roman philonium, of each one ounce; the beſt Holland's Geneva, one pint, infuſe them for a week. Take of the ſtrained liquor; Daffey's elixir, of each one ounce; liquid laudanum, ſix drops; mix, for a draught to be taken night and morning.

A Powder for the Gravel.

TAKE ſalt prunellæ, ten grains; ſalt of amber, ſix grains; ſugar, one ſcruple; ſpirit of turpentine, three drops; mix for one doſe.

A balſamick Mixture for internal Ulcers, the Whites, Gonorrhœa, Stone, &c.

TAKE balſam of capive, half an ounce; oil of juniper, half a drachm: diſſolve it in the yolks of two eggs, and add ſyrup of marſhmallows compound, two ounces and a half; arſe-ſmart-water, ten ounces: mix.

This medicine provokes urine, and expels ſtones, as well out of the gall-bladder as the kidneys, of which we had an amazing inſtance, ſays Dr. *Fuller*, of late in a certain artificer at *Peterborough*, who being horribly tortured with nephritick and colick pains, fell into ſuch convulſions, that ſeveral ſtrong men could not hold him in his chair. When I had conſidered the ſymptoms, ſays he, I preſcribed this mixture, and upon taking a few ſpoonfuls, he brought away a great quantity of urine, together with gravel and ſand; and ſeveral ſtones alſo as big as capers, by ſtool. And thus was he (to the wonder and ſatisfaction of his friends) reſtored to his former health.

3. *Suppreſſion of Urine, Bloody-water,* &c.

For Bloody-water.

LET this caution be obſerved under this head: The gentleſt ſhould be begun with to prepare for the more forcing medicines.

This is a diſtemper that may be produced by violent exerciſe, ſtrains, *&c.*

Bleeding is one of the firſt and principal reliefs in this caſe, which takes off the diſtention, and helps to cloſe the veſſels. Cool the blood by drinking plentifully of milk and water, in which a little gum Arabick is boiled: and for the cloſing of the veſſels, this will ſuffice:

Take true bole-armoniack, and terra Lemnia, of each one drachm; gum Arabick, half a drachm; conſerve of red roſes, an ounce and a half; ſyrup of red roſes, as much

as

as will make a ſoft electuary; of which take the bigneſs of a nutmeg three times a day, drinking after it four ſpoonfuls of the following julep:

Take oak-bud-water, eight ounces; ſpirit of vinegar, one ounce; cold cinamon-water, two ounces; red coral in powder, one drachm; ſyrup of comfrey, an ounce; mix.

An experienced Remedy for Bloody-water, from Mr. Boyle.

TAKE waters of the black alder, of mallows, of each three ounces; ſyrup of comfrey, one ounce: mix them, and let the patient take four ſpoonfuls immediately; and four or five times a day.

An old Lithotomiſt's Medicine for Suppreſſion of Urine (given Mr. Boyle *by himſelf.*

GIVE from about fifty grains to one drachm for a doſe, of the pulvis Holandi; and if the neceſſity be very urgent, you may give from one drachm to four ſcruples, or a drachm and a half, not neglecting in the mean while other proper remedies.

For Suppreſſion of Urine.

GIVE about a ſpoonful at a time of bruiſed muſtard-ſeed, in any convenient vehicle.

An almoſt ſpecifick Medicine for the Suppreſſion of Urine.

INFUSE in a good heat, two handfuls of the flowers of French lavender in a pint of good brandy (not rectified ſpirit of wine); and of this infuſion, give about a ſmall wine glaſs full at a time (diluted, if there be great need, with a ſufficient quantity of ſome appropriated liquor).

To prevent the Stone and Colick.

PUT a piece of lignum nephriticum, as big as your little finger, into a quart of ſpring-water: it muſt be cut into ſlices: let it ſtand till it makes the water look of blue and yellow colour; then take a quantity of the water, and as much white-wine as water, and drink a good draught thereof with a little limon and water, and continue it by times, till you have taken a quart of the water; then reſt for a time. This is both good for the ſpleen and ſtone.

For the Stone, Colick, and Heartburn.

POwder the fineſt chalk in a large diſh; ſqueeze juice of chamomile over it; let it dry; then repeat the ſame three times; when 'tis perfectly dry, take as much of the powder as will lie on a ſhilling.

To diſſolve a Stone in the Bladder or Kidneys.

TAKE ſeven pints of new milk; two ounces of ſaſſafras; one ounce of liquorice, ſcraped, ſliced, and bruiſed; the bark of the marſh-mallow-roots, and the bark of holy-hood-roots, of each two drachms; the root of phillependula, one ounce; the outermoſt rind of radiſh-roots, half an ounce; a limon with the rind, cut in ſmall pieces; aniſeeds, one ounce: let all theſe together macerate all night in a veſſel cloſe covered; and the next day ſtill them very gently, and ſometimes uncover the ſtill, and ſtir them together. This water is to be made only in May. You muſt take five ſpoonfuls at a time, and faſt four hours after; the firſt time, when grieved; afterwards the ſame quantity, and faſt as before, walking and ſtirring with it.

An

An Emulſion to cool the Kidneys, and to take off the Heat of Urine.

TAKE of ſweet almonds blanch'd, one ounce; of the four greater cold ſeeds, of each half an ounce: then bruiſe well the ſeeds firſt in a ſtone mortar with a wooden peſtle; but let 'em be all blanched: this done, put the almonds to 'em, and bruiſe 'em together: pour to 'em, as they are bruiſing, three or four ſpoonfuls at a time, a pint of barley-water; ſtrain, and ſweeten it with white ſugar.

For the Stone.

TAKE caſſia newly drawn, one ounce and a half; the beſt rhubarb in powder, one drachm; Chio turpentine well waſhed, ſeven drachms; ſpecies of diatragacantha frigid, one ſcruple; liquorice in powder, half a drachm: mix theſe together in a ſufficient quantity of ſyrup of althea, and take the quantity of a walnut in the morning faſting; drinking after it a pint of beer poſſet-drink: an hour after it drink a pint of white-wine poſſet-drink, with nutmeg and ſugar: keep warm all the morning. Take this at the full and new of the moon, beginning ſix days before the change, every other morning; for you are to take it but every other day, three times every change of full and new moon.

This was given to Dr. *Palmer*'s brother, who was twenty-ſix years of age, and deſigned in a few days to be cut for the ſtone; but by the uſe of this medicine carried it off in gravel, and lived to near eighty years without trouble from that diſtemper. The like effect it had on lady *Par*, who was miſerably afflicted with the ſtone, and an ulcer in the kidneys; and on many others, *&c.*

An excellent Receipt for the ſame.

TAKE the skin of three old onions, and put 'em into a clean cloth; a quarter of a pint of brandy; the juice of one limon; and eight drops of the ſpirit of marſhmallows: dip your onions into this liquor, and ſqueeze 'em well into it, after which drink it. It will certainly diſſolve the ſtone, this receipt being given by a gentleman who has experienced it ſeveral times, and has had eleven ſtones come from him.

For the Stoppage of Urine.

TAKE melilot in May, when the flower is upon it; and diſtil it in a roſe-ſtill; you muſt ſtill the herbs and flowers together; then the patient is to take three or four ſpoonfuls in a morning, or at what time ſoever the water ſtops, of this water only; but if the party cannot make water at all, and it hath ſtopped for two or three days, put in the juice of half a limon, four ſpoonfuls of the melilot-water, the ſame quantity of white-wine, and half a nutmeg ſcraped into it; give it once in two hours till it obtains a good effect.

For the ſame.

WARM a pint of ale, till the froth riſes; then put in a ſpoonful of brandy, and drink it warm, lying upon your back till it works.

To take away the Gravel, when it ſtops in the Neck of the Bladder.

TAKE pellitory, chervil, and onions chopped and minced together; put to them the oil of ſcorpions, enough to make them moiſt: warm them together in a frying-pan, and apply them to the bottom of the belly.

Pot-

Pot-herbs good againſt the Stone.

BOrage, chervil, wild endive, lettuce, rock-parſley, carrots, turneps, skirret, ſow-thiſtle, vipers-graſs, jagged lettuce, goats-beard.

The whey, milk, or butter-milk of animals fed on graſs alone, is very effectual, if continued till you have a ſtool, which remains looſe for ſome time; which is not to be ſtopped, tho' ſome weakneſs ſucceed; for it often ſucceſsfully eradicates even an inveterate malady of this ſort.

See *Strangury*, *Ulcers*, &c. alſo *Diſtillery*.

STRAINS.

THE bones are ſaid to be ſtrained, when the heads of them are removed out of the proper places.

In the cure, great care is to be taken to prevent or diſcuſs an inflammation (which will ſometimes bring on mortal convulſions). For both which purpoſes the following fomentation is of uſe:

'Take of the tops of St. John's-'wort, one ounce and a half; be-'tony, chamomile, and roſemary, 'each one ounce; root of greater 'comfrey, three ounces; round 'birth-wort, ſix drachms; ſeeds of 'the four calida majora, each half 'an ounce: boil in a ſufficient 'quantity of ſpring-water and wine 'to a quart, for a fomentation: 'dip the bandages in the ſame while 'warm.'

Where the contuſion is larger, increaſe the quantity of comfrey; where ſlighter, of birth-wort: where the pains are violent, add heads of poppies. An œdematous tumour ſometimes happens; in which caſe anoint the parts affected with a volatile penetrating oil; rock-oil is alſo good, and balſam of Peru tempered with ſpirit of juniper. It is likewiſe proper to anoint with oil of St. John's-wort, and oil of turpentine.

Stinking diſtilled oil of tartar is very offenſive, but at the ſame time highly efficacious.

For a ſlight ſtrain without diſlocation, wheat-bran boiled in vinegar is good.

Medicines prepared of earth-worms are proper, applied both inwardly and outwardly.

An egg beat up with oil of turpentine, and a little vinegar, is a very good remedy, and anſwers all intentions. The other methods of cure we leave to the ſurgeons.

The following are alſo highly approved in particular caſes.

For a Strain.

TAKE the ſtrongeſt vinegar you can get, and boil in it a convenient quantity of wheat-bran, till you have brought it to the conſiſtence of a poulteſs. Apply this as early as may be to the part affected, and renew it when it begins to grow dry.

An approved Medicine for a recent Strain.

TAKE oatmeal, the ſtrongeſt and ſtaleſt beer you can get; mix them together to make a poulteſs; add ointment of marſhmallows, one ounce; apply it to the part affected, and renew it when it is dry. It muſt be applied as ſoon as may be after the hurt is received.

Lord

Lord Bacon's *experienced Medicine for a recent Strain or Bruiſe.*

TAKE a good handful of freſh wormwood, and boil it in a ſufficient quantity of ſtrong ale to the ſoftneſs of a poulteſs; then take it off the fire, and when you apply it, which you ſhould do whilſt 'tis very hot, put to it a ſpoonful or two of good common brandy.

For a Bruiſe occaſioned by a Fall.

TAKE horſe-dung, and ſheep-ſuet, of each alike: boil them well together, and apply warm to the part affected, as a poulteſs.

For a Bruiſe in the Eyes or Face.

TAKE the white of an egg, beat it well with cream, dip lint in it, and apply to the bruiſed part: it will take out the blood, and give eaſe in a very ſhort time: renew it once in twelve hours.

For an old Strain, an effectual Remedy.

TAKE crown-ſoap, a quarter of a pound; the ſtrongeſt wort, a pint; brandy, two ounces: boil them all together, and add myrrh, and bole armoniack finely powdered, of each three drachms, and let them boil to the thickneſs of a plaiſter; which ſpread upon ſheeps-leather, and apply to the part.

A ſtrengthening Plaiſter for Strains, or Weakneſs of the Back.

TAKE rupture-plaiſter, plaiſter of red-lead, oxycroceum, paracelſus, of each equal parts: make a plaiſter, to be applied to the loins, or to the part ſtrained.

For a Strain.

TAKE nerve-ointment, ointment of mallows, of each ſix drachms; oil of mace by expreſſion, half a drachm; compound ſpirit of lavender, Hungary-water, of each two drachms; mix them, and anoint the part with a warm hand four or five times a day, covering it with a flanel.

See *Bruiſes*.

STRANGURY

IS any difficulty of urine from whatſoever cauſe, attended with a continual involuntary dripping. It frequently is cauſed by bliſtering, and is a very troubleſome attendant on that painful operation.

Drinking plentifully of ſome emulſion is very proper for it: ſoft water, that is not brackiſh, is good, alſo water with barley boiled in it; and while boiling, put a drachm or two of gum Arabick to each quart, which will ſmooth the paſſage, and ſheath the pricking ſalts that offend.

Foreſtus tells us, that he has found the good effects of a decoction of mallows and ſyrup of violets, when every other method has failed: and there can be no doubt, that ſmooth herbs of any kind, or mucilages, or things of a ſlimy nature, will have this effect, ſince, as a worthy phyſician obſerves, whites of eggs themſelves beaten into water, and injected by a ſyringe into the paſſage, by being applied to the parts, alleviate this pain, as well as ſuch medicines taken by the mouth.

The following is an approved emulſion in this caſe:

'Take mallows, two drachms; 'gum Arabick, one ounce; bar-

'ley-

'ley-water, a ſufficient quantity: 'boil all to a quart; to which add 'ſweet almonds blanched, one 'ounce; of each of the four greater 'cold ſeeds, two drachms: make 'an emulſion; ſtrain, and add two 'ounces of ſyrup of marſhmallows; 'of which drink plentifully, at plea-'ſure.'

The three following recipes are alſo accounted of good effect in this diſtemper.

Broth of Cray-fiſh, good in the Strangury and Hectick Fevers.

TAKE one hundred cray-fiſh; having pounded them alive in a mortar, boil them in two quarts of water to one quart and half a pint, adding towards the laſt, two blades of mace; one nutmeg, ſlic'd; and old Malaga, half a pint: ſtrain it, and let the patient ſup up a draught of it twice a day.

Another.

TAKE the tails of twenty cray-fiſh; candied eryngo-roots, one ounce; the bottom of a white loaf; raiſins ſtoned, two ounces; liquorice, three drachms: boil theſe in three pints of water to one quart, and ſtrain it.

Let four or ſix ounces be taken three times a day. After the ſame manner may be made broth of ſnails.

To make Almond Milk good for the Strangury, Gravel, &c.

TAKE one ounce of ſweet almonds, blanch and bruiſe them in a ſtone mortar with half an ounce of loaf ſugar; and while you are bruiſing them, pour to them by degrees a pint of barley water, ſtrain it thro' a canvas ſtrainer, and drink it at pleaſure.

SUDORIFICKS.

ON this head, it will be needful only to intimate, That when it is conſider'd, that the liquid which goes off by ſweat, is often the moſt ſubtile part of the blood, it will follow, that it ought not to be forced away without manifeſt neceſſity. When ſweat is vehement, it will grow bloody. Water is the beſt and ſafeſt ſudorifick; watery and acid things, mixed, prove ſtrong ſudorificks. Spices, by heating and diſſolving the blood, are not ſo proper and ſafe ſudorificks.

For what otherwiſe relates to the article of ſweating, *&c.* ſee under the proper heads of *Fever*, &c.

See alſo *Evacuation*, *Perſpiration*.

SUGAR.

See *Aliment*, *Childrens Diſtempers*, *Herbs*. Alſo ſee *Confectionary*, &c.

SURFEITS.

A Surfeit is an indiſpoſition of body, with a ſenſe of heavineſs at the ſtomach, and ſickneſs, ſucceeded generally by eruptions in the skin, and a ſmall fever. It is commonly conſequent upon eating or drinking unwholſome things, or on ſome exceſs in either food or drink; tho' there are alſo other cauſes, ſuch as too large a draught of cold water, or ſmall-beer, eſpecially when hot in the ſummer-time, too violent exerciſe, bad air, *&c.* The eruptions are like a raſh.

For

For the cure, give a vomit preſently; and if there be no fever, a doſe of tincture of hiera picra, next day.

If the eruptions appear, keep them up with cordials, and gentle diaphoreticks. Let the patient drink ſack-whey, or ſage-tea.

Where the fever is ſtrong, and the patient full of humours, bleeding may be uſed.

See *Exceſſes*. Alſo ſee *Diſtillery*.

SWEATS.

See *Evacuation*, *Fever*, *Sudoriſicks*. &c. Alſo *Diſtillery*.

SWELLINGS.

See *Tumours*.

SWOONING.

See *Fainting*, &c.

TEETH, GUMS, TOOTH-ACH, *&c.*

TOoth-ach is a very troubleſome diſorder, and has ſometimes been attended with fevers, head-achs, convulſions, or impoſthumations: 'tis therefore not to be ſo ſlightly treated as ſome imagine. If the pain be ſmall, and juſt begun, brandy, or any ſpirituous liquor held in the mouth, will correct the coldneſs, and prevent its going further. If the tooth be hollow, and you have no mind to part with it, the hole may be filled with lead, or boiled turpentine, to defend it from the air; or thruſt up a pill of crude opium into the tooth, which has been firſt ſoftened by a drop or two of oil of cloves; and the following draught, taken at bed-time, will remove the feveriſh heat occaſioned by the anguiſh, if it ceaſes not on the pain being quelled by the opium; *viz.*

'Take two ounces of milk-wa-
'ter; two drachms of treacle-wa-
'ter; ſix drachms of ſyrup of white
'poppies; and one ſcruple or twen-
'ty grains of Gaſcoign's powder:
'mix.'

This diſtemper is alſo often cur'd by oil of wild marjoram. Liquid pitch, held in the mouth, likewiſe takes away the pain; and oil of box wonderfully eaſes it.

A decoction of tobacco in wine, held in the mouth, efficaciouſly cures the pain.

Root of pellitory of Spain, chew'd, expels a great deal of humours, and eaſes the anguiſh. Sometimes ſo much corruption is raiſed from a rotten tooth, that it cauſes ſwellings in the cheek and chin, which can be no otherwiſe cured than by drawing. But a moſt effectual remedy againſt this diſorder, is the juice of the root of yellow fleur-de-lys, rubbed upon the tooth affected, or the root chewed in the mouth, which will inſtantly ſtop the pain.

The following recipes are very efficacious in the different ailments of the teeth and gums, *&c.* and in order to preſerve them.

A Medicine preſcribed to King Charles *the Firſt, to faſten the Teeth.*

TAKE a pint of ſpring-water, and put to it four ounces of brandy: let the patient waſh his mouth with the mixture of theſe every morning, and twice or thrice a day beſides; and let him in the morning roll, for a little while, a bit of roch-alum to and fro' in his mouth.

An almoſt ſpecifick Remedy for the Tooth-ach.

TO a quart of claret put one drachm of alum, and another of

acorns; a drachm and a half of galls; and half an ounce of good dried roſe-leaves: boil this to the conſumption of near half, and then take it from the fire, and ſtrain it, and diſſolve it in a drachm and a half of acacia cut into ſmall bits; and with this liquor a little hot, waſh the part ſeveral times in a day.

For ſcorbutick Gums, and to faſten the Teeth.

TAKE a pint of claret, and half an ounce of roch-alum: mix, and diſſolve them, and then add thereto ſix ounces of a ſtrong tincture of Japan-earth made with common brandy.

An uſeful Liquor to faſten the Teeth, and prevent the Tooth-ach.

TO a pint of ſpring-water put half an ounce of clean ſal armoniack; and with the ſolution of this ſalt, let the patient waſh his mouth from time to time.

An excellent Medicine to faſten the Teeth in ſcorbutick Gums.

TAKE of choice bole-armoniack, two drachms; choice myrrh, one drachm; roch-alum crude, half a drachm; claret-wine, one pint: boil theſe ſoftly a little while together, and let the patient uſe twice, thrice, or (if need be) oftener, in a day.

For the Aching of a hollow Tooth.

TAKE oil of wax, and with it moiſten well a little cotton, and thruſt it up into the hollow tooth, letting it lie there till the pain be ſufficiently aſſuaged.

Pellets for a hollow Tooth.

TAKE aſſa fetida, eight grains; camphire, dragons-blood, each one grain; oil of pepper, two drops: mix.

One pellet will oftentimes eaſe the moſt ſharp pains, and prevent their return.

For the Tooth-ach proceeding from ſharp Rheum, and not a bad Tooth.

TAKE burnt alum powdered, half an ounce; nutmeg, one drachm; honey of roſes, as much as ſufficient to make it of the conſiſtence of an ointment; which ſpread upon paper, and bind upon that ſide of the face that is in pain, with a convenient cloth.

A Gargle for a ſtinking Breath.

TAKE myrrh, two drachms; Florentine orris, cyperus, aromatick reed, and Spaniſh angelica-roots, of each a drachm; roſemary-leaves, half an ounce; cloves, half a drachm; white-wine, four ounces; ſpring-water, half a pint; make warm cloſe infuſion two hours: to the ſtrained liquor add Hungary-water, ſix drachms; tincture of Benjamin, two drachms: mix.

A Powder for foul, black, or yellow Teeth.

TAKE powder of tiles, half an ounce; moiſten it, at ſeveral times, with oil of tartar, till it hath imbibed its own weight, and bring it to the conſiſtence of paſte; then add white tartar, three drachms; bread burnt black, two drachms: make it into powder; and after rubbing the teeth with it, waſh it off with warm wine.

A Gargle for ulcerated Mouths, Throats, &c.

TAKE red aſtringent wine, half a pint; powdered myrrh, two drachms: mix.

It deterges, aſtringes, repels, dries, heals: is a moſt excellent waſh for ſwelled, fungous, flaccid, bleeding, eroded and putrid gums; cleanſes and frees the mouth from foulneſs and ill ſcents, and heals (even venereal) ulcers of the jaws and throat.

To preſerve the Teeth.

TAKE burnt hartſhorn, half an ounce; myrrh, two drachms; mix, and powder them, and rub the teeth with it.

To cleanſe the Teeth.

TAKE pumice-ſtone, ſcuttle-bone, of each one ounce; tartar of vitriol, maſtich, of each two drachms; musk, one ſcruple; oil of rhodium, three drops: mix them to a fine powder, and uſe. It whitens the teeth, hardens the gums, and ſweetens the breath.

A Gargle for a ſore Mouth.

TAKE ſix ſage-leaves boil in half a pint of fountain-water; and to a quarter of a pint of it ſtrained, add white-wine vinegar, four ounces; roch-alum, ſix drachms; honey, two ounces: boil it again, and ſcum it.

The following obſervations of a worthy naturaliſt, relating to this ſubject of the teeth, *&c.* deſerve a place here.

The pains and diſeaſes attending the TEETH, chiefly proceed from two cauſes. The firſt, from certain filthy phlegmy matter which the ſtomach and veſſels continually breathe and ſend forth, which centres in the mouth, and lodges between the teeth, and on the gums; and in time makes the teeth looſe and rotten. And ſecondly, for want of continual cleanſing and waſhing, thoſe breathings, and this phlegmy matter, turn to putrefaction, which eats away the gums, as tho' done by worms: and this effect is generally attributed by miſtake to the ſcurvy.

The diſtempers attending the teeth and gums proceed alſo from the various ſorts of meats and drinks, and more eſpecially from the continual eating of fleſh, and fat ſweet things, compounded of diſagreeing natures, which do not only obſtruct the ſtomach, but fur and foul the mouth, part thereof remaining upon the gums, and between the teeth: for all ſuch things quickly turn to putrefaction, which by degrees corrupts both the teeth and gums. Beſides, our beds take up near half the time of our lives, and our ſuppers lying hard in the ſtomach moſt of the time, require more than double the ſpace for perfect concoction, that the ſame food does when a man is up, and in the open air; the night therefore fouls the mouth more than the day, furring it with a groſs ſlimy matter, eſpecially in ſuch as have foul ſtomachs, and are in years, and who do not well cleanſe them every morning.

It is to be noted, that moſt people attribute the diſeaſes of the teeth to colds, and rheums, and other outward accidents. It is true, outward accidents will further this diſeaſe, but then there muſt be matter before-hand, otherwiſe outward colds can have no power to cauſe this pain. For if your teeth and gums be ſound, and free from this matter, take what colds you will, your teeth will never ach, as daily experience ſhews.

The beſt and moſt ſure way therefore to prevent the diſeaſes and pains in the teeth and gums, is every morning to waſh your mouth with ſeveral mouthfuls of pure water, cold from the ſpring or river, and

ſo again after dinner and ſupper, ſwallowing down a mouthful of water after each waſhing; for there ie no ſort of liquor in the world ſo pure and clean as water; and nothing cleanſes and frees the teeth and gums from that foul matter which proceeds from the breath and purgings of the ſtomach, and from the various ſorts of food, ſo well as water. The uſe of other waſhes is to little or no purpoſe; but whoſoever conſtantly waſhes his mouth with water, as is before mentioned, ſhall find an eſſential remedy.

All hard *rubbing* and *picking* of the teeth ought by all means to be avoided, as very injurious to them. But whenever you find your mouth foul, or ſubject to be ſlimy, as ſometimes it will more than at others, according to the good or bad ſtate of the ſtomach, tho' it be not after eating, at all ſuch times you ought to waſh your mouth. This rule all mothers and nurſes ſhould likewiſe obſerve, waſhing the mouths of their children two or three times a day; and alſo cauſe their children to ſwallow down a little water, which will be very refreſhing to their ſtomachs; for milk naturally fouls and furs the mouth and teeth, and if they be not kept clean by continual waſhing, it cauſes the breeding of their teeth to be the more painful to them.

To keep the teeth white, one of the beſt things is a piece of broken China, or fine Delft-ware, beaten into fine powder, and to rub the teeth with it.

See *Childrens Diſtempers*. See alſo the article *Coſmeticks*.

TEMPERANCE.

AS this is a virtue, which never fails to reward its practiſers with *health* and *long life*, we think we ought not to omit it in this treatiſe; becauſe *temperance* is not only the beſt preſcription for health that can be given, but what (if timely obſerved, before the noon of life be paſt, and while the vital parts are not greatly injur'd by debauches) will make all other phyſical preſcriptions needleſs, excepting in caſes of unforeſeen accidents. We cannot better ſet forth the efficacy of this virtue to health and long life, than in a ſhort account of the practice of the noble Venetian CORNARO, which has been ſo often quoted by phyſicians.

This noble perſon gives us an account, That he was addicted to intemperate living till between the thirty-fifth and fortieth years of his age, which, together with a naturally weakly conſtitution, had produc'd a conſtant pain in his ſtomach, and often of the ſide, and a beginning gout, with a continual fever and thirſt. That hereupon he reſolved to follow the advice of his phyſicians, who preſcribed to him a ſober and regular life, and that he ſhould only chuſe in ſmall quantities food proper for ſickly conſtitutions.

That he ſoon found the good effects of this advice; for in leſs than a year's time he was perfectly cur'd of all his infirmities.

He then began diligently to examine whether the moſt agreeable ſort of food was alſo the moſt nouriſhing, or not. Upon which he found, that tho' his taſte was beſt pleas'd with ſtrong and very cool wines, melons, and other fruit; as alſo with raw lettuce, fiſh, pork, ſauſages, pulſe, cake, pye-cruſt, and the like, yet all theſe were pernicious to him. Wherefore he choſe ſuch wine as ſuited his ſtomach, and

and in ſuch meaſure as might be eaſily digeſted; always taking care to riſe from table with ſome remains of appetite.

His annual diſtemper, with all the others, being by this means intirely remov'd, he proceeded farther to guard againſt exceſs of heat and cold, wearineſs, watching, bad air, and venery; being well appris'd, that beſides the benefit of moderate eating and drinking, a regard ſhould alſo be had to theſe, in order to preſerve perfect health, as alſo to the government of the paſſions, ſuch as *hatred* and *melancholy*, and even exceſſive joy, which have great influence over the conſtitution; tho' where a regular diet is obſerv'd, theſe affections of the mind are not ſo hurtful as they would otherwiſe be.

He obſerves further, that ſuch accidents as are inevitable death to others, are eaſily overcome by the temperate: for when he was ſeventy years old, a coach, in which he was riding haſtily, was overturn'd, himſelf dragg'd furiouſly by the horſes a conſiderable ſpace, his whole body grievouſly bruis'd, and one of his arms and legs put out of joint. When he was carried home, he ſays, the phyſicians concluded he would die within three days; yet advis'd letting of blood and purging, with a view to obviate the inflammation and fever they apprehended; both which remedies he refus'd, becauſe the regular life he had led ſo many years, ſeem'd not, as he thought, to require any ſuch expedients. Therefore he only caus'd his arm and leg to be ſet, and his body to be anointed with oil, which, without any other application, cur'd him, to the amazement of the phyſicians.

He obſerves however, that a regular life can hardly be alter'd without exceeding great danger; and gives an inſtance of it in himſelf, that being prevail'd upon to permit the quantity of his diet to be increas'd only two ounces; *viz.* from twelve full ounces of bread, eggs, fleſh, and broth, to fourteen; and from fourteen ounces of drink, to ſixteen; the effect of this alteration was, that of a chearful man he became melancholy and cholerick, and hardly knew what he did or ſaid. On the twelfth day he was ſeiz'd with a pain in the ſide, which continued twenty-two hours, and was ſucceeded by a violent fever, which laſted thirty-five days and nights; tho' after the fifteenth it decreas'd. He could not ſleep even a quarter of an hour, and was given over for loſt: that hereupon, tho' he was now ſeventy-eight years old, his body extremely emaciated, and the winter very ſevere, he reſumed his wonted method of living, and thereby regain'd his former health. Whence he concludes, "That an "orderly life is the moſt ſure way "and ground of health, and long "days; and the true and only me-"dicine of many diſeaſes." He then explodes the common pretences of ſuch epicures, as aſſert, that it is better to abate ten years of life, than always to live *under reſtraint*. He obſerves, that they conſider not of how great moment ten years are in *mature age*, wherein wiſdom, and all kind of virtues, are moſt vigorous; which, but in that age, can hardly be perfected. And asks, If almoſt all the learned books that we have, were not written by their authors in thoſe very *ten years*, which thoſe ſenſualiſts contemn in compariſon with their belly?

"That beſides, an orderly life is "not ſo *hard* a thing, as theſe per-

" ſons pretend: That *Galen* kept it, " and held it for the beſt phyſick; " and inſtances the like in many " others, antients and moderns."

As to the due proportion to be obſerv'd with regard to the various conſtitutions of perſons who would live within the bounds of temperance, he ſays, That no man is obliged to live upon ſo little as he does; nor to forbear, as he does, fruit and fiſh, except they find hurt by them, as he does: that therefore ſuch as find benefit in theſe meats, may, yea, ought to uſe them: yet all muſt take heed, leſt they take a greater quantity of any meat or drink (tho' moſt agreeable to them) than their ſtomach can eaſily digeſt: ſo that he who is not hurt with any kind of meat and drink, hath the *quantity*, and not the *quality*, for his rule, which, as he rightly ſays, is very eaſy to be obſerv'd.

He takes notice, further, that there are ſome who object, that a long life is no ſuch deſirable thing; becauſe that after a man is once ſixty-five years old, all the time afterwards is rather death than life. But to ſhew how greatly ſuch perſons err, he recounts the pleaſures and delights he actually takes at the age of eighty-three, which, as he ſays, are ſuch as that all men account him happy.

Some of theſe are, that he has agility enough to mount his horſe, without help, on high ground; that he can aſcend high ſtairs and hills on foot; that he is ever chearful, merry, and well contented, free from cares, and troubleſome thoughts; that he often conferr'd with men eminent for learning, wit, polite behaviour, and other graces and virtues; at other times, that he either read ſome judicious author, or wrote himſelf, and endeavour'd to aſſiſt others in the ſame way.

That he enjoy'd his gardens, which were very pleaſantly ſituated, and delighted himſelf in their cultivation; and in the convenience and beauty of his houſes, as well thoſe in the city of Padua, as in the country, and in a church which he had built himſelf; and took the more delight in the latter, as he had drain'd the ground, and made the air good, that was before mooriſh and unhealthy; which had encouraged others to build all around him: ſo that, as he obſerves, he can truly ſay, he has both given God a temple, and men to worſhip him in it.

That he ſometimes rides to the neighbouring cities, to enjoy the company of his friends, and of great maſters in architecture, painting, ſtatuary, muſick, and husbandry, who abounded in that age and country. He view'd their pieces, compar'd them with thoſe of the antient ſchool, and ever learnt ſomething worth his knowledge. He ſurvey'd palaces, gardens, and antiquities, publick fabricks, temples, and fortifications; omitting nothing which might either inſtruct or delight him.

All his ſenſes were in full vigour; but eſpecially his taſte; ſo that he reliſh'd his own aſſign'd pittance, better than he did formerly all the dainties which luxury could beſtow.

He felt no inconvenience from the change of his bed: he ſlept well and quietly any-where, and his dreams were light and pleaſant. He was chiefly delighted with the ſucceſs he had in his projects of cultivation and husbandry; to which employment he was appointed by the ſtate, and reſided two whole months in the heat of ſummer, (which is very violent in Italy) with-

without any inconvenience, among the fens.

That his fancy was ſo ſtrong at eighty-three, that he wrote a pleaſant *comedy*, full of decent wit and merriment; which kind of poem, as he obſerves, uſes to be the child of *youth*, which it moſt ſuits withal for variety and pleaſantneſs; as a tragedy with *old age*, by reaſon of the ſad events which it contains, and which ſuch are generally converſant with. And if, ſays he, a Greek poet of old was praiſed, that at the age of ſeventy-three he wrote a *tragedy*, why ſhould I be accounted leſs happy, who, being ten years older, have written a *comedy?*

And now, ſays he, leſt there ſhould be any delight wanting to my old age, I daily behold a kind of immortality in the ſucceſſion of my poſterity: for when I come home, I find eleven of my grandchildren, all in perfect health; I am delighted with their muſick and faſhion; and I myſelf alſo ſing often; becauſe I have now a clearer voice than ever I had in my life. Theſe, continues he, are the delights and ſolaces of my old age, which is altogether to be preferr'd to the youth of many others; becauſe, by *temperance*, and thro' the *grace of God*, I felt not thoſe perturbations of body and mind, which afflict infinite numbers, both of young and old. By all which it is evident, adds he, that the life I live at this age, is not a dead, dumpiſh, and ſour life, but chearful, active, and pleaſant.

He then promiſes himſelf, that his end is far from him, (in which he was not deceived, he living to above one hundred years in perfect ſtrength of body and mind) becauſe his regularity had excluded death by any other way than pure *reſolution*, the moſt eaſy and deſirable end.

Such was the life of the noble CORNARO: his ſetting out was in intemperance; he reclaim'd in time, improved a natural ſickly conſtitution, into an healthy one, by *temperance*; and his delights were ſolid, rational, manly; and ſuch as, after all, make old age deſirable, death not to be feared, and give a joyful aſſurance of happineſs in the world to come.

Well then may we ſay, with a * certain gentleman, 'O temperance! thou ſupport and attendant 'of other virtues! thou preſerver and 'reſtorer of health, and protractor of 'life! thou maintainer of the dignity 'and liberty of rational beings from 'the wretched inhuman ſlavery of '*ſenſuality*, *taſte*, *cuſtom*, and *example!* thou brightener of the un'derſtanding and memory! thou 'ſweetener of life, and all its com'forts! thou companion of reaſon, 'and guard of the paſſions! thou 'bountiful rewarder of thy ad'mirers and followers! how do 'thine excellencies extort the un'willing commendations of thine '*enemies!* and with what rapturous 'pleaſures can thy *friends* raiſe up a 'panegyrick in thy praiſe!'

See *Air*, *Aliment*, *Diet*, *Exerciſe*, *Evacuations*, *Paſſions*, *Sleep*, *Water*, &c.

TETTERS.

See *Cutaneous Diſtempers*: alſo *Coſmeticks*.

THIRST.

See *Fever*: alſo *Syrups* in *Confectionary*.

* *Dr.* Short, *in his Hiſtory of Mineral Waters*, p. 9.

Sore THROATS

GEnerally proceed from colds, and ought to be taken care of early, for fear of inflammatory diſorders enſuing.

The following recipes are well approved, and the effect of ſucceſsful experience.

For a ſore Throat.

TAKE a pint of white-wine-vinegar; two ſpoonfuls of made muſtard; three ſpoonfuls of honey; a very little black pepper: mix it all, ſetting it over the fire till the honey is melted, which is neceſſary for the mixing it; then keep it in a bottle for uſe.

When you uſe it, put out as much as you ſhall take, and warm it. Gargle your throat ſix times together; repeat this every two hours, if you be very bad; otherwiſe night and morning is ſufficient. If your throat be very bad, you ſhould ſtay in your chamber, and keep warm.

A choice Medicine for a ſore Throat.

TAKE a piece of greaſy linen cloth, of ſuch a bigneſs, as that, being doubled, it may make a bag in form of a ſtay, to reach from one ſide of the throat to the other, and contain as much matter as may make it of the thickneſs of an inch or more: this bag, being fill'd with common ſalt, is to be heated thoroughly, and apply'd to the part affected as warm as the patient can conveniently endure; and within two hours after, or when it begins to grow too cold, another like it, and well heated, is to be ſubſtituted in its room; and whilſt this is cooling, the other may be heated, and made ready for uſe: ſo that the part affected may be always kept in a conſiderable degree of warmth, for about forty-eight hours, if the remedy be ſo long needed.

Another.

TAKE houſleek, and having lightly beaten it in a glaſs or ſtone mortar, preſs out the juice hard between two plates; to this juice put almoſt an equal quantity of virgin-honey: mix them well, and add to the mixture a little burnt alum, as much as is requiſite to give it a diſcernible aluminous taſte. Let the patient take this from time to time, with a liquorice-ſtick, or ſome ſuch thing.

A powerful and experienc'd Medicine for a ſore Throat.

TAKE two new-laid eggs roaſted moderately hard, and the pap of two well-roaſted pippins: beat them well together, and add to them as much curds of poſſet made with ale. Having incorporated them all very well, apply the mixture very warm to the part affected, ſhifting it, if need be, once in five or ſix hours.

An experienc'd Medicine for ſore Throats.

TAKE of ſcabious water, ſix ounces; of wine-vinegar, a ſmall ſpoonful; of muſtard-ſeed beaten, and of honey, of each a ſpoonful; ſtir and ſhake them very well together; and then filtre the mixture, and keep it for uſe.

A choice Remedy for a ſore Throat, eſpecially if inflamed.

TAKE an ounce of the leaves of common mallows, and eight or ten good figs: boil theſe about a quar-

a quarter of an hour in a pint of new-milk, and let the patient uſe it very hot and often.

For a ſore Throat.

TAKE the conſerve of black-berries, and eat of it a tolerable quantity morning, noon, and night.

Bramble-leaves, with the ſtalks on which black-berries grow, three ounces, boil'd in a quart of milk till it come to a pint, and drink half a pint at going to bed, and half a pint an hour after, as hot as you can well bear it, is alſo an approved remedy for a ſore throat. It may be ſweeten'd with brown ſugar-candy; and ſome put Jews-ears into it. It is a very pleaſant and ſafe remedy.

A Gargle for a ſore Throat.

TAKE a quart of ſpring-water, and boil it a little; then put into it of columbine, cinque-foil, plantane, and honey-ſuckle-leaves, of each one ounce; alſo five figs cut in pieces, half an ounce of quince-ſeed; and if it be from a cold rheum, add a little ſage, elſe not; and when all is half boil'd, put to it as much clarify'd honey as will alter the colour of it; then after it has boiled ſome time, ſtrain it, and gargle with it as hot as you can, evening and morning, as you ſee cauſe.

Likewiſe rice and white ſalt, mingled together and dry'd in a hot fire-ſhovel, and ſo made into a powder, is good for the ſame malady.

See *Quinſy*, *Thruſh*, *Uvula*.

THRUSH.

TO what we have already inſerted relating to this diſorder under the head of *Childrens Diſtempers*, we ſhall add the following.

By this name are call'd ſmall, round, ſuperficial ulcerations, which appear firſt in the mouth, but as they proceed from the obſtruction of the emiſſaries of the ſaliva, by the lentor and viſcoſity of the humour, they may affect every part of the alimentary duct, except the thick guts: they often ſucceed fevers, eſpecially thoſe that inflame the inteſtines, or are attended with a looſeneſs; and they are juſt the ſame in the inward parts as ſcabs in the skin, and fall off from the inſide of the bowels like a cruſt: the nearer they approach to a white colour, the leſs dangerous.

The viſcous matter is to be puſh'd out; therefore bleeding in the beginning is not proper, nor ſudorificks, becauſe they thicken; but when the matter is quite puſh'd out, ſweating is beneficial; tepid, diluent and ſmall liquors are good in the firſt ſtate, and bathing, if the patient can bear it, with gargariſms, clyſters. Afterwards the food ought to be nouriſhing, detergent; panada's with bread and water, bread and milk, honey mix'd with the aliment; when they fall, aliment demulcent, ſoft, anodyne, and the moderate uſe of Rheniſh wine; when they are ſeparated, lenitive, purging ſubſtances.

The following recipes are well recommended in particular caſes.

An almoſt ſpecifick Remedy for the Thruſh in Children.

TAKE houſleek freſhly gather'd, cruſh it well between two plates, or otherwiſe till you have ſqueez'd out the juice; mix this with live honey ſo as to make it ſomewhat ſweet,

ſweet, and then put to it as much finely-powder'd roch-alum as will give it a little tartneſs: put ſome of this mixture, with a quill or a feather, down the throat as far as conveniently may be: if there be need, the part affected may be touched once more within an hour after.

A choice Medicine for a Thruſh in young Children, or a ſore Mouth.

TAKE an egg, and put out the meat; then fill it with the juice of red ſage, and ſet it on hot embers till it boil; then skim it whilſt any ſcum doth riſe; then take as much alum beaten as the bigneſs of a pea or bean, and half a ſpoonful of honey, and let this be put in the egg, and boil it a little, and ſo take it off; and when 'tis cold, rub the child's mouth as oft as you ſee cauſe.

A Paſte for the Thruſh.

TAKE new butter juſt out of the churn, unſalted, (and waſhed in roſe-water) one ounce and a half; liquorice-powder, one drachm and a half; white ſugar-candy powder'd, and paſſed thro' a ſearce, as much as ſerves to make it up like paſte: mix.

Let a little pellet of this be put into the mouth to diſſolve by degrees. It is good againſt the thruſh, parchedneſs, heat, and roughneſs of the tongue, foulneſs in the mouth and throat, wheezing, and painful breathing. It may alſo be put up the noſe when ſtopped and ſore.

A laxative Electuary for the Thruſh, and a dry husking Cough.

TAKE ſperma-ceti, two drachms; work it with the yolk of an egg in a mortar, till uniformly mix'd; then add manna pick'd clean, extract of caſſia new-drawn, penids, of each half an ounce; oil of almonds, as much as it will well take up: beat it in by degrees, and make an electuary according to art.

See *Childrens Diſtempers.*

The TONGUE

IS the ſeat of the ſenſe of taſting; which ſenſe may be impair'd and loſt. Chewing horſe-radiſh before meals will help to recover it. But that is a difficult work, eſpecially in old people. The tongue itſelf is ſubject to ſeveral ailments: the whiteneſs of it is troubleſome, and proceeds chiefly from the ſtomach, indicating faults therein. Sometimes it is ſubject to ſwell, which alſo is very troubleſome: ſometimes it is attended with an ulcer, and ſometimes with the palſy. For the three firſt diſorders, the following recipes have been try'd with ſucceſs:

For the Whiteneſs of the Tongue.

TAKE plantane-water, two ounces; white-wine vinegar, honey of roſes, of each one ounce; ſweet ſpirit of nitre, one drachm; ſpirit of vitriol, fifteen drops: mix them, and waſh the tongue and mouth therewith.

For a Swelling of the Tongue.

TAKE tincture of red roſes, red-wine, of each three ounces; tincture of myrrh, one drachm and a half; ſyrup of mulberries, one ounce; ſweet ſpirit of nitre, two drachms: mix, and gargle the tongue.

For an Ulcer on the Tongue.

TAKE honey of roſes, half an ounce; oil of vitriol, a ſufficient quantity: mix, and touch the ulcer therewith.

For a *Palſy* in the *Tongue*, ſee *Palſy*, &c.

TOOTH-ACH.

See *Teeth.*

TUMOURS

ARE formed, either from ſtagnation, when the paſſage of the fluids is hindered; gradual congeſtion, when the tumours are bred, as if by a ſecretion made; or generation and collection of a freſh humour. The remedies are, 1. Reſolvents. 2. Diſcutients. 3. Suppuratives (Repellents being laid aſide by the beſt artiſts).

1. *Reſolvents* of the firſt degree are, the roots and herbs of mallow, wild-mallow, mercury, violets, white lilies, feverfew of the wall, melilot-flowers, linſeed, fenugreek, fat dry figs, raiſins, hogs-greaſe, marrow, oil of ſweet almonds and white lilies, ointments of wild mallow, *&c.* Thoſe of the ſecond degree are, the roots and herbs of parſley, peny-royal, boil'd onion, chervil, amber, cicuta, ſcabious; flowers of St. John's-wort, ſaffron, elder-flowers, chamomile; fat of geeſe and bears; gum of tacamahaca, liquid ſtorax, turpentine; flour of beans, ſperma ceti; oil of chamomile, bitter almonds, St. John's-wort, bay-tree; plaiſter of cicuta, with ammoniack, diachylon, *&c.* Thoſe of the third degree are, the roots and herbs of bryony, wild cucumber, radiſh, raw onion, ſole-foot, ſquills, wormwood, leſſer centaury, tobacco; ſeeds of muſtard, garden-rocket, cumin; gums ammoniack, fenel-giant, bdellium, ſagapenum, all-heal, elemi, myrrh; ſwallow's-neſt; ſpirit of urine, armoniack, ſpirit of wine, leaven; oils of bricks, ſcorpions, turpentine, earth-worms, tobacco, petroleum, balſam of ſulphur, unguentum martiatum, diachylon with the gum, vinegar and ſaffron, compoſition of ſulphur, of cicuta with ammoniack, of frogs with mercury. Various compoſitions may be made out of the above ſimples, fomentations, cataplaſms, *&c.*

2. *Diſcutients* are akin to the fore-mention'd, and are theſe: the roots of fenel, fleur-de-lys, round birth-wort, wild cucumber, pellitory of Spain, ginger, elder-flowers, aromatick plants, wild marjoram, peny-royal, thyme, marjoram, roſemary, wormwood, ſage, rue, ſavine, lavender ſpike, hyſſop, ſouthernwood; flowers of chamomile, melilot, lavender-ſpike, ſage, ſaffron; anthos, and berries of the juniper and bay-tree, nutmeg, mace, *&c.* Aromaticks, ſeeds of dill, cumin, fenel, rue, muſtard; caſtor, camphire; oils of earth-worms, chamomile, cumin. anil, lavender-ſpike, turpentine, amber, ſulphur, animals dung, *&c.* Out of theſe ſimples may be made cataplaſms, fomentations, *&c.* Among which place the following fomentation:

'Take of the tops of St. John's-'wort, wormwood, and leſſer cen-'taury, each two ounces; chamo-'mile, and elder-flowers, each ſix 'drachms; juniper and bay-ber-'ries, each one ounce and a half: 'boil it in a gentle lye from three 'quarts to two; ſtrain, and diſſolve 'it in one ounce of ſal armoniack.'

At the time of uſe, add one pint of common ſpirit of wine: mix it

for

for a fomentation. Likewiſe this cataplaſm:

'Take of bay, roſemary, and 'rue-leaves, each one ounce; cha-'momile and elder-flowers, dill-'tops, each half an ounce: boil 'em in water and wine, each an 'equal quantity, till it grows ſoft; 'bean and bran-flour, cow's-dung, 'each three ounces; of honey, four 'ounces: mix them, and make a 'cataplaſm.'

Whilſt theſe externals are uſed, diaphoreticks (out of the alkaline tribe chiefly) are to be choſen.

3. *Suppuratives* are ſuch remedies as haſten and facilitate the gathering of the matter to a head. The more eminent are the following: root of wild-mallow, white lilies, bryony, boil'd onion, garlick roaſted under the aſhes; the herbs mallow, wild-mallow; melilot, chamomile, and ſaffron-flowers; linſeed, fenugreek; barley and wheat-flour, crums of white bread, fat dry figs, gum ammoniack, ointment of wild-mallow, ſharp leaven, Venice ſoap, bullock's-dung, *&c.*

Milk is, above all, a good ſuppurative, boiling in it a proper quantity of Venice ſoap, which, apply'd with double cloths, wonderfully ripens and opens impoſthumes.

As a good cataplaſm, uſe the following:

'Take root of wild-mallow and 'white lilies, each two ounces; 'mallow-leaves, linſeed-powder, of 'each ounce: when theſe are boil'd 'ſoft, add ſix drachms of onion 'roaſted under the aſhes; unguen-'tum baſilicum, and oil of white 'lilies, each a ſufficient quantity: 'mix them, and make a cata-'plaſm.'

The following recipes are alſo of uſe in theſe caſes:

To ripen a Tumour.

TAKE the plaiſter of Paracelſus, of compound diachylon, of the flower of ointments, of each four ounces: mix them together, and make a plaiſter.

To heal a Tumour when it is broken.

TAKE Venice turpentine, two ounces; the yolk of one egg; tincture of myrrh and aloes, half an ounce; powder of ſaffron, one ſcruple: mix, and make a liniment, and apply it on lint to the part affected, renewing it every day.

A Fomentation to diſcuſs a Tumour.

TAKE St. John's-wort, common wormwood, centaury, of each one ounce; bay-berries, two ounces; chamomile and elder-flowers, of each half an ounce: boil in three pints of water to a quart; ſtrain, and add common ſpirit of wine, half a pint: mix for uſe.

A Plaiſter good to eaſe Pain in phlegmatick Obſtructions, Tumours, &c.

TAKE cumin-ſeed, and bay-berries, each ſix ounces; dried chamomile-flowers, two ounces; water, ſix quarts: boil them together; then ſtrain off the liquor; to which add Burgundy pitch, ſix pounds: boil theſe to the conſiſtence of a very ſtiff plaiſter; then let them ſtand till they are almoſt cold; then melt the pitch again, and add by degrees, powder of cumin-ſeed, and bay-berries, each ſix ounces; keep continually ſtirring it, till it be brought to the conſiſtence of a plaiſter. It warms, attenuates, and diſcuſſes ſwellings, *&c.*

Ointment of Marſhmallows; of Service in the Pleuriſy, Hardneſs of Belly, and inflamed Tumours.

TAKE oil of marſhmallows, twenty-four ounces; yellow wax,

wax, ſix ounces; reſin, three ounces; turpentine, an ounce and a half; mix them together, and make an ointment. It is emollient, or ſoftening, relaxing, ſuppurative, or ripening, and anodyne, the part being anointed therewith.

The Oil of Marſhmallows is thus made:

TAKE freſh marſhmallow-roots bruiſed, two pounds; linſeed, and fenugreek-ſeed, each one pound; ſpring-water, a gallon: let them ſteep together for four days; then boil them gently, and preſs out the mucilage; to which add two quarts of neats-foot oil: boil it over a very gentle fire till the watry moiſture is evaporated, obſerving to keep it continually ſtirring to prevent its burning; then ſtrain off the oil.

A Plaiſter uſed to ſtrengthen the tendinous Parts, to reſolve and diſcuſs hard Tumours, to eaſe and warm the Parts, and alſo in Fractures and Diſlocations.

TAKE of yellow wax, and reſin, each ſix ounces; common and Burgundy pitch, each three ounces; Venice turpentine, galbanum and ammoniacum ſtrained, myrrh, frankincenſe, and maſtich, each two ounces, and ſix drachms; powder of ſaffron, two ounces; turmerick-root in powder, four ounces: make theſe up into a plaiſter.

A Medicine which cured an obſtinate Tumour of the Knee, that had baffled ſome Chirurgeons.

TAKE a green colewort-leaf with red veins or ſtreaks; and haveing cut the ribs flat, and almoſt level to the reſt of the leaf, bruiſe it with the haft of a knife, or ſome ſuch thing: apply it to the part affected, renewing it once or twice a day.

A powerfully diſſolving Ointment for Warts, and divers Tumours.

TAKE May butter; and having melted it in a moderate heat, mix with it very diligently, but by little and little, as much oil of tartar per deliq. as will give it a ſenſible, but not a conſiderably ſtrong taſte.

TYMPANY.

See *Dropſy*.

TWISTING *of the* GUTS.

IN this tormenting diſtemper, which is more properly termed the *iliack paſſion*, and is rather an inverſion than a twiſting of the guts, more die than recover. The caſe is very deſperate, when there is no diſcharge by ſtool, but of blood; as alſo when cold ſweats ſucceed.

Quick-ſilver and bullets have loſt their antient repute, as dangerous in the cure of this diſorder.

Obſerve to keep the diet thin throughout the whole courſe, and to confine the patient to his bed.

In the firſt place obſerve to ſtrengthen the ſtomach, and ſtop the vomiting. Give the ſalt of wormwood, with the juice of limons to be taken ſometimes; but betwixt whiles a few ſpoonfuls of mint-water, without adding any thing to it.

In the mean time apply a live puppy to the naked belly, which will alleviate the pain: then give one drachm of the greater ſcurvy-graſs pills, diſſolved in mint-water, to be taken during the purging.

Fat

Fat broths, and oil of ſweet almonds, may be taken, and continued, tho' they are often caſt up by vomiting.

The caul of a ſheep newly killed, applied to the belly, wonderfully aſſuages the pain; as does a cataplaſm of Burſdorf apples rotten, with a little ſaffron, or of ſheepsdung boiled with milk.

Sperma ceti in a decoction of rape-root is proper to keep the patient in ſpirits; who ought to be bled immediately, and to have a tobacco clyſter, repeated, if occaſion requires.

A ſemicupium may be ſerviceable; and, in general, all remedies uſed in the colick.

Great ſucceſs has been obtained from a cataplaſm of cows-dung all over the body.

The caul and guts ſpeedily taken out of living animals, and applied hot to the belly, have been alſo greatly ſerviceable.

This diſtemper is the conſequence of an *inflammation of the guts*; the ſymptoms of which an eminent phyſician thus deſcribes:

A total ſtoppage of the paſſage; a vehement fixed burning pain, irritated by things taken inwardly; when any thing touches the affected part, it excites vomiting, ſharp griping pains, with wind in other parts of the bowels. The conſequences of ſuch an inflammation are an *ileus*, what is commonly called the *twiſting of the guts*, but is really either a circumvolution or inſertion of one part of the gut within the other. All theſe ſymptons are attended with a fever.

It is of the utmoſt importance to know what the cauſes of *colicks* are; for as they are various, the remedies in one caſe are quite oppoſite and deſtructive in the other; for the ſpicy warm carminative things which are given in a colick, from a phlegmatick or *cold* cauſe, are poiſon in an *inflammatory* one. They may be diſtinguiſhed by the fever, high pulſe, thirſt, and flame-colour'd urine attending the inflammation. As to the heat, tho' it is great likewiſe by the violence of the pain, the extremities grow cold; beſides, there is a ſudden proſtration of the ſtrength or weakneſs attending this colick, more than any other.

This diſeaſe admits of a ſpeedy remedy, or none; for it ends in an iliack paſſion, and mortification of the bowels, very ſoon.

Beſides a copious bleeding, there is hardly any other method but fomenting and relaxing the bowels by emollient tepid liquids, both taken by the mouth, and by clyſters, injected hourly; yet it has been known by experience, that acids have relieved in very deſperate caſes, as juice of limons taken by the mouth, and vinegar and warm water given in clyſters, have ſaved the patient: becauſe of the inceſſant vomiting, opiates to quiet the convulſions are ſometimes neceſſary.

Warm fomentations even of warm animals to the belly, are extremely beneficial.

If the inflammation happens to be in the lower guts, it is not ſo dangerous; and even when it ſuppurates, it admits of a cure; then it can be reached by proper medicines in the form of clyſters; in the latter end of ſuch a caſe, chalybeat waters are beneficial.

If the patient ſurvives three days, and if the acuteneſs of the pain abates, and a chillneſs or gruing affects the body, it betokens a ſuppuration, and in a few days the matter flows either into the cavity of the abdomen, producing all the ſymptoms which happen

happen in the impoſthumation of the liver, or into the cavity of the inteſtines, and cauſing a purulent bloody-flux, and often a conſumption, ſinus's, fiſtulas.

Whey and chalybeat waters drank plentifully are often beneficial in ſuch a caſe.

The aliment ought to be of ſuch things as generate little or no excrements, as broths of fleſh-meat, with ſcorzonera, parſley, or fenel boiled in them; goats whey is likewiſe excellent; fat and oily ſubſtances generally hurt.

The continuance of the fever, clammy ſweats, paleneſs, an ichoroſe diarrhœa, fetid, black, or like the waſhings of fleſh, a ſmall intermitting pulſe, and at laſt a total ceſſation of pain, are ſigns of a gangrene and approaching death.

If none of the forementioned things happen, if the fever abates, and the patient complains of a weight, dull pain, and ſtoppage of the excrements, a ſcirrhus is forming, which increaſeth daily, and may end in a cancer, which purgeing, and indeed all medicines, irritate. In ſuch a caſe the patient may protract a miſerable life with an exact thin diet of whey, broths, and ſuch things as produce no feces, or by alimentary clyſters. See CANCER.

The famous *Sydenham* preſcribes as follows in this diſtemper:

'Take reſin of ſcammony, or 'reſin of jalap, twelve grains; calo-'mel, one ſcruple: mix, and make 'a powder, to be taken in a ſpoon-'ful of cow's milk; drink after it a 'ſpoonful or two of the ſame 'milk.'

As alſo this, after the operation of a purge is ended:

'Take ſtrong cinamon-water, an 'ounce; liquid laudanum, twenty-'five drops; mix them for a 'draught: repeat it two or three 'times a day, or oftener, till the vo-'miting and purging be aſſuaged.'

VAPOURS.

SEE *Feminine* and *Hypochondriack Diſorders*, *Head-ach*, &c.

VARI.

See *Cutaneous Diſtempers*.

VEGETABLES.

See *Aliment*, *Diet*, *Herbs*, *Venomous Bites*, &c.

VENEREAL DISTEMPERS.

WE would excuſe ourſelves from ſaying any thing upon this ſubject, were we only to conſider the caſe of ſuch as by criminal and guilty commerce, bring upon themſelves the different maladies, that, to ſuch, are the deſerved conſequences of their follies: but as there are ſeveral innocent perſons yoked to vicious mates, who may ſtand in need not only of advice, but call for our compaſſion, we ſhall touch upon this ſubject, tho' at the ſame time, we ſhall do it briefly; as it is principally intended for ſuch innocent, but unfortunate perſons, as we have mentioned, who may ſuffer thro' modeſty, and the ſhame they think it would bring upon them to apply to proper perſons for the cure of their diſorders.

We

We ſhall firſt begin with the *ſimple gonorrhœa*, which may have no relation to the virulent one, and which may be brought upon a perſon merely by the force of violent exerciſe, ſtrains, and the like: In this more innocent, but troubleſome flux, the firſt thing proper to be done is to bleed to a ſufficient quantity, in order to calm the motion of the blood to the lower parts; and then the blood is to be cooled by proper emulſions: ſuch are the following:

For a ſimple Gonorrhœa.

'Take the four large cold ſeeds, 'of each two drachms; ſixteen 'blanched almonds; two pounds 'of barley-water, and beating them 'in a mortar, expreſs the juice. 'Mix ſalt prunellæ, one drachm; 'ſyrup of marſhmallows, two ounces, and make an emulſion; of 'which drink at pleaſure.'

'Take conſerve of roſes, an ounce 'and a half; ſpirit of vitriol, twenty 'drops; dragon's-blood, one drachm; 'Japan-earth, one ſcruple; red coral, a drachm and an half; ſyrup 'of limons, what is ſufficient for 'an electuary: of which take the 'quantity of a nutmeg twice a day, 'drinking after it ſix ſpoonfuls of 'the following julep:

'Take plantane-water, eight ounces; cold cinamon-water, two 'ounces; ſpirit of vinegar, one 'ounce; ſugar of lead, ten grains; 'ſyrup of coral, one ounce: mix.'

And this will generally be ſufficient to cure the innocent ſpecies of this malady.

For the reſt, where the caſe is venereal, the readers are referred to the following preſcriptions, as their circumſtances may require:

For the Heat of Urine in a Gonorrhœa.

TAKE parſley-water, two ounces; gum Arabick, two drachms; ſalt-petre, half a drachm: make a ſolution, to which add ſpirit of turpentine, thirty drops: make a draught.

An Emulſion to be taken in a Gonorrhœa.

TAKE balſam of Tolu, ſix drachms; boil in fine barley-water three pints to a quart; when it is cold, ſtrain; and with ſweet almonds blanched, ſix drachms; balm of Gilead, ſixteen drops: mix it with a ſufficient quantity of white ſugar, and drink it at pleaſure.

For a Gonorrhœa.

TAKE balſam of capive, ten drops, (drop into ſugar) take it with wine.

An Electuary for a Gonorrhœa.

TAKE powder of the root of jalap, four ounces; ſcammony and liquorice, of each two ounces; reſin of jalap, half an ounce; ſalt of tartar, and oil of aniſe, of each two drachms; Venice turpentine, a ſufficient quantity to make an electuary: take an ounce every morning. It is a briſk purge.

A very effectual Injection for a Gonorrhœa, which heals the Ulcers, and ſtops the Gleeting.

TAKE of plantane and frogs-ſpawn-water, of each three ounces; white troches of Rhaſis, two drachms; ſugar of lead, one drachm; honey of roſes, one ounce: mix them together, and inject two or three times a day.

For a virulent Gonorrhœa.

TAKE lenitive electuary, two ounces; Ethiops mineral, one ounce and a half; powder of gum Arabick, half an ounce; cream of tartar, jalap, of each three drachms; balſam

balſam of polychreſt, two drachms; ſyrup of ſuccory, with wild poppies, enough to make an electuary: take the bigneſs of a large nutmeg every other night and morning.

For the Venereal Diſeaſe.

TAKE raſpings of guaiacum, one pound and a half; liquorice bruiſed, ſix ounces; rhubarb thin ſliced, four ounces; ſalt of ſteel, three ounces; new well-wrought beer or ale, two quarts; ſalt of tartar, one ounce: mix, and digeſt in a gentle heat for ten days, ſhaking the glaſs twice a day; then let it ſettle four or five days; drain off the clear infuſion, and keep it for uſe. Take one ounce and a half of it in four ounces of pure lime-water, morning, noon, and night.

A ſomewhat rough Emetick, by which the French *Pox has been often cured.*

TAKE good mercury ſublimate, and mithridate, or Venice-treacle, of each one ounce: mix them together, and put them into a quart of ſpring-water; ſet them in balneo to diſſolve in a cloſe veſſel; and of this liquor well-ſettled, let the patient take about half a ſpoonful, or, if need be, a ſpoonful, but never above a ſpoonful and a half, in four ounces of ſmall ale warm, faſting in the morning, and once in the afternoon, or evening, the ſtomach being empty. Every ſecond day intermit, and give a gentle purge.

Excellent Liquor to be uſed occaſionally in Gleetings.

TAKE four ounces of ſpring-water, or plantane-water, and diſſolve it in about one ſcruple of the ſympathetick powder, or ſo much as will give it a ſenſible, yet but faint vitriol-like taſte: and of this mixture inject as much as is uſual, in a ſmall ſyringe, every morning and evening, as long as need requires, directing the patient to retain the injected liquor as long as conveniently may be.

The famous Dr. Chicoyneau's *new Method for curing the Venereal Diſeaſe without Salivation.*

IT need not be ſaid, ſays the communicator of this new method, what direful accidents daily happen to people by ſalivations, as the loſs of teeth, of hearing, of a healthful conſtitution, and often even of life itſelf: and what makes this caſe ſtill more deplorable, is, that it has been generally thought, that nothing but an high ſalivation is the proper and adequate cure for this diſtemper: but the learned Dr. *Chicoyneau*, an eminent *French* phyſician, has happily diſcovered and proved the contrary. His method, which is ſometimes called, *The Montpelier Method*, and ſometimes *The new French Method*, and which is attended with very little pain, and no danger at all, is as follows:

The doctor, according as he finds the patient's caſe to be, ſometimes orders a little blood to be taken away, ſometimes a gentle purge or two to be taken, but always makes him bathe five or ſix times, and always an hour each time; after which the whole operation conſiſts in nothing more than rubbing his feet, legs, and arms, four, five, or ſix times, as the caſe requires, with a mercurial ointment, in ſuch quantities, and at ſuch proper intervals of time, that no high ſalivation may be raiſed thereby: ſometimes, indeed, but not always, a gentle moderate ſpitting will enſue, nor is it poſſible, in ſome conſtitutions, to prevent it; but then 'tis never carried high, nor encouraged; 'tis neither

ther troubleſome nor dangerous. The patient during this time keeps his chamber, and obſerves a regular diet, and all he ſuffers is only a little feveriſh heat and reſtleſſneſs ſometimes for a day or two, when the operation is at the height.

After this manner only, without any further trouble or danger, does Dr. *Chicoyneau* cure the moſt inveterate pox, with all its ſymptoms and attendants: 'tis therefore greatly to be wiſhed, adds the communicator, that all our ſurgeons and others who undertake the cure of this diſeaſe, could be prevailed on, out of regard to the eaſe and ſafety of mankind, wholly to lay aſide the old pernicious way by ſalivation, and embrace this new and ſafe method.

There are ſome hundreds of gentlemen in *England*, that can, from their own experience, bear witneſs to the excellency and efficacy of it. I myſelf, ſays the gentleman, and three others that are now in company with me, have been all cured by it, two by Dr. *Chicoyneau* himſelf in *France*, and the other two here in *London*.

If any perſon is deſirous to be further informed as to this practice, he may conſult a book written by Dr. *Chicoyneau*, and tranſlated into *Engliſh* by Dr. *Willoughby*, intituled, *The Practice of Salivation ſhewn to be of no Uſe or Efficacy in the Cure of the Venereal Diſeaſe, but greatly prejudicial to it*, &c. Or elſe a treatiſe publiſhed by Dr. *Didier*, one of the profeſſors at *Montpelier*: or, laſtly, a pamphlet lately publiſhed here, intituled, *A Letter from a Phyſician in* London *to his Friend in the Country, giving an Account of the* Montpelier *Practice in curing the Venereal Diſeaſe*, &c.

See *Colds*, *Ulcers*, &c.

VENICE-TREACLE.

See *Opium*.

VENOMOUS BITES, POISONOUS PLANTS, *&c.*

IN the bite of a VIPER, the fat or oil of vipers proves an excellent remedy, if directly applied and rubbed well into the wound, within a few minutes of the bite. But when the poiſon is got into the blood, neither this, nor any other external will do. If the conſtitution or ſymptoms indicate bleeding, that may be done; then anodynes, and medicines which provoke ſweat, are proper.

An eminent phyſician adviſes the following method to draw out the poiſon, either from the bite of a viper, or a *mad dog*, &c. to bathe immediately with rectify'd ſpirit of wine; to apply a plaiſter of Venice treacle; to ſcarify the part; or to apply cupping-glaſſes to it; or to burn the place with a hot iron: that the wound be kept conſtantly running for ſix or eight weeks, by proper dreſſings; that is, you may uſe the ointment or balſam juſt named, and mix it with ſalt of tartar, to keep the wound open. The following is to be adminiſtered internally; *viz.*

'Take volatile ſalt of vipers, one 'drachm; caſtor of Ruſſia, half a 'drachm; conſerve of roſemary-'flowers, two drachms; oil of 'cloves, ten drops; ſyrup of ſaffron, 'as much as is convenient to make 'a maſs: divide it into four bolus's,

'and

'and take one every fourth hour, 'drinking the following draught 'upon it:

'Take alexiterial milk-water, two 'ounces; aqua mirabilis, two 'drachms; volatile ſalt of hartſhorn, 'three grains; Venice-treacle, one 'drachm; mix.'

We ſhall be the ſhorter on the methods of cure that uſed to be preſcribed by phyſicians for a viper's bite, becauſe we have ſomething more important and efficacious, and at the ſame time more ſimple and ready to communicate.

Dr. *Allen* tells us, that a general preventative antidote hath yet never appeared, nor is it reaſonable, ſays he, to ſuppoſe it ever will: but had the doctor been to write again, and had known the following hiſtory, of a general preventative antidote lately found out, he would have altered his ſentiments. With the greateſt pleaſure we tranſcribe this important diſcovery from the Philoſophical tranſactions for the month of *October* 1736.

Part of a L[etter] from William Burton, *M[.D.] at* Windſor, *to* C. Mortim[er] *M.D. S. Sec. concerning the Viper-catchers, and their Remedy for the Bite of a Viper.*

SIR, Windſor, May 24. 1734.

THE bearers of this, William Oliver, and his wife, called upon me laſt week with their vipers, and either of them offered to be bit by any viper, and to ſuffer their arm to ſwell for ſome time; and then by the external application of a common cheap remedy, in a few hours to remove all the ſymptoms. The experiment was made laſt *Wedneſday* in our town-hall, before Dr. *Derham*, F. R. S. Dr. *Waterland*, the phyſicians, apothecaries, and ſurgeons of this town, and many other gentlemen of this neighbourhood. He was bit in the upper joint of the thumb, and higher up on the ſame arm, by two different freſh vipers: his thumb, hand, and arm, ſoon after ſwelled much, and all the uſual ſymptoms of a viper-bite followed; he applied the remedy [ſallad-oil] before us, with the promiſed ſucceſs: but all the contributors engaged not to divulge the remedy * * *

Yours, &c.

WILLIAM BURTON.

A Narration of the Experiments made June 1. 1734. *before ſeveral Members of the Royal Society, and others, on a Man, who ſuffered himſelf to be bit by a Viper, or common Adder; and on other Animals likewiſe bitten by the ſame, and other Vipers. Drawn up by* Cromwell Mortimer, *M. D. Secr. R. S.*

WIlliam Oliver, and his wife, from Bath, who follow the buſineſs of catching and ſelling vipers, offered themſelves to be bit by any viper that ſhould be procured, truſting to the virtue of a remedy they had lighted on by chance in trying variety of things, when the woman was once accidentally bitten, and the uſual known medicines, even the oil of vipers, had no effect in aſſuaging her pains, eſpecially of her breaſt of the ſame ſide as the hand in which ſhe had received the wound. This remedy, which is only common oil of olives, and, from its uſe with ſallad, is vulgarly known by the name of ſallad-oil, recommends itſelf not only for its efficacy, but likewiſe on account of its being readily to be come at, when accidents happen, there being no town,

or even gentleman's houſe in the country, where ſallad-oil is not at hand; whereas the oil of vipers is never to be had, but at apothecaries, and not one in a hundred of them keep it by them.

On the firſt of June 1734. in the preſence of a great number of perſons, the ſaid William Oliver was bit by an old black viper, or adder, brought by one of the company, upon the wriſt and joint of the thumb of the right-hand, ſo that drops of blood came off the wounds. He ſaid, that he immediately felt a violent pain and ſhooting from the wounds, both to the top of his thumb, and up his arm, even before the viper was looſened from his hand; ſoon after he felt a pain, reſembling that of burning, trickle up his arm; in a few minutes his eyes began to look red and fiery, and to water much: in leſs than half an hour, he perceived the venom ſeize his heart, with a pricking pain, which was attended with faintneſs and ſhortneſs of breath, whereupon he fell into violent cold ſweats: in a few minutes after this his belly began to ſwell, with great gripings, and pains in his back, which were attended with violent vomitings and purgings. He told me, that during the violence of theſe ſymptoms, his ſight was gone twice for ſeveral minutes at a time, but that he could hear all the while. He ſaid, that in his former experiments he had never deferred making uſe of his remedy longer than when he perceived the effects of the venom reaching his heart; but this time, being willing to ſatisfy the company thoroughly, and truſting to the ſpeedy effects of the oil, which had never failed him, when uſed in time, he forbore to apply to any thing, till he found himſelf exceeding ill, and quite giddy.

About an hour and quarter after the firſt of his being bit, a chafing-diſh of glowing charcoal was brought in, and his arm, the cloaths being ſtript off of it, was held over it as near as he could bear it, while his wife rubbed in with her hand the ſallad-oil, (which I had bought by the name of Lucca oil) turning his arm continually round, as if ſhe would have roaſted it over the coals: he ſaid, that the pain ſoon abated, but the ſwelling did not diminiſh much; moſt violent vomitings and purgings ſoon enſued, and his pulſe became ſo low, and ſo often interrupted, that it was thought proper by the phyſicians preſent, to give him the following cordial draughts, at about a quarter of an hour's diſtance between each:

'1. Take of water, milk, and 'peony, three ounces each; ſpirit 'of lavender, one drachm: mix 'enough for two draughts.

'2. Take of Sir *Walter Raleigh*'s 'confection, half a drachm; treacle-'water, half an ounce; ſpirit of 'hartſhorn, ten drops: mix 'em, 'and make a draught.

'3. Take of Sir *Walter Raleigh*'s 'confection, treacle of Andromache, 'each half a drachm; ſalt of hartſ-'horn, five grains; treacle-water, 'two ounces, at two draughts.'

He ſaid he was not ſenſible of any great relief from theſe cordials; but that a glaſs or two of olive-oil, drank down, ſeemed to give him ſome eaſe.

Continuing in this dangerous condition, he was put to bed as ſoon as one could be got ready for him, where his arm was again bathed with his remedy over a pan of charcoal ſet by the bed-ſide: but continuing to complain much of his back and belly, I adviſed his wife to rub them likewiſe with ſallad-oil,

oil, heated in a ladle over the charcoal; which ſhe did accordingly; whereupon he declared he found immediate eaſe, as tho' by ſome charm; and he had not above two or three reachings to vomit and ſtools afterwards, but made water plentifully, which was not diſcolour'd: then he ſoon fell into a ſound ſleep, only was often interrupted by perſons coming to ſee and inquire after him, till near twelve o'clock, from which time he ſlept continually to five or ſix next morning, when he awaked, and found himſelf very well: but in the afternoon, on drinking ſome ſtrong beer, ſo as to be almoſt fuddled, the ſwelling returned, with much pain, and cold ſweats; which abated ſoon, on bathing the arm as before, and wrapping it up in brown paper ſoaked with oil.

Two *pigeons* were bit by the ſame viper immediately after the man: they ſoon ſickened, and ſeemed giddy. Nothing being applied, the one died in about an hour's time, the other half an hour after. The fleſh of both was turned quite black, as if mortified; the blood was coagulated, and looked black.

On the third of June the man's arm remained ſwelled, looked red, marbled with ſpots of yellow, but felt ſoft; and he had the perfect uſe of it, and even of his fingers, no pain or ſtiffneſs being left. He then cauſed a ſmall ſpaniel dog to be bit on the noſe by a freſh viper: ſome oil was immediately applied hot, and rubbed well in, till all the hair of his noſe was thoroughly wet: the dog did not ſeem very uneaſy; his noſe only ſwelled a little; he eat ſoon after; his noſe was bathed once more that evening; he was found very well next morning; but his noſe was bathed again, to make ſure of his cure: he remained perfectly well without any ſymptoms enſuing, and was alive and well a year after. Another pigeon was likewiſe bit under the wing at the ſame time as the dog, but by a freſh viper; the oil was immediately applied hot, and rubbed well in, and the feathers of the wing were thoroughly wetted with it. This bird did not ſeem at all diſordered with the venom, but eat ſoon after, and was found well the next morning, without any remarkable inflammation or ſwelling about the part. The hot oil was rubbed in again for two or three days, twice a day, and the bird continued well, ſo that the viper-catchers carried it with them out of town in triumph, having never before experienced the efficacy of their remedy on ſo ſmall an animal; which, as it receives the ſame quantity of venom by a bite as a larger one doth, is more liable to die under it: and they kept it alive for above three months, when they killed it, and eat it. They ſaid that they had experienced their remedy to take effect on *cows*, *horſes*, and *dogs*, ten hours after being bit; but that for themſelves, who are frequently bit in the fields, as they catch the vipers, they always carry a phyal of ſallad-oil along with them; that, as ſoon as they perceive themſelves wounded, they, without any loſs of time, bathe the parts with it; and if it be the heel, they wet the ſtocken thoroughly with it; if the finger, which happens oftenеſt, they pour ſome of it into that finger of their glove, which they immediately put on again, and thus never feel any farther inconvenience from the accident, not even ſo much as from the ſting of a *common bee*. Perhaps it may be found of uſe for the bite of *rattle-ſnakes*, and other

venomous animals; eſpecially if we conſider, that in the fields a man ſeldom or never receives more than one bite at a time, which doth not infect him with ſo much venom, as was inſtilled into the man's blood, when in theſe voluntary experiments he ſuffered himſelf to be bitten twice together; and had likewiſe been bitten three times but about a week or ten days before; ſome remains of which venom, it is highly reaſonable to imagine, might ſtill infect his blood at the time he repeated the experiments, ſo as to make a freſh quantity of the venom operate with greater violence upon his body, than if he had been quite a freſh man, never infected with the like poiſon before, or at leaſt at ſo great an interval of time, that his blood might have been intirely free from all remains of ſuch an acrid infection. From theſe experiments is it not reaſonable to imagine, that the oil by itſelf may be as efficacious againſt the ſting of a *ſcorpion*, as if *ſcorpions* were infuſed in it?

I ſhould not have forborne ſo long, adds the doctor, imparting the knowledge of ſo uſeful a remedy to the publick, had not the poor people injoined every one preſent at the experiments, not to divulge what their remedy was, till they ſhould give me leave to make it publick in theſe parts, which they have now done. The reaſon of their keeping it a ſecret, was the hopes of obtaining a handſome reward from generous and charitable people; but now, having loſt all proſpect of any conſiderable recompence, they were unwilling, that the means of immediate relief to thoſe, who ſhould have the misfortune of being bit by an adder, ſhould any longer be with-held from them; and they are deſirous, that this their remedy againſt the bite of a viper, may be publickly known.

Thus far the *Philoſophical Tranſactions*.

The bite of a *gnat*, *musketo*, or *bug*, if taken preſently, may be cured by rubbing the part well with roch-alum diſſolved in ſpittle or water.

The ſting of a *hornet*, *bee*, or *waſp*, may be cured by ſweet oil. Some extract the ſting of the creature, by preſſing the end of a key upon the part, ſo that the ſting may riſe into the hole or hollow of it. Honey and oil, mixed together, is commonly uſed; and ſome have found bruiſed bay-leaves effectual.

All bites of a *mad dog* are dangerous, but more or leſs, as they are more or leſs deep, the ſaliva more or leſs tainted, more or leſs infuſed, or the dog more or leſs enraged by heat, *&c.* The hydrophobia, or loathing of water, is commonly the forerunner of death, and comes but three or four days before it; tho' the French hiſtory of the Academy of Sciences gives us inſtances of perſons cured even in this ſtate, eſpecially by bleeding even to fainting, immerſions into ſalt water almoſt to drowning, and by ſalt water poured upon them till almoſt ſtifled.

Beſides what we have mentioned above, we ſhall add, That phyſicians hold, that the wound ſhould immediately be inlarged, and cauterized with a hot iron; and then to apply proper digeſtives; or, where this is not permitted, cupping with ſcarification, as above ſaid, to be uſed, provided unguentum Ægyptiacum be uſed for the dreſſing ſcalding hot.

But yet we are told, that the moſt powerful remedy hitherto ſuppoſed to be known, is frequent ſubmerſion in ſalt-water, before, or

even

even after the ſymptoms appear, though it is thought moſt effectual at firſt. The patient ought to be plunged deep, and kept there almoſt to drowning. And this to be repeated ſeveral times.

The following is the famous remedy communicated by Dr. *Mead*, for this dreadful accident.

For the Bite of a mad Dog.

'Let the patient bleed at the 'arm nine or ten ounces: take of 'the herb called in Latin, Lichen cinereus terreſtris, in Engliſh, aſh-coloured ground-liverwort, clean, 'dry'd, and powdered, half an 'ounce; of black-pepper powder'd, 'two drachms: mix theſe well together, and divide the powder into 'four doſes; one of which muſt be 'taken every morning faſting for 'four mornings ſucceſſively, in 'half a pint of cow's-milk warm: 'after theſe four doſes are taken, 'the patient muſt go into the cold 'bath, or a cold ſpring or river, 'every morning faſting for a month: 'he muſt be dipped all over, but not 'ſtay in (with his head above water) longer than half a minute, if 'the water be very cold. After 'this, he muſt go in three times a 'week for a fortnight longer. The 'lichen is a very common herb, 'and grows generally in ſandy and 'barren ſoils all over England. The 'right time to gather it is in the 'months of October or November.'

To this we ſhall add the following recipe, taken out of Cathorpe church in Lincolnſhire, in which it was ſolemnly recorded, for the perpetual memory of the thing, that the whole town almoſt being bitten, not one perſon miſcarried, but was cured, who took this method.

'Take the leaves of rue picked 'from the ſtalks, and bruiſed, ſix 'ounces; garlick picked from the 'ſtalks and bruiſed, Venice-treacle 'or mithridate, and ſcrapings of 'pewter, of each four ounces: 'boil all theſe over a ſlow fire in 'two quarts of ale till one pint is 'conſumed; keep it in a bottle 'cloſe ſtopped, and give of it nine 'ſpoonfuls warm to the perſon ſeven mornings ſucceſſively, and ſix 'to a dog, to be given nine days 'after the bite; apply ſome of the 'ingredients to the part bitten.— 'Ten or twelve ſpoonfuls may be 'tried for a horſe or bullock; and 'from three to five for a ſheep or 'hog.'

We ſhall further add the following from the great Mr. *Boyle*; which he intitules

A Remedy by which many Dogs bitten by a mad Dog, have been all of them preſerved from running mad.

'Take three plants (*i. e.* roots 'and leaves) of that herb which is 'called roſe-plantane, or by ſome 'ſtar-plantane; and having chopped 'it ſmall with a convenient quantity 'of butter, let the bitten dog take 'it the firſt day; the ſecond day 'give him five plants ordered as 'before, and the next day ſeven.'

We ſhall ſubjoin the following evident ſigns by which a mad dog may be known and avoided.

'A mad dog is ſeemingly rapacious and thirſty, yet eats and 'drinks nothing; his eyes are fierce 'and flaming; he hangs down his 'ears, and thruſts out his tongue; 'froths much at the mouth, barks 'at his ſhadow; oftentimes runs 'along ſad and anxious without 'barking at all; frequently pants 'for breath, as if tired with running; carries his tail bent inwards; 'runs without diſtinction againſt 'all he meets, with great fury, and

'bites; hurrying on in an haſty 'and uncertain courſe. Dogs that 'are well, are afraid, and fly, both 'at the ſight and barking of one 'that is mad. The firſt mad ſym-'ptom in a dog, is an unuſual tre-'pidation or trembling.'

The following was publiſhed in the publick papers Sept. 23. 1738. and we ſhall inſert it verbatim; for this dreadful diſtemper cannot be too much guarded againſt.

A Receipt for the Bite of a mad Dog.

'Take of native cinabar, and 'factitious cinnabar, both ground to 'an exceeding fine powder, each 'twenty-four grains; of the ſtrong-'eſt muſk, ſixteen grains: rub theſe 'together, till the muſk is alſo be-'come very fine, and give it all 'for a doſe in a ſmall tea-cup full 'of arrack or brandy, as ſoon as 'poſſible after the perſon is bit, 'and another doſe thirty days after; 'but if the perſon has the ſym-'ptoms of madneſs come on before 'he has had the medicines, he muſt 'take two doſes in an hour and a 'half.'

I ſhall not, ſays the communicator, enter into the merits of the medicine, or attempt to account for its effects, but only obſerve for the encouragement of every one to take it, when there is no more than a ſuſpicion of an infectious bite, that it is perfectly ſafe and innocent, as appears from a great number of perſons to whom it has been given by way of preſervative, none of which have felt any ill conſequences from it, or been diſordered ſince: the only viſible effect it has, is, that of producing a conſiderable drowſineſs, which, in thoſe who being already mad, have two doſes given them within the time before-mentioned, is prolonged for ſeveral hours, and terminates in a perfect cure. I am,

Pall-Mall, Sir,
March 2. Your humble ſervant,
1737. THOMAS ROBERTS.

P. S. As an occaſion for giving the medicine may poſſibly happen among ſome people, who are at a loſs to manage any difficulty, it may not be amiſs to ſubjoin the manner of getting it down, when a perſon is become raving mad, and refuſes to ſwallow any liquid; which is, that he muſt be held down on his back, and have his noſtrils pinched cloſe together, by which means the medicine may be forced down by a little at a time out of a ſpoon, without any waſte. See alſo balſamick tincture under *Wounds*.

A Decoction againſt the Bite of a mad Dog.

'Take of the filings of tin, four 'ounces; the leaves of rue and 'ſcordium, (or, for want of it, of 'ſage) each an ounce; the beſt ale, 'two quarts: boil them together 'till half the ale be evaporated; 'adding towards the end of the 'operation, two ounces of the root 'of garlick, bruiſed; and when 'juſt finiſhed, an ounce of London-'treacle; then ſtrain off the liquor; 'and laſtly, add two ounces of mi-'thridate. Give three ounces every 'morning, and four every night, 'for nine days.'

As great Miſchiefs have often attended the Miſtake of ſeveral Roots, to ignorant People and Children, we ſhall add a few Words under this Head, on the Subject of poiſonous Vegetables.

We ſhall begin with *hemlock*, which is a baneful poiſon, and the leaves have been ſometimes gather-

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ed by a pernicious miſtake inſtead of chervil or parſley, and eaten in ſallads, as the roots have alſo been fatally taken for parſnips.

A perſon who has taken this deadly plant, muſt be immediately vomited, and plied with large draughts of warm water and oil, or fat broths, and, if neceſſary, more violent emeticks, with fat and oily clyſters: but purges, except very gentle ones, are to be avoided: when the poiſon is evacuated from the ſtomach and inteſtines, recourſe muſt be had to generous wine and alexipharmacks, of which mithridate, treacle, *&c.* are good antidotes; as alſo cordial-waters, as confection of hyacinth, alkermes, bezoar-ſtone, bezoardick tincture, volatile ſalts, *&c.*

The *œnanthe*, or aquatick cicutæ, whoſe roots have been taken for young carrots, are alſo a pernicious poiſon: and Dr. *Allen* gives an hiſtory, which at the ſame time that it ſhews the deadly effects of this plant, points out the method of cure for it. It is to the following purpoſe:

Four children, he ſays, about three miles from his abode, *viz.* three brothers and a ſiſter, from four to nine years of age, going from ſchool, met with theſe roots by the ſide of a rivulet, which they dug up, and thinking them young carrots, fell greedily to eating of them; and when they came home, they began to ſicken, were taken ſpeechleſs, and fell to the ground with dizzineſs, and were ſoon after ſeized with ſtrong convulſions. Their father (for their mother was dead) was much amazed and confounded at the ſad ſpectacle; but at laſt finding ſome of the roots in their pockets, he ſent to Dr. *Allen* ſome of them, ſuſpecting it to be poiſon. The doctor, finding what it was, ordered them a good deal of oil, with large and frequent draughts of warm water; and having pumped the ſtomach clean, he preſcribed the bezoardick tincture only, indulging a little wine in their fainting fits; a doſe of which for the eldeſt was a ſpoonful and an half, and leſs quantities for the others, according to their ages, in a draught of ale; their diet mean-while being broth and milk-meats. Within twenty-four hours two were reſtored, tho' much weakened. The other two recovered more ſlowly, the malignity being not diſcharged under five or ſix days; and they all did well at laſt. The doctor ſays, he ordered frequent clyſters likewiſe to be injected, *&c.* Two years after this accident the doctor ſays, that this father of the four children had a pig dy'd foaming, and with convulſions, on eating the ſame root.

The bulbous root of the *crown imperial*, the *eſula*, almoſt all the *tithymali*, or *ſea-lettuces*, *euphorbium*, *helleb ore*, *aconite*, are of the ſame deadly nature, and require pretty much the ſame care and conduct, as that we have mentioned. So is the *ſolanum*, or baneful *nightſhade*, whoſe berries children ſometimes eat under the name of *wild cherries*: as alſo is the *black henbane*. Likewiſe the napellus or monk's-hood.

And Dr. *Allen* aforeſaid gives us the following account of his own caſe, in eating ſome *muſhrooms*, which is as follows:

'Upon my once unwarily eating 'ſome of theſe vegetables, ſays he, 'a violent diarrhœa ſeized me, and 'a continued as well as painful in-'clination to go to ſtool, as well 'as deſire of making water. Not 'being appriſed of the occaſion, 'nor ſenſible of any pain or ſickneſs

'of

'of ſtomach, I truſted to nature 'for relief; till on the third day, 'on the continuance and aggrava- 'tion of my diſorder, the muſhrooms 'came into my head. Upon this 'recollection I chewed a doſe of 'rhubarb, but it anſwered not the 'intention. The fourth day, find- 'ing myſelf worſe, and my ſtrength 'much impaired, a kind of giddi- 'neſs alſo attending my weakneſs, 'not without a grievous excoriation 'of the anus, I took in the even- 'ing an infuſion of ipecacuanha 'for an emetick, which gave me 'three or four motions; and, going 'to bed, a doſe of the confectio 'Fracaſtorii, and was happily freed 'from all my diſorder.'

Great hurt has alſo accrued to many in eating too plentifully of *cucumbers*, eſpecially when hot.

Cantharides taken inwardly has moſt pernicious effects, which muſt be obviated by vomits, with warm water, or fat broths; oily clyſters, drinking freely of milky meſſes, emulſions, and whatever is oily and mucilaginous. The Lemnian earth, and camphire, are alſo of excellent uſe in this caſe.

Powder of *adamant*, *cryſtal*, *glaſs*, &c. are alſo of terrible effect ſwallowed, lacerating or tearing the bowels.

Of minerals, *arſenick quick-ſilver*, outwardly and incautiouſly uſed, *precipitate* or *ſublimate mercury*, *verdegris*, *aqua fortis*, *ſpirit of nitre*, *ſpirit* and *oil of vitriol*, are alſo of pernicious effects, and require equal care and conduct in the management.

Opium over-doſed is alſo pernicious; and *diſtilled ſpirituous liquors* of all ſorts, frequently uſed, are ſlow, but certain poiſons.

See *Rattle-ſnake-root*, *Wounds*.

VERTIGO.

See *Apoplexy*, *Epilepſy*, *Head-ach*, *Hypochondriack Diſorders*, *Palſy*, &c.

ULCERS.

AN ulcer is defined by ſurgeons to be a ſolution of continuity, from a ſharp humour, changing the nouriſhment of the part into corruption.

When it is of long ſtanding, it is ſeldom cured without decoctions of the woods, antimonials, viperines, and volatiles. Among purgatives, extract of black hellebore, with ſweet mercury, is the beſt; but vomits often repeated are preferred.

The ſinus of an old ulcer muſt be inlarged with gentian-root, and the hardneſs conſumed with powder of burnt alum, mercury precipitate, juice of tobacco, *&c.*

The following is eſteemed a very good remedy towards reſtoring the fleſh:

'Take of ointment of diapom- 'pholyx, and tutty, each one ounce; 'ointment of Roland's compoſition 'of ſulphur, two ounces; a little 'oil of tobacco: mix 'em.'

The following is an experienced digeſtive:

'Take one ounce of Venice tur- 'pentine; the yolk of one egg; ſix 'drachms of honey of roſes; one 'drachm of oil of St. John's-wort: 'mix 'em, and make an ointment.'

Cataplaſms of mucilage of fleabane ſeeds, quinces, flour, barley, ſaffron, yolks of eggs, *&c.* ointment of poplar, the cooling ointment

ment of Galen, *&c.* cool and eaſe the pain.

The following plaiſter is excellent in old ulcers:

'Take what quantity you pleaſe 'of quick-lime twice or thrice 'waſhed, and a little dried; a ſuffi- 'cient quantity of oleum lini; a 'little bole-ruber, to make it of a 'fleſh-colour.'

As a promoter of the growth of the fleſh, there is hardly any better than the following:

'Take freſh butter not ſalted, 'and yellow wax, each three pounds 'and an half; oil of the pureſt 'olives, four pounds; the beſt 'chimney-ſtone, beat very fine, two 'pounds and an half: make a plai- 'ſter.'

An excellent Remedy for an Ulcer.

TAKE elder leaves, ſage, goat's-dung, of each one pound; freſh butter unſalted, two pounds; boil them in a pipkin, till the herbs are criſp; to the ſtrained add yellow wax, ſimple diachylon, of each two ounces; mix: apply it to the ulcer every night or morning.

Sometimes a bone becomes rotten by an ulcer; in which caſe the powder of euphorbium is moſt approved; next to which is root of Florentine fleur de-lys.

Sweet mercury is much commended, as is alſo camphire diſſolved in a double quantity of ſpirit of nitre, and oil of cloves. The ſpeedieſt and moſt ſucceſsful of any medicine yet known is a decoction of walnut-leaves in water with a little ſugar; wetting a cloth in it, and putting it on the ulcer every ſecond and third day, till perfectly healed.

An experienced phyſician gives us the following obſervations on an inflammation of the lungs, and diaphragm, which frequently ending in an ulceration, we ſhall inſert them under this head.

Of an Inflammation of the Lungs.

Crude and tough chyle, viſcous aliment, ſpices, but eſpecially ſpirituous liquors, may occaſion this inflammation. Too great an exerciſe of the lungs, ſo as to occaſion a ſhort and laborious breathing, or keeping them too long upon the ſtretch by vociferation, or loud ſinging, may produce the ſame effect. There are coagulating poiſons which affect the lungs very ſuddenly: extreme violent paſſions, by affecting the motion of the heart, may do the ſame. Inflammations are ſometimes tranſlated from other parts to the lungs; a pleuriſy eaſily paſſeth into a peripneumony. The avoiding thoſe cauſes is the beſt rule of diet to prevent the diſeaſe; beſides, ſpeedy and plentiful letting of blood, before it has quite taken place.

This diſeaſe is often cured by the critical reſolution, concoction, and evacuation of the morbifick matter, which is either attenuated ſo as to be returned into the chanels, and to go on in the common thread of circulation, or expectorated by coughing. One of the beſt reſolvents is the blood of the wild goat.

Copious bleeding is the moſt effectual remedy in the beginning of the diſeaſe; but when the expectoration goes on ſucceſsfully, not ſo proper, becauſe it ſometimes ſuppreſſes it, and in that caſe ſudorifick thicken the matter that is expectorated.

From the ſymptoms in this ſtage of the diſeaſe, and the uſe of the lungs, it is evident the aliment ought to be more ſlender and thin

than

than in any other inflammatory diſeaſe whatſoever, common whey being ſufficient to preſerve the ſtrength of the patient; watry liquors, and even the ſteam of warm water taken in by the breath, attenuates the impacted matter. Relaxing aliment; of which barley, and all its preparations, are the beſt.

In this ſtate, diureticks, which have not much acrimony in them, are proper, for fluxes of urine relieve the lungs; for this intention an infuſion of fenel-roots in warm water, with milk, is good, both as nouriſhment and drink.

If nature relieve, by a diarrhœa, without ſinking the ſtrength of the patient, it is not to be ſtopt, but promoted gently by emollient clyſters.

Decoction of cichory, lettuce, as being anodyne and reſolvent, are proper.

If the patient is not reliev'd, nor dies in eight days, the inflammation ends in a ſuppuration and an abſceſs in the lungs, and ſometimes in ſome other part of the body; the ſymptoms of which are, an obſtinate dry cough, increas'd by motion and eating; the eaſieſt poſture in lying being upon the affected ſide; a continual lent-fever, with rigors invading with uncertain periods; exacerbations after motion and repaſt, thirſt, night-ſweats, a frothy urine, paleneſs, leanneſs, weakneſs.

In ſuch a caſe one muſt forbear letting of blood. The diet muſt be mild, ſoft, incraſſating, and more plentiful; tepid vapours admitted into the lungs, of decoctions of proper ingredients; and when by the ſymptoms and time the impoſthume may be judg'd to be ripe, the vapour of vinegar itſelf, and any thing which creates a cough, as oxymel, or vinegar and honey, exerciſe and concuſſion, are proper; the ſooner it is broken, the leſs danger to the lungs.

Tho' ſuch a ſtate is extremely dangerous, it is not quite deſperate; the aliment ought to be milk; the drink, milk, and barley-water, and ſuch ſubſtances as are expectorating and cleanſing, with gentle anodynes, that the patient may have ſome reſt.

The principal intention in every ſtate of inflammation of the lungs, is to promote expectoration, and to reſtore it when it is loſt.

If the inflammation ends in a gangrene, the caſe is deſperate; if in a ſcirrhus, incurable.

There is a ſpurious ſort of a peripneumony, not inflammatory. When the veſſels are obſtructed with a viſcous pituite that mixes with the blood, and invades in cold weather, it is dangerous, and often ſuffocates; this caſe is incident to weak and old people. In this, ſome of the methods uſed in the inflammatory are proper, but not to bleed ſo copiouſly; clyſters frequently injected; aliment more generous; and for drink, broths, and jellies, with juice of limon, hydromel, or honey and water. Soft oils, and aliments which abound with a ſoft, not volatile oil, are beneficial.

A *Peripneumony* is the laſt fatal ſymptom of every diſeaſe, becauſe nobody dies without a ſtagnation of the blood in the lungs; for as long as it circulates thro' the lungs, it will circulate thro' the reſt of the body.

Inflammation of the Diaphragm.

The ſymptoms of this diſeaſe (which is often miſtaken) are a violent fever, a moſt exquiſite pain increas'd upon inſpiration; by which it is diſtinguiſh'd from a pleuriſy, in

in which the greateſt pain is in exſpiration.

The pain is increas'd by ſickneſs, vomiting, repletion of the ſtomach, or any compreſſion of the muſcles of the abdomen. The breathing is extremely quick, ſuffocating, and ſeems to be perform'd only by the motion of the breaſt: it is likewiſe attended with a delirium, fury, and an involuntary laughter.

This diſeaſe terminates as pleuriſies and peripneumonies, but is generally fatal, if it ripens, and the pus is evacuated into the lower belly, where it produces putrefaction, and a moſt miſerable and painful death.

The regimen, if any can be ſucceſsful, ought to be the ſame as in *Pleuriſies*; which ſee.

The following recipes have been all well experienced, in difficult kinds and ſtates of ulcers.

A cheap, but excellent Medicine for Ulcers.

TAKE one drachm at leaſt of corroſive ſublimate, finely powder'd; diſſolve it in a quart of fair water, and let it lie there, if you have leiſure, four or five days, in a light digeſtion, that it may be thoroughly diſſolved; then drop in it as much ſpirit of ſal armoniack, or as much oil of tartar, per deliquium, as will precipitate it all; then filtre it carefully, and keep it ſtopp'd for uſe, which is to imbibe doſſils or pledgets with it, and apply them to the ulcer twice or thrice a day.

Honey of Roſes, and its Virtues, uſed as a Gargariſm, Lotion, or Injection in Ulcerations and other Foulneſſes.

TAKE of dried red roſe-buds, ſix ounces; pour upon them boiling ſpring-water, two pints and an half; let them infuſe for a night; then pour the ſtrained liquor made hot upon the ſame quantity of red roſe-buds; let them infuſe as before; afterwards ſtrain off the liquor, and add thereto its weight of clarify'd honey, and boil it to the conſiſtence of a ſyrup. After this manner it may be made at any time of the year.

To digeſt an Ulcer.

TAKE oil of olive, two ounces; yellow wax, half an ounce; frankincenſe, maſtich, of each a drachm; one yolk of an egg; butter, what ſuffices: mix, and apply.

To digeſt a Carbuncle, or an inveterate Ulcer.

TAKE baſilicon, half an ounce; Venice turpentine, two drachms; Venice treacle, one drachm; and a little crown-ſoap: mix, and make an ointment.

An Ointment to ſtop Gangrenes, and heal Ulcers in the Mouth.

TAKE verdigris, reduced to fine powder, two ounces and an half; honey, ſeven ounces; ſharp vinegar, three ounces and an half: boil them together over a gentle fire, to a proper conſiſtence, and of a reddiſh colour. It effectually prevents corruption, and ſeparates dead from the ſound fleſh, and heals putrid ulcers.

The Ointment of five Ingredients, good to cool, dry, repel, and heal Ulcers, &c.

TAKE hogs-lard, two pounds; ceruſe, half a pound; lead ſteep'd in vinegar for three days, and afterwards dried and reduced to fine powder, pompholyx, each three ounces;

ounces; frankincenſe, two ounces: mix them together according to art, into an ointment.

An Ointment to cleanſe Ulcers, and to conſume proud Fleſh.

TAKE reſin, a pound; yellow wax, half a pound; oil of olive, a quart; verdigris, three drachms: mix them together for an ointment.

The Ointment of Arceus, *good to ripen, digeſt, cleanſe, and incarn or fill up Ulcers,* &c.

TAKE of gum elemi, and Venice turpentine, each nine ounces; old ſheeps-ſuet purified, a pound; hogs-lard, ſix ounces: make the whole into an ointment. It is an excellent ointment, and hardly ever fails in the purpoſes above ſet forth.

A Balſam for an old Ulcer.

TAKE linſeed-oil, and oil of turpentine, of each one pint; verdigris, half an ounce: mix, and boil them a little, and keep it for uſe. Take a little on a piece of lint, and apply it, (the part being anointed therewith) and then ſtick a proper plaiſter over it. It is an excellent thing for all ſorts of putrifying ſores, old ulcers, fiſtula's, and gun-ſhot wounds.

A Plaiſter for all Sorts of Ulcers and Wounds.

TAKE balſam of ſulphur, three ounces; wax, half an ounce; colophony, three drachms: melt them, and add beſt myrrh in fine powder, three ounces and an half; boil them, and keep for uſe. Spread it on leather, and apply.

To make a Plaiſter which cures Corns, and heals old Sores and Ulcers.

TAKE oil of olives, ten ounces; bees-wax, four ounces; litharge of gold, litharge of ſilver, and ceruſe, of each four ounces; myrrh, four drachms: firſt put in the oil and wax; then the litharge, conſtantly ſtirring it: when it is boiled to a browniſh colour, take it off the fire, and put to it myrrh and Venice turpentine, each four ounces; ſtir it well together, and pour it into a pail of water, and work it up: when you uſe it for your corns, firſt cut them cloſe without fetching of blood, and then lay a plaiſter of this to it, keeping it on four days, then renewing it, and five or ſix plaiſters will intirely root out the corns.

A Lime-water for Ulcers and Dropſy.

TAKE of quick-lime, ſixteen ounces; ſpring-water, a gallon: ſtir them well together; afterwards let it ſtand to ſettle, and ſtrain off the clear.

A red Water for Ulcers.

TAKE of bole-armoniack, white vitriol, roch-alum, aloes, camphire, each half an ounce; reduce them to powder, and with two quarts of lime-water, boil them in an earthen veſſel for an hour; then, removing it from the fire, ſuffer the liquor to grow cold, and let fall its ſediment, and then decant it into a glaſs bottle.

See *Phthiſick, Tongue, Wounds,* &c.

VOMICA.

See *Empyema.*

VOMITING.

THIS is to be conſider'd under a twofold head; that is to ſay, as a diſtemper, which ought to be ſtopt; or as a relief to pump up morbifick matter from the ſtomach. The firſt ſhews itſelf too plainly to need

need deſcription, and is ſometimes very dangerous: the ſecond is often indicated by a nauſea or loathing, which generally ſhould be brought to a vomitting; and the following in this caſe is very proper:

'Take fifteen grains of ipecacuanha-powder; balſamick ſyrup, as much as will make a bolus, which take, and waſh your ſtomach well with warm water, and vomit freely. Or,

'Take two ounces of oxymel of ſquills all at once; or take half an ounce at a time till you have taken the two ounces, in a glaſs of warm water.'

If a vomit be taken that even works well, you muſt expect to be ſomewhat uneaſy after it; but in caſe of great inquietude, ſo as that the belly and ſtomach be ſore, or hard and ſwelled, and reſt be diſturbed, 'tis good to ſtudy quiet, and take ſome cordial opiate to recruit the ſpirits, and quell all the uneaſineſſes rais'd; and ſuch conſtitutions ought to take vomits as ſeldom as may be.

But for ſuch as find ſome relief by a vomit, but yet are not quite recover'd, they ſhould take another, as ſoon as they can bear it; for one vomit properly given, and where requir'd, is more efficacious than ten purges.

Phlegm, as an eminent phyſician obſerves, often lodges on the coats of the ſtomach, nay, in the interſtices of its membranous fibres, where it ſoaks in, and the ſhock the ſtomach ſuffers by a vomit, cannot fail of ſqueezing out of it all this matter; and then 'tis brought to a right tone by ſome good bitters. See *Stomach*.

In general, all vomiting (not to an exceſſive degree) is beneficial. Obſerve to keep the body as open as poſſible. In order to ſtop it, uſe marmalade, ſyrup and tincture of coral; eſpecially juice of quinces, ſpirit of mint, ſalt of wormwood, with juice of limons, *&c.* Outwardly apply decoction of wormwood and mint, bark of pomegranates, flour of red roſes, boil'd in red wine. A ſmall bag of ſaffron applied to the ſtomach, or a cataplaſm of leaven, and aromatick powders, are convenient. Decoction of Fracaſtorius, electuary of ginger, ſtomachick julep, mixture of coral, ſtomachick mixture, are to be made uſe of.

When a perſon has taken too ſtrong a vomit, give him a ſpoonful of ſpirit of wine, and it will ſtop the diſorder inſtantly.

All vomiting of blood is dangerous. The remedies are juice of nettle, ſeeds of henbane, catechu, blood-ſtone, with gentle acids, or quince-juice. Sometimes matter is diſcharged by vomiting.

For the other caſe of exceſſive vomiting, the following preſcriptions are of a try'd and efficacious nature.

For exceſſive Vomiting.

TAKE ſtrong cinamon-water, ſyrup of limons, each half an ounce; ſalt of wormwood, one ſcruple; oil of nutmegs and cloves, each one drop; liquid laudanum, twenty drops: mix.

This is an approv'd, moſt uſeful, and ſeldom failing remedy. In a bilious colick, with enormious vomiting, and pertinacious coſtiveneſs, we may add powder'd rhubarb, half a drachm, or more: and repeat it till it makes its way by purging.

A ſpeedy Remedy for Fits of Vomiting.

GRATE off one half of a large nutmeg, and toaſt the flat ſide of

of the other, till the oily part begins to ſweat out; then clap it to the pit of the patient's ſtomach as hot as can be endur'd, and keep it on whilſt it continues warm; and then, if need be, put on another. This is recommended by the famous Mr. *Boyle*.

To ſtop a Vomiting.

TAKE limon-juice, half an ounce; ſalt of wormwood, a ſcruple; a little white ſugar: mix, and make a draught, to be repeated two or three times a day.

Another.

TAKE limon-juice, two ounces; ſalt of wormwood, one drachm; ſtrong cinamon-water, black-cherry-water, of each one ounce; white ſugar, enough to ſweeten it. Take two ſpoonfuls after every vomit.

To ſtop Vomiting, and ſtrengthen the Stomach.

TAKE ſpearmint, barley, cinamon-waters, of each three ounces; plague-water, two ounces; ſalt of wormwood, a drachm; limon-juice, one ounce; three leaves of gold; confection of hyacinth, two drachms; ſyrup of red poppies, an ounce and a half: mix, and give four ſpoonfuls every four hours, ſhaking the phyal.

See *Evacuations, Fever, Stomach*, &c.

Obſervations on URINE.

THE urine of hard drinkers, and feveriſh perſons, affords a liquor extremely fetid, but no inflammable ſpirit: what is inflammable ſtays in the blood, and affects the brain. Great drinkers commonly die apoplectick.

Very certain indications for the choice of diet may be taken from the ſtate of urine. Tho' the ſalts of human urine be neither acid nor alkaline, theſe ſalts may, by the violent motion of the blood, be turn'd alkaline, and even corroſive; and when they begin to turn ſo, they affect the ſmall and tender fibres of the brain more ſenſibly than other parts.

The heat of an human body, as it grows more intenſe, makes the urine ſmell ſtill more ſtrong, and of a deeper colour. But as long as thoſe alkaline ſalts are carry'd off by urine, the brain and nerves are leſs affected; but on the contrary, when in a fever theſe ſalts are left behind, that is, when the urine turns pale, the patient is in danger.

It ſeems probable, that alkaline ſalts, taken into a human body, have the power of turning its benign ſalts into fiery and volatile; on which account they ſeem improper in inflammatory diſtempers, where the ſalts are already too much attenuated. See *Stone*, &c.

UVULA.

THE diſtemper attending this part, is term'd *The Falling down of the Palate*; which, when tumefied, threatens a ſuffocation. It is ſometimes ſo ſudden as to require immediately the uſe of the knife, in order to diſcharge the watry humours, and prevent the danger of ſtrangling. The evacuations ſhould univerſallybe the ſame as in a catarrh. This diſorder is equally uncommon and dangerous. One of the beſt medicines for a relaxed palate is hemp-ſeed boil'd in a little

tle poſſet-drink for a gargariſm. The following medicines are to be applied according to the advice of a skilful phyſician: decoction of catechu, decoction of ſetfoil-root with a little ſal armoniack, and crude alum, gargariſm for the uvula, pulvis uvularis.

For the relaxation of the uvula, Mr. *Boyle* ſays, the following common medicine is found very ſucceſsful:

'The throat being firſt gargled 'with claret, in which a little roch-'alum has been diſſolved, as hot as 'it can well be endured, then anoint 'it with this: Take honey, one 'ounce; powder of elecampane, 'two drachms; pepper in powder, 'half a drachm; mix them, and 'apply it thrice a day with your 'finger.'

WARTS.

SEE *Tumours.*

WATCHFULNESS.

See *Fever*, *Sleep*, &c.

WATER.

In what Caſes Water is proper, as a Diluent.

WATER dilutes, but at the ſame time relaxes; this laſt quality is taken off by mixing ſome acid juice with it. Water mixt with acids reſiſts the heat and alkaleſcent ſtate of the fluids. As long as there is thirſt, a quick pulſe, dryneſs, with a free paſſage by urine, and ſtricture of the veſſels, ſo long is water ſafely taken.

How few are there who underſtand or conſider the excellent virtues of WATER, which is an element of a mild and cleanſing nature and operation, friendly unto all things, and of univerſal uſe! and has no other fault to hinder its being conſtantly drank, as the uſual beverage, but its being ſo common; for men little conſider, that Providence has been ſo graciouſly kind to all creatures, that as well in this, as in every other thing uſeful to the life of man and beaſt, the moſt wholſome things are the moſt common, and the moſt eaſy to be procured.

All good houſewives know, that no ſort of liquor, be it what it will, will cleanſe and ſweeten their brewing and other veſſels, but only water; all other liquors leaving a ſour ſtinking quality behind them, which will quickly cauſe putrefaction; but water in its own nature is clean and pure for all uſes in houſewifery, and the preſervation of health; and too much cannot be ſaid in its praiſe, and to the glory of GOD, who has diſpenſed ſo great a bleſſing, thro' the habitable earth, in ſuch abundant plenty!

Dr. *Short*, in his *Rational Diſcourſe of the inward Uſes of Water*, obſerves, "That it is no rarity, to "find among the Highlanders of "*Scotland*, people of eighty, ninety, "yea, one hundred years old, as "healthy, as ſtrong and nimble, as "drinkers of ſtrong liquors are at "thirty-ſix or forty years of age.

"He further obſerves, what great "ſucceſs, victories and valiant atchievements, a pitiful and deſpicable people have attained over "other nations, while they were "temperate; but when they have "betaken themſelves to ſwill down "ſtrong liquors, how have they

" ſuddenly become the prey and " contempt of ſuch as they for- " merly had trodden down! They " conquer'd people, and over-ran " nations, till their armies began to " drink ſtrong liquors, and then " they neither could conquer, nor " defend what they had brought " under their yoke."

An highly approved Palſy-water.

TAKE ſage, roſemary, betony-flowers, lily of the valley, ſingle-peony, borage, bugloſs-flowers, each an ounce; ſteep theſe in French brandy, four gallons; then add balm and ſpikenard, two ounces; motherwort, bay-leaves, orange-leaves and flowers, each an ounce; put to 'em as many lavender-flowers, ſtript from the ſtalks, as will fill a large gallon-glaſs. Gather 'em all in their ſeaſon. After they are ſteeped ſix weeks, diſtil 'em carefully in an alembick; then put to this water, citron-peel, dry'd peony-ſeeds hull'd, each ſix drachms; cinamon, half an ounce; nutmegs, mace, cardamums, cubebs, yellow ſaunders, each half an ounce; lignum aloes, one drachm: make theſe into powders; cloſe the veſſel with a double bladder; let them all digeſt ſix weeks; then preſs out the liquor, and ſtrain it thro' a clean cloth; afterwards put to it prepar'd pearl, ſmaragds, musk, and ſaffron, each ten grains; ambergris, one ſcruple; red roſes dry'd, red and yellow ſaunders, each an ounce: hang theſe in a ſarſenet bag in the water. Give forty drops at night in ſugar, crums of bread to a man, at going to bed, eſpecially in the full and new of the moon. January is the beſt time for gathering the roots. Some add lime-flowers and marum, about a handful of each; a pound of ſingle-peony-roots; and half a pound of angelica-roots.

Lady Brook's *Treacle-water.*

TAKE the roots of elecampane, gentian, cypreſs, tormentil, angelica, of each one ounce; of the leaves of our lady's-thiſtle, an handful and an half; bugloſs-flowers, borage, marigold, and roſemary, of each two ounces; of citron-peels, an ounce; Venice treacle, a pound, diſſolv'd in three quarts of ſack; one pint of red roſe-water; a quart of carduus-water: infuſe them all together one night, and then diſtil in a roſe-ſtill.

To make Barley-water.

TAKE two quarts of fair water; French barley, two ounces; hartſhorn, and ivory, of each half an ounce: boil it together till it comes to one; ſweeten it with what ſyrup you pleaſe.

The Snail-water.

TAKE a pound and an half of cheeſe-curds before they are ſalted, and the fleſh of a young capon ſtripp'd, and cut in ſmall pieces; but throw away the bones, fat, and skin. Take ten new-laid eggs; twenty-four ſnails gather'd in woods or groves; uſe them, ſhells and all; four limons cut in pieces, the outer skin being taken away; four ounces of ſweet almonds; half a pound of the crums of white bread; half a pint of red roſe-water: mix all well together, diſtil them with a gentle fire, and keep it for uſe.

Strong Cinamon-water.

TAKE of cinamon bruis'd, two pounds; Canary, two quarts; ſherry, four quarts; brandy, four quarts: diſtil it in a hot ſtill, and when it is cold, add to it two pounds of doubly-refined ſugar pouded; and after it has ſtood a while,

while, rack it off into new bottles, which will render it fit for uſe.

Cordial Cinamon-water.

TAKE of cinamon bruis'd, twelve ounces; of fountain-water, five quarts; French barley, half a pound, diſtill'd in a cold ſtill according to art.

To make Aqua Mirabilis.

TAKE balm, mint, celandine, angelica, of each three ounces; dates, twelve ounces; cubebs, galingale, cardamums, ginger, cloves, mace, nutmegs, of each one ounce; orange and limon-rind, of each half an ounce; caraway and coriander-ſeed, of each two ounces; roſmary-flowers, marigold-flowers, and melilot-flowers, of each an ounce: bruiſe the things which ought to be bruis'd, and infuſe them in a ſufficient quantity of water for the ſpace of twenty-four hours; then, with ſeven gallons of brandy, diſtil it in an alembick: add four pounds of ſugar to ſweeten it.

See *Spirituous Liquors, Temperance*, &c. Alſo *Sudorificks. Teeth.*

WEAKNESS.

See *Fever*, &c.

WHITLOE.

THIS is a benign kind of the paronychia; it is eaſily brought to a head, and as eaſily heal'd upon its diſcharge of a white matter.

The following is a try'd medicine for it:

'Take houſe-ſnails, and beat them, 'ſhells and all, in a ſtone or wooden 'mortar, ſo long till they be re-'duc'd to the conſiſtence of a cata-'plaſm; which apply ſomewhat 'warm to the part affected, and 'keep it on for ſixteen or twenty-'four hours, renewing it then, if 'need be.'

See *Felon.*

WORMS.

THE following letter was written by a publick-ſpirited phyſician, lately deceaſed, to his friend, and contains ſeveral uſeful hints in relation to the worm-diſtemper; for which reaſon we ſhall inſert it here, as a ſupplement to what we have ſaid under the head of *Childrens Diſtempers.*

I here ſend you, ſays this gentleman, the recipe of a remedy for the worms, which breed in human bodies, and with which vaſt numbers of people, of all ages, and both ſexes, are afflicted, and ſome of them very ſeverely, eſpecially children and other young perſons, of whom abundance are carried off yearly, by being thrown thereby into *convulſions, epileptick fits, vomitings, looſeneſſes, white* or *green-ſickneſs*, and other diſorders, which had been judged to have proceeded from other cauſes, when the occaſion thereof was worms; and do aſſure you, it is a remedy which I have for many years experienced in my practice, and never, to my remembrance, but with ſucceſs, where it has been taken, as it was directed. But as there is ſuch a variety of diſorders, proceeding from thoſe inteſtine animals, repreſenting other diſeaſes, I ſhall, for the information of ſuch as may little imagine their malady to be occaſion'd from worms,

when it ſeems plain to themſelves, and their phyſicians, that it is this or that *other* diſeaſe, firſt ſet down ſome of the many ſigns and ſymptoms of worms.

There are divers ſorts of worms that breed in the body, and take up their reſidence either in the ſtomach or bowels, and ſometimes near the ſphincter ani or fundament, and often knit themſelves together, and appear like a bag of worms, and are ſuppoſed to be bred from the ova or eggs of thoſe animals, ſwallowed down with the food, and encouraged and fed by viſcidities in the paſſages; and according as they have placed themſelves in the body, the ſymptoms and complaints are different both in kind and degree; in ſome, occaſioning looſeneſſes; in others, coſtiveneſs, or frequent, but ineffectual motions to go to ſtool. In ſome they cauſe a fetid or ſtinking breath, which is a ſhrewd ſign of worms; as is alſo an hard or inflated belly, eſpecially in children, with a voracious appetite, an almoſt continual thirſt, feveriſhneſs by fits, and an intermitting pulſe, and glowing cheeks. In ſome a heavineſs or pain in the head, ſtartings in ſleep, with frightfully terrifying dreams. In ſome a ſleepineſs, repreſenting a lethargy: In others a *nauſea*, or loathing of food, with or without motions to vomit. A pain and weight, with a gnawing in the ſtomach, gripings and rumblings in the bowels, like the colick. In children a dry cough, and oftentimes ſcreaming fits, and convulſions, with white lips, and white urine; and in both old and young, a weaken'd or loſt appetite, giddineſs in the head, paleneſs of countenance, with faintings, and cold ſweats on a ſudden, indigeſtions, abatement of the ſtrength, and falling away of fleſh, as if dropping into a conſumption, with many other ſymptoms, but theſe the chief, which ever more or leſs, ſome or other of them, always affect, where worms are the cauſe; and for remedy of which, the following receipt may be depended on, and is very innocent as well as powerful and effectual, as every one, when they read what it is, will believe; and when they try it, will find.

The Receipt is this:

'Take tops of carduus, tops of 'centaury, Roman wormwood, and 'flowers of chamomile, (all of 'them dried, and of the lateſt year's 'growth that you uſe them in) of 'each one ounce; cut the herbs 'ſmall, but not the flowers, and 'put them, with an ounce of worm-'ſeed bruiſed ſmall, into an earthen 'jar, or pickling-pot, and pour upon 'them a quart of ſpring-water cold; 'ſtir all about, and then tie the pot 'over with a double paper, and let 'it ſtand forty-eight hours, open-'ing and ſtirring it about five or 'ſix times in that ſpace. At the end 'of the forty-eight hours, ſtrain it 'through a cloth, ſqueezing the 'herbs as dry as you can, which 'fling away, and of the liquor, give 'to a child from two to four or 'five years old, half a ſpoonful, 'more or leſs, mixt with a quarter 'of a ſpoonful of oil of beech-nuts, 'every morning, upon an empty 'ſtomach, and to faſt for about an 'hour after it; and alſo the ſame 'doſe about four or five in the af-'ternoon, every day for a week or 'ten days together, by which time, 'if the caſe be worms, and you 'make but obſervation, you will 'find them come away either dead 'or alive. Elder children muſt take

'more,

'more, in proportion to their ages: 'and grown perſons, from three or 'four to ſix or eight ſpoonfuls, or 'more, with always half the quan- 'tity of the ſaid oil mixt with each 'doſe, and it will keep the body ſo- 'luble, and ſometimes a little looſe.'

This medicine, ſays the communicative phyſician, has cured in ſuppoſed incurable caſes, where it has proved at laſt to be from worms, when neither the phyſician or patient have before thought it to be ſo. But if it be not worms, it cannot hurt, but may cure in caſes ſimilar to worms, eſpecially where the ſtomach and bowels are diſordered.

The beech-nut-oil, continues he, may be had at moſt oil-ſhops; and the reaſon, that that oil, before any others, is adviſed, is, that it has a property (as has been often tried) of killing worms of itſelf, when olive-oil, and oil of almonds, would not do it: and as a confirmation of it, Dr. *Baglivi*, phyſician to the pope, ſays, in his book of experiments upon live worms from human bodies, that he put worms into divers liquors, which were reputed efficacious for killing them, but did not under a great many hours; and that towards night he put others into oil of ſweet almonds, and found them alive the next morning: then, after many other experiments, he put one into oil of nuts, where it died preſently. And *Malpighi*, another noted phyſician, ſays, that of all common oils, oil of nuts is the beſt againſt worms; and that at Milan mothers have a cuſtom to give their little children, once or twice a week, toaſts dipped in oil of nuts, to kill the worms; and to grown people ſome ſpoonfuls of it faſting: and many other authors ſay the ſame, particularly Dr. *Nicolas Andry*, of the faculty of phyſick at *Paris*, in his treatiſe of worms, who ſays, that if you dip a pencil in oil of nuts, and anoint the bodies of live worms that any one voids, tho' you never touch their heads, they will preſently grow motionleſs, and die beyond recovery. The reaſon he gives, that they die ſo ſuddenly, when anointed, is, becauſe they breathe only by the means of certain little wind-pipes that run thro' their bodies, ſo that if you ſtop up thoſe pipes with nut-oil, which hinders the commerce of the air, (for the parts of oil of almonds are more porous than nut-oil, and conſequently leſs able to hinder the entrance of the air into the worms) of neceſſity the creatures muſt die for want of reſpiration, tho' neither the head, nor any other part where the pipes are not, be anointed. This is ſo true, ſays *Malpighi*, that if you put nut-oil upon a worm in any other part but where the pipes are, tho' the head be not ſpared, yet the worm will live, and have its natural motion; and if you put the oil upon ſome of the pipes only, you ſhall ſee the parts where thoſe pipes are, become immoveable; but if you put it, ſays he, upon all the trachea's or pipes, the whole worm becomes motionleſs, and dies in an inſtant. And I do aſſure the publick, that the ſame has been many times tried, and found both by myſelf and others, that no other oil whatever will do what this will; and the late Dr. *Radcliffe*, in many of his preſcriptions I have ſeen, ordered that oil, preferable to all others, where he had any reaſon to ſuſpect the patient had worms; and in one very remarkable caſe of a young lady of thirteen, who was at death's door, with the green-ſickneſs, as

ſuppos'd, and who, by the uſe of this very oil, and ſuch bitters as he believed the caſe then indicated, once or twice a day repeated, was cured perfectly, upon her voiding cluſters of ſmall *worms*, for ſeveral days together, ſome of which were inclos'd in a cyſtis or bag.

This, adds the generous communicator, I was willing to obſerve, that people may be ſure to get the oil of nuts, and not any other oil. And we ſhall only add, that the importance of the matter will be a ſufficient excuſe for our having taken up ſo much room in this one recipe.

The following approved recipes may conclude what we have to ſay under this article:

A Medicine in Requeſt againſt the Worms in Children.

INFUSE one drachm of clean quick-ſilver all night, in about two ounces of the water of goats-rue, diſtill'd the common way in a cold ſtill; and afterwards ſtrain and filtre it, to ſever it from all dregs that may happen in the making it. This quantity is given for one doſe.

A Powder for the Worms.

TAKE powder of coralline, and Ethiops mineral, of each fifteen grains; ſaffron, two grains: make into a powder for one doſe, and give it every morning and evening, in a little common treacle.

A Poulteſs againſt the Worms.

TAKE Venice treacle, half an ounce; worm-ſeed powder'd, two drachms; hepatick aloes, one drachm; oil of wormwood, twenty drops; and honey, enough to make a poulteſs, and apply it to the belly, which, if it be hard ſwelled, will be looſen'd and ſhrink, and the worms will be expelled.

A bitter Draught for Worms.

TAKE elixir proprietatis, made with ſalt of tartar, one drachm; alexiterial milk-water, two ounces; epidemick-water, wormwood compound, of each one drachm: mix, and make a draught to be taken in the morning.

A Purge for the Worms.

TAKE ſcammony, calomel, of each ſix grains; rhubarb in powder, ten grains; mix: to be taken in the pap of an apple.

This is fit for a child of about eight years of age.

A Powder for the Worms.

TAKE ſpecies of hiera picra, fifteen grains; rhubarb, worm-ſeed, of each ten grains: mix, and take them in a ſpoonful of treacle, with any liquor after it.

A Foment for the Worms.

TAKE round birthwort-roots, one ounce; common wormwood dry'd, lavender-cotton, tanſey, tops of ſavine, of each one ounce; bear's-foot, half an ounce; coloquintida, aloes, each one drachm: make a decoction in water three pints to one quart, and ſtrain.

It is not unuſual, ſays a learned friend, for worms to creep into the plicæ or folds of the inteſtines, and lie and lurk there ſo cloſely and ſecurely, as to elude the force, not only of altering, but purging medicines alſo, which ſlip by, and never touch them at all. In this caſe, externals (and this fomentation eſpecially) are exceeding uſeful to diſturb and drive them out of their dens into the open ways of the inteſtines,

teſtines, where purgers, finding them, may kill and expel them by ſtool.

Let it be uſed to the region of the abdomen, with flanel ſtupes hot, before purging.

To make an excellent Worm-water.

TAKE lavender-cotton, walnut-leaves, peach-leaves, rue, worm-wood, bear's-foot, ſavine, mint, balm, fenel, plantane-leaves, tanſy, gill, one handful of bear's-foot and ſavine to ſix handfuls of the other herbs; then chop them all together, and diſtil them. Take nine ſpoonfuls of worm-water; and to that quantity put in fifteen drops of ſpirit of ſalt, and as much red powder as will lie on a ſhilling; and give three ſpoonfuls three mornings following. This quantity a woman may take, or child of ten or twelve years old. To a child of half a year old, give a ſpoonful a day three days, and to the whole quantity four drops of ſpirit of ſalt, and a little red powder. Sweeten it with ſyrup of limons, or mallows, or gill, if they have a cold.

See *Childrens Diſtempers.*

WOUNDS.

ON this important ſubject, we ſhall give the preſcriptions only of ſuch learned and experienced gentlemen, as have written chiefly with a view to medicines and remedies eaſily to be come at in exigencies, where skilful help was not always at hand, and who had alſo a view to direct young practiſers, who might not always be improved by the knowlege of great caſes, which oftener occur in large towns, than in villages, and little country places.

Wounds are got three different ways, namely, by *cuts*, by *puncture* or *pricking*, or by *gun-ſhot*, all which are cur'd in the ſame manner, tho' the accidents attending them are different.

A common wound is to be cur'd by the following preſcription, and to be kept cloſe cover'd from the air:

'Take Lucatellus's balſam, one 'ounce; baſilicon, an ounce and an 'half; balſam of Peru, one drachm: 'mix, and make a balſam, of which 'ſpread a little upon cotton or tow, 'and lay it next the wound; over 'this, and over the dreſſings, apply 'a diachylon-plaiſter; then lay on 'a linen bolſter folded four double, 'and tie all on with a bandage. If 'the wound run much, do this 'twice a day.'

When the lips of the wound begin to fall, and there is no ſwelling round it, to this balſam may be added, a little powder of burnt hartſhorn, two drachms, and dreſt with it, till the wound begins to heal up.

This is the general method, proper to be obſerved in common wounds that are attended with no difficult appearances: but it will be proper to obviate ſome of the uſual accidents that attend upon them.

And, firſt, in caſe of an *Inflammation*,] 'Take marſh-mallow-'leaves, one ounce; centaury-'tops, line-ſeeds, and fenugreek-'ſeeds, of each half an ounce; two 'onions roaſted under embers: 'boil theſe in water, and make a 'fomentation; to which add recti-'fy'd ſpirit of wine, four ounces; 'bathe the inflammation of the 'wound, covering the lips of it all

'the while, with this, morning and 'evening, and dreſs the wound as 'above.'

In caſe of a Flux, or Bleeding of a ſtarchy Matter.] A compreſs muſt be laid upon the part, and it muſt be tied up; or, if the veſſel can be come at, it muſt be ſew'd up, or a little round ball of cotton or lint dipt in aqua fortis, may be apply'd; or a mixture of whites of eggs, dragon's-blood, bole armoniack, and hare's hair cut ſmall, may be fixed over all. But if a great veſſel be cut quite thro', a napkin muſt be ty'd round the part above the wound, twiſted hard with a ſtick to hinder the flowing of the blood, till a ſurgeon can be had to cut off the limb; dreſſing all the while the wound as above.

For a Pain in the Wound,] 'Take 'red poppy-heads and flowers, an 'ounce; leaves of pellitory of the 'wall, half an ounce; ſeeds of fe-'nugreek, an ounce: boil theſe in 'milk, and make a fomentation, 'wherewith bathe for half an hour, 'morning and evening, dreſſing the 'wound as above.'

For proud or fungous Fleſh,] 'Take powder of blue vitriol, one 'grain; and the above balſam, as 'much as will ſerve for a dreſſing: 'mix, and eat the proud fleſh quite 'away with it; or rub the blue 'vitriol-ſtone over it, and dreſs as 'above.'

The accidents that attend *punctur'd wounds* are many and dangerous, and to be cur'd as follows:

If any extraneous body be left in the wounds, it muſt be drawn out, if it can poſſibly be done without tearing the nerves or tendons, or occaſioning hæmorrhages: and when this is done, let the wound be dreſſed as above. In caſe of a flux which waſtes the patient, give a doſe or two of *rhubarb*; alſo ſhell-powders, white decoction, and aſtringents; all the while dreſſing the wound as above: purgings hinder digeſting, and do great hurt in wounds, making them look pale, and even liable to mortify.

Contuſions attending Wounds] Are generally breaches of the veſſels, and are to be treated as directed under the head of *Bruiſes*, and the wound to be dreſs'd as uſual. If the contuſion be ſo great, that the blood is effus'd or ſpilt into any cavity, inciſion muſt be made, and the blood taken out, and the wound dreſs'd with the balſam above-mentioned.

Wounds on Tendons and Nerves,] Are very dangerous, and become more grievous under an unskilful hand; and ſo many ſymptoms are to be obviated, that the patient ſinks before they can be anſwer'd. The pain being very acute in this caſe, and an inflammation preſſing, theſe two ſymptoms muſt be alleviated; which is principally done by bleeding plentifully, which cools the blood, leſſens its motion, and prevents further miſchief. As for the applications, they muſt be of a warm and ſoft nature, and ſuch as are called nervous remedies. For the wounded tendon, rub the part over with the following liniment:

'Take oil of worms, fox and 'human fat, of each an ounce; 'juice of worms, half an ounce: 'mix.'

The following is a choice ſecret in wounds of this kind, which, our author obſerves, is not known to many.

'Take the ſcoriæ of antimony, 'prepar'd with fix'd ſalt; water, 'as much as is ſufficient: infuſe 'them together; filtre and evapo-'rate the water; then take of this

'ſalt

'ſalt of antimony, one ounce; oils 'of juniper, aniſeeds, and mint, of 'each two ounces; ſpirit of wine, 'one ounce: mix all together, and 'digeſt in a ſand-furnace for twelve 'hours, in a retort of glaſs; per-'haps one ounce will evaporate in-'to the receiver; the remainder is 'a thick red balſam, of an agree-'able taſte, which being anointed 'on green wounds, heals them pre-'ſently.'

If a tendon be punctur'd, it muſt be conſider'd, whether it be a blind or an open puncture; if the former, to make way for the medicines, and to make a paſſage for the collected matter, the skin muſt be cut to the tendon, taking care it be not touch'd with the knife; and then the above topicks are to be apply'd. An open puncture, if need be, muſt be dilated enough, and the wound kept wide open, and drying remedies apply'd; as turpentine, gum elemi, opobalſam, balſam of Peru, balſam capivi; oils of lavender, of turpentine, ſpirit of wine, and ſuch-like; for in wounds of the nerves and tendons, ointments raiſe obſtructions, and an inflammation follows their uſe. Turpentine, or its oil, apply'd warm, are excellent in this caſe, which may be thus prepared:

'Take oil of turpentine, one 'ounce; ſpirit of wine, one drachm; 'camphire, half a drachm; digeſt 'theſe together, and drop this mix-'ture warm upon the place.' This oil is ſo eſteem'd by all ſurgeons, that it has been us'd alone in this caſe. The way of applying theſe remedies, is by dipping a cotton pledgit into the oil made hot, and apply'd to the bare place, and the following is a very good topick for the ſame purpoſes.

'Take oil of turpentine, and St. 'John's-wort, of each ſix drachms; 'ſpirit of wine, an ounce and an 'half; euphorbium, one drachm; 'digeſt.' Or,

'Take turpentine, one ounce; 'oil of wax, two drachms; one 'yolk of an egg; honey skimm'd, 'half an ounce; mix, and make an 'ointment.' Or,

'Take green tops of St. John's-'wort, two ounces; common oil, 'ſix pints: mix theſe together, and 'digeſt them; then add turpentine, 'one pound; earth-worms pow-'der'd, three ounces; ſaffron, one 'drachm: mix, and make a lini-'ment to be apply'd warm.' Or,

'Take elder-flowers, one ounce; 'oil of turpentine, one pound: in-'fuſe them, digeſt, and ſtrain out 'the oil for uſe.'

By ſuch remedies as theſe is the wound to be healed, till the pain ceaſes, and the other ſymptoms abate. The pain and inflammation are in the mean while to be greatly regarded. In the pain the following preſcription is beneficial:

'Take of crums of wheaten 'bread, half a pound; flour of 'marſhmallow-roots, one ounce 'and an half; flowers of chamo-'mile and dill, of each one ounce 'and half; one yolk of an egg: 'boil all in a ſufficient quantity of 'milk to the conſiſtence of an 'haſty-pudden, and apply it.'

The tendon being cur'd, the wound muſt be clos'd up. The following is a good ſarcotick for this purpoſe:

'Take oil of roſes, two ounces; 'oil of turpentine, three drachms; 'juice of plantane, half an ounce; 'ſeeds of St. John's-wort bruiſed, 'half an ounce; tutty prepar'd, 'three drachms; lime ten times 'waſh'd with plantane-water, two 'drachms; antimony in powder, 'one drachm; fat of goats, five 'drachms;

'drachms; fat of veal, four drachms; 'earth-worms waſh'd with wine, 'one ounce and an half: boil all to-'gether (except the tutty) in bar-'ley-water and wine, till both be 'conſum'd; ſtrain them, and put 'them on the fire again: add the 'tutty, and with wax and ſaffron, 'of each a drachm: mix, and make 'a liniment, which is commended 'by *Vigo*, as excellent in the 'caſe.'

But if ſo happy a concluſion cannot be obtained, and the patient ſhould grow worſe, partly from the violence of the ſymptoms, partly from a gangrene, and partly from a waſting of the fleſh, it becomes then neceſſary to preſerve life, at the expence of the motion of a part, and to cut the tendon quite aſunder; tho' if the patient be ſolicitous to preſerve motion, the tendon may be ſew'd together, by paſſing a needle thro' it on each ſide with a wax'd thread, and the ligature muſt have a ſmall bolſter under it dreſs'd with oil of turpentine, ſpirit of wine, and oil of St. John's-wort.

If the tendon ſhould putrefy, it is to be cut, and the corrupted part taken out; mean while cataplaſms are to be apply'd to appeaſe the pain, and promote ſuppuration; and as ſoon as the corrupted tendon offers, it is to be cut away; which will prevent all opportunities for the creeping on of an ulcer.

The union of tendons is greatly promoted by the following powder:

'Take ſerpents skins caſt off, 'and crabs-eyes powder'd, of each 'one drachm: mix, and ſprinkle 'this powder upon the wounded 'nerves or tendons.'

The next thing to be regarded is the *ſymptoms*, the chief of which is the *ſinovia*, or flux of a ſtarchy matter from the wound, mention'd p. 296, which is dangerous, and muſt be ſtopp'd; but yet with caution; for if this matter be curb'd too much, putrefaction will begin, and even the bones themſelves will be corrupted. Both internals and externals are therefore convenient to be try'd to free the body of deprav'd humours, and conſume their quantity; that is to ſay, ſweating medicines and purges are to be taken inwardly; and bleeding by leeches, the cupping-glaſſes, *&c.* is to be outwardly uſed, to abate the inflammation, and prevent the flux of lymph proceeding from theſe cauſes.

As ſoon as the wound flows ſparingly, ſprinkle upon it this powder, which will dry up the ſtarchy juice.

'Take powder of oyſter-ſhells, 'one ounce; skink bones; jaw of 'a pike calcin'd, of each two 'drachms; burnt ivory, ſeal'd earth, 'of each a drachm and an half; 'alum, one ſcruple: mix.'

Proud Fleſh] Is another very common ſymptom in curing theſe wounds; and moſt ſurgeons now confine themſelves to the powder of red precipitate only, which, ſprinkled upon it, eats it away, dreſſing up with proper unguents above it.

A Gangrene] Alſo comes ſometimes upon theſe wounds, and is an exceeding bad ſign. The following internal medicines are recommended in this caſe; *viz.* Venice treacle, diaſcordium, ſpirit of ſalt armoniack, bezoardick tincture, tinctures of myrrh, ſaffron, and ſpirit of wine camphorated: outwardly, tinctures of aloes, myrrh, and camphire, apply'd upon double cloths; and if theſe things fail of their deſir'd effects, a ſphacelation

or

or mortification happens. One excellent remedy is the following:

'Take quick-lime, half an ounce; 'mercurius dulcis, two drachms; 'ſpirit of wine, four or ſix ounces: 'mix, and apply it on the part, renewing it often in a day; firſt 'ſcarifying the part, that the medicine may penetrate.'

Scarification muſt be very deep till the blood comes, if the parts be dead, and the patient feel pain. Some praiſe wormwood boiled in well-water, and the following poulteſs is much extolled:

'Take rue, ſcordium, ſage, of 'each one ounce and half; worm-'wood-tops, centaury the leſſer, 'melilot-flowers, lavender-flowers, 'of each half an ounce; gently boil 'theſe in ſmall ſpirits, to which 'add bean-flour, as much as will 'make a poulteſs; a little campho-'rated ſpirit of wine; and a little 'Venice-treacle; mix, and apply it 'warm.'

As often as the ſurgeon dreſſes, he ought to take a little of the dead part away with a lancet, or with baſilicon, and to the ſound part apply the following defenſation; *viz.*

'Take ſealed earth, bole armo-'niack, of each half an ounce; 'hartſhorn prepared, one drachm; 'camphire, one ſcruple; vinegar 'of roſes, one ounce; oil of roſes, 'three ounces; one white of an 'egg; mix, and make a poulteſs, 'and apply it.'

You may anoint round the mortify'd part, butter of antimony, which will hinder the gangrene from creeping any farther: but if the gangrene be ſmall, the beſt of all is an actual cautery, becauſe that will take it away preſently.

Sometimes where the gangrene proceeds from too great a tenſion or ſtretching by an inflammation that has preceded, it is neceſſary to have recourſe to cupping or leeches, which will take off the immediate cauſe of this tenſion; and if this be done in convenient time, 'tis odds but an impending gangrene may be prevented.

For this reaſon, as well as from the nature of the caſe, a skilful perſon ought to be applied to in a beginning gangrene. The patient ought to be comforted with cordials now-and-then in this heavy circumſtance; and the following, called the *Julep of Life*, is very proper.

'Take ſherry, or any comfortable 'wine, a pint; milk-water, half a 'pint; one yolk of an egg; twenty 'drops of chymical oil of nutmegs 'diſſolved in ſugar; mix, and give 'a glaſs often in a day, as the ſpirits 'require.'

The bark has of late been given internally with great ſucceſs in a mortification or gangrene; for which ſee *Mortifications*.

In Wounds of the Veins and Arteries,] The patient may be treated in the beginning with a cooling regimen, in order to ſtop the hæmorrhage; as a glaſs of ſpring-water with a little ſal prunellæ, now-and-then; as alſo cooling emulſions, opiates, *&c.* if there ſhould be occaſion. Proper externals muſt likewiſe be applied to the part, in order to ſtop the bleeding, which proceeding only from the capillaries, or ſmaller branches of the veins and arteries, the common aſtringents need only be added to the dreſſings generally applied for the cure of the wound. If the larger veſſels are cut, pellets of lint moiſtened with oxycrate, and rolled either in white or Roman vitriol, may be applied to the mouths of the wounds, and over them the common ſtyptick, cover-

ing all with a plaiſter of deminium, or the like. But when theſe gentler means will not take effect, an actual cautery may be uſed.

Gun-ſhot Wounds of the Joints.] The tents made uſe of ſhould not be long: warm embrocations are ſerviceable, and anodyne or emollient mixtures of oil of turpentine, caſtor, ſcorpion, liniment. Arcæi, balſam of Peru, and the like, may be dropt into the place; or in general theſe wounds may be treated as thoſe of the tendons and nerves above-mentioned. 'Tis commonly remarked of wounds, but eſpecially thoſe of gun-ſhot, that the dreſſing them with ſpirituous tinctures, and cramming them full of large tents, is of bad conſequence, and often induces a hardneſs or inflammation, prevents digeſtion, and cauſes a gangrene; and therefore tho' the wound ſhould ſometimes appear black, as is not uncommon in gun-ſhot wounds, inſtead of ſuch ſpirituous detergents, mild digeſtives, or anodyne liniments, may be more advantageouſly uſed, omitting all kinds of irritating ingredients. The adjacent parts may alſo be embrocated with oil of roſes mixed up with the white of an egg and vinegar; a defenſative plaiſter being applied all over the part to prevent a flux of humours. This kind of wound generally affords an eſchar, which may be ſeparated with a warm dreſſing of liniment. Arcæi, ointment of baſilicon, oil of white lilies, *&c.*

Wounds in the Head.] If theſe are attended with contuſion, it may be proper to ſhave the adjoining parts. Some make uſe only of warm wine, oil, vinegar, or oxycrate, to embrocate them, or rub in. If the wound be recent, ſimple, and made by a ſharp inſtrument, it may be immediately ſtitched up, and covered with emplaſtr. de minio; and this method is ſometimes ſucceſsful, even tho' the skull itſelf be cut; provided no ill ſymptoms indicate a contrary method.

Wounds in the Face] Are generally cured with the aſſiſtance of a ſuture of the dry kind, that is made with ſmall pieces of linen cloth ſpread with a ſticking ſalve indented like a ſaw, ſo that the teeth may fall between each other, and the whole row be cloſed; but when they are attended with bad ſymptoms, the common method is to be choſen.

Wounds of the Eyes] Muſt not be treated with oily medicines, except to the external parts. If a bandage be required, it ſhould be extended to both eyes, by reaſon of the common motion thereof. In caſe of a tumefaction or contuſion, cataplaſms, mucilages, and collyriums, are to be uſed as the caſe demands.

The nature of this work does not require, that we ſhould more particularly treat of the ſeveral accidents and misfortunes that fall under this head of *Wounds*; ſince thoſe of a more internal nature, as the brain, the ſtomach, inteſtines, *&c.* as alſo moſt fractures, amputations, *&c.* call for the aſſiſtance of the skilful practitioner, who being maſter in the art of ſurgery, wants not any other preſcriptions, than thoſe which his practice, experience, and the known rules of his art, adminiſter: but thus much we have thought neceſſary to ſay with regard to the moſt general and uſual caſes, tho' ſome of them are above the common management, to give an idea of the method of cure which ought to be obſerved, and which will direct the benevolent and charitable in the ſuitable methods of proceeding, in particular exigencies, and on ſudden occaſions, till proper help

help can be got. And ſtill farther to anſwer this good intention, it may not be amiſs to add the following recipes in general caſes, which are recommended by good authority, and have been often try'd with ſucceſs.

To make a ſimple, but excellent Balſam to ſtanch the Blood of freſh Wounds newly made, and to heal them ſpeedily.

TAKE good Venice turpentine; and in a limbeck, or ſome other convenient veſſel, diſtil off a good part of it with a very moderate fire, till there remains a thick ſubſtance, yet not like colophony, but of a liquid and balſamick conſiſtence. What you have diſtill'd off, ſet aſide for other uſes; for the remaining ſubſtance is what we now ſeek for, and is to be apply'd as a balſam both by itſelf, and with pledgets and other helps.

A moſt excellent Balſam for any green Wound.

TAKE oil of St. John's-wort, and Venice turpentine, of each a like quantity; ſet them over the fire in a gentle heat, half an hour, or leſs, that they may incorporate: then put them up, and keep it for uſe, as one of the beſt of balſams.

A quick Remedy for a freſh Wound.

LET the patient ſpeedily plunge the hurt part into brandy, and keep it there for a while, till the pain, which will be excited, be extinguiſhed, or much abated: or if the part be unfit for this operation, the liquor may be apply'd to it immediately with a ſoft ſponge.

Sennertus's *Advice in Wounds of the Thorax or Breaſt.*

THIS author tells us, that if, upon a wound received into the cavity of the thorax, the blood flows not out, but reans main the breaſt, the patient ſhould hold a grain or two of musk in his mouth, and that, ſaith he, will cauſe the blood to run out; and this ſome keep as a ſecret.

Dr. *Fuller* ſays, he has obſerved ſometimes, that where fetids have been very diſagreeable, there perfumes were grateful and beneficial, and have brought ſtrength, vigour, and compoſedneſs.

A Wound Drink, which will cure old or new Sores, ſore Breaſts, putrefied Bones, Aches in the Stomach, Fiſtula's, and will ſtop Bleeding.

TAKE oak-buds, hawthorn-buds, and bramble-buds; the herbs ſouthernwood, wormwood, mugwort, bugle, wood-betony, plantane, ſanicle, dandelion, cinquefoil, daiſy-roots and leaves, ragwort, white-bottle, (which grows in cornfields, white and hollow, and many upon a ſtalk) woodbind-flowers, avens, wild-angelica, mint, ſcabious, ſweet-briar-leaves, violet-leaves, comfrey, agrimony: gather the buds in May, or ſooner, and the herbs as they are to be had; lay them to dry in a cloſe room, and turn them once a day; then put them up in bags to keep all the year; when you uſe them, take of all the ſorts together, the quantity of three ounces, and put them into a quart of white-wine, and a pottle of clear ſpring-water; boil them together till half be conſumed; ſtrain the liquor from the herbs; put to it one pint of the beſt honey, and ſet it on again till the ſcum riſe and be thick, but let it not boil; then ſcum it very clean, and take it off the fire; and being cold, put it into a glaſs. Let the perſon take ſix ſpoonfuls in a morning faſting, and faſt two hours after it; if the

ſore

ſore be large, let him drink ſo much again in the afternoon at four o' clock. If there be any proud fleſh, ſearch it with a tent; for this drink will drive it out. A cerecloth of yellow wax, ſallad-oil, and red lead, muſt be laid over the orifice of the wound. This drink muſt not be given to a woman with child; for it may cauſe her to miſcarry.

To take out the Marks of Gun-powder, ſhot into the Skin or Face.

TAKE freſh cow-dung; and having warm'd it a little, apply it as a thin poulteſs to the part affected, renewing it from time to time, as occaſion ſhall require.

We ſhall only add to this article the following directions as to the regimen to be preſcribed to wounded perſons:

If the patient be plethorick or full of blood, or if the ſymptoms induce an inflammation, a ſlender regimen is to be obſerved. But if the cure has been long protracted, and the patient brought low, or if he had been accuſtom'd to live freely, the moderate uſe of fleſh and wine muſt be indulged him. If, upon the cure of any large wound, the patient ſhould be left phthiſical, or if the cure ſhould be attended with great difficulty, a milk-diet, with a courſe of the teſtaceous powders, may be of conſiderable ſervice. In wounds of the jugulars, a ſlender diet ſhould be ordered, and a regular obſervance of the non-naturals. The regimen, in other caſes, not mention'd here, will be beſt preſcribed by the skilful practitioner, according to the nature of the caſe; but we ſhall however add what an excellent phyſician has adviſed on this occaſion.

The aliment, ſays he, of ſuch as have freſh wounds, ought to be mild, that is, without ſtimulating or ſaline ſubſtances, of eaſy digeſtion, of ſuch ſort as keeps the humours from putrefaction, and renders them oily and balſamick.

When a ſuppuration is to be promoted, the aliment ought to be more copious and warm, becauſe ſuch induces a putrefaction.

When a ſore is healing, the patient is in ſome meaſure in the caſe of an infant that is growing, whoſe aliment ought to be ſuch as lengthens the fibres without rupture; for it is by ſuch an elongation of the fibres that ſores heal; and indeed the ſurgeon ought to vary the diet of his patient as he finds the fibres lengthen too much, are too flaccid, and produce fungus's, or as they harden, and cauſe calloſities; in the firſt caſe wine and ſpirituous liquors are uſeful, in the laſt hurtful.

Women in child-bed are in the caſe of perſons wounded.

See more concerning *Wounds*, in *Balſams*.

For poiſon'd wounds, or ſuch as proceed from the bites of venomous creatures, ſee *Venomous Bites*.

See alſo *Bruiſes*, *Hæmorrhages*, *Ulcers*, &c.

A brief EXPLANATION *of difficult Words made uſe of in the foregoing Work.*

A.

Abdomen, the lower belly.
Abſceſs, an impoſthume, or gathering of ill humours.
Abſorb'd, ſuck'd up.
Abſterſion, cleanſing.
Acid, ſour.
Acidulated, rendered ſour.
Acrimonious, ſubject to
Acrimony, ſharpneſs of the juices.
Aduſt, parch'd with heat.
Alkali, any earthy matter that ferments with acids.
Amputation, cutting off a limb.
Anodyne, a medicine to eaſe pain.
Anthelminthick, good againſt worms.
Antiacid, good againſt ſourneſs.
Antihyſterick, good againſt female diſorders.
Anus, the fundament.
Aromaticks, ſpices.
Aſcites, a collection of water in the lower belly.
Aſſimilated, chang'd into another ſubſtance.
Aſtringent, ſubject to bind.
Atrabilarian, or *Atrabilarious*, abounding with black bile.

B.

Bronchocele, a bunch or ſwelling in the throat like a rupture.

C.

Cadaverous, ſmelling like a carcaſe.
Calloſity, a being
Callous, or of a hard ſubſtance.
Canine teeth, thoſe which are otherwiſe term'd dogs-teeth.
Capillaries, the ſmall or hair-veſſels of the body.
Cardiack, a medicine comforting the heart.
Carminatives, medicines good for diſpelling wind.
Cauſtick, a medicine which cures by burning or ſcaring the part affected.
Cephalick, a medicine for the head.
Chalybeats, medicines made of ſteel.
Colliquative, waſting.
Coma, deadly ſleepineſs, a diſeaſe.
Concuſſion, ſhaking.
Contuſed, bruiſed.
To *Corrode*, to gnaw or fret.
Coſmetick, belonging to waſhes.
Craſis, conſtitution?
Cyſtis, the bag in which worms, &c. breeding in the body, are contained.

D.

Deleterious, deſtructive.
Delirium, light-headedneſs.
Denſe, thick.
Denſity, thickneſs.
Dephlegm'd, purg'd of thickneſs, in liquors.
Depurate, to become clear by ſettling.
Deterge, to cleanſe.
Digeſtion, the bringing a wound to a ſtate of regular treatment.
Diuretick, provoking urine.
Dulco-acid, a mixture of ſour and ſweet.

E.

Effervеſcence, working or fretting, as liquors, or as the humours of the body, do.
Efflореſcence, the breaking out of ſpots, &c. in a diſeaſe.

Emetick,

Emetick, a vomiting medicine.
Emollient, ſoftening.
Emulſion, a milky medicine.
Epiſpaſticks, bliſtering medicines.
Eroded gnawed or worn away.
Eſtuating, boiling or ſteaming.
To *Evaporate*, to ſweat out at the pores; to diſſolve in vapours.
Exacerbation, a paroxyſm or ſharp fit.
Excandeſcence, violent heat.
Excoriation, a laying bare or flaying.
Exfoliation, the ſtripping of fleſh from the bone.
Expectoration, diſcharging phlegmatick matter.
Extract, a medicine drawn from ſome juice.
Extravaſated, forced from the proper chanels of the body, as blood in bruiſes, &c.

F.

To *Ferment*, to leaven, to make light or puffy.
Flaccid, ſlack or wither'd.
Flatus, a windy humour.
Frication, } rubbing.
Friction, }
Fuliginous, dusky.
Fungous, ſpongy.
Fungous fleſh, that which is commonly called proud-fleſh.

G.

Gad of ſteel, a hot plate of that metal.
Ganglia, tumours in the head.
Glutinous, glewy.
Gravidity, the ſtate of being with child.

H.

An *Hæmorrhage*, an inward bleeding.
Humidity, moiſture.
Hydatides, bags of a watery matter.
Hydrocephalus, a dropſy of the head.
Hydromel, honey and water.
Hypochondriack, producing, or ſubject to, melancholy.
Hyſterical, ſubject to fits of the mother, vapouriſh.

I.

Ichor, the thin gleet of a running ſore; from whence
Ichoroſe, ſubject to gleet.
Inſpiſſation, a thickening.
Integument, a membranaceous ſheath.
Inteſtinum rectum, the ſtrait gut.
Irritation, a pricking pain.

L.

Lambative, a medicine to be licked.
Lax, looſe or feeble.
Laxative, ſubject to a looſeneſs.
Lenify, to render mild.
Lentor, the ſizy part of the blood in malignant fevers.
Leucophlegmatick, ſubject to white phlegm.
Levigated, hard matter ground fine.
Lientery, a kind of flux, when the meat comes from a man without any concoction or digeſtion, as he took it in.
Ligature, a binding.
Linctus, a medicine to be lick'd; ſometimes call'd a lohock, or electuary.
Lochia, the menſes.
To *Lubricate*, to render ſlippery.
Lympha, water, or watery matter.

M.

Macerate, to make lean, or ſoak.
Meconium, excrements which adhere to the inteſtines of new-born children. Alſo ſyrup of white poppies.
Morbifick, apt to produce a diſeaſe.
Mucilage, ſlime: hence
Mucilaginous medicines, ſuch as are of a thick, ſlimy compoſition.
Mucus, ſlimy matter.

N.

Narcoticks, ſleepy medicines.
Nephriticks, medicines proper for the ſtone, or a pain in the kidneys.
Neurotick, a medicine proper to ſtrengthen the nerves.
Nidoroſe, ſtinking.

O.

O.

To *Obtund*, to blunt, or break the force of any noxious quality in medicines.

Odoriferous, ſweet-ſcented.

Oedematous tumour, a ſwelling without pain.

Ophthalmicks, medicines for the eyes.

Ovarium, that which contains the egg.

Oxymel, vinegar and honey.

P.

Paregoricks, lenitives.

Paroxyſm, a fit.

A *Pectoral*, a medicine cheriſhing to the breaſt.

Peripneumonicks, of the lungs.

Peritonæum, the inner rim of the belly, covering all the entrails.

Phlegmon, an inflammation of any part.

Pituitous, phlegmatick.

Pomiferous plants, ſuch as bear apple-like fruit.

Ptiſan, barley unhusked, and ſodden in water; barley-broth.

Puerpera, a child-bed woman.

A *Pugil*, as much as may be held between the two fore-fingers and the thumb.

Pulmonary, of the lungs.

Purulent, full of

Pus, or matter cauſed by a wound, &c.

Q.

Quartan fever, one which returns every fourth day.

Quotidian fever, one which returns every day.

R.

Refrigeration, cooling.

Relaxing, looſening.

To *Reſolve*, to looſen: from whence,

Reſolving, or *Reſolution*, a looſening,

Rorid, *Roſcid*, dewy, or balmy.

S.

Saliva, ſpittle.

Salival ducts, veſſels for conveying the ſpittle.

Sanguineous, abounding with blood.

Saponaceous, ſoapy, conſiſting of oils and ſalts.

Sarcoticks, medicines to heal the fleſh.

Scirrhous, ſubject to

Scirrhus, an hard ſwelling in the skin.

Scrophulous, ſubject to ſcurf.

To *Secern*, to ſeparate.

Serum, the thick part of the chyle.

Sparradrap, a cerecloth ſpread on both ſides alike.

Sphincter ani, the round encompaſſing muſcle of the ſtrait gut, ſerving to keep in the excrement.

Stimulating, provocative.

Styptick, proper to ſtop bleeding.

Subacid, ſomewhat ſour.

Sudoriſick, cauſing ſweat.

Suppoſitory, a medicine given by the fundament to looſen the belly.

Suppuration, gathering of matter.

Sutures, the knittings of the skull.

T.

Tenacity, glewineſs.

Tepid, lukewarm.

Tertian, a fever which returns every third day.

Torrified, parched.

Tortor, a twiſting.

Turgidneſs, aptneſs to ſwell.

V.

Vehicle, a liquid ſerving to forward the force of a medicine, or that in which a medicine is given.

Vellicating, pulling ſoftly, twitching.

Viſcera, the bowels.

Viſcid, *Viſcous*, glewy.

Volatile medicines, ſuch as eaſily fly off, or evaporate.

Vulnerary, proper to cure wounds.

Uterus, the womb.

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