

The physical use of common water, recommended from France: or, an account of three treatises of water, printed at Paris, with Mr. Smith's and Dr. Hancock's books of water, translated into French by Monsieur Noguez. A physician of Paris.

Contributors

Smith, John, 1647 or 1648-1727? Curiosities of common water.
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Noguez, Pierre, approximately 1685-
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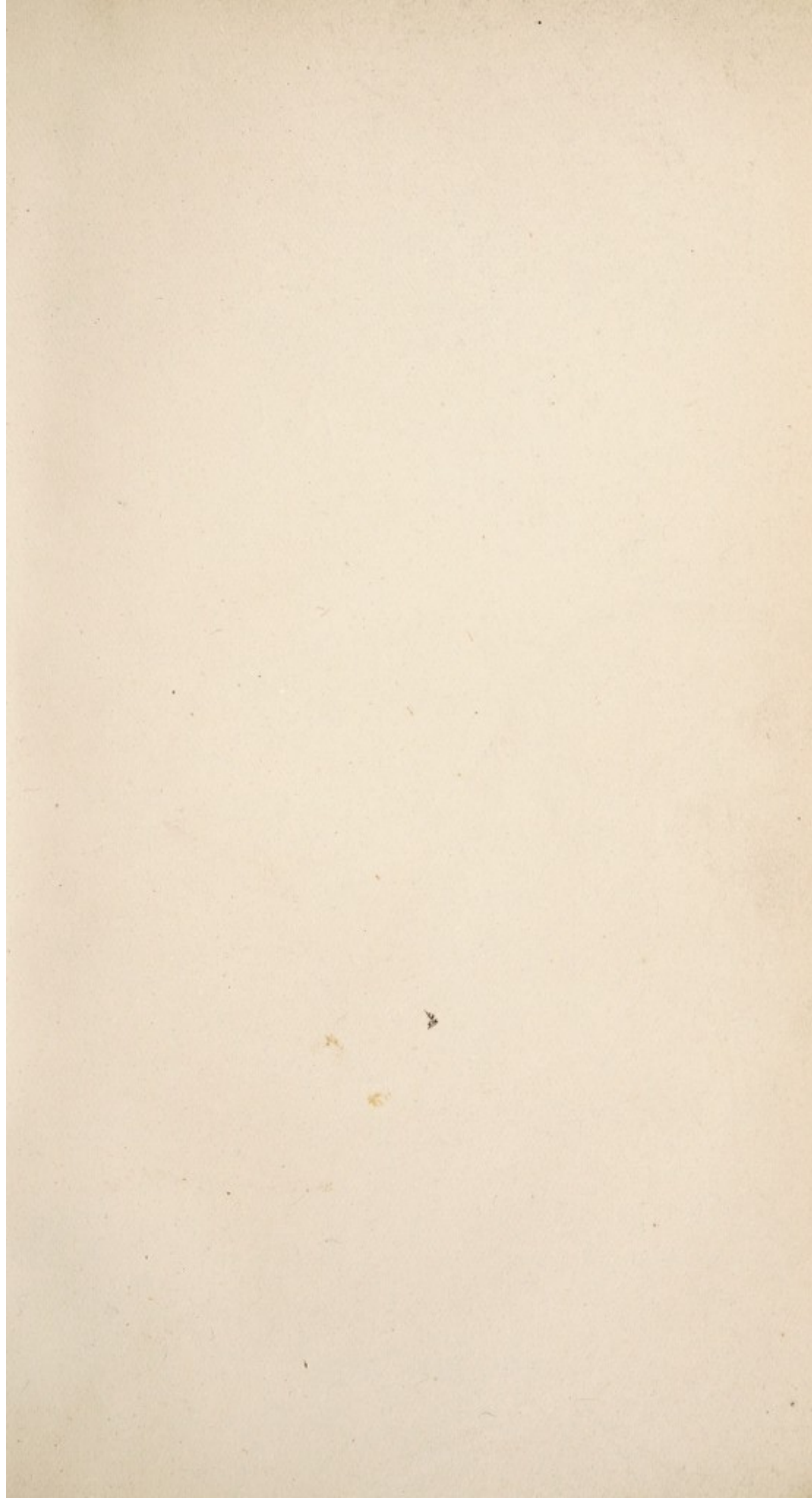
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PHYSICAL

THE
PHYSICAL USE
OF
Common WATER,

RECOMMENDED FROM

FRANCE:

OR,

An Account of three Treatises of Water, printed at *Paris*, with Mr. *Smith's* and Dr. *Hancock's* Books of Water, translated into *French* by Monsieur *Noguez*, a Physician of *Paris*.

WHEREBY

It appears, that some regular Physicians in *France* have gone farther than the late Writers in *England*, in extolling the Medicinal Virtues of *Common Water*.

L O N D O N:

Printed for the Author: And Sold by J. ROBERTS, near the *Oxford-Arms* in *Warwick-Lane*. MDCCXXVI.

(Price Six-Pence.)

PHYSICAL USE

OF

Common WATER

Recommended from

F. R. W. C. E.

OR

An Account of three Treatises of Water, printed at Paris, with Mr. Swann's and Dr. Hawcock's Books of Water, translated into French by Monsieur Nogues, a Physician of Paris.

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An Account of the Preface of Monsieur Noguez, a Physician of Paris, prefix'd to his French Translation of Mr. Smith's Curiosities of Common Water, and Dr. Hancock's Febri-fugum Magnum; or, Common Water the best Cure for Fevers, and probably for the Plague.



HAVING spoke of the Commonness of Water in all Places, that it is more or less in all Bodies, and may be fetch'd out of them by Fire, that its Parts are infinitely small, and therefore is more fit to insinuate itself into all Bodies, that they are easily separated from one another, and therefore the finest Fluid. And having given some Philosophical Account of Water, tho' a heavy Body; and much heavier than Air, rising in Vapours, &c. he comes *Page 16.* to speak of the medicinal Properties of Water. He says, few (not to say none) have treated

of it as Physicians, and reasoned of the medicinal Virtues of this Liquid; they have contented themselves to report Facts without any Explication. Most Men, and even a good many of the Physicians, look upon Water as incapable of working any Cure, or preventing any Disease; nay, there are some that believe it unhealthful, and the Reason of this is, because Water is so simple and common. Men are greedy of something rare, and hard to be had, especially in Physick. We often see, that Medicines carefully kept as Secrets, make a Fortune, and cure all Sorts of Diseases, yet fall at once, when the Mystery is made publick. If I had a Mind to report only Experiences, without reasoning in Favour of Water, I'd say, that of ten Parts of the World at least six drink nothing but Water for their ordinary Drink. The *Americans* knew nothing of the Use of Wine, and other spirituous Liquors, till after they were invaded by the *Europeans*. Were they the worse for it? Were they less vigorous? Were they shorter liv'd than we? Nay, they enjoy'd a more perfect Health, they were much more strong and vigorous than they are now, and they liv'd longer than we. At this Day, those that drink Wine, or are born of Parents that drink it, are just as we are, subject to the same Infirmities. I would say, that Water often cures burning Fevers. *Galen*, in these
Sort

Sort of Fevers, after bleeding the Patient, prescribes nothing but a great Quantity of cold Water. The Heat of the Fever is abated, and the Patient sweats plentifully, and with Ease, and is thereby cured in a little Time. There is also nothing better than cold Water, taken in a good Quantity, to procure the Eruption of the Small-Pox; it carries off likewise all bilious Cholicks, it tempers the Heat of the Bowels, it carries Gravel from the Reins, and there is nothing better for a convulsive *Asthma*. In an hot and dry Temper, what Effects does it not produce? When apply'd externally, it prevents Madness, &c. In a Word, there is hardly any Disease that it has not cured.

Let us then begin first with simple Water, without any Regard to the several Substances that may be contain'd in it.

To speak properly, Water works chiefly in three different Places of our Bodies, in the *primæ Viæ*, i. e. the Stomach and Intestines, in the Blood, and on the Surface, or externally.

As Water is equally useful, and even necessary, whether we are in Health or Sickness, I will speak first of the Effects it produces in Persons that are well, and then of those it produces in them that lie under any Distemper. We ought to look upon

Water

Water as one of the principal Instruments of Digestion.

In the *primæ Viæ*, the Stomach and Intestines, it works by its Cold or Coolness, its Weight, and its Liquidity; as one of the principal Properties of Cold is to cause a great Tightness in all the Vessels, and strongly to contract the Fibres that compose them, 'tis evident that cold Water as it passes, will act upon all the Glands of the Mouth, the Gullet, the Stomach and Intestines, it must occasion strong Contractions in all the Vessels, and in all the Glands of those Places; whence it comes, that the *Saliva* or Spittle, the Juices of the Stomach, the Intestines, the *Pancreas* or Sweet-bread, and the Bile, will be secreted in good Quantities, and so the Digestion will be better perform'd.

Another admirable Property of the Cold of Water, is, that by contracting the Fibres it very much strengthens them, by bringing their Parts nearer together, and by squeezing out of the Pores of the Fibres those Particles that are useless, or rather serv'd to make them weaker; it makes them more elattick and flexible, and thereby their Contractions become more strong and frequent, and this will be a new Help to Digestion.

In Quality of a Liquid (especially when it is hot.) It is a Liquid composed of very heavy

heavy Particles, and (as I said before) very easy to separate, very small, and by Consequence very proper for Motion, and to insinuate themselves into the Pores of the solid Aliments, which we take in. Upon these Accounts it is the best Dissolvent, and at the same Time the most gentle that is in all Nature; it does not break or destroy the Bodies that it dissolves; it separates their Parts without Violence; it loosens their Parts from one another, and disunites them; it only alters their Combinations to form new ones.

But you will say, Water can never dissolve Bread, Meat, and other Aliments more solid than they.

The Contrary is easily prov'd.

Water, as a Fluid, hath a prodigious Force, and much superior to the Force that unites together the Particles of the solid Aliments. This we may prove from the following Experiments. All the World knows, that a dry Rope when it is moisten'd, lifts up any Weight whatever. The Experience is very common.

We know likewise, how they that get Mill-stones, separate them from the Rock. They make horizontal Holes between the Mill-stone and the Rock, drive in Pieces of very dry Wood, the Moisture penetrates the Wood, makes it swell, and the Mill-stone parts from the Rock in a little Time. On
such

such Occasions, we must agree, that Water surmounts the Resistance of Weight, immense, and much superior to those of our Aliments. There is no Particle of Bread or Meat that is united to any other Particle, with the same Force as the Mill-stone is to the Rock, and yet the Water separates them. We should consider the earthy, spongy, or porous Particles of Aliments, as little Wedges full of Pores, into which the Water penetrates, and those swell at the same Time, and break themselves, and the Substance of the Aliments.

Here this ingenuous Author gives a Philosophical Account of the Power of Water in the Experiments just now mention'd, which because it does not much concern the medicinal Qualities of Water, I will omit.

Page 28. he goes on, Water works not only as a Liquid, as plainly appears by the Analysis of the Salival Juice or Spittle, which is nothing but Water, with a good Quantity of Saline Particles, which we must consider as so many pointed Particles, or it may be little Wedges, which drawn into the Substance of the Aliments, divide every Thing they meet with.

We are now to speak of the Effects of Water in those Maladies that attack the *primæ Viæ*, the first Passages.

The principal Maladies that affect those Parts, are a bitter Taste in the Mouth,
Loathing

Loathing of Meat, Nausea's Vomiting, Sourness, burning Heat in the Stomach, Hiccup, Cholicks, Diarrheas or Loosenesses, Diseases that are for the most Part caused either by the Feebleness of those Organs, or by some Indisposition in the Liquors that serve for Digestion. I have said already, that there is nothing that fortifies more the Organs of Digestion than Water, especially if it be cold. The Liquors that serve for that, are wanting sometimes, especially in Summer, when Transpiration is very great, and the matter of the Salival Juice passes away by the Skin. It is easy to see that nothing can supply that Defect like Water. We find that in Summer we drink a great deal more than in Winter, and that commonly our Mouths are much more dry, and thence comes the Loathing of Meat that we have at that Season.

It happens often, especially during the great Heats, in the dry and bilious Tempers, that we find a great Bitterness in our Mouths; this comes from the *Saliva* or Spittle being mixed with acrid Particles, sulphurous, or bilious, which having lodg'd all Night in the Mouth and Stomach, excite disagreeable Sensations. The best Remedy on these Occasions is cold Water; it tempers the Heat, it dissolves and absorbs the Salts, involves and extinguishes (if we

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may

may say so) the bilious Parts too much exalted or rarified.

The *Nausea's* that are mostly caused either by a crude Matter which irritates and pricks the Stomach, or by convulsive Motions of the Nerves in that Part, or at least by a great Quantity of Matter, too thick to come up, and which at the same Time, by its Weight or otherwise, irritates the Stomach. I say, the *Nauseas* and Vomittings, as it were by a Miracle, yield to three or four Glasses of cold Water, which sweetens the acrid Matter, tempers and stops the irregular Motions of the Nerves, and facilitates the Removal of the Matter contain'd in the Stomach, by making it more fluid.

In the Indigestions that are caused by the Weakness or the too great Heat of the Stomach, or by the Thickness and bilious Sharpness of the Salival Juice, of the Liquors of the Stomach, of the *Pancreas*, of the Bowels, and of the Liver, the sovereign Remedy is that of cold Water.

Thence come the marvellous Effects that it so often produces in lean, dry, bilious, lively, and melancholy Tempers, irritating by its Coolness the Glands of the Mouth, the Gullet, and the Stomach, it squeezes out the thick and gross Juices which lodge there, and hinder the Secretion of the Salival and other Juices. The Glands and
their

their Passages being opened, the Salival and other Liquors which serve for Digestion run more freely, and becoming at the same Time more fluid, they penetrate more easily, and break or divide the Aliments.

In the bilious Cholick, I know by my own Experience, that there is nothing better than cold Water taken in a Quantity. The Cause of these Cholicks is nothing but the Bile very much exalted, rarified, and alcalized, which falls upon the Intestines, where it continues to be rarified, and to irritate and dilate the Air shut up in the Cavity of that Canal, whence come those sharp and violent Pains, which are felt sometimes. Now cold Water taken in a Quantity allays and moderates the Heat, and the Exaltation of the Bile, condenses the Air, and makes it take up less Space, dilutes the Salts, and the sulphurous and alkaline Parts of the Bile, which procures the speedy and entire Cure of the Cholick.

It is commonly believ'd there is nothing worse than cold Water in *Diarrheas* and Fluxes; but they that think so are mistaken; Experience hath many times convinc'd me, and that in desperate Cases, that cold Water in those Sorts of Distempers, if the Flux be bilious, and if the Sick be of a dry and melancholick Temper, can procure none but good Effects. To confirm this, I shall report an Instance very singular, A Lady

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of

of Quality that I knew, was sick of a Flux for a long Time, she had try'd all Sorts of Remedies without Effect; in the End, being discourag'd at the little Success of the Physicians, she made some Water be brought from the *Seine*, and drank a great deal of it; her Flux which had stubbornly continued so long Time, instead of going on stopp'd all at once, and she found herself perfectly cured.

N. B. *In Confirmation of what this learned Man says, I have known a Gentleman in a colliquative Fever, with a Looseness (which I believe all Physicians will allow, if the Looseness cannot be stopp'd, must be mortal) for seven Weeks together brought so low, that his Physicians gave him up; this Man was raised again by drinking now and then a small Glass of Water, which both stopp'd the Looseness, and took off the Fever.*

It is now a good while ago, as we have said before, since Madam — was sick; she had taken a great many heating Remedies, which commonly we call (tho' very improperly) by the Name of Stomackick Remedies, that serv'd for nothing but to carry off what was fluid in the Blood, and to dry up the Stomach, to make the Liquors
that

that serve for Digestion still more thick and viscid, to irritate the Glands of the Intestines and *Pancreas*, by their Lodging in the Intestines, where they stay a long Time, not being able to pass by the Lacteal Veins, or if they do pass, it must be a long Time after they are taken. We know, that whatsoever hinders Digestion, is very fit to continue the Looseness. Indigestions hinder the Aliments from passing through the Lacteal Veins, and irritating them, drive into the Intestines much more Matter than ordinary.

This supposed, it is easy to see, that Water by its Cold having excited great Contractions in the Stomach, the Intestines and the *Pancreas*, the Glands of the first Part will open themselves, and let out a Juice proper for Digestion, and those of the Intestines and *Pancreas* contracting themselves, will be freed from the Matter that irritates them, and the Lacteal Veins stuff'd with thick and glewy Juices, will clear themselves, and thereby, the excretory Ducts of the Intestines and *Pancreas*, be re-establish'd in their former Degree of Contraction. The Matter that us'd to be evacuated by the Intestines, will change its Course, and take that of the Skin and Kidneys. There is some Appearance too, that all the Vessels of the Body will likewise be contracted, because of the mutual Communication

nication settled by the Nerves between all the Parts of the Body. So the Quickness and Fluidity of the Liquors will be augmented, and the too thick Juices, which could no Way go off but by the Intestines, because of their Thickness, will be broken, and made fit to go off by Perspiration, and all the Vessels will be entirely set free.

These are the principal Effects that common Water must naturally produce in the *primæ Viæ*, or first Passages.

Indeed there are some Persons, in which often it has not all the Success we might expect. It causes likewise in some certain Cases, mischievous Inconveniencies; as in some Persons that are of a cold, phlegmatick, aqueous Constitution, but this is not always to be imputed to Water, it is the Person himself, or likely his Parents that are the Cause of it.

There are some that live in such a Way, that they cannot accustom themselves to Water, nor to leave off Wine. A sad Necessity! they are as we may say forced to hasten the End of their Days, and for the most part live a valetudinary Life. Some Men beget Children that cannot forbear Wine through their Fault; such an Influence has that Liquor upon the Temper and Disposition of the Body.

But some may say, many live to a great Age, tho' they drink nothing but Wine.

I answer,

I answer, they are indebted for this to the Strength of their Constitutions, and if they had drank nothing but Water, they might have liv'd longer still. The Example of other Animals should make us reflect upon our selves ; they have Bodies organized as ours are, there is little or no Difference, they drink nothing but Water, and generally are more healthy than we.

N. B. *In this Paragraph there are two Things in which I cannot agree with this learned Author.*

1. *In that he seems to think that Water is improper, or it may be dangerous for cold, phlegmatick, and aqueous Constitutions. For where Phlegm abounds, the finest and most watery Parts of it will naturally be evaporated by the Heat of the Parts, and what remains will be more glewy, tough, and viscid, and will stick faster and closer to the Sides of the Vessels (suppose the Stomach or Bowels) and be more unfit to be removed by Vomiting or Purging ; and if I were to take a Purge or Vomit (which I have not done to the best of my Remembrance this fifteen or near twenty Years, and yet have had tolerable Health) I should think it the best Way to drink a good deal of Water two or three Days before, to dilute and loosen the viscid Matter of the Stomach and Bowels. And I believe this would answer the Design of all*

all the old Galenical Preparantia, or physick Preparatory for the Use of more violent Remedies. Can any one think that two or three Grains of Elaterium, can, by mixing with the Humours, dissolve and carry off such a great Quantity of viscid Matter as is laid up in the Stomach and Bowels; no, it does it by Working upon the Solids, and forcing the Nerves of the Parts to such violent Motions and Contractions, as shakes the whole Frame. Now these Humours be of what Kind they will, are easier to be shaken off, or squeezed out, when they have been well dilated with such an innocent Cooler and Diluter as cold Water, than they would be in their viscid State. Besides, I think it a great Mistake to call these phlegmatick or serous Distempers, cold Distempers; Catarrhs, Cholicks, Dropsies, &c. for there are hardly any of them but what either proceed from, are joyned with, or end in a Fever; and they all proceed from a preternatural Heat in the Blood; and therefore, I cannot but think, that Diluting with Water is as proper and necessary (and no way improper or dangerous) in Phlegmatick as well as bilious Cholicks, and other serous Distempers.

2. This learned Gentleman seems here, and in other Places, to be for wholly leaving off Wine, and other Liquors, and drinking nothing but Water; and here I must confess, that there are many Instances of People among
our

our selves, that drink nothing but Water, that live in good Health, and it may be better generally than those do that drink other Liquors; and that those Nations that drink little or nothing but Water, have (generally speaking) as good or better Health than we.

But then their Case is different, they are used from their Childhood to drink nothing but Water; we, at least the better Sort of People, drink none at all. And tho' I think one that is not us'd to drink any Water, may by Degrees use himself safely to drink nothing else, yet there may be Danger in it if it be not done by slow Degrees, and with great Caution. This Author says, there may be Danger in wholly leaving off Wine; for those that have used themselves to drink nothing but Wine, (and so of other strong Liquors) or those that are born of Parents that have done so; and so there would be to those that have drank nothing but Water, if they should on a sudden take to drink nothing but strong Liquors.

Not one in a thousand will ever be persuaded (at least in England) to drink nothing but Water, and so the Writers for Water write wholly in vain. This is so certain, that those that are against Water being us'd for Physick from Interest, think, they cannot more effectually stop that Design, than by reporting, or they have actually done all over

the Kingdom, that the Author of Febrifugum Magnum drinks nothing but Water, whereas he drinks as little Water as any Man in the Kingdom, that constantly drinks any at all; so that I must think, this, and other learned Authors, that have lately writ in England or France, have carry'd this Point too far. And indeed, it serves to no good End to perswade People to drink nothing but Water, and intirely destroys the physical Use of it to drink nothing else; for whatever it is to others, it would not be Physick to them; as I am well inform'd, by several that have accustomed themselves to drink a deal of Water, that if they fall into a Fever it will not make them sweat, whereas it will seldom or never fail to make those sweat (and take off the Fever) that have not constantly used themselves to drink much Water.

And indeed, I cannot think it proper to drink nothing but Water, for such as do so, may be sick as well as others, as we find by those Nations that generally drink nothing but Water, and then it is not to be expected that Water should cure them. For all Physick must make some sudden Alteration in the Body, else it signifies nothing; and therefore I am not afraid to declare, I have no great Opinion of long Courses of Physick, especially Vomiting, Purging, Bleeding, &c. For all violent Medicines, either Nature must conquer

conquer them, or they will conquer Nature.

Neither can I think it proper to drink always one Sort of Liquor, be it never so innocent and healthful; for there is no Liquor but may sometimes have its Inconveniencies, at least to some Constitutions. And as to Febrifugum Magnum, as there is nothing in the whole Book that leads that Way, so I am well assur'd the Author never had it in his Thoughts to perswade People to drink nothing but Water.

But to return, *Page 38.* he goes on. I am now to speak of the Effects of common Water in the Blood.

I will first observe, that when we use Water only to correct some Indispositions in the Blood, it is of small Import whether it be cold or hot, for if it be cold, it has Time enough to heat itself before it can mix with the Blood; I here understand by Blood all the fluid Parts of our Bodies.

I observe that Water includes and contains all the good Qualities of all other Medicines, (*this is a bold Stroke*) and that without it, they are so far from producing the good Effects we expect, that they will be rather pernicious; that it gives Nourishment, and that it is likewise the best of all Aliments.

The principal Kinds of internal Remedies that we know, are Purgatives, Emetics, Diureticks, Sudorificks, Cordials, Coolers, Sweetners, and Stomakicks, to these we may reduce all others. I shall prove that Water has all these Qualities.

1. Of all Purgatives, I know not any better or more innocent. It moistens, softens, and relaxes gently the *Pancreas* and Vessels of the Intestines, the Glands and the Liver, &c. In Truth, it is not till after a long Use of it that it produces these good Effects. The Glands and the Vessels of those Parts being relaxed, it is evident, that there comes out more Liquor than ordinary; it dilutes the thick and gross Juices, and fits them to flow, and go off by Stool. Indeed, we may remark, that those who are naturally very much bound, need only drink a good Quantity of Water for their Cure. In acute and burning Distempers, when a Physician orders his Patient to drink a deal of Water, it loosens the Belly, and produces the Effects of a Purgative; and that it is the most innocent of all Purgatives, because all the World drinks it, and of it self it never produces any mischievous Effect; whereas there is not any Purgative, that if overdosed is not very Poison.

2. Water is the most excellent Diuretick we have.

As soon as we have drunk any Quantity, it causes a plentiful Flowing of Urine. And this it does without disturbing or causing the least Disorder in the Body. If it be a Diuretick, it is because it dilutes the Humours, imbibes the Salts, which go off hardly any Way but by the Reins, and increases the Quantity of the Liquids. Those that are subject to Gravel, to void slimy Matter from the Bladder, or to Heat of Urine, cannot desire a readier and more efficacious Remedy. A great many People find daily its marvellous Effects.

3. Water is an Emetick.

Take but three or four Pints of Water, make it a little warm (luke-warm) upon the Fire, drink a great Quantity of it; if you have the least Inclination to vomit, if your Stomach be fill'd with any Matter, you will soon vomit, especially if you tickle your Throat with your Finger, or a Feather.

4. But some will say, is Water a Sudorifick? Yes, it is, and that an excellent one, especially when we drink it cold, and in a good Quantity, two Pints or more, if we are in Bed, and cover ourselves well, for the Heat causes the Blood to come towards the Skin, the Vessels of which are more cover'd than ordinary, Water takes the same Course, instead of passing by Urine. We likewise observe, that nothing so much encreases the Action of Purgatives, as the Impression of Cold

Cold upon the Body, for then the Vessels by contracting themselves draw the Humour towards the Intestines, which then give less Resistance than ordinary, because of the Activity of the Purgative.

N. B. *Water will sweat with less Covering than the hot Sudorificks; the true Reason why Water gives the easiest Sweat, is because Water more than any Thing cools and dilutes the Blood and Humours, makes them more liquid and fluid, and fits them to pass through the narrow Passages of the capillary Arteries. As for the Heat of the Covering determining the Blood towards the Skin, 'tis nothing, for it is always by the Force of the Heart determined that Way, if it could find a Passage.*

5. How often has it been proved that Water is an excellent Cordial? Especially when it is cold; in fainting Fits by the Irritation which the Cold causes in the Solids, it brings the Person to himself immediately. It repairs the great Weakness and lost Strength. Indeed as soon as we have drank the Water, the Pulse revives, is raised, and becomes more strong.

It supports People under long Abstinence or want of Meat; nor are we to wonder at that last Effect. As the greater Part of the animal Spirits are nothing but Water,
'tis

'tis plain that it must increase the Quantity of them, and so the Strength will for the same Reason be increased, and the Blood will be pushed on with more Rapidity.

N. B. *The Terms used by Authors, and by this learned Gentleman in this and other Places, concerning the Motion of the Blood, do not seem so proper, Vitesse de Sang. Rapidite, &c. The Pulse that denotes Health is a constant even Pulse, neither high nor low, neither swift nor slow; neither the highest nor the swiftest Pulse are the best, as appears by Fevers, &c.*

No wonder that this learned Gentleman asserts Water to be a Cordial; for whatsoever promotes the easy and regular Circulation of the Blood is the best Cordial. The hot Cordials, tho' they give a Push to the Blood in its Circulation, yet the Force of them is quickly gone, and by heating and drying the Blood, they rather hinder than help its Circulation, whereas Water by cooling and diluting the Blood, will have a lasting Influence that Way.

6. That Water is an excellent Cooler, all the World will agree.

As Heat is often the Consequence of too great Rarification and internal Motion of the Blood, caused by the Exaltation of the Bile,
and

and by too great a Quantity of igneous Particles that agitate the Blood. 'Tis certain, that Water insinuating it self into the Interstices of those Particles, will stop the Motion of the Bile, and involve the fiery Particles. From thence it comes likewise, that when we find ourselves very hot, there is nothing that cools us more than cold Water, when we have used it for some Time.

N. B. *The Reader must be careful to understand these last Words a-right: When we have over-heated our selves by any Labour or Fatigue, especially if we be in a Sweat, or inclined to it, 'tis the most dangerous thing in the World to drink Water, or any cooling Liquid, and may bring Fevers of the worst Sort, as Pleurisies, &c. or other Distempers as the Body is disposed for them. These Words are therefore to be understood of a feverish dry Heat of the Blood, either occasional or constitutional, and for such an Heat Water is I think the best and safest Cooler in the World.*

7. Water is one of the greatest Sweeteners.

It has not the least Acrimony in it, seeing it is insipid, and without Taste. It prevents the bad Operation of the Salts, by separating them from one another. It softens,
and

and lessens the too great Tensions of the Solids, by moistening and making them flexible.

N. B. *I doubt not Water being neither alcali nor acid, and being, it may be safely given in a good Quantity, for as it is the best Sweetner and Absorber of Acids, it is also the best Corrector of peccant Alcalies.*

8. Of all Diluters, Water is the most powerful, or rather the only one; for it is that which dissolves all Substances that dilutes them, and if I may say so, metamorphoses them into Fluids; without that, the gross and earthy Parts of our Blood would form only a gross and solid Mass, unfit for Motion, the Blood therefore could never circulate. Indeed there is scarce any Disease, where it is not convenient for diluting, and to facilitate the Circulation.

9. Water is a Stomackick, *i. e.* proper to be given in the Diseases of the Stomach; this is what we have already prov'd.

These are the excellent Qualities of Water, but this is not all! without it, the Remedies, at least those we take inwardly, would be part of them useless, and others pernicious. All Remedies are taken either from Minerals, Vegetables, or Animals;

D 'tis

'tis certain, that without Water, these Substances would be always solid, thick, and incapable to insinuate themselves into the Lacteal Veins, which yet is the Way that all internal Medicines must pass into the Blood, which they never can, if they be not made fluid with Water, or something of its Nature. 'Tis Water then that serves them for a Vehicle, when they are, or are to be, received into the Blood, and that carries them into all Places of the Body.

That Water nourishes, is a Thing that cannot reasonably be contested; it nourishes Animals and Plants. Those that have any the least Knowledge in Physick, are not ignorant of the Experience of *Vanhelmont*, who proves, that Water nourishes Plants. This is confirmed by the Experience of the famous Mr. *Boyle*. That Author made many Experiments upon aromatick Plants, which in Appearance have less of the Nature of Water than the others. If after that the Plant is grown, and also the Earth that is in the Pot be weigh'd, you will find, that tho' the Earth have lost almost nothing, the Plant is considerably augmented in Weight and Bulk, by the watering of the Earth, and thence we conclude that Water nourishes Vegetables.

Some may enquire, whether Water, properly speaking, be changed and converted into the Substance of the Plant? I answer,
That

That Change seems to me naturally impossible, and that there is no Reason to doubt, but Water is mix'd with different Particles, and that it disposes of them by little and little, where they incorporate themselves one with another, and make one whole. We may consult in this Case a Memoir by Mr. *Woodward*, a famous *English* Physician, and very well vers'd in natural History, read at a Meeting of the *Royal Society* at *London*, and printed in the Collection of the principal Memoirs of the same Society; that Author proves at large, that Water contains the Principles of Plants.

It is not more difficult to prove, that Water nourishes Animals. For this it is sufficient to know, that Animals live either on Vegetables or Animals, and that the greatest Part of our Liquors are nothing but Water, and that these Liquors suffer a continual Dissipation, and that this Dissipation cannot be repaired but by the means of Water, or some Liquid.

Page 49. *This learned Author speaks of the external Use of Water, or of the cold and hot Baths. But there hath been so much writ in English both of the cold and hot Baths, that 'tis needless to translate any Part of his Discourse of them.*

N. B. Only I cannot but say, I like not the Reasons given by this learned Gentleman, and
D. 2 other

other modern Authors, that Water in cold Bathing does all those great Cures attributed to it by its Weight, or only by stopping the Pores of the Skin, and causing a brisker Motion of the Blood in the greater Vessels. But Gravitation and Attraction must do every thing now in Physicks and Physick too. I think, the plain Account is this, that when the Blood is too hot, and the Humours too thick and viscid, the capillary Arteries will easily be obstructed, and the small Arteries dry'd and shrivell'd by the Heat of the Blood, and the cold Water in Bathing cools and moistens the small Arteries, and at the same time cools, dilutes, and makes more fluid the Humours, and then the small Vessels will more easily open, and the diluted Humours will more easily flow through them, and the Pores of the Skin being thus cool'd and moisten'd, will more easily open for a due Perspiration.

He concludes his Discourse of the internal and external Application of Water with these Words.

Have I not then Reason to conclude, from what I have said upon the Subject of the Virtues of Water, that it is the most effectual, the best, the most ready, the most easy, and the least disagreeable of all Remedies? In a word, it is the universal Medicine, which we have sought for so long, and that we

we have not found it, is only because it is known to all the World.

Then he begins a long Discourse of the Choice of Water, and in general determines, that Water to be the best for physical Use, that is the least charged with earthy Particles, and that is to be judged by its being clear, light, and insipid. And this is best, because it most easily insinuates it self into all the fine Canals of the Body. And this I think is enough, without going any farther; but how this agrees with what he says before, of Water nourishing our Bodies, and those of Plants, or with the Commendation he gives to so many Sorts of mineral Waters, he may please to determine at Leisure. For if Water mixed with common earthy Particles (from which no Water in the World is wholly free) be the worse for it, what can he say for Water mix'd with poisonous mineral Particles (for they are no better many of them) and would be mischievous if Plenty of Water did not prevent the Mischief.

In short, he prefers Rain Water, because the purest Element, then River Water, then Spring Water.

For my Part, I think there needs not all this ado; but any Water that is clear, not foul, sweet, not musty and corrupted, by Stagnation, light, of which we may judge by its being insipid, without the Trouble of weighing it will
do

do well enough; and to me it is little better than a Contradiction, to say what he does of pure Element, and yet to recommend the mineral Waters.

I think we have Water in and about London, both River, Pump, and Spring Water, (notwithstanding what is said by that silly Book call'd Scelera Aquarum) that will do well enough, either for common or physical Use. So that we need not send to Heaven for Water, nor fetch it far on Earth, for any Use either ordinary or extraordinary, that Water is good for. And I shall easily grant him that the softest or most insipid, or that which will bear Soap, and is good to wash with, is the best; yet I cannot agree that what we call hard Water, that is more mix'd with earthy Particles, will do any Harm either for common or physical Drinking.

Page 90. he concludes.

In fine, there is nothing now remains but to determine the Quantity of Water that is to be taken. I will say then, that if we would do what is best, we should after the Example of many Nations, drink nothing but Water for our ordinary Drink, (I have said before, that I cannot approve of this, because it would spoil the physical Use of Water in many Cases) and that it is useless to determine the Quantity for them that are in good Health. Notwithstanding

two or three good Glasses of Water, or thereabouts, when we rise out of Bed, likewise an Hour and a half or two Hours after every Meal, is (in my Opinion) the most excellent of all Preservatives against all Sorts of internal Maladies. In the Morning it discharges all the gross Humours of the first Passages, it washes the Stomach and the Intestines, it carries off the Matter that is gather'd in the Night, and makes the Urine flow plentifully. After a Meal, it is a mighty Help to finish the Digestion, and to give the Chyle all the Fluidity that is needful, especially when we drink two Hours after we have eaten, because then the Aliments being in part dissolved, it easily penetrates them, finishes their Dissolution, and carries them off in a little Time, whereas just after the Repast, the Aliments being not yet alter'd nor dissolv'd, the Water does not so easily penetrate them; and as it is fluid it goes off first, and we find ourselves disappointed of the good Effects it never fails to produce, two Hours after our Meal, or thereabouts.

Nevertheless, we ought not to conclude that Water is not useful while we are eating, or immediately after. It is good at all Times, but better at some Times than others. In Distempers, especially acute ones, it is necessary to drink more, such a Quantity of Water is not to be fear'd; it goes off
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by Stool, by Urine, by Sweat, and by Transpiration; and it is no long Time e'er by procuring these Evacuations it cures. And all this that I assert is confirmed by Observation.

You may see I have said more than needs concerning the Excellence and the Choice of Water. The Reader perhaps will expect the Experiences that confirm what I have just now advanc'd; for this, I beg he would read these two little Treatises, he will find there, what may give him Satisfaction. Facts without Number will appear, that at least, if he be not led by the Force of Prejudice, he will be oblig'd to confess, that I have said nothing but what is supported by Experience.





*An Account of a Thesis or Problem of
Monsieur Hecquet, That Water is
an excellent Preservative in the Time of
the Plague.*



HIS learned Gentleman in the two first Chapters discourses of the Nature, Signs, and Causes (both external and internal) of the Plague, and several other Things, with great Acuteness, which whole Discourse very well deserves to be read and consider'd ; but because it is not so necessary to my Design, which is to shew, these *French* Gentlemen have carried the Commendation of Water farther than either of those Treatises that have been translated into *French*, viz. either Mr. *Smith's*, or Dr. *Hancock's*. I will desire the curious Reader to consult the *French* Edition, and will proceed to the third Part, where he speaks of the Preservatives against the Plague ; and here I shall do as I did before, not attempt an entire Translation, but select some of
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those many Passages that seem most proper, to shew the good Opinion this Gentleman has of the Excellency of Water, as a Preservative against the Plague.

Having told us what is to be done by Way of Preservation in the Time of the Plague, by the Magistrate, and by ourselves; by Flight if we can, and if not, by keeping an even Mind, free from Sorrow or Anger, or any violent Passion, and an exact Temperance in our Diet; he proceeds *Page* 243. We believe that of all Drinks that is the best, that Nature has set before us, I mean, pure and clear Water, &c. It is good not only for quenching Thirst, but also to facilitate the Digestion of the Aliments, it renders the Chyle soft and fluid, it brings it to a due Temper, it corrects its Acrimony, and gives the Blood and other Humours the Fluidity which they ought to have. It softens and makes flexible the solid Parts, if they be too stiff, and makes them supple; and if there be any Acrimony in the Humours, Water corrects it, and allays their too great Heat, and we ought to use it as a good Preservative. In the Time of the Plague, if we do not wholly leave off Wine, it is to be permitted only to those that are accustomed to it, and to those that digest with Difficulty, and they ought to drink it with a good deal of Water, even by the Advice of the Partisans of Wine, who

who are something doubtful, whether it be not too hot on that Occasion, &c. 'Tis in vain, that the Partisans of Wine hope to guard themselves from the Plague, by drinking strong and fine Wines in a Quantity. Daily Experience convinces us, that those that do so, are sooner attack'd, and are in more Danger; we must absolutely condemn and banish all spirituous Liquors, that are prepar'd with Spirit of Wine, and all other hot Liquors. They harden the Fibres of the solid Parts of the Body, they knit and contract them, they thicken all the Humours, and coagulate them, which is soon follow'd by the Plague. In the *Levant*, the Countries where the Plague almost always reigns, there would have been long ago a vast Desolation of the People, if they did not abstain from Wine, and other spirituous Liquors; they more easily avoid that cruel Malady by drinking Water. Beer and Cider are not so hurtful as Wine, but Water is much more healthful. Beer makes the Humours more thick, and causes Obstructions, and Cider ferments in the Bowels, begets Wind, and produces a great Quantity of crude and undigested Humours. We ought to use Wine therefore, only as a Remedy to repair the Strength of the Body, exhausted by long Fatigues, to chear the Heart and the Spirit sunk with Sadness or Melancholy, and to re-establish the Elasticity of the Fibres of

the Stomach, when we find it too feeble to digest the Aliments.

It seems more prudent to abstain from Bleeding, unless in a very pressing Occasion. Otherwise, we may supply the Place of Bleeding, by an exact Diet, and by drinking a deal of Water. By this means we may by little and little lessen the *Plethora*, and prevent the Thickness, Coagulation, and Stagnation of the Humours.

He does not approve of Purging by Way of Precaution, and thinks it often does more Hurt than Good, according to *Celsus*, *Neque movenda est alvus, atque etiamsi per se mota fuerit, comprimenda est.*

Page 247. he goes on. The Remedies with which we use to guard ourselves against the Venom of the Plague, are either internal or external; the internal have obtain'd the Name of Antidotes or Alexiphamicks; their Use is to preserve the Body in its natural Estate, and to give it some particular Power which destroys or renders ineffectual the pestilential Venom. But where is that Alexiphamick? 'Tis hitherto unknown and hid in profound Darkeness.

We have indeed a great many Remedies both simple and compound that carry that Name, for Example.

The Roots of Angelica, Masterwort, Carline Thistle, Saxifrage, Zeodary, &c.

Several Sorts of Wood, as Aloes Wood, &c. The

The Leaves of Rue, Scordium, Dittany of Creet, Baume, Car. B. &c.

The Flowers of Marygold, Roses, Rosemary, Citrons, Oranges, Figs, Wallnuts, Juniper-Berries, Cubebs, Cardamomes, Cloves, Nutmegs, Mace, Camphire, Myrrh, Storax, Balm of *Gilead*, Viper's Flesh, Ivory, Horns of Unicorns, Rhinoceros, Harts, Pearls, Bezoar-stone, Bole Arm. seal'd Earth, Fragments of precious Stones, Sulphur, Antimony, Ther. Androm. Ther. Celest. Methridate, Dioscord. of Fracastorius, Confections of Alkerines, Jacinth, the Orvietan, Treacle-water, Vinegar-Treacle, Alexipharmick Tinctures and Elixirs, and a thousand other Things with pompous Names. But we may see from many Reasons, and by a Multitude of Observations, that all these Remedies instead of doing any good, do but deceive them that trust to them, often do hurt, and add new Force to the Venom of the Plague. The Testimony of *Galen* is sufficient, who put no Confidence in his Treacle and other Antidotes, of which he himself gives such great Elogies; he thought it the surest Way to take his Flight, in two Plagues that reign'd at *Rome* and *Aquileia*.

Indeed almost all these Alexipharmicks are full of a sharp aromatick Oil, that kindles a burning Heat in our Bodies, excites a Straightness and Stiffness in the Solids, and Fermentations and Disturbances in the Liquors,

quors, infomuch that we have Reason to believe, that the Abuse that has been made of these hot Alexipharmicks, to guard Men from the Plague, has brought that Disease upon a great many sooner, and made it more dangerous. So these Alexipharmicks being of little Advantage to preserve from that Disease, we should rather keep them to try the Cure of those that are already infected.

Page 249. He speaks of external Preservatives very much cry'd up by some, and seems to think, most of them are of no Use, but to give some Courage to those that trust in them, and to make them more void of Fear, which in those Dangers may be something of a Preservative against Infection.

After this, *pag. 251.* He goes on in the Praise of Water as a Preservative. We know not therefore among all these, a better and surer Preservative than drinking of Water. 'Tis that alone that can soften the Fibres of the Nerves, which are too stiff and crisped, take away the Disturbance of the Solids, dilute the too thick Humours, attenuate those that are too gross, sweeten their Acrimony, hinder their being corrupted, lessen, if not wholly stop, the Violence of the pestilential Poison, when it is once convey'd into our Bodies. I will say more, 'tis this that makes other Remedies more safe and sure.

C H A P. IV.

THE Body of Man is nothing but an admirable Collection of elastick Fibres, where, by contracting and diluting themselves, make a Kind of regular Tremors and Vibrations, to which we give the Name of Oscillations. The Action of those Fibres put in Motion many different Humours, which easily fix themselves, and which cease to move, and which are subject to be corrupted, when their Course is stopped or slackened. To the end the Fibres may not grow stiff, may not be dry'd, and lose their Motion, 'tis necessary that they be continually watered and moisten'd with some Liquor; and the Humours in their Turn stagnate, grow thick, and are corrupted, if the Fibres do not press upon them, break and push them on continually.

Life therefore consists in the reciprocal and continual Action of the Fibres and Humours. In the first Time of our Lives, the Fibres are soft, afterwards, by little and little, in the Estate and at the Age of a perfect Manhood they grow strong, and hard in the End; thence comes old Age, and inevitable Death. Health consists not but in the equal and uniform Movement of the Fibres and Humours; that is to say, 'tis necessary that the Fibres resist no more on the one
Part,

Part, than they act on the other. 'Tis necessary likewise, that the Effect which the Solids make in Pushing, be capable to surmount the Force of the Fluids that make Resistance. To the end that the Movement may be kept equal and reciprocal, it is necessary that the Fibres be flexible, and the Humours fluid; and 'tis on this principally that Health depends.

The Humours being continually agitated; that which they contain of the most subtile flies away, and is evaporated, and the more gross Parts are driven through Strainers, designed for that Purpose, so they will soon be exhausted. The Fibres also that are contracted, and dilated continually, and with Violence, will soon be wasted and destroy'd, if we do not take in the Aliments proper to repair these Losses.

The Aliments bruised and broken in the Mouth, and penetrated by the Spittle, go down into the Stomach, where being anew diluted by the Juice of the Glands of that Bowel, they are fermented and converted into Chyle; that white and milky Liquor, so different from what it was some Hours before, passes into the Blood, where continuing to be fermented with that Fluid, at last it takes the Form, the Colour, and all the Qualities, in a Word, it becomes Blood. All the other Juices of the Body spring from the Blood, they are separated in different

rent Strainers, which that Fluid waters, for the Uses for which they were designed. These Secretions are not well made, but when the Blood passes those Bowels where those Strainers are, and the Fibres of those Bowels, by continual and regular Vibrations do without ceasing extend and contract themselves, and receive the Blood which comes into them, and strongly squeeze the particular Juices of the same Nature with those with which they are imbued. The Blood naturally grows thick, as soon as it is not sufficiently agitated nor broken. The acid Salts wholly congeal it. Spirit of Urine changes it into a solid Body, and almost stony Mass. The acrid Salts make thick and grumous its sulphurous Part, Water perfectly dilutes it.

Would you preserve your Health, and recover it when it is lost, there is nothing better for this than Water. This Liquor, clear and shining as Silver, is as ancient as the World, and offers itself in all Countries to Animals, for the Conservation of their Lives, and to quench their Thirst, and furnishes a Man with Drink equally useful, in the Time of Health and Sicknes too. There is nothing in Nature better than the Use of Water for ordinary Drink, whether it be needful to soften and give a Suppleness to the Nerves, or to preserve the natural Degree of Fluidity in the Blood and other Humours.

Page 256. He says, Water is the true *Menstruum*, or universal Dissolvent, that the Chymists have so long sought after, and that it admits into its Pores all Sorts of Matter saline, sulphurous, earthy, etherial, and aerial, and then goes on.

'Tis easy to guess, how Water facilitates the Dissolution of the Aliments, when we reflect how readily and easily it liquifies and dissolves Herbs, Fruits, and the Flesh of Animals. 'Tis not so when we put them in spirituous Liquors, such as Wine, *Aqua Vita*, &c. which on the contrary do nothing but harden them. It is not hard to conceive after this, in what Manner Water may help the Digestion of the Aliments in the Stomach.

In Truth, Water is the Basis and Foundation of the Humours of our Bodies. For in twelve Ounces of Blood, there are eight Ounces of clear Water, and about four Ounces of saline, oily, and earthy Parts. It contains likewise a good Deal of airy and etherial Matter; for if upon its flowing from the Vein, we put it in the Air Pump, it rises with such a Froth, that it takes up a double Space. The Blood therefore receives its Fluidity from the aqueous, airy, and etherial Parts, of which it is composed. But as Health and Life depend principally upon the continual Circulation of the Blood, and other Juices, through the several Canals of
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our Bodies, even through the least of them, whatever can make the Blood fluid and keep it so, is the best Thing (suppose it be innocent) to preserve Life and Health.

This Water does exceeding well by its Liquidity, and by Means of the airy and ethereal Particles that it carries into the Blood. Moreover as it is easily rarified, and its Heat resolves it into Vapours, it carries along with it certain oily Particles very subtle, and forms a Vapour composed of aqueous and oily Particles, which inwardly moistens the whole Body, and waters, moistens, and softens the Fibres, and makes them more supple, and fit for Motion. Thence it comes that Water keeps and preserves so well the Easiness and Equality of the Oscillation of the Fibres. Thence it is likewise that it facilitates the Circulation of the Humours, and that it maintains all the Functions in their Perfection. Do not we see that the Drinkers of Water, have much better Health, and live much longer than they that drink Wine and fermented Liquors; they also eat much more, for Water penetrates all the Pores, is a very proper Liquor to dissolve the Aliments, to form the Chyle and the Blood, and to transmit the nutritious Juices into all the Parts of the Body. It washes away very well that viscous and clammy Mucosity that covers the glandulous Membranes of the Stomach

and Bowels; it occasions thereby the Effusion of a greater Quantity of salival Juice, upon which the Appetite and Digestion depend. And it is for all these Reasons that the Drinkers of Water have ordinarily more Health and Strength.

Page 261. Water deserves not only the Name of a Preservative, but an higher Title; one may look upon it as a universal Medicine, proper for all Maladies in general, and Specifick for every one in particular, easily found and prepared. It has no other Fault but that it is too common, too well known, and by Consequence too little esteem'd.

As Health depends upon the Flexibility of the Fibres, and the Equality of the Oscillation, on the Fluidity, Subtilty, and Sweetness of the Humours, so all Maladies depend on the Stiffness, the Tension, and Irritation, the Trembling of the Fibres, and upon the Viscosity, the Thickness, and Sharpness of the Humours. The Causes that disturb the Oscillation of the Fibres, are either internal or external. The internal come from the Soul, as the Passions, &c. or from the Body, such as the Juices too thick, and obstructed in the capillary Vessels, which too much distend the Fibres, or the too sharp Juices, that cause too great Irritations; we must also reckon among the external Causes all those Things that may affect the Body,
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the Air, Cold, Heat, the Aliments, Poisons, &c. In the mean Time, be it that the Tension and Irritation of the Fibres depend upon the Acrimony, the Stagnation, or abundance of the Humours, or the Indisposition of the Humours depend upon the Fibres. We must always have Recourse to Water; that will relax the Fibres that are too tense, that will dilute the thick and stagnating Juices, that will sweeten their Acrimony, that will calm and allay their Effervescence, that will open the Obstructions, that will imbibe the earthy, saline, and sulphurous Particles, that will carry them along with it, and make them pass off by the proper Emunctories. That will re-establish the Functions, and cure an Infinity of Maladies. We know by Experience, that in Chronical Diseases, all which come from Obstructions in the *Viscera*, there is not a better Remedy than Water. The Apozemes, Juices of Herbs, Ptisans, and above all the mineral Waters and Baths, are never so much used as on these Occasions; whence come those many Miracles that the mineral Waters work in these Maladies. Is it not to the Water that they are principally to be ascrib'd? To Water, that re-establishes the Fluidity of the Humours, too thick and viscid before, and that gives Softness and Flexibility to the Fibres. In vain would they give to the Sick the Spirit of the mineral,
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and of the acalious, nitrous, or vitriolick Salts, that those Waters contain, if they were not joyned with a great Quantity of Water. In acute Distempers, and burning Fevers, that depend upon the Bile, extreamly acrid and hot, pour'd out upon the Blood, and boiling in the Vessels, and in which the nervous System suffers very violent Contractions. The Sick earnestly desire to drink a good deal of Water, for the speedy Comfort they receive by it, and the Physicians order them to drink it, looking upon it as an excellent Remedy ; 'tis upon that depends the principal Effects of Ptisans, Apozemes, altering Decoctions, Emulsions, and Possets. Nevertheless, we must own, that the other Substances or Particles of Medicines, with which it is mix'd, are not unuseful, be it to open Obstructions, or to correct the Acrimony of the Humours, or to soften the Fibres; but what good would they do if they were not well diluted? Further, the Moisture exhales, and is dissipated in the Heat of a Fever, the solid Parts are soon dry'd, the Fluids grow thick, if they be not supply'd with Moisture, by drinking a good deal of Water, or some innocent Liquid. But then what does the Physician do in those Maladies? He speedily in the Beginning lets Blood, if he judge it necessary, to lessen the Abundance of Blood; he thereby not only allays the Heat, but besides that he prepares

pares and clears the Vessels, to procure an Entrance to the aqueous Liquors, which he gives with an Intention to dissolve the Mass of the Blood, which then is too thick; or he gives an Emetick, when it is proper to purge the Stomach and Intestines from the ill Humours that stagnate there, to the end that the Water may pass more clear into the Mass of the Blood. If the Water do not entirely remove the Putrefaction that appears in putrid pestilential Fevers, and even in the Plague itself, by Buboes, Carbuncles, pustulous Swellings, or several Sorts of Spots; yet at least it makes the Symptoms less violent, and less dangerous. For Water giving Suppleness to the Fibres, and diluting the Juices, that grow grumous or clotty, and tend to Corruption, helps Nature to make a Separation of the Juices, and to carry them towards the proper E-munctories, whence it comes that the Eruption of the Tokens are much more easy, and the Symptoms of the Plague more gentle. We have an Example in the late Small-Pox, the Malignity of which we could not correct, but by the Power of drinking Water, the Fever became less violent, and the Eruption of the Pustules more laudable.

In the Year 1709, as *Christian Wisbach* tells us, when the Plague made great Ravage in the Town of *Dantzick*, a great
Number

Number of People proved the good Effects of Water. As soon as they were seized with the Plague, they were kept well cover'd in Bed, and had given them to drink every half Hour a Glass of Barley Water hot, or Tea, or small Beer, the Patient had a gentle Sweat, and was kept in it; towards the third or fourth Day appear Buboes, and Carbuncles, without any bad Accident, and by that means the other Symptoms were soon made easy. We may observe that we ought not so much to hasten the Eruption by hot Cordials, as moderate the Efforts of Nature, especially if the sick Person be of a bilious and lively Temper; if the Sick be of a cold and phlegmatick Temper, we may revive feeble Nature, with a small Dose of Bezoartick Powder, always taking Care to make the sick Man drink plentifully.

N. B. My Opinion is, that in the Plague Nature is too much raised and animated, and Water will prevent Spots and Carbuncles, and will bring out Buboes better than Bezoar, and that the best Way to cure the Fever, and bring out Buboes, is to give Plenty of cooling Liquids; not to say, that some great Physicians begin now to think that Bezoar is but a poor Cordial, if it be not a Chip in the Potage.

The Plague at *Breda* making a cruel Ravage, and they coming to want Medicines, the Physicians were necessitated to give the Patients

Patients distilled Waters, which were yet to be had in the Apothecary's Shops, instead of other Remedies, and that with all the Success that could well be. And if in malignant pestilential Fevers, and even in the Plague itself, Water taken in a Quantity gives much Relief, there is no doubt we may use it with Advantage for our Preservation.

C H A P. V.

SUPPOSE we cannot fly to an uninfected Place; he says, the best Way to preserve our selves is a chearful Mind, and not to give our selves up to Fear and Sorrow, (which by the Way is good Advice, but easier given than taken) He says, more dy'd at *Marseilles* of Fear (it may be too of Want) than of the Plague. The Plague is not so bad among the Eastern People, because they are so much accustomed to it, that they are not afraid of it, those that are well continue with those that are infected. *Socrates* preserv'd himself when the Plague depopulated *Athens* by his fearless Spirit.

He advises likewise an exact Temperance, neither eating nor drinking too much nor too little, for sometimes a Famine brings the Plague. This he prefers before all the
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common

common Prophylacticks, and then *Page 264.* he goes on concerning Water. Remember to prefer Water to all other Sorts of Drink. Drink some Glasses of it in the Morning, either hot or warm as you please. *N. B.* I would drink it cold in a Morning when I rise, and at Night when I go to Bed, if cool my self.) It powrs Health (if I may say so) into the Body; it dilutes what remains of the Digestion of the Day before; it relaxes the Belly, it causes Urine, it cleanses the Reins, and preserves the Fluidity of the Blood and other Humours. It makes the Bile more gentle, it quickens the Appetite, and the Digestion of the Aliments is much better'd; the Bowels perform their Functions without Disturbance and without Heat; the Body becomes more dispos'd and more agile for Labour; the Operations of the Mind are perform'd in a Manner more perfect; in fine, it drives away every Thing from the Body that can cause or occasion any pestilential Corruption. Then he equally cries down Wine, as it is taken to be a great Preservative against the Plague.

At last from what he had said he concludes, that they are much deceived that propose too many Cordials, especially such hot and strong ones, as Preservatives, and that Water is an excellent Preservative in Time of the Plague.

There

There is another Discourse by Monsieur *Geoffry*, printed with the *French Translation* of Mr. *Smith's* and Doctor *Hancock's* Books of common Water, upon this Question, Whether it be necessary to forbid drinking much to sick People? The Author reasons much after the same Manner with the Author of the foregoing Discourse, shews the Necessity of taking Plenty of Liquids, and commends Water as the best Drink in most Distempers, and in the End of his Discourse, he cites *Avicen*, but especially *Rhases*, who, he says, was the very best of the *Arabian* Physicians, a Man of vast Experience, having practis'd Physick for an hundred Years, and he every where recommends the Use of Water, without any Fear, and that in Abundance, or in great Quantities. He cites likewise *Hippocrates*, that Father and great Master of Physick, That one might suffer to drink freely, and in abundance, many sick Persons, which many Physicians suffer to perish with Thirst, in continual Fevers and such like Maladies, in which they forbid them Drink, since Water pure and altogether cold, would do them so much Good. He cites also *Lan- gius*, a famous Practitioner of later Ages, who says, That it is a Fault that partakes some thing of Homicide, in certain Physicians of his Time, who through Mis-under-

standing and Prejudice, make their Patients die with Thirst. *Lang. Epist. lib. 1. Ep. 20.* I my self can remember the Time when this Fault was too common, and this Prejudice too prevalent with many Physicians. But now they are very much come off from the Practise of forbidding any Drink but what comes from the Apothecary's, in Fevers, &c. and I hope will do so more and more:

F I N I S.



