

**The juice of the grape: or, wine preferable to water. A treatise, wherein wine is shewn to be the grand preserver of health, and restorer in most diseases : with many instances of cures perform'd by this noble remedy, and the method of using it, as well for prevention as cure with a word of advice to vintners / By a Fellow of the College [i.e. P. Shaw].**

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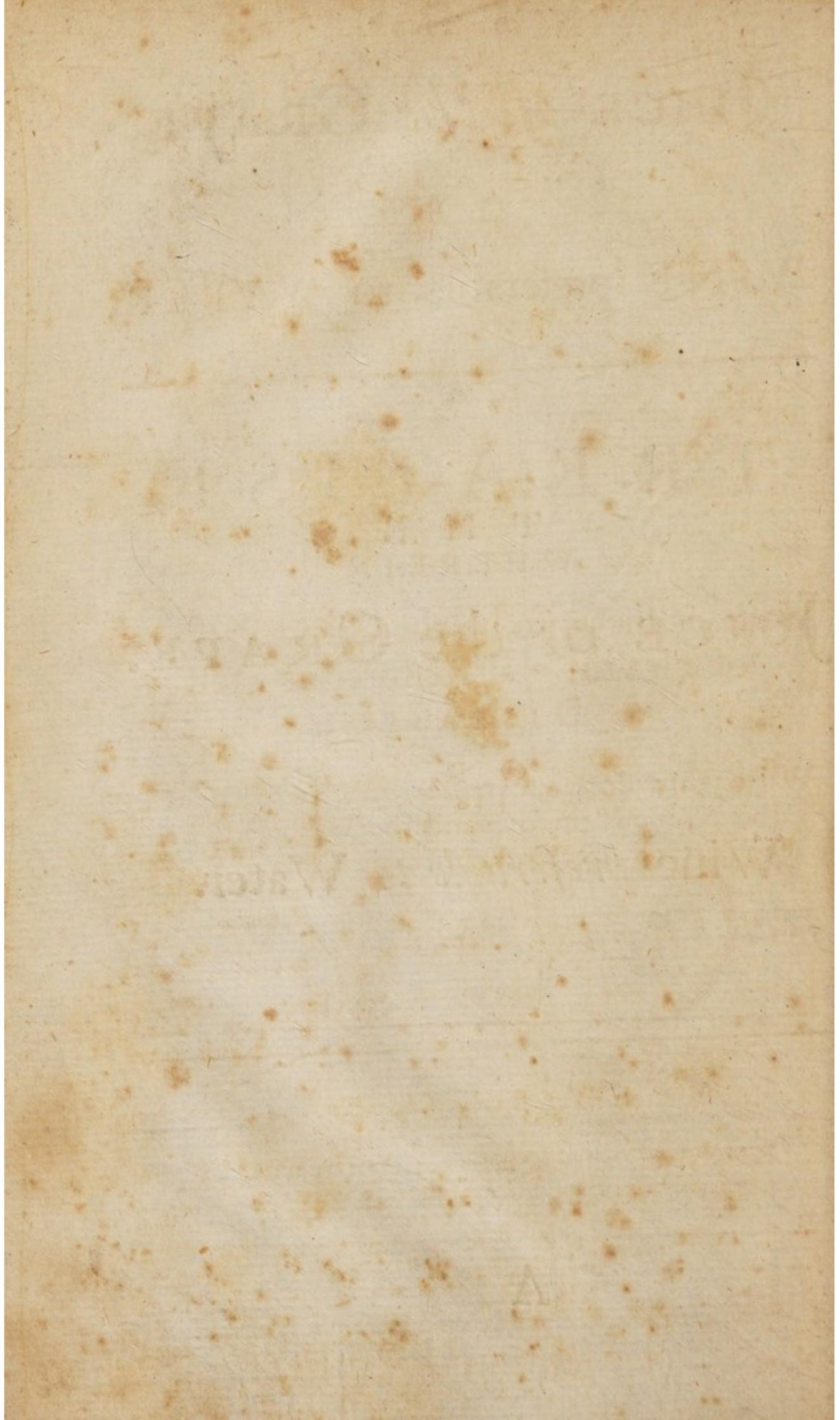
T H E  
JUICE of the GRAPE:

O R,

*Wine preferable to Water.*

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A



JUICE *of the* GRAPE:

O R,

WINE preferable to WATER.

A

## T R E A T I S E,

W H E R E I N

WINE is shewn to be the Grand Preserver  
of Health, and Restorer in most  
D I S E A S E S.

With many Instances of Cures perform'd by  
this Noble Remedy; and the Method of using  
it, as well for Prevention as Cure.

*With a Word of Advice to the Vintners.*

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*By a Fellow of the College.*

*Dr Peter Shaw*

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᾽Οινῶ ἴσῶ ἴσω πινόμενῶ λύει τὴ νόσον.

Hippoc.

Τὴ ὕδατῶ ᾽Οινῶ βελτίων, τὰ πάντα.

Galen.

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L O N D O N :

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T H E  
P R E F A C E.

**P***HYSICK and Pharmacy begin to lay aside their Disguizes ; and we now write, and argue of them, as of other ancient Mysteries, without any religious fear of being understood. Diseases and Remedies are no longer those quaint things they have pass'd for : Nor are we now at all scandalized to see either of 'em in their native Simplicity and Nakedness. A Compound ceases to be valued for consisting of just three or nine, sixty or sixty odd Ingredients ; or a Simple, for*

for being brought two or three thousand Miles, or having been in Use for two or three thousand Years; if Reason will not warrant the Use of it.

Reason, we own, has not been half so long in Medicine, as in Religion; nor is the Reformation it has brought into that, any way comparable to what it has made in this: But by what we have already experienc'd, nothing can be too great to be expected. The first Dawn has let some Light into the Pharmacopœia's, and the Shops; the Shelves, and the Files are Witnessess of it: But what would not a broad Day-light do? By this, what Loads of Rubbish might be swept out? We have done somewhat towards restoring simple Medicines to their natural Rights: But we have done nothing, till we shall have done more.

'Tis an Opinion as old as Medicine it self, and as well founded too; that the Creator intended us no other  
Physick

*Physick than our Food. " Nature,  
" says Pliny, meant no other Reme-  
" dies, but those simple, vulgar ones  
" we live on. The Institution of  
" Shops, or Offices of Health, is a  
" Trick never heard of till Men be-  
" gan to live by their Shifts; then  
" indeed, endless, inexplicable Mix-  
" tures are trump'd up: All Arabia  
" and India are crowded into a Com-  
" position, and a Plaister for a slight  
" Sore fetch'd from the Red Sea;  
" when, alas, the real Remedies are  
" the poor Man's daily Food."*

*In effect, the Distinction between  
a Medicine and a Meal, is a mere  
Empiricism; and a Persuasion, now  
usual enough, that what is good in the  
one, shou'd be useless in the other,  
witnesses a degree of Infatuation that  
can't, perhaps, be equal'd in the  
whole Compass of human Frailty.  
Mankind, we see, are not less ready  
to be abused about their Bodies, than  
their Souls; nor did Priest-craft ever*

run 'em to greater Extravagancies in the one, than Physick-craft, (a new Name for an old Thing) has done in the other.

Pain, naturally enough, sent the Patient to seek for Help; and Nature directed him to the Means: His Recourse, then, was to such Simples as he had already found good in his old Diseases of Hunger, Thirst, Heat, Heaviness, &c. And according to the particular Intention of the Disorder, was this, or that, applied; and in this, or that Quantity. Small Need of a long, artificial Preparation for an instant Complaint: Small Need of a nice elaborate Mixture. That bounteous Being, who provided Food ready on every Spot, to supply the ordinary Decays of the Constitution, never made a deal of Art, and Time, and Experiments necessary for the more imminent and extraordinary Demands thereof.

*Medicine was never intended to be an Art; no more than Cookery. To keep up the Constitution, and to repair it, were two Offices Nature took on her self; nor was any thing further required of Man, in either, than to follow her Dictates. Had the Being who made us, left us to preserve our selves, the Work of the Creation had soon been frustrated: Man had proved a mere Ephemeron; had lived his Day, and then returned to his primitive Dust. The first Fit of Hunger or Thirst had carried him off; or had it been possible to escape those, he had fallen a Prey to the next Disease. Indeed, what less than infinite Wisdom, cou'd have prescribed either Food or Physick? And by what a Train of dark, painful Researches must Man have qualified himself for either? When hungry, or in Pain, he must have waited till by a long Series of Dissections and Discoveries, he had got a perfect*

a

*Insight*

*Insight into the Structure and OEconomy of the Body ; till he knew the Uses of their several Parts ; the Balance of the Solids and Fluids ; the Course of the several Canals ; those infinitely minute Ducts, and Inosculationations ; their several Humours, their Secretions, Constitutions, and Offices ; with the Causes of Disorders in each. He must have waited till natural Philosophy had been compleat : Till the Textures of the various Bodies ; the Bulks, Figures, &c. of their component Particles ; the Laws of Motion, Collision, Attraction, &c. had been determined : In fine, he must have waited till a thousand Things yet utterly unknown to us ; and a thousand others very obscurely guess'd at, had been adequately discover'd.*

*This had been the Condition of Man ; but that Nature taking the Office on her own Hands, saved the Necessity of so much Apparatus :*

*But*

*But Nature, it seems, was not to be trusted. The Power who framed our Organs, and adapted Objects thereto; who with immense Art adjusted the various Springs in the animal Body, and made 'em all conspire to the Preservation thereof; who with unsearchable Wisdom concerted these very Defects, and Diseases, which render a Supply necessary; and with adorable Goodness created Means on Purpose to supply 'em; this Power was not to be trusted: The Supplies he help'd us to were not speedy enough, or not pleasing enough. Man grew impatient under Pain; and found his Appetites not vigorously enough gratified; And in short, resolv'd to become his own Cook and his own Physician.*

*Hinc illæ Lachrymæ!*

*Man now become his own Administrator; new Food, and new Man-*

ners of dressing are immediately found. The natural Products of the Earth, sweet Herbs and grateful Fruits, are thrown aside ; and Earth, Sea and Air ransack'd for Viands of a higher Gusto. The Appetite thus debauch'd by the Quality of the Food, is drawn into Excess in the Quantity : Hence new Diseases, unknown to Nature, and therefore unprovided against ; hence a Necessity of new Remedies, and hence the Art of Physick : For, the producing of Diseases thus become an Art, another Art is required to remove 'em. To indemnify us from Luxury, a new Source of Diseases, a new Process is required. Nature, only prepared to grapple with natural Disorders, finds herself over-matched with this Reinforcement of artificial ones : And Diseases once aggravated, Remedies must be heighten'd in Proportion. Thus is a new Method of Medicine set up, and Man the Projector :

jector ; *An artificial Medicine on the Model of the Natural one. The faint Glimmerings of Knowledge he had got by observing the Methods of Nature, are to rear a Structure that shall infinitely surpass her. To work, then, he goes : Physiology furnishes him with Materials ; chiefly by the Industry of Botany and Minerology. These, Pharmacy hews, and fashions for his Purpose ; only the harder and finer are committed to Chymistry, an abler Workman. Lastly, Anatomy shews how, and where to lay each ; and Experience becomes Surveyor of the Works. In somewhat more than Forty Ages, the mighty Babel is got half a Story high. It had, doubtless, been finishea, ere now, had not the exceeding Slowness of the Architect render'd its Progress insensible ; and his Caprice and frequent Misunderstandings with the other Workmen, occasion'd frequent Alterations and Pullings down. Twice*

*we*

*we have seen it almost level with the Ground ; and twice in the second Story.*

*Still Nature is the Model : And not a Stone, not a Pin has any thing to do in the new Edifice, but what we borrow by Analogy from the old one. Nature has executed her whole Idea in Miniature. All left for Reason, is to argue from less to more : All left to Art is to execute in a new Scale : All left to Invention, is the Variety of the Materials : And all left to Discretion, is the Choice of the same. Such is the Office of the Art of Physick ; an Office, in the Discharge of which we commit so many Mistakes ; are so often, and so unhappily overseen in each Article ; that I almost doubt whether our Successes will atone for our Miscarriages ; and whether the People of England, where the Art of Physick flourishes ; or those of Africa and America, where no such Art was ever*

ever known, are the most to be pitied. However, the greater Lengths we go, still to the worse Purpose: When Nature is once left out of Sight, every Step is full of Danger. Hence, some of our capital Medicines stand but on an ill footing: For how shou'd a Man argue from Nature, for the Use of Mithridate or Venice Treacle?

I might now wind up my Bottom with an Application of this Doctrine to the Juice of the Grape; but I rather leave that to the Reader. I only wish that the best Medicines in Use were as well warranted, as Wine will be found to be in the following Pages; and that we had the smallest Part of it to say for some of those strange Compounds, where all the Opposites unite; some of those exquisite Preparations tortured in all the Elements; and some of those Simples, chiefly remarkable for their disagreeable Qualities, or their Scarcity, or  
the

*the uncouth Shores from whence they are brought. For my self, all the Good I have ever perceiv'd from 'em, is, that they give Occasion to Modes in Physick; to particular Methods, and Nostrums, and Secrets, and Tricks, and great Practice, and Coaches, &c.*





T H E  
JUICE of the GRAPE.

**T**HE Vine, tho' an excellent medicinal Plant, is generally overlook'd both by Botanists and Physicians; and its Juice, one of the noblest Medicines in Nature, seldom commended, except in drunken Catches, or over a Bottle. This Remissness in the Men of our Profession, has, among other Evils, suffered common Water to be trump'd upon the Town, as a new and great Cure for Fevers \* and other Distempers, by a Reverend Author, who ingenuously owns himself a Novice in  
in

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\* *Whether cold Water may be safely administred in Fevers, is a Question of great Antiquity; and the most proper Season for giving it therein, has been much controverted by eminent Authors: But the Ancients, as the Learned very well know, always mixed Wine with their Water, both for common drinking and for Physick. And therefore, as a very great Physician has long since observed, All the Authorities for Water-drinkers deduced out of Hippocrates, Galen, or other ancient Authors, are to be understood of*

*The Virtues  
of Water,  
as proved  
by Dr. Han-  
cocke.*

*How the  
Virtues of  
Wine are to  
be learnt.*

in Physick. This Gentleman, however, has proved several Virtues in his favourite Liquor; he has shewn, what we very well knew before, that it may raise a gentle Sweat, and thereby sometimes prevent a Fever; that it may be serviceable in a Cold; that it will greatly dilute and powerfully cool. Thus much the more candid of our Faculty allow him to have done. They will also, I am persuaded, excuse him, upon account of his Profession, ill State of Health, and Manner of Life, for overlooking or condemning a Liquor of a different Nature, that comes infinitely better recommended for its medicinal Qualities; since he cou'd not become acquainted with it, but by making Physick his Employment; by trying the Effects of it upon himself, (which the Unhappiness of his Constitution wou'd not allow;) and by seeing them produced in the various Tempers, Constitutions and Diseases of others. Dr. *Hancocke*, therefore, must, in his turn, absolve me, if from the Nature of the Thing, my

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*“ Water mingled with Wine in hot Countries, and where the Custom is.”* Whoever desires to see the Question farther consider'd, may consult that most accurate Treatise of Fevers, written by the learned Jod. Lommius, an Author who ought, by no means, to have been excluded from the Number of those consulted by the Reverend Dr. Hancocke, before he set himself down to write his *Febrifugum Magnum*.

own constant Practice and long Experience of the extraordinary Benefit and Virtues of this grand Remedy, I attempt to shew it in a true Light; tho' the Fluid he is so fond of, shou'd be obliged to veil to it.

But the better to learn what we are to expect from Wine, let us view it a little in its Origin, and the Changes it undergoes to fit it for the Glass or for Physick.

The Vine is a very vigorous Plant, or vegetable Machine, composed, like other Trees, of different Parts, for different Offices: The Root strongly attracts and imbibes the peculiar Juices of the Soil, wherein it lies; assimilates them to it self; and, having improved their Virtues, conveys them to the Trunk, the Branches and the Leaves; where they are farther assimilated, strain'd, digested and exalted; and after many repeated Circulations and Mixtures, burst out into Grapes; which being gradually distended, and at length brought to Maturity by the Action of the Sun, afford, by Pressure, a most pure, subtile and well-concocted Juice, nearly resembling the animal Fluids; as appears from its Manner of Circulation, Digestion and Preparation; from the Effect it produces in the animal OEconomy; from Chymical Examinations, and the Testimony of our Senses.

*The Origin  
of Wine.*

*Its Prepara-  
tions.*

But its Elements being here exactly blended, so that no one can prevail over the others, it remains lock'd up in it self, 'till Fermentation rouzes its more active Parts, separates the vinous Principle, and sets it loose to preside over the rest. And herein consists the true Nature and Essence of Wine. When this Operation has wrought its due Effects on the Liquor, 'tis committed to the Tun; where the terrestrial Part subsides, the more subtile Fluid purges it self clear, feeds upon its own Tartar, and thus preserves its Spirit till Age ripens the delightful Cordial for Use. This is the genuine Method of preparing Wine: And 'tis only of Wine thus prepared, that I must here be understood to speak.

*Its Virtues  
à priori.*

Now from such a Liquor as we have been describing, what may we not expect? If different Soils, with the seminal Principles of the mineral and metalline Bodies they contain, share any medicinal Virtues, 'tis plain we must have them improved in Wine: And if vegetative Life, Circulation and Digestion have any Force, its Effects must be found in the Juice of the Grape. In short, from considering the Growth of Wine, and the Manner of its Preparation, 'tis evident *à priori*, that both Nature and Art conspire to render it a most sovereign Remedy

medy \*: And such upon examination we shall find it. But in order hereto we must view it in its Properties, Productions, and Effects.

The principal Properties of Wine in general, consider'd as a Medicine, are these. 'Tis a light, clean, beautiful Fluid, of a fragrant Scent and delicious Flavour, easy of Digestion, and the most homogeneous to the human Body of all vegetable Productions; being wholly convertible into it, without leaving any Feces behind, or of it self affording any Excrement. And 'tis not only thus grateful to the Senses and friendly to Nature, but may safely be used in all Constitutions, Ages, Seasons and Distempers; so that if any tolerable regard be had to

*The Properties of Wine.*

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\* *The learned Dr. Whitaker, Physician to King Charles II. wrote a small Treatise, entitled, The Blood of the Grape, design'd to shew the Medicinal virtues of Wine; wherein he thus proves it to be possessed of them. " That Wine is a Medicine, says the Dr. " and under such a Notion apprehended, the Practice of Avicenna, " Rhafis and Averroes justify, when themselves used, twice every " Month, to move their Bodies with the same, either sursum vel " deorsum, or both. And if my own Observation may be ac- " ceptable, then I cannot conceal such powerful effects as my self " hath felt, and seen in others; scil. consumptive and extenuate " Bodies restored to a Sarcosity, and from wither'd Bodies to fresh, " plump, fat and fleshy; and from old and infirm, to young and " strong; when as Water or small Beer Drinkers, were counte- " nanced more like Apes than Men. And if, continues he, I had " no other Reason but my own Experience, it were enough to engage " my Faith concerning its Excellence.*

these, 'tis impossible to commit an Error in exhibiting it \*.

'Tis a true and proper Cordial.

Whence it appears that Wine is no temporary or imaginary Cordial, whose Effects will soon vanish; but one that is true, real and permanent, general, easy and powerful; affording Matter for a fresh supply of Blood and Spirits, at the same time that it sollicit the exercise and expence of them †.

The Productions of Wine, natural and artificial.

The Productions of our exhilarating Juice, by Combination, are, as well as those of Water, infinite. I shall therefore silently pass over its singular Use in extracting Tinctures, dissolving Gums, and making Extracts from Vegetable, Animal and Mineral Productions; without attempting to mention the numerous Medicines wherewith it furnishes the Shops, under the titles of Elixirs, Vinegars, Wines, Waters, &c. All that I here design to touch upon are those which it either yields spontaneously, or by bare

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\* 'Twas thought so innocent by Hippocrates, that he ordered Children to be dieted with it in the Stone either of the Bladder or Kidneys; and expressly commands the smaller sort to be constantly drunk by all Persons in the Summer season, but the strongest of all in the Winter.

† 'Tis the opinion of Galen, that Wine affords more Nourishment than any other thing in Nature; that it increases, to speak after his manner, radical moisture, and prolongs Life.

Wine, says Avicenna, refreshes the Spirits, and is it self easily converted into them.

separation.

separation. The Medicines I mean are Brandy, Spirit of Wine, Vinegar, and Tartar.

He must be an utter Stranger to Physick who is ignorant of all the wonderful Effects of these four great Remedies; and thoroughly acquainted with it, who has seen them all.

Brandy, the Product of Wine by distillation, is too well known to need that its Virtues should be enumerated; especially since the College has given its Sanction to it, by ordering, for the future, all compound Waters to be made with it. *Brandy.*

Ardent Spirit of Wine, which is Brandy rectified, or separated from its Phlegm, is also known and allow'd to be the principal *Menstruum* or grand Solvent in Chymical Pharmacy; and such an one as it were in vain to expect from any Fluid but the fermented Juice of the Grape. 'Tis also one of the most powerful Remedies we are acquainted with: and a modern Surgeon has abundantly proved it, by long Experience, alone sufficient to cure all kinds of Wounds, Gangreens and Mortifications. *Rectified Spirit of Wine.*

But Wine is not only thus excellent in it self, and productive of the noblest Medicines whilst in its Perfection; 'tis great also in its Ruins, nay in its Feces; *Vinegar.*  
for

*Tartar.*

for Vinegar, which is this Fluid corrupted, or changed in its vinous Nature, is applicable to numerous Physical purposes; and has extraordinary virtues in the Plague. And Tartar, which is the Sediment of Wine, besides its great Medicinal uses, has another so extensive, that none but Adepts in Chymistry are qualified to understand it. 'Tis the Key of Nature, and when properly applied, will discover her most hidden Secrets, and yield the best of Medicines. How powerful then must that Remedy be, which contains and so easily affords four others, whose Virtues are surprizingly great? Hence clearly appear the great Necessity, superior Excellence and extensive Use of Wine; since without it Chymistry wou'd be no Art and Physick no Profession.

*The Effects  
of Wine in  
the Human  
Body.*

Wine drank in moderate quantities, or proportionably to the respective Constitutions of Men, in Health, has, as we find from Experience, a power to give sudden Refreshment, to warm the Stomach, gently stimulate its Fibres, promote Digestion, raise the Pulse, rarify the Blood, add to its Velocity, open Obstructions, forward Excretions, greatly promote insensible Perspiration, increase the natural Strength, and enlarge the Faculties both of Body and Mind. But when  
used

used too freely, it carries all these Effects to excess; tho' it soon ends in a perfect Recovery, and an healthful State. For this Fluid having no Foulness, nothing to block up or preclude its own Passage, but being thin, pure and subtile, and offending meerly by its quantity, and not by any noxious quality, it presently goes off in sleep, by its proper Outlets, and principally by the Glands of the Skin. And therefore, the circulating Glass never fails, at first, to cheer the Heart, enliven the Countenance, dispel Gloom and Melancholy, Fear and Sadness, brighten Conversation and heighten Pleasure. Hence also appears the reason why Men of a good Constitution, whose Parts are sound and Vitals untainted, receive no prejudice from a continual debauch or excess in this exhilarating fluid, for a long series of Years; but always appear florid and gay, vigorous and lusty \*. 'Tis therefore,

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\* *Whatever Dr. Hancocke has objected against the use of Wine may be satisfactorily answer'd from this Observation. The Dr. tells us, he has long been a Valetudinarian, " that his Lungs were broke, that he coughed up a deal of Blood as black as his Hat, that all his Physicians gave him up about seven or eight and twenty Years ago; that he continued to cough up Blood and Bloody Matter for six or seven Years; that in this Condition he could bear nothing acid, neither Port, nor French, nor Mountain Wine, nor so much as one Dish of Sage Tea, but it affected him and gave him a Pain in his Breast." And no wonder. But be-*

therefore, very clear that Wine, prudently used, has naturally a strong and direct Tendency to prolong Life and prevent Diseases; especially since it is so particularly levell'd to encourage and promote insensible Perspiration; an Obstruction wherein we are assured is the primary cause of most Disorders in the Animal Frame.

*That they  
are great,  
surprizing  
and inno-  
cent.*

That it is also a very safe and powerful Remedy, as well as a great Preservative, may be argued from the surprizing Effects which too large a Dose of it will produce in the Human Body. When the Stomach is overcharged herewith, and more Animal Spirits separated in the Brain than the Human Soul can employ, or Nature immediately discharge, the

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*cause the Effects of Wine are too strong for shatter'd Constitutions; and because 'tis too great a Cordial to be given where the Lungs are unsound, must we therefore in robust and untainted Bodies exchange it for Water? Dr. Hancocke's Rule then, for drinking Water, may now and then hold very well for himself and those in his unhappy Condition; but let him not thence pretend to prescribe it universally in every Case and every Constitution. But to drink cold Water, is particularly dangerous to such as have not been accustomed it. To alter the Custom herein is dangerous, and has cost many their Lives. Besides, a due regard must be had to the Climate and Season of the Year. To drink cold Water or thaw'd Ice in Greenland, where the Frost almost congeals the Blood, were little less than Madness. Hippocrates speaks good sense, and tells us plainly that our Drink in Winter must be the strongest Wine; and doubtless the same Rule must hold in the colder Regions. Water, therefore, is but an indifferent Liquor in Northern Climates, and English Constitutions.*

Man grows pale, speechless, ghastly; and the Body, unable any longer to move or support it-self, sinks down like a dead Weight; whilst the Soul seems cramp'd and benumb'd in all her Faculties. Here then lies the Machine, dull, sluggish and unactive, which but now was brisk, fresh and lively; the Soul gay, jocund and frolick. Now if Wine can thus suddenly produce so great a Change in our Bodies, yet without damaging the curious Machinery of them, is it not the most powerful, and at the same time the most innocent Medicine that Nature has afforded us?

Thus much and more might fairly be said for Wine in the general, and Matter of Fact as well as Reason and Experience be brought to support it: But this short sketch of its Effects will serve to shew the great Advantages it enjoys above common Water; a Fluid which of late has been extoll'd to the Discredit of the former with some weak Minds, ignorant in Physick and Philosophy. Not but pure Water has many excellent Qualifications to recommend it to a skilful Physician; and the Publick wou'd have been more oblig'd to Dr. *Hancock* for setting some of them to view, had he undertaken that Task prepared with a tolerable knowledge of his Subject, not with a meer smattering

in Physick, and a vain Desire of acting out of Character. By this means the Doctor has render'd both himself and his Cause ridiculous; for his Arguments labour under the greatest Weakness, and his Experiments by no means support his Conclusions. In short, his whole Scheme appears conjectural, and his Histories lose their Force thro' the Author's want of Judgment. Notwithstanding this, we willingly allow the Doctor all he can justly plead in favour of Water, and scruple not to own that much more might be offer'd by a Skilful and Experienc'd Physician in its Praise: But this I venture to affirm with *Galen*, that Wine is in most Cases infinitely preferable to it, as a Medicine; nay that when properly applied, 'tis one of the best Medicines we are possessed of\*.

*Water and  
Wine com-  
pared.*

To make this the more evident, we might compare the two together, as in the following manner. Common Water is a raw, crude, tasteless, scentless Fluid, and manifests no Virtues to any of our Senses: Wine is a well-concocted and pu-

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\* *Galen declares expressly, " that Wine is better than Water for Digestion, Distribution, to make good Blood, to nourish the Body, to cleanse the Urinary Passages, and to give a free Respiration." And elsewhere he as expressly asserts it to be better τὰ πάντα, that is, in every respect; and the small sort, particularly, to quench Thirst.*

rified Juice, grateful to the Smell and charming to the Taste ; the former is slow and weak in its Operation, and but languid in its Effects ; the latter works powerfully, and presently alters the Face of things ; *This* easily affords Brandy, Spirit of Wine, Vinegar and Tartar, Medicines of the greatest moment ; *That*, however managed, was never by any sober Author affirm'd to yield a valuable internal Remedy, different from it self. Then as to their Effects in the Body, 'tis demonstrable, to speak with the modern Philosophers, that Water acts therein by the bare Force of its obvious Properties ; for Example, its Gravity, Coldness, the Smallness of its Parts, and the like, and serves chiefly to dilute, or as it were, to oil the Wheels of the Machine ; whilst Wine has not only the same or superior Advantages in this respect, but also adds a Moment, a *Pondus* to the moving Engine ; and supplies Matter to begin, continue, and renew the Motion\*.

"Twere

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\* " I marvel, saith the very learned Dr. Richard Shorte (who in the Year 1656 published an excellent little Book, intituled, ΠΕΡΙ ΨΥΧΡΟΠΟΣΙΑΣ, or, Of Drinking Water, against our Novelists, that prescribed it in England,) that some  
 " new Light of this dotting Age do not bring upon the Stage the  
 " eating of Acorns as well as drinking of Water ; for in the In-  
 " fancy of the World Men and Beasts both eat Acorns and both  
 " drank

'Twere needless to bring other Arguments in this place, to shew the superior Excellencies of Wine, compared with Water; we shall see them sufficiently hereafter, when we come to consider its Use in the worst kind of Distempers, and in the very worst Symptoms and most dangerous Stages of them; where Water wou'd be highly prejudicial, if not absolutely destructive. In the meantime, if it will be any Satisfaction to the Admirers of Water, we grant that 'tis to this we owe our Wine, since Water endowed with mineral Qualities, and circulated thro' the Vine, is the very Thing which has extorted these just Commendations from us.

Hitherto we have discoursed of Wine in general, we must next consider that there are several Sorts of it.

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*“ drank Water. But if Men did eat Acorns in the Infancy of  
 “ the World, why may they not eat them again in the old dotting Age  
 “ of it, as well as drink Water again? Old Men are twice Chil-  
 “ dren; and if this decrepit Age will eat Acorns and drink Water,  
 “ they may be as fat as brute Swine; we know Hogs are fatted  
 “ with Acorns and Water. But are not Acorns hard of Concoction,  
 “ and hard to pass thro' the Stomach? Let not that trouble your  
 “ Conscience; for as Acorns, so Water has the same Attributes in  
 “ Galen. But they that forsake Wheat, Rye, Barley, &c. for  
 “ Acorns; and leave Wine, Ale, Beer, &c. for Water, I think,  
 “ if they had a Candle in their Sconce, they might peradventure  
 “ see if they cou'd find the Way to Gotcham.*

As many different Kinds of Wine are, doubtless, producible in hot Countries, as there are different Soils; from whence they must, no less than from the different Species of the Vine, obtain different Virtues, and become peculiarly fitted by Nature for different physical Uses. Thus red Port, of a moderate Age, is astringent, good in *Diarrhæa's*, seminal Weaknesses, Gleets, &c. *Rhenish*, diuretick, and serviceable in the Stone and Gravel; *Canary*, or sweet Wines, purgative, and open Obstructions in the Lungs; *Mountain*, excellent in the Colick; and *Champaign* affords a sudden Flush of animal Spirits, and inspires Vivacity. All the numerous kinds of Wine therefore having peculiar or specifick Virtues, I dare affirm, that the Man who is well acquainted with the Nature and Virtues of several Wines, and knows the proper manner of applying them to different Cases and Constitutions, may by this means alone cure many Distempers, and some such as no other Medicine will reach\*. But if the

The different Kinds of Wine, fitted by their different Virtues for different Distempers.

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\* "White Wine, says Hippocrates, is universally good in hot, acute Distempers;" and according to Galen, "sweet Wines are excellent in Diseases arising from a cold Cause, because they heat, tho' in a mild and gentle Manner:" He farther declares that "White Wine is serviceable in continual Fevers. White Wine, says Dr. Whitaker, doth sensibly refrigerate and cleanse  
" the

the manner of doing this shall be clearly laid down; if I shall shew how different kinds of Wine may be easily applied to the Demands of Nature, not only in Health but in different Diseases, I may, I suppose, be allowed to have qualified the Patient for his own Physician; and if a Means can be found to make the Vintner honest, he will be sufficiently qualified to serve as Apothecary in this Case.

*Wine of it self a very wholesome Liquor; and cures even our Vices, and the Distempers of the Soul; and fits us for the Offices of Life.*

Now, all kinds of Wine having nothing noxious to human Bodies, in their own Nature, a very moderate degree of Skill will prevent a Man from doing any Harm with them; if they can but be procured genuine and unsophisticated. 'Tis also very well known that a chearful Glass of almost any sort of Wine, tends to the Preservation of Health: And many they are who employ it accordingly, to their great Benefit and Advantage. So that  
Modera-

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*“ the Lungs, and one Draught doth extinguish Thirst more than  
 “ one Gallon of Barley-Water; as my own Experience for many  
 “ Years, and in many hundred Persons, can affirm.” And in ano-  
 “ ther place he tells us, “ That the Differences of Wine observed  
 “ will respond all Objections; as small dilute Wine in all Infla-  
 “ mations, and more liberally prescribed, doth abate, if not abolish  
 “ all Vehemency, and by its soporifick Quality doth coligate the  
 “ Senses, and reconcile Sleep, which is the Diminution of all vehe-  
 “ ment Symptoms, Deliration and sharpest Pains of the Head,  
 “ which imperite Physicians more dangerously force by opiate Prepa-  
 “ rations.”*

Moderation in the Use of any Wine by Experience found the most beneficial, is the principal Thing to be here recommended, to keep a Man in Health and to prevent Diseases. And 'tis, I am persuaded, to the Observance of this Rule, that my self, and many of my Equals, Friends and Acquaintance, have enjoyed a large Share of Health, and prolong'd our Lives. 'Tis also an acknowledged Truth, that "Wine  
 ' seasonably drank, cures the Distempers  
 ' of the Soul, makes the Miser liberal,  
 ' the cruel Man compassionate, the en-  
 ' vious kind; and melts the proud haugh-  
 ' ty Spirit into a wonderful Softness and  
 ' Complacence; that it makes a Lamb of  
 ' a Lion, and changes a Vulture to a  
 ' Dove, purifying and transforming Souls  
 ' into a Temper wholly divine: So that in  
 ' short there's no living unless we some-  
 ' times with this Fluid give Nature a new  
 ' Ferment to rouse her from her Lees." Thus may the Juice of the Grape be enjoy'd, without perverting its original Design of *cheering the Heart of Man*; and thus the ancient *Greeks*, happy in their Wine and Climate, pass'd their Days in Ease and Cheerfulness; transmitting many noble Inventions and useful Discoveries to Posterity.

*Beginning  
Diseases and  
slight Indis-  
positions  
easily cured  
by Wine.*

As to the Cure of bodily Distempers by Wine, 'tis known by long and happy Experience, that beginning Disorders and slight Indispositions easily give Way to it; for if timely and properly administered, it will prove a safe Sudorific as well as a noble Cordial. Thus a Glass of warm'd white Wine taken at Bed-time, seldom fails to throw the Patient into a fine breathing Sweat, whereby it carries off the Seeds of a Cold heap'd up through a Stoppage of Perspiration; whence Agues, Fevers, and a long train of ugly Distempers proceed. Our noble Medicine therefore, seasonably applied, puts a Stop to Diseases already begun, and in this Sense also proves a grand and universal Preventive. And if the Opportunity be nicely watched and laid hold of, more Advantage may be reasonably expected from a Draught of Wine in the first Approach of a Disorder, than even some Physicians wou'd easily credit; or than I my self cou'd believe, had not my long Practice inform'd me herein.

I must not stay to mention how suddenly a violent Vomiting or Loosness may be stopp'd by the Use of Claret burnt without Sugar; how serviceable the same Medicine is in Surfeits; or indeed how advantageously different Kinds of Wine,  
diffe-

differently cook'd or prepared, may be used in particular Cures or recent Disorders. I shall leave this Subject to be improved upon by the Ladies, who generally apply their pretty Preparations of Wine so dextrously, as to draw upon themselves a little Envy from the Faculty.

The Things I design to speak to are of a higher Nature : For Wine is not only eminently serviceable in these Cases of less Moment, but will actually cure even the most malignant and infectious Distempers. And indeed, I never in all my Practice found any thing so effectual herein as this grand Remedy ; and shou'd think the World highly obliged to the Man who will advance a better.

*Wine the  
sovereign  
and only  
Remedy for  
infectious  
Distempers.*

It has long been a Custom with me, when call'd to Patients labouring with the worst Kind of Small-Pox, malignant Fevers, or the like dangerous Distempers, to order them Wine occasionally in all they drank ; especially towards the Crisis, when I frequently give it pure and unmixed : And this with such Success, that I am persuaded great Numbers have been suffered to dye for want of so generous a Remedy.

I do not say that this excellent Liquor shou'd be indiscriminately given in all kinds of Fevers, and particularly in such as are inflammatory ; tho' possibly a proper

fort of Wine may be found for every Species of them \* : But this I assert, that in malignant, or the worst kind of Fevers, attended with a slow Pulse, great Heaviness, Stupor, Retchings, *Deliria*, &c. 'tis the most sovereign Remedy hitherto made use of. And as there are here no manifest Signs of Inflammation or violent Commotion in the Blood, whence perhaps they are improperly call'd Fevers, it may be applied with the utmost Safety. And it is surprizing to see how suddenly a Glass of warm'd Sherry or white Port will in these Cases raise the Pulse, give Play to the stagnant Blood, and recall the deaden'd Spirits to their proper Functions. Moreover, a Continuation of this potent Cordial at due Distances of Time constantly promotes a Crisis, resists the Putrefaction which the Disease was bringing upon the Humors, and supports the Patient.

But the singular Virtues of Wine, both in Fevers and other Distempers, cannot better be shewn than by producing Instances of Cures perform'd by it : To illustrate, therefore, and confirm our Doctrine, to reduce it to Practice, and to enable the Patient to be his own Physician, I will consider its Use in a few

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\* Galen declares white Wine to be excellent in acute Fevers.

grand Distempers, and produce from my own Diary a few Histories which shew the Effects of our Cordial to have been extraordinary.

I was once persuaded to visit a Gentleman, whose Physician had been dismiss'd upon giving him over in a malignant Fever, attended with as bad Symptoms as I ever saw. He had from the first been exceedingly dull, dejected, and troubled with a great Nausea and Retching. He was also delirious, and had remain'd without Sleep for four or five Days. I found his Pulse almost gone, his Eyes sunk, and the extreme Parts of his Body cold. Upon Enquiry I learnt he had been wholly treated with languid and cooling Medicines, tho' no Signs of Inflammation had appear'd to the present Stage of the Distemper. Hereupon I immediately order'd him a moderate Glas of warm'd Mountain Wine; and required the Dose, which was about three Ounces, to be repeated once in two or three Hours. Visiting him next Morning, I found he was considerably mended, the Coldness had left the extreme Parts, his Pulse beat pretty strong, he was in a gentle breathing Sweat, and had slept for two or three Hours in the Night. By the next Day there was a laudable Separation in his Urine. Then ordering his Dose to be gradually diminished, he was, in two or three Days

*A Gentleman, given over by his Physician, recover'd of a malignant Fever by means of Mountain Wine.*

Days time brought past Danger, and soon recover'd his Health.

*A Man recover'd from the Prison-Distemper, by the Use of White Port Wine.*

An unfortunate Man, unjustly made Prisoner for Debts which he never contracted, laid his Confinement so to Heart, that it presently threw him into that ugly kind of slow Fever, commonly called the Prison-Distemper. When he had languish'd under it for some Days, his Friends sent for me; but for his own Part he was utterly averse to consult a Physician. I found him in a very bad way, afflicted with terrible Retchings, and a troop of frightful Symptoms. He was also dejected to a very great degree; and absolutely refused to swallow any Medicine. Having formerly had some Acquaintance with the Man, I told him in a chearful manner, that I was come to take a Glass with him; and ordering some white Port to be warm'd, gave my Service to him. He answered me with a Sigh, Ah! Doctor, you will not let me pledge you. Yes, reply'd I, but I will; and ordered him a full Glass; which he receiv'd, and with some Assistance made Shift to drink it, and presently after compos'd himself to rest. I left Orders that the Dose should be repeated in two or three Hours time, if he wak'd, and that it shou'd be continu'd, being either increased or diminished occasionally, at the same Distance

ſtance of time 'till I ſaw him again. They told me when I returned next Day that he had a ſound Sleep for above two Hours after I left him, and that upon waking he call'd for another Glaſs of Wine, which was directly given him. In ſhort, my Orders were well obey'd, and he mended ſo faſt that I preſcrib'd nothing for him but a repetition of the ſame Cordial, at due intervals: and by this means alone, with the Bleſſing of God, he at length recover'd, tho' ſome-what ſlowly. And indeed he was afterwards apt to relapſe, tho' an increaſed Doſe of his Remedy wou'd ſoon relieve him. And at preſent I believe he enjoys both his Health and his Liberty.

I was concern'd with a Famous Phyſician, for a Man of no mean Rank, who lay ill of a malignant Fever, and had been unhappily treated for it with the Teſtaceous Powders, *Pulv. è Chel. Cancror. comp.* and cooling Cordials. When I was called in, I found the poor Patient in a very low State, weak, languid and almoſt ſpent, without the leaſt Symptom of an Inflammation: And upon inquiry finding him to be a Man who had all his life-long been uſed to Wine, I was thereby the more encouraged freely to propoſe to the Dr. the Exhibition of a little of that powerful Cordial. But he ſhaking his Head

*An eminent Perſon cured of a malignant Fever by ſtrong White Wine.*

Head and smiling at my Ignorance, cry'd Dr. wou'd you to extinguish Fire use Oil or Water? I confess I was a little startled at so unexpected a Question, but produced what Reasons then readily occur'd, and my own constant Practice, for the Use of Wine in this case. But the Dr. absolutely rejected all I could say for my grand Cordial. Upon this we order'd some more *Pulv. è Chel.* with the Addition of five Grains of *Bezoar* to each Dose, to be repeated with a cooling Cordial every three Hours. On the following Morning we met again, and found our Patient worse. We increas'd his Dose of *Bezoar*, and with much ado I obtained leave that two Ounces of White Wine might be added to half a Pint of his cold Cordial. But this wou'd not do, for our Patient grew still worse and worse, till the last Spark of life seem'd almost quench'd in him. And what shall we do next Dr. said I: More *Pulv. è Chel.* more *Bezoar* still? If you are determin'd to go on thus I must forsake you; I shall, otherwise, be accessary to the Death of our Patient. The Dr. replied that since *Bezoar* wou'd not do, he was sure nothing wou'd; and so Dr. says he take your own course, prescribe what you please I'll sign it. I took this opportunity to propose a Dose of my Favorite Cordial,

for

or so I scruple not to call it; and gain'd permission to give it; tho' I fear'd it you'd now come too late. However, in the presence of us both he drank a moderate Glass of the strongest White Wine warm'd; tho' the Dr. cou'd not help brugging up his Shoulders as it went down. To make short of the History, the Dose was repeated at due Intervals, and our Patient in a few Days time recover'd from his languid State.

I am acquainted with a Captain, who languishing under a Fever of this worst kind, was given over by his Physicians, and actually declared irrecoverable. This severe sentence pronounced in his hearing roused his Spirits a little; when opening his Eyes he found a trusty Comrade at his Elbow, whom he intreated, since he must soon die, to let him first have a Glass of burnt Claret; and continuing importunate for it, his Friend at length consented, gave him a Pint, contrary to the Physicians orders, and after some time a second. Two such immoderate Doses soon set the Captain to sleep, and in two or three Hours time he awaked, to the great surprize of the Doctors, with the Symptoms of Drunkenness upon him. He soon fell again to sleep, and afterwards awaked greatly refresh'd, with florid Colour in his Face,

*A malignant Fever cured by a large Dose of burnt Claret.*

a strong Pulse, and a firm assurance in himself of a speedy Recovery, which happen'd accordingly.

But this Practice is too bold to be imitated: However it shews the Excellence of the Remedy.

*A Pint of Canary every Day allow'd with success by a Physician in a malignant Fever.*

A very worthy Gentleman, to whom I have the Honour to be known, being seized with this Distemper, and having been long accusom'd to Wine in his Health, was by his judicious Physician allow'd to drink a Pint of Sack every Day during his Illness; to which management both himself and the Physician attribute the Cure: And certainly with great justice, considering how few are recover'd from it by any other means whatsoever.

*An Apothecary constantly prescribed Wine in malignant Fevers and the confluent Small Pox, with great Success.*

To conclude this Head of Fevers, I shall only mention that an eminent Apothecary, very lately dead, with whose Practice I was particularly acquainted, was so honest as for many Years together to order no Medicine but Wine to his poorer Patients, in malignant Fevers and the confluent kind of Small Pox; and this he did with a Success hardly to be parallel'd.

*The Virtues of Wine in the confluent Small Pox.*

The confluent kind of Small-Pox seems to require a free use of Wine, still more than Fevers. And indeed I cannot but say 'tis, about the Crisis, often successfully

uccessfully employ'd herein by the judicious ; but I fear, generally speaking, too sparingly : for as the Corruption is here excessive, and the danger of the Contagious Matter falling upon the noble Parts very great ; the Blood shou'd, by all means, be well fortified by our grand Cordial, that it may the better resist the Putrefaction. The neglect of giving Wine seasonably and in a sufficient Quantity towards the conclusion of this Distemper, has I am afraid prov'd as fatal, as the Exhibition of hot Cordials and spirituous Liquors at the beginning of it.

There can be but few Physicians who have not seen and are satisfied that the Effects of Wine are extraordinary, and its Use absolutely necessary here, to promote or raise the secondary Fever. Doctor Sydenham himself, the Introducer of the old Regimen in the Small-Pox, highly commends it in this case, and orders it to be given Night and Morning.

The distinct sort of Small-Pox is so gentle a Disease, that it rarely requires the assistance of a Physician ; but the confluent kind, one of the most fatal Distempers we have to treat. And for my part I freely own that were I not beforehand prepared, by Wine, to visit my Patients in this nauseous and loathsome Disease, shou'd no more desire to be call'd to it,

than I wou'd pretend to cure it without the assistance of my Favorite Cordial.

But to produce two or three particular Instances of this terrible Distemper wherein Wine has prov'd eminently serviceable.

*A Lady  
cured of the  
confluent  
Small Pox  
by warm  
Canary.*

A young Lady fam'd for her Beauty, sent for me as soon as she found the first Symptoms of this Distemper upon her. The Fever seeming of it self strong enough to throw out the Morbific Matter, without the assistance of Art, I only prescrib'd her the innocent Medicines usually given in the like case; and the Distemper regularly tended to as good a Crisis as we cou'd expect: for the Sputa- tion was plentiful, and the Pustules every where, till about the tenth Day, plump and well fill'd, and the parts of her Face unpossess'd by them look'd fresh and florid. But happening, now, contrary to my orders, to drink too plentifully of cold Barley Water, her Fever immediately abated upon it, her spitting ceas'd, the Pustules sunk, the florid Colour forsook her Face, and she complain'd of great Sickness at her Heart. In these circumstances I cou'd devise no better Medicine than a Glass of warm Canary; I gave it her immediately, and in less than an Hour a second; whereby she was greatly reliev'd, her Pulse beat stronger, and the  
Pustules

Pustules began again to rise, and by continuing the Use of this Remedy a little longer we brought all things to their former State; then decreasing the Dose by small degrees we secured an happy Crisis, and the Lady perfectly recover'd.

Being suddenly call'd, on the eighth Day, to visit a Child about two Years old, ill of the confluent Small-Pox; I found the tumor of his Face and Hands so subsided thro' a vehement Looseness, and the Pustules sunk so far, that to all appearance it was impossible to raise them. I immediately gave him three Spoonsfull of burnt Claret, without Sugar, and order'd the Nurse to continue giving him a large Spoonful every Hour. Before the next Morning his Looseness abated, his Pulse grew strong, and the Pustules were fill'd again. In short, by prudently exhibiting and discontinuing the Remedy in proportion to the Fever, the Child's Life was secured.

*A Child cured of the confluent Small Pox, and a vehement Looseness, by burnt Claret.*

One Observation I have made in this Distemper, which I ought not to omit; it is, that when Wine has been thus prudently used by the Patient, he recovers much sooner, his Body appears not so much emaciated, and he requires less Purging afterwards, than when this Remedy is neglected.

Several

Several others have been reliev'd by me in the same dangerous cases, after the same manner. And many other Physicians have experienc'd the great virtues of Wine herein, as well my self; so that it were a lost labour to multiply Instances of this kind.

I shall only take notice that once being jointly concern'd with an eminent Physician for a Child about a Year old, extremely ill of the same Distemper, the confluent kind of Small-Pox, attended with a violent Looseness, which almost entirely hinder'd the Face from swelling, and the Pustules from rising, my single Authority was not sufficient to procure him so much as one Spoonful of burnt Claret; So extremely was the Doctor afraid of what he call'd the hot Regimen. Whether it were for want of some such generous Medicine, or thro' the violence of the Distemper, I will not peremptorily assert; but we lost our Patient on the ninth Day.

*The great  
Virtues of  
Wine in the  
Plague.*

The Plague is a Distemper vastly more terrible and fatal than either of the former, and reckon'd incurable by the generality of Physicians: yet even here our noble Cordial will exert its Virtues, by way both of Prevention and Cure.

The greatest Physicians who have treated of this Distemper conspire to recom-

recommend a cheerful Glass to keep off the Infection in Pestilential times, and have happily found its good Effects herein upon themselves; as particularly the great *Diemberbroeck*, who for his extensive Knowledge, and large Practice in this cruel Disease, is deservedly esteem'd the best Author that ever wrote of it. By this means it was that he preserv'd himself from that cruel Infection, which between the Years 1635 and 1637 almost depopulated the City of *Nimmeguen*; and by the same method was our *Hodges* also preserv'd in the last dreadful Plague of *London*.

And 'tis very remarkable that the Ancients sprinkled their Houses and the publick Places with Wine, to preserve themselves in the times of a Pestilence, as the Moderns sprinkle Vinegar for the same purpose. Both Ancients and Moderns, therefore, 'tis plain, attribute anti-pestilential virtues to Wine.

*Diemberbroeck*, also, tells us that Wine drank, in moderation, was very serviceable in the cure of the Plague; but more especially a medicated sort of it compos'd of bitter and mild Aromatics, such as is set down at the end of this Treatise. But Vinegar, that is fower Wine, he thinks can never be sufficiently recommended, for its extraordinary Virtues both Pre-  
ventive

ventive and Curative of this Distemper : and accordingly he constantly prescribed it with the greatest Success imaginable. He farther expressly affirms, that Vinegar preserv'd the Poor better than the most costly Antidotes did the Rich. In this Practice he was follow'd by Doctor *Hodges*, who indeed in most Particulars has copied him. Nor do I know of any Author, ancient or modern, who has produced any thing to the Discredit, but much to the Encouragement of this Practice. Since then I have had no Experience in the Plague my self, (for I scarce remember the last direful one in *London*) it may suffice to have produced two such Vouchers for the truth of our Doctrine as are Men of unquestionable veracity and large experience in this Distemper.

And thus much may serve to shew the extraordinary Virtues of Wine in acute Distempers, and such as are often attended with an Inflammation or a Fever.

Less Danger, without dispute, attends its free use in chronical Cases, where no Fever is to be fear'd, and where therefore a large Dose of it may be more boldly administred. Let us then proceed to consider the Virtues and Uses of Wine in two or three such Cases as these.

The Gout is generally allow'd to proceed from Indigestion, or a Depravation of that Faculty in the human Body whereby it assimilates and converts the Aliment into its own Substance; totally expelling and throwing off the excrementitious or superfluous Part: A Medicine, therefore, that will promote all secretions, and Excretions, add to the vital force of the Heart, and enable it to give an Impulse to the Blood, and whirl it briskly thro' its Canals, preserve its Mixture and Uniformity, and keep it from falling into Heterogeneous Concretions, must be exceeding proper in this case. And that Wine will perform all this, I suppose is already prov'd beyond reasonable exception. But then it must be the generous sort that abounds in the generous Principle, and not the thin watery kind, which dissolves its own Tartar so much to be fit for this purpose; so' in other cases 'tis the best. I have observ'd that fat corpulent Men who had unactive Lives, whose Blood-Vessels are small, and who have not used the strongest Wines, are most afflicted with the Gout; whence to prevent this disorder nothing seems more conducive than a moderate Use of the strongest white Wines, as Sherry or Mountain of middle Age, not too dry or pungent,

*Wine an  
excellent  
Remedy for  
the Gout.*

sweet or luscious, and occasionally improv'd by the Addition of some grateful Bitter, or mild Aromatick Vegetable; together with the assistance of brisk Exercise, which greatly promotes the Operation of the Medicine, and helps it to scour the foggy Glands, give a new Spring to the Fibres, open the obstructed Vessels, dislodge the clogging Matter, and throw it off in Perspiration or a gentle breathing Sweat. Hence a keen Appetite will arise, sufficient to digest the Aliment taken in; hence pure Blood will be made, and any fresh supply of Gouty Matter will be seasonably cut off.

By this means many Persons, and some to my own knowledge, have preserv'd themselves free from any violent fit of this excruciating Disease, tho' in their Constitutions they were greatly disposed to it. And in case of a severe attack of this torturing Enemy; when he makes an Invasion upon any noble or vital part, what is it can dislodge and drive him to the Frontiers, but generous Wine? The excellence of our great Cordial in this case is so generally allow'd and approv'd, that 'tis now the common method to use it with a laudable Freedom herein; and sometimes to call in the assistance of its more powerful Spirit, Brandy, and that with happy Success; for

For the Enemy can very rarely withstand its Force.

Examples of this kind are common, and must have fallen under the Observation of others, as well as of Physicians; and the Thing it self is, besides, so rational, that it will doubtless become an universal Practice. So much the more was I lately surpriz'd to hear that any Physician shou'd omit the Use of so excellent a Remedy in an urgent Case of his kind.

A Gentleman, it seems, who had been long subject to the Gout, was now at length seiz'd with it in his Head; from whence being driven, it seated it self in the Stomach, and there threatned him with sudden Death. A Glafs of warm Brandy, or of the strongest Wine, was here if ever, one wou'd have thought, sufficiently indicated; but whether thro' Confusion, Ignorance or Design, I know not, a very weak Remedy happen'd to be administred in its stead, upon which the Patient instantly expired.

That Wine is a most excellent Remedy in the Gout, and that it strongly tends, when properly used, both to prevent and cure it, will then I suppose be readily granted: But that it shou'd be serviceable also in venereal Cases, must seem somewhat strange to those who are unacquaint-

ed with the Nature of the venereal Infection, the Virtues of different kinds of Wine, and the proper manner of applying them.

*That Wine  
may both  
prevent and  
cure the  
venereal  
Disease.*

But as there is scarce any Distemper wherein some Species of Wine may not be advantageously applied, if duly timed and justly proportion'd; so particularly, (how strong soever the common Opinion runs to the contrary) this noble Medicine has extraordinary Virtues in the several Stages of the venereal Disease, and may, tho' that seems surprizing, prove a means both to prevent and cure it.

This Assertion indeed I cannot expect shou'd be taken for a Truth, before Reason and Experience are produc'd in its favour. As my Doctrine therefore in this Point carries the Air of Novelty with it, which is alone sufficient to discredit it with one Part of Mankind, I must descend to a closer Consideration of the Subject, and shew the Thing to be first rational, and then bring Proofs of its Success from Experience.

That the venereal Infection is not communicated instantaneously, and in a pure unmixt State, separated from all other Matter, can be doubted by no Man who considers the Nature of the Thing, with its Effects; for the Taint manifestly appears to pass from one Subject to another,  
in

n time, tho' short, and that too by means of some animal Fluid or Humour wherein it harbours and resides; from whence, as from a Point, gradually spreading it self, it successively produces its Effects in an Order, generally speaking, regular, and somewhat slow.

Here, therefore, is a proper Opportunity afforded for applying a preventive Remedy, by way of Lotion, to the Part suspected. And what can be more proper in such a Case than a Liquor, that by its subtile penetrating Nature, will readily insinuate it self into the Pores of an animal Body, and at the same time mix with any clammy *Sordes* or Filth it may there meet with, and dissolving it wholly, bring it away by repeated Ablutions; whilst it fortifies the Part, and powerfully enables it to resist Putrefaction, or a beginning Inflammation. Now that a pure kind of strong white Wine warm'd, or Brandy diluted with warm Water, is exactly calculated for such a Purpose, will appear self-evident to a considerate Man; at least, that Liquor is too commonly used in parallel Cases, that the thing shou'd require any farther Proof. Or if negative Arguments have any Force, its Success is too frequent to suffer the preventive Force it has, in this very Case, to be call'd in question.

But

But this is spoken only to Physicians, and that by the bye.

Wine is also a Preservative from venereal Infection, being used internally as well as externally. For as when moderately drank we have shewn it a grand Preserver of Health, in general, so it peculiarly, by its Spirit, arms and fortifies the Blood and Juices against any malignant Taint or Venom. We must own, however, that it ought not to be greatly relied on in this Case; for it has sometimes fail'd.

But as for the Cure of this Distemper, it may prove impossible to be carried on without the Assistance of so noble a Cordial.

I will not here insist upon the great Advantage to be reap'd from a prudent Exhibition of *Rhenish*, by way of Diurect and a Cleanser; nor pretend to extol that delightful Ptisan composed of this small but powerful Wine, Sugar, and Barley-Water, above those prepared by the Apothecaries Art: But this I may venture to say, because there are Persons enough to second me in it, that where the Intention is to bring forward venereal Buboës, to promote their Suppuration and Discharge, and by that means effect a thorough Cure, generous Wine plentifully drank is the best known Remedy to answer that End. And

And farther, my own Practice has inform'd me, that a free Use of Wine in all venereal Cases unattended with great Inflammation, is far from being of that dangerous Consequence the poor Patient is sometimes made to believe. On the contrary, I am firmly persuaded that a greater Number of venereal Patients wou'd every Year be carried off by their loathsom Distemper, did they not defend their Blood and Juices from the Infection, and in some measure drive it out by insensible Perspiration, merely by the Force of Wine ; till they are prevail'd upon to use a more direct and proper Method for their Cure.

That this is Matter of Fact, might easily be learnt from the free Confession of many ingenuous Gentlemen in this great City.

I am particularly acquainted with one of this kind, who assures me, that tho' he meets with the Misfortunes that necessarily attend a Life spent in Gaiety and Pleasure, yet he has so strong an Aversion to Physick, that he can never, on the most urgent Occasions, be prevail'd upon to take a Grain. He can bear no Confinement, nor be tied up to the least Regularity: But a Bottle is his chief Delight, and by the sole Strength of this he has chearfully supported himself under an almost

most constant Gonorrhœa, for a Series of Years, and still continues otherwise healthy, florid and gay. And such kind of Instances, doubtless, are not so rare, but others have often met with them as well as my self. Now I only ask, Whether it is probable that a Man shou'd not only bear up so long under such a constant Train of Infections, but appear fresh, active and vigorous all the time, without the Assistance of some very powerful Remedy of a Tendency contrary to that of the Distemper? But in this Case nothing can pretend to that Character but Wine.

I will farther add, that when the Infection is become universal; when it is so interwoven with the Constitution, that there remain no Hopes of a Cure, even then I say our grand Cordial will take Place; even then enable the tainted Juices to resist a farther degree of Corruption, and preserve the Bones from Rottenness.

And herein the superior Excellence of Wine is manifest above all other Remedies whatsoever, that 'tis applicable and advantageous where the rest will fail us; and not only ease Pain and procure Sleep, but render the Patient insensible of his Disease.

I come now to the last Distemper, wherein I design to shew the extraordinary Virtues of the exhilerating Juice of the Grape; and

and that is a very general one, the Hippo-  
 This, if we may credit the great Doctor  
*Sydenham*, has not its Substratum in Mat-  
 ter; and to speak the Truth, it is princi-  
 pally imaginary; tho' some Disorder in  
 the Body may questionless give occasion  
 to it. However, I know of no Author  
 who professes himself able to cure it with-  
 out the Use of our great Cordial. The in-  
 genious Doctor *Mandeville*, indeed, seems  
 very well acquainted with its Nature; he  
 has accurately describ'd its Symptoms, and  
 acted a Gentleman's Part in communi-  
 cating what he had observ'd of it; but  
 when he comes to the Cure of it by  
 Medicines, his Prescriptions are like those  
 of other Men, and tend, 'tis true, to  
 keep the Body in a due Temper, but they  
 contain nothing like a Specifick for the  
 Case; which he seems to think chiefly  
 lies in hitting the Humour of his Patients,  
 falling in with all he says, and diverting  
 him from the Thoughts of his espoused  
 Distemper. As this Disorder, then, prin-  
 cipally resides in the Fancy, but owes its  
 Origin to some Disorder in the animal  
 Deconomy, which from considering its  
 several Symptoms, Circumstances, and  
 manner of attacking and going off, seems  
 to be an obstructed Perspiration; since it  
 chiefly affects those who employ their  
 Minds much more than their Bodies, and

*Wine ex-  
 traordinary  
 in the Hip-  
 po, and  
 Hysterical  
 Disease.*

such as lead a sedentary unactive Life ; the Use of Wine duly proportion'd to the Case, and accompanied with proper Exercise and chearful Conversation, seems to be the best Cure for it ; and actually seldom fails to relieve the Patient ; at least for a Season.

And thus much may be fairly collected from Doctor *Sydenham* himself, who had well considered this odd Disease ; for treating of it, he says, “ That such as  
 “ were under his Care for it, he persuad-  
 “ ed to drink a large draught of *Spanish*  
 “ Wine for some Nights going to Bed,  
 “ who were greatly reliev'd thereby ; and  
 “ that some hysterical Ladies who were  
 “ extremely thin and emaciated, low in  
 “ Spirits, and of an ill Habit of Body,  
 “ were made strong, florid and healthy  
 “ by the same means.” \* He likewise highly commends in the same Case the Use of that Wine wherein Gentian, Wormwood, Centory, Orange-peel, &c. have been first infused.

But farther, to shew how advantageously Wine may be used in this Distemper, I shall subjoin a few Instances, wherein it has prov'd remarkably serviceable.

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\* *And herein he agrees with the great Hippocrates, who, treating of the Diseases of Women, declares Wine to be excellent in hysterical Cases ; and elsewhere says, 'tis eminently serviceable in all Perturbations of the Mind.*

A Maiden Gentlewoman of a considerable Fortune, having been for many Years subject to the hysterical Disease (which is the same in Females as the Hippo in Men;) and finding no Relief from taking such Quantities of Cathartick, Antihysterick, Bezoartick and Chalybeate Medicines, as for several succeeding Years cost her Eighty Pounds *per Annum*, she at length consulted me; being at that time reduced to a very low State indeed, and worn almost to a Skeleton, and appearing with a very meagre Look, and wanting all manner of Appetite.

*A Gentlewoman cured of the hysterical Disease by Wine.*

She was also full of Whimsies and strange Fancies; daily foretelling at what Minute of Time she shou'd expire the next Day; now crying, now laughing, now singing, and then dancing; with many other ridiculous Gestures and Vagaries.

Finding the Lady in this Condition, her lucid Intervals exceeding short, and that various kinds of Remedies had been in vain try'd upon her, by many of the most eminent Hands, I concluded I must go a different way to work. I said to her with an Air of Chearfulness, Madam, your several Physicians were very ingenious Gentlemen, and have perform'd all within the Compass of Art, so that I find nothing left for me to do in the ordinary

Road, suffer me therefore to put you into a new Method, and to shew you how you may become your own Physician. Be pleas'd, Madam, said I, in the Presence of her Sister, to slice the Rind of two *Sevil* Oranges, and set it to steep, for a Day or two, in a Quart Bottle of Sherry; and of this Liquor, when strain'd, take half a Wine-Glass every Morning, fasting; as much an Hour before Dinner, and again the like when you go to Bed. Walk about your Chamber as much as your Strength will permit, let your Diet be light, and easy of Digestion, eat little at once, but often; and drink a Glass or two of *Mountain* or *Canary* at your Meals; for, continued I, your Stomach is weak, but this Method, if you fail not in the Performance of your Part, will restore your Appetite and give you Strength; the things you now stand most in need of.

But, Sir, said she, will you prescribe me nothing to take? I must have Physick, some Bolusses, and a Cordial, or I shall never live till Morning. My Design, reply'd I, is to make you your own Physician, and wou'd have you take to your self the Care and Honour of the Cure; at least, Madam, for one Day let alone all Physick except that of your own preparing. To this, after some Persuasion,  
she

she agreed, and by her Sister's Importunity and Watchfulness, was brought to try my Method in Practice.

The Lady, in her Health, had a great Inclination to Physick, and was never better pleas'd than in preparing some cordial Water or Conserve; so that she soon came to take Pleasure in making her own Wine, as her Intervals gave her leave. And when I made my next Visit, she propos'd to improve my Medicine, by an Addition of some Spices. This Opportunity I took to recommend Gentian-Root, and a little Galangal, which she complied with, and kept to for several Days; 'till, fine, her Appetite and Strength began to return, and as these increas'd, her Fits of crying and other Symptoms left her far behind, that coming to take the Air on horseback, and continuing the Use of her bitter Wine, she, without any other Remedy, recover'd a good State of Health, and a fine Complexion, and is at this Day a comely hearty Woman.

A Gentleman of very great Learning, Arts and Piety, fell about the Fiftieth Year of his Age, thro' the sedentary Life he had led, and the low Diet he used, to the lowest degree of Melancholy. He was frequently oppress'd with frightful Thoughts, and sometimes fancied himself among the damn'd; his Appetite forsook

*A Man of great Learning relieved from the Hippo by the Use of Wine.*

forfook him ; he grew very coſtlyve in his Body, meagre, pale-faced and horrid to look on. Whilſt he was in this Condition I was ſent for to him, and by Enquiry learnt that his conſtant Liquor of late had been only Water, ſometimes pure, and ſometimes colour'd with a Toaſt ; that he had commonly breakfasted upon Water-grewel, dined upon Spoon-meat, and, in ſhort, obſerv'd as ſlender a Diet as we order in ſome Diſtempers ariſing from a too great Fulneſs. Upon this I entirely chang'd his manner of living ; I firſt commanded, for his Drink, that Wine ſhou'd be mix'd in an equal Proportion with Water, wherein a Toaſt had been firſt ſoked ; that twice or thrice a-day he ſhou'd drink a Glaſs of pure *Canary* ; that an Hour before Dinner he ſhou'd take a few Spoonsfull of my bitter Stomachick Wine ; that his Diet ſhou'd turn upon Chicken, Veal, or Mutton ; that he ſhou'd eat little at a time, but often ; uſe gentle Exerciſe between whiles, and that his Friends ſhou'd endeavour to make him chearful, and if poſſible to bring him to be in love with Wine ; for which at preſent he had no Reliſh. This Regimen being tolerably obſerv'd, produc'd proportionable Effects ; by Degrees it was ſtrictly purſued, ſo that in three Weeks time my Patient was able

take a chearful Glas with me at the Tavern ; where he express'd his Thankness for the Ease and Expedition wherewith he had been cured.

I made him promise not to return immediately to his Studies, and hereafter to use them more sparingly ; to leave off drinking pure Water ; to continue the Use of Wine and Exercise, which had prov'd so serviceable to him. But notwithstanding this, he now and then relapses into a Fit of religious Melancholy, which lasts not long ; for when he finds it coming upon him, he has immediate recourse to a chearful Glas and chearful Company \*.

A third, and the last remarkable Instance I design to produce of an hypochondriacal Gentleman, who fancied himself severely afflicted with the Venereal Disease, though no Symptom of it ever appear'd. He had consulted several Surgeons and Physicians ; some of them laugh'd at him, others made an Advantage of him ;

*An hypochondriacal Gentleman, who fancied himself infected with the Venereal Disease, cured by drinking Wine.*

The very learned Dr. Shorte tells us, " That he knew a Gentleman so melancholy, that he could not sleep without a great Dose of Wine ; but that this Gentleman being afterwards persuaded to drink Water, the Doctor declares he heard a Vintner's Wife curse the Physician for depriving her of so good a Customer ; for he died by that means." So, says the same Author, " did another, a great Sack-Drinker, who changed his Custom of drinking Wine to the drinking of Water."

but

but he grew no better, at least he continued to complain as much as ever. When he came to me, " Sir, says he, I have  
 " been lamentably pox'd for these Five  
 " Years; I have had Pains in all my Bones,  
 " especially my Shins, Shoulders and Head,  
 " and for my Nose, I am certain that must  
 " drop off. Then there are two Buboës  
 " in my Groin, as big as Pullets Eggs;  
 " yet I have been twice salivated for this  
 " cursed Distemper, and taken whole  
 " Loads of Physick both before and since.  
 " In short, Doctor, you Physicians and  
 " Surgeons are the Devil; I have a hun-  
 " dred times swore I would never go to  
 " one again, but hearing you are an ho-  
 " nest Man, and give but little Physick,  
 " I am persuaded to consult you."

Being appriz'd of this Gentleman's coming, by an Intimate of his; who told me as much as was necessary for me to know, to prepare me for his Reception; Sir, reply'd I, you were saying you had two Buboës, pray let me see them. Upon examining the Parts, I found nothing like a Buboe, or the least Tumor imaginable; but putting on a serious Air, I told him they were not so large as he imagin'd; however, since they appear'd, the Rules of our Art required that they shou'd be brought to a Head, and broke, in order to let out the filthy Matter which was  
 gather'd

gather'd in them. But Doctor, said he, how shall we break them? There's nothing easier, reply'd I; you need only live well, feed high, take a hearty Glass, and be merry with your Friends; here's no occasion for a Salivation or any other Physick: The Method I speak of will infallibly throw off the Malignity from the Blood into these Buboes; which, as I said, being once broke, will thoroughly cleanse your whole Body. Thus, tho' he was but a very moderate Drinker, I prevail'd upon him to use Wine; and by the Assistance of his Friends, he was by slow degrees brought to bear his Bottle, forget his Distemper, and laugh at his own folly. So that in three quarters of a Year after, he came to me with a Smile, and told me that his Buboes were cured with all the Ease and Pleasure imaginable; and he thank'd God he was now a sound Man\*.

Thus

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\* Dr. Whitaker produces several Cases wherein Wine has been scrib'd by eminent Physicians, which, for the farther Confirmation of what we have deliver'd concerning it, I think proper to place here. "A Jew that labour'd with Melancholy, his Temper hot and dry, from a vicious Predominancy over the Blood, his Body lean, Colour black, indispos'd to sleep, prompt to all Action, prone to Anger, of an excellent Wit and Discourse, but at this present minute, and hath been so these Six Days, his Temper thus agreed upon with his Distemper, by a Council of Doctors, they now fix upon two Sopes of Cure, the one moistening, the other opening

Thus then I think my self to have abundantly shewn that Wine is a Medicine of great Force and Efficacy, to prevent and cure Diseases, and even such wherein little Service cou'd be hop'd for from other Remedies : And possibly I may have given a few useful Hints even to Physicians themselves, as to the Cases wherein it may the most advantageously be used. I have shewn it to be an innocent as well as a powerful Remedy; I have deliver'd my own Method of using it ;  
pro-

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“ *Obstructions, and in both Wine is concluded a proper Remedy.*  
 “ *There was also another great Consult about a Canon of Rome,*  
 “ *labouring with a Fever, whether Wine might be prescribed ;*  
 “ *about this Point was much Controversy, but concluded and adhi-*  
 “ *bited the Remedy ; nor do I read of any other Medicament in all*  
 “ *this Consultation. In the next place I present a young Gentle-*  
 “ *woman labouring with an Epileptic or Falling-Sickness, her Tem-*  
 “ *per hot and moist, and so concluded in Council, because they*  
 “ *found her Body fat and fleshy ; in this Case they determin'd the*  
 “ *Use of Wine most convenient for the Attenuation of Humours,*  
 “ *and Corroboration of all noble Parts. The same was agreed up-*  
 “ *on for a young Spaniard in a burning Fever, in a great Distilla-*  
 “ *tion pro Episcopo Lucensi in various Distempers, pro Aloysio*  
 “ *Foscarenio in Vertigine or Dizziness in the Head, pro cive Lu-*  
 “ *centi against all Effects of the Reins and Bladder, pro magnifi-*  
 “ *co Contareno, with many others, which were too prolix to pro-*  
 “ *duce, enough being argued to instruct the Use of Wine in all Tem-*  
 “ *pers, to be a most natural Aliment, and in all Distempers a*  
 “ *proper Medicament, concluded by the most learned Ancient and*  
 “ *Modern in Medicine. Thus far have I urg'd the Use of pur-*  
 “ *Wine, not that I am ignorant of the excellent Advantage in*  
 “ *medical Wines, the Ordinance of which is left to the Judgment*  
 “ *and Direction of the present Agent. Again, says the Doctor*  
 “ *speakin*

produced a few of those numerous Cures  
have perform'd by it; endeavour'd all  
along to instruct the Patient himself  
how he may happily apply it to his own  
Case and Constitution, and hinted the  
manner wherein it ought to be prepared.

But if there should be any Fault com-  
mitted in the Preparation; if instead of a  
pure and wholsom Juice, the *Vintner*  
shou'd vend a mix'd, sophisticated and  
noxious Liquor, we must expect rather  
Poison than a Remedy, in that which Na-  
ture design'd for the highest Cordial.

*A Word to  
the Vintners.*

I therefore look upon it as a most  
considerable Branch of my present Design  
to qualify the Vintner for an honest Apo-

*Speaking of himself, " I cou'd render an Empyricall Argument from  
my own Affect, which was then an Atrophia totius Corporis, or  
Consumption of the whole Body, and left by the most perite Phy-  
sicians as incurable, my valitudinary Temper then being until the  
Age of Thirty Years affrighted at the Sight of one Glass of  
Wine, being a strict Observer of such Advice as must be ac-  
counted more learned than my own young Studies cou'd produce.  
But when I was left to my free Choice of any thing my Reason  
cou'd present, or Appetite require, upon those Grounds of Philo-  
sophy which I had meditated, I did cast my Anchor at the Root  
of this Plant, and by the constant Use of the Juice recover'd,  
in the Space of Twelve Months, Perfection of Cure, and have  
in such State of Health continued Twenty and Two Years after,  
and void of a consumptive Disposition to this Day, and have in  
many others since observ'd such Levamen, as in a Latitude may  
be esteem'd a Cure, and the right Use and Application of this  
Juice cannot be deny'd in Purity to exceed all spermatick Hu-  
mours, suck'd either from Women or Beasts, according to ancient  
and more modern Practise."*

thecary in this Case; that is to invite him to keep his Wine unmix'd, and to sell it pure.

This, methinks, he might be brought to do, from considering that 'tis Physick he sells; a Liquor which concerns the Lives of his Majesty's Subjects; and that if any one happens to die or miscarry thro' the Badness of the Medicine, he is guilty of Murder or Felony.

It must indeed be own'd, that the Price shou'd be advanc'd, where a neat Commodity is expected; And no Gentleman, I am satisfied, will scruple this. But, as in all Professions, there are Fools and Knaves, as well as honest and discreet Men; 'tis necessary to guard against the former, especially where Wine is concern'd. It were therefore to be wish'd, that the Bill to enlarge the Power of Physicians extended to the Vintners; and that instead of their Cellars being visited by the Brotherhood, such a Charge might be committed to those of the College, as are well acquainted with Wine and the Mysteries of Brewing; that so we might have the Judgment of the best Physicians in *Europe*, upon all the Wine we drink or use in Physick.

A learned Author has justly complain'd that there is no greater Imposition than that we daily suffer in Liquors, to the great Prejudice of our Health; he tells

“ There are Men arriv'd to that degree of skill in brewing, as to make Beer without Malt, Cyder without Apples, and Wine without Grapes;” and I wish there were not more Truth than Probability in the Expression. This is certain, that we seldom meet with any Wine pure and neat, except in private Houses; where 'tis receiv'd immediately from the Merchant, without passing thro' the Hands of the Cooper; who has a diabolick Power to prepare, mix, and churle the Creatures of his own composing. However, there are, I am perswaded, some Taverns in *London*, where the Masters can oblige their Customers with what is genuine: And may the Number of these encrease, to the Preservation of our Health, the Cure of our Diseases, and the Welfare of the Kingdom! But for those who keep pure Wine, yet refuse to sell it when they can have a proportionable Price for it, and vend an unwholesome and destructive Commodity in its stead, all honest Men must wish their Villainy to be detected, and severely punish'd.

To this end I have, upon the same Foundation with that whereon the Royal Society long ago design'd to proceed; contriv'd a Sett of Experiments, to discover all the Sorts of Sophistication of Wine I ever yet cou'd learn,

learn, either from those Vintners who had Honesty enough to discover the Practices of the Brotherhood, or such as have been used to the Trade. But these I reserve for some future Treatise, wherein I shall also bestow various Remarks upon the different kinds of Wine; the respective Age which each requires to fit it for Use; and the proper Methods of fining them down, and preserving them; with other Particulars relating to their Management and Adulteration. In the mean time, to shew how much Good-will I bear to the Vintners, I will here freely communicate to them the Receipt for making the bitter Wine, which I have several times mention'd above; and this will still farther serve to recommend and qualify them for Apothecaries.

The Virtues of a bitter Wine have been already declar'd in Part, and indeed 'tis impossible to shew them fully; they are innumerable, and almost every Disorder may be prevented or remov'd by a proper Use of it: 'Tis doubtless the best Whet that can be contriv'd. Physicians are sensible that most Taverns stand in need of a good Bitter; and several have complain'd to me of the want of it, upon tasting that of my own preparing. Their's also is frequently found Fault with, for hurting the Eyes and damaging the Sight, upon account of the Worm-  
wood

wood wherewith 'tis loaded : Mine, on the contrary, has no one ill Effect upon any Part of the Body, that I ever yet cou'd hear of; and tho' the Composition seems unelaborate and simple, 'tis, I am certain, endowed with excellent Virtues, as well upon account of the Wine, as the other Ingredients. The Receipt is this.

Take of *Sevil* Orange-peel, shaved moderately thin, and gently dry'd, One Pound,

Galangal-Root, sliced, Half a Pound,

Gentian-Root, sliced, Four Ounces,

Cardamom-Seeds, husk'd and grosly bruis'd, One Ounce,

*Mountain* Wine, Four Gallons,

*White Port*, One Gallon and a Half,

*Old Malaga*, Two Quarts,

*Old red Port*, One Quart.

Let all these stand together in cold Infusion for Three or Four Days, then strain off the Wine into another Vessel, and in a Day or two's time it will be fit for Use.

This Bitter, thus prepared, has a delightful Colour, Scent and Taste ; but if it stands too long upon the Ingredients, it fetches out their earthy or gummy Part, and so becomes nauseous to the Palate,  
and

and offensive to the Stomach ; which are the common Faults of all Tavern-Bitters. A Pint of *Sherry*, *White Port*, or other white Wine, dash'd with two or three Spoonfulls of this Tincture makes a *delightful Bitter*, which is the Name it has long gone by in my Family, and among such of my Acquaintance as have used it. One or two of these Ingredients indeed are a little more costly than those commonly used by Vintners for the same Purpose ; neither will they go so far, because not suffer'd to steep so long as theirs ; for which Reasons it cannot well be sold so cheap as that, especially if none but neat Wine, which I earnestly recommend, be used in it.

F I N I S.

