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THE LIFE OF HENRY JENKINS,
OF ELLERTON UPON SWALE, IN YORKSHIRE.
WHO LIVED TO THE AMAZING AGE OF ONE HUNDRED
AND SIXTY NINE YEARS AND UPWARDS;
WITH A COLLECTION OF HIS
INVALUABLE MEDICAL RECIPES.

THE FIFTEENTH EDITION.

BY THE HON. MRS. ANN SAVILLE,
BOLTON, IN YORKSHIRE.

COWBRIDGE
PRINTED, AND PUBLISHED, BY J. T. JONES,
1840.

PRICE ONE SHILLING.

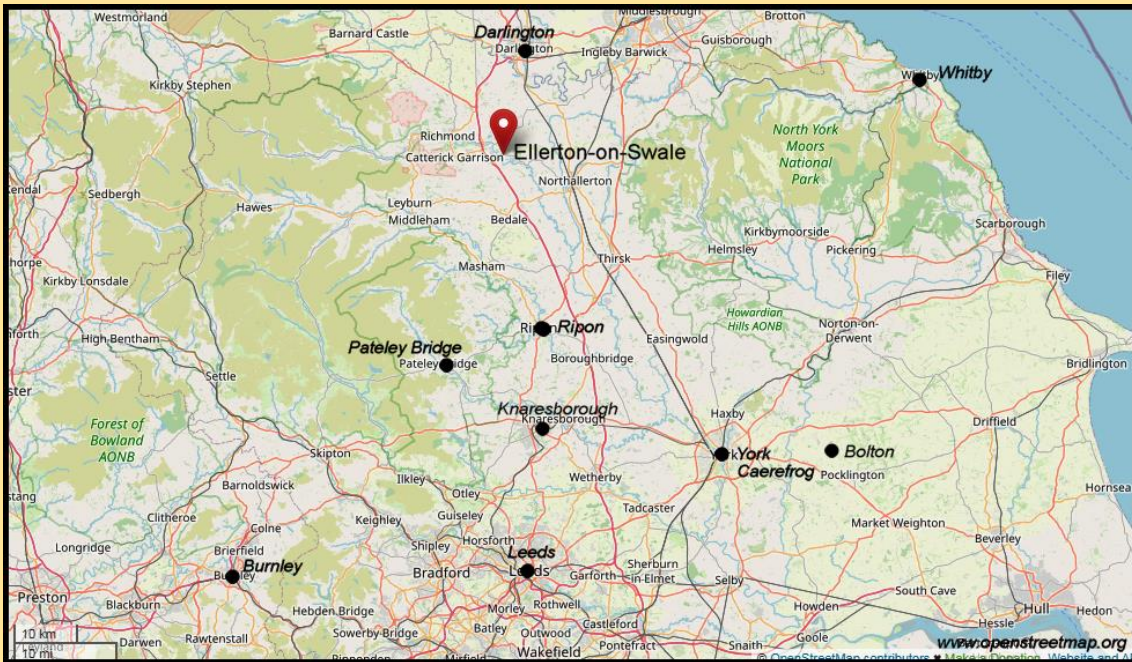
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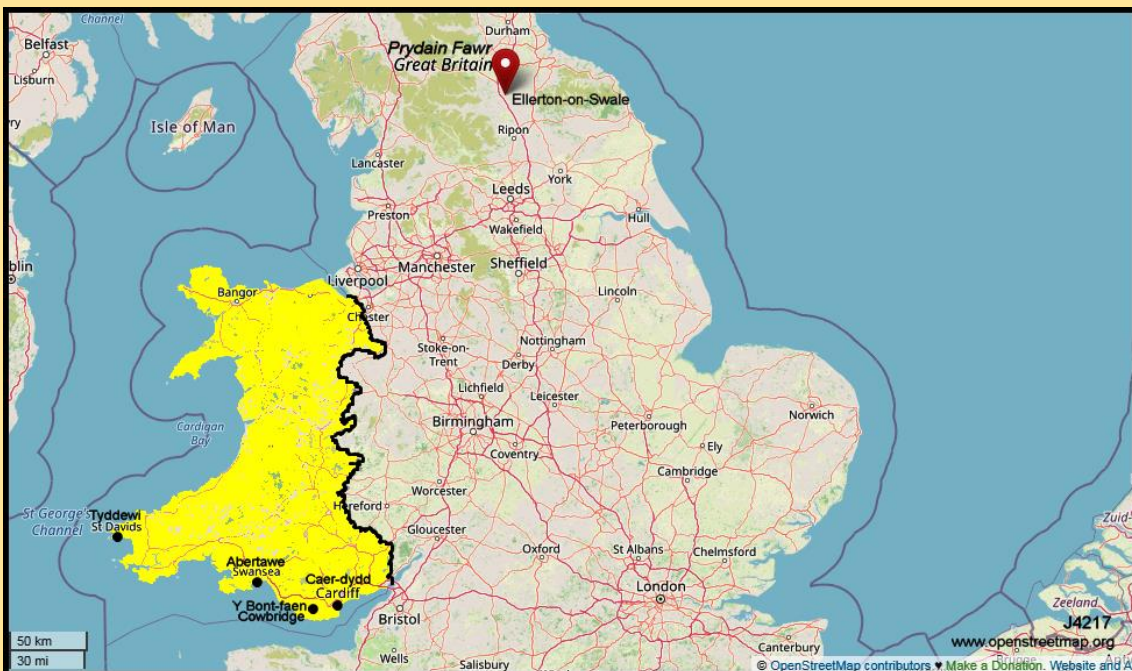
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H2117

TO THE READER.

IN consequence of the incalculable benefits the Public have derived from the former Editions of this little volume, the Publisher has obeyed the earnest call of his countrymen in favouring them with this, the Fifteenth Edition, which is carefully revised and corrected from errors and mistakes that crept into the former ones; he has likewise added a considerable number of highly approved modern Recipes, by the most eminent Physicians, with Recipes for making the most popular public Medicines, and other useful Domestic Hints; Rules for the Preservation of Health and Longevity, by Sir Richard Jebb, late Physician to the Royal Family, &c., and in addition to the above, he has introduced an admirable Table of Distances in South and North Wales; with a Gardening Calendar, and Medical Instructions, for every month in the year. As Life and Health is of the greatest value, no family ought to be without this precious Work.

H2118

MEMOIRS
OF
HENRY JENKINS.

WHEN I came first, says Mrs. Saville, to live at Bolton, a small village about seven miles from Richmond, in Yorkshire, to which place I was recommended by my medical attendants for the recovery of my health, being at that time dropsical, asthmatic, and consumptive—I was told many particulars of the great age, and astonishing cures performed by that surprising man Henry Jenkins, though I believed, at that time, but little of the story.

An old lady, however, resided in the neighbourhood, and who had formerly been intimate with my family, hearing of my arrival paid me a visit, and observing the precarious state of my health, said, I am extremely happy, madam, to see you at Bolton, which is perhaps the best place in England you could have selected to get your health restored, for there is one Henry Jenkins living in the neighbourhood, who has performed many cures which are almost incredible.

But I am now, madam, said I, forty-seven years old, which I fear will be an obstacle to my restoration. Not at all, she replied, for he has cured many that greatly exceeded your age; and when I came first to Bolton, I had myself been afflicted with an inveterate cancer for more than twenty years, which he made a perfect cure of in a few months:—for when I lived at

H2119

Knarborough, about thirty years ago, I received an accidental, but violent blow on my left breast which turned to a schirrhus, and soon after to a cancer. The surgeon who attended my family, and was considered very skilful in his profession, tried in vain to discuss it, but finding all his efforts to effect a cure fail, he strongly urged me to have the breast taken off, saying that would surely cure me, and I at length consented to have the operation, (which was a most dreadful one) performed. The effect of this operation threw me into a violent fever, which had nearly cost me my life. However, after some months, when the wound was healed, I seemed at first to get a little better; but in a short time the cancer attacked the other breast, which soon became much worse than the other had been. The surgeon strongly urged me to have that taken off also, saying, he should then be able to make a good old woman of me. This, however, I peremptorily refused, telling him I would sooner die than submit to such another operation. I continued however, by his advice, to wash the ulcers, three or four times a day, with a strong decoction of carrots, which seemed to ease the pain, though it did not by any means cure the complaint.

In this manner I lingered for more than twenty years, and was reduced to a mere skeleton; when, fortunately for me, one of my sisters married a gentleman who resided at Richmond, and she shortly after went there to reside. She soon heard of the fame of Jenkins, and wrote to inform me, requesting me, without delay, to repair to Bolton, and provided suitable apartments for me there for that purpose. I set out by easy journies to my sister, at Richmond, and soon after to Bolton, overjoyed at the prospect of a speedy recovery, after such a tedious and painful illness; and Jenkins actually made a perfect cure of me in about nine months, by the application only of a simple herb, which grows in every field, called clider, or goosegrass. I drank the juice, and applied the compressed leaves as a poultice to the ulcers. I was sixty years old when

H2120

he performed this astonishing cure, and therefore, madam, you must not consider your age any obstacle to your recovery.

The old lady had scarcely finished her story, when a gentleman, who lived in the neighbourhood, and who was nearly 100 years old, paid me a morning visit. He corroborated what the old lady had stated, and added that Jenkins had cured him, when he was turned of seventy, of an inveterate asthma, of more than fifteen years standing, in about fifteen months, by only drinking half a pint of tar water, prepared as he directed twice a day.

I asked the old gentleman where I could see Jenkins? he replied, he should see him the next day and would send him to me; For, says he, ever since he has cured me, I allow him a weekly stipend, which he calls on me every Saturday to receive. There are several other persons in the neighbourhood, whom Jenkins has cured of various complaints, who likewise allow him a small sum weekly, and others who occasionally assist him, as a great curiosity, considering him much too old to work at his trade, and, therefore, the ridiculous story of his being a common pauper is absurd.

As the gentleman had promised, Jenkins called on me the next day; he appeared to be a respectable and good-looking old man, and on being introduced, he viewed me attentively, and said, I perceive, madam, you are afflicted with a complication of disorders; but I hope, with the blessing of God, soon to be enabled to remove them all. This he duly performed, for in less than twelve months I was as well, and perhaps better, than I had ever been in my life. For the dropsy he recommended me to eat about an ounce of hard biscuit, or hard crust of bread every morning fasting, about two hours before breakfast;—for the asthma, tar water; and for the consumption I took every morning and evening a tea-spoonful of white rosin powdered and mixed with honey. Exercise and cheerful company he particularly recommended,

H2121

The above are the only medicines I ever took, and are such as I would recommend to all persons who are afflicted with the same complaints, being fully convinced that none can exceed, and few equal them.

After he had attended me for some time, and I found myself daily gaining health and strength, I asked him to tell me truly how old he was; he replied, 163 years last May, which was the month his mother told him he was born in, in the year of our Lord 1500. He lived about six years after this: so it appears he was born in the reign of King Henry VII., and lived to see the reigns of Henry VIII., Edward VI., Queens Mary and Elizabeth, James I., Charles I., the Protectorship of Cromwell, and part of the reign of Charles II., in whose reign he died.

I then asked him what king, and what public thing he longest remembered; he replied, Henry the Eighth, and Flodden Field, (meaning the battle of Flodden Field;) this battle was fought against the Scots in King Henry the Eighth's reign, on September 9, 1513.

I then inquired whether the king was present? he said, No! he was in France, and the Earl of Surrey was general commander in chief. I asked him how old he might be at that time? he replied, about thirteen; for, said he, I was sent to North Allerton with a horse-load of arrows, but they sent a bigger boy from thence to the army with them.

All this agreed with the history of that time, for bows and arrows were then used; the earl he named was general, and King Henry was then at Tournay, in France.

I then asked him if he could read or write? he replied that he could read pretty well, both print and writing, having been taught by his mother, but that he wrote but very indifferently. I might, said he, have written much better, for my mother, who was a tolerable scholar, took great pains to instruct me, but my father did all in his power to prevent it, for he was not only unlearned himself, but despised learning in others.

H2122

There were then living several other persons in the same parish who were nearly, or upwards of 100 years old, and they all agreed that Jenkins was an elderly man ever since they knew him, for he was born before any registers were in churches.

He then told me, that he had been butler to the Lord Conyers, and remembered the Abbot of Fountain's Abbey, very well, before the dissolution of the monasteries.

This Henry Jenkins died in December, 1670, at Ellerton upon Swale, in Yorkshire, and he was about thirteen years old when the battle of Flodden Field was fought; so that he lived upwards of 169 years, viz. seventeen years longer than Old Parr, and the oldest man born since the ruin of the antediluvian world.

In the last century of his life he was a fisherman, and used to trade in the streams, when his living was coarse, but in his latter days he was supported in the manner I have described.

He has sworn in Chancery, and other courts, to above 140 years memory, and was often at the assizes of York, whither he generally went on foot, a distance of more than forty miles, and several of the country gentlemen assured me that he often bathed in the river after he was 100 years old.

In the King's Remembrancer's office, in the Exchequer, is a record of a deposition of a cause by English bill, taken 1665, at Kettering, in Yorkshire, where Henry Jenkins, of Ellerton upon Swale, aged 164, was produced, and deposed as a witness.

There is now, says Mrs. Saville, in the possession of a Mr. Stokes, of Kenilworth, Warwickshire, a coffin plate, lately found, on which is the following remarkable inscription:—Mr. James Bowles, obit. August 15, 1656. *Ætatis* 152. By this it appears that he lived to the same age as Old Parr; died twenty years after him, and fourteen years before Henry Jenkins. The plate, which is tin, had been plated on both

sides with silver, and marked on the back with the maker's name (as supposed) John Dier.

As I now, says Mrs. Saville, depended solely on Jenkins for my cure, I requested him to call on me as often as he conveniently could, and finding him to possess extraordinary abilities, and a very retentive memory, I one day asked him if he had any objection to give me some further particulars of his life, &c., he replied that he had not, and immediately began thus:— I was born (according to the account of my mother) on the 17th day of May, 1500, at Ellerton upon Swale, in Yorkshire; at the time I was born, my father, mother, grandfather, grandmother, and great grandmother were all living under the same roof, in a cottage of their own building, chiefly composed of large branches of trees, and clay or road dirt, thatched with straw, and divided into several small apartments. My father was then, it appeared, in tolerable circumstances, at least he kept a cart and horse, and a cow, and had besides a large garden, well stocked with fruit-trees and vegetables, which he used to carry to the neighbouring markets to sell, in which I, as soon as I was able, assisted him. He also occasionally attended the gardens of the neighbouring gentry, to prune their wall-trees, dress their gardens, &c.

In the winter he occasionally planted and repaired the hedges and roads in the neighbourhood, in which I likewise assisted him; my mother also sold butter, cheese, milk, fruit, and vegetables.

My mother and grandmother were styled village doctresses, and were considered such adepts in that profession, that the neighbours and country people, for miles round, used to apply to them when seized with any complaint, and having had so much practice, they seldom failed in removing the malady.

I asked Jenkins how a set of illiterate country people could possibly come at the knowledge of removing complaints, which often baffled the skill of the most eminent surgeons and physicians. He told me his grandmother had a brother named

H2124

Hugh Smith, who when he was about eleven or twelve years old, was taken to sea by a ship surgeon, who taking a particular liking to the boy, taught him to be an excellent scholar, and, it appeared, for he was several years from home, that he became on the death of his master, surgeon in his room, and was reputed to be exceeding clever in the profession; he remained abroad for many years, and when he came home, being very fond of his sister, (my mother's mother) he would have her to live with him as his housekeeper, being a bachelor, and she assisted him in the medical department. He could not, however, content himself at home, for having been so long at sea, he used to say, he was like a fish out of water; and after remaining a few years at home he sailed again to the East Indies.

He remained abroad for nearly thirty years, and we all supposed him to be dead; but to our great surprise, without any previous notice, he at length returned home.

My grandmother then prevailed on him once more to remain at home, and re-establish his professional business, and she again lived with and assisted him in it as before.

After remaining at home for a few years, he still seemed to have a desire to go to sea once more, having latterly sustained some severe losses, nor could my grandmother or any of us prevail on him to alter his resolution, and he once more embarked for the East Indies.

Previous to his departure, he gave my grandmother all his drugs and medical apparatus, and likewise left her many valuable recipes for different complaints, and it was in consequence of the practice she had with her brother, that the country people hastened to her when any thing ailed them, and likewise to my mother after her death.

I then inquired whether his uncle the surgeon ever returned to England? he said, No; for he considered the climate too cold for his constitution, and having had a severe illness in the East Indies, he came in a Portugese ship to Lisbon, where he resided for several years, and there died.

H2125

On his first arrival at Lisbon he sent several letters to my grandmother, requesting her to go there to him; but she had such an aversion to the sea that he could not prevail on her to go, and she died at our house in her 138th year. Her brother, we afterwards heard, died nearly the same time; he was about two years older than her.

Being a piece of a doctress myself, says Mrs. Saville, I asked Jenkins if he had any of the recipes by him which his uncle, the surgeon, had given to his grandmother. He replied that he had the paper in his chest at home, which contained the whole of them, which his mother had given him; and if I wished it he would give them to me, being of little use to him at his time of life. I told him if that was the case, I should be very glad of them; and he accordingly brought them the next time he came, and having taken some refreshment resumed his narrative.

The recipes I had from Jenkins I have inserted, with several others which I have myself proved, in alphabetical order to the end of his life, which I intend shall be published after his death, if I outlive him. And I assure my future readers, that I have made some surprising cures with some of them already. I have, to be sure, seen some nearly the same in other books; but as these were written so long ago they must be the originals.

I next asked Jenkins whether he ever had any brothers or sisters?—he replied, he had but one sister, who was about two years older than himself, and she died when he was 123 years old. Indeed, says he, all our family lived to great ages, and enjoyed good health, and the use of all their faculties to the very last.

I then inquired, as himself and family lived to such great ages, whether he used any particular means for that purpose? he said, Yes, they always drank tar water, and nettle soup, or the decoction of nettles. I asked him how he prepared the tar water? he said, I should find it among the recipes he had

given me, and that his uncle said they were the greatest renovators of strength that could be, they corrected and purified the blood, and caused it to flow or circulate freely ; he used often to say, the blood is the life, and by keeping than in a proper state of circulation, you prevent almost every disorder, and persons who use these precautions live much longer, and enjoy a better state of health than others. I am now, Madam, said Jenkins, 163 years old, and scarcely ever knew what it was to be ill.

The tar water and nettle soup, (I mostly eat the boiled nettles with the soup,) keep the body gently open, and prevent the disorders arising from costiveness. I had almost forgot to mention another great preserver of health and longevity, viz., to swallow occasionally a raw new laid egg in a morning ; this was my uncle's common rule, and he conceived it to be a great means of his living so long, he being exposed to so many changes and variations of climate.

Being the only son, says Jenkins, my mother was very fond of me, and took particular care of my health when young ; as soon almost as I was born, as she relates, and which it seems had been always customary in our family, whether boys or girls, she made me waistcoats of new fleecy flannel, made with straps to go over the shoulders, which covered my loins, and tied with strings on each side, and consequently were double in front ; these, she said, were an antidote to many disorders incident to children, and almost an infallible preventive to their taking cold, the chief cause of most of the disorders children are liable to ; they are likewise of great service in cutting their teeth, by keeping the blood warm and comfortable ; and I am fully convinced, that were mothers in general to pursue this simple plan, they would avoid many a heavy hour, and many a heavy expence, notwithstanding what has been said to the contrary by some extraordinary wiseacres, some of whom told my mother they could not approve of her using flannel when children were so young, considering it more proper for elderly persons ; to

those her constant answer was, why not keep off old age? Indeed, I consider the long life and extraordinary health of my family a sufficient answer to these objections.

When I was able to go alone, my mother made me worsted socks, or rather half-stockings, which together with a flannel petticoat, and high shoes reaching above my ancles, (which are a great support, and prevent their growing out,) infallibly prevented my limbs taking cold, rendering my feet, legs, and thighs warm and comfortable; those seeming trifling precautions, (which had for many years been used by our family) she considered as the chief cause why none of us ever had the gout or rheumatism, and under Providence, the cause of their living to such great ages.

When I grew up, I followed the gardening business with my father, attending the markets, &c. with him, and being of course exposed to the different changes of weather, on my mother's recommendation, I had some flannel shirts made long enough to cover my loins, and with drawers of the same, stout worsted stockings, and high shoes, which laced before, and reached above my ancles, with very stout soles, well nailed, for my working shoes: It is hardly necessary to say that I seldom took cold.

The whole of my dress certainly could not suit every one, but I advise all those who value health, to wear flannel next to their skin, and to change it at least every fortnight, for it will certainly be the means of rendering them healthy and comfortable in old age. Those who have not been accustomed to wear it, will probably feel some inconvenience when it is first put on, but when they have worn it a week or two, they will begin to find the benefit and comfort of it. Those who wear flannel should never leave it off winter nor summer, nor will they feel any inclination to do so, when they have worn it for any length of time; it imbibes the perspiration, keeps the body cool, and prevents the spasms, gout, rheumatism, and many other bodily complaints.

H2128

With regard to my usual diet, it consisted mostly of common food, as bread and cheese, or cold meat with onions, salad, radishes, &c. All our family were fond of onions, which I consider extremely wholesome, either raw, boiled, or roasted, but they should not be over dressed; taken raw, they have the same effect internally as flannel has externally; and are besides, if eaten raw for supper, an infallible preventive against all windy complaints; we seldom supped in winter without them, and I always found them promote sleep and warm the system.

I seldom drank any thing but water, or small beer, but when I worked harder than usual, I never found a pint of strong beer hurt me. And followed the maxims of old Parr, I never eat but when I was hungry, nor drank till thirsty.

I usually took my supper about seven o'clock in the winter, and eight in the summer, and walked about for half an hour to digest it. Some people condemn suppers as altogether unwholesome, but I am of opinion, if they are light, and taken an hour or two before bed-time, they are quite the reverse.

Persons who dine late and live sumptuously, are certainly much better without them, but I think every hungry person who goes supperless to bed, will get but little sleep.

Our usual time of going to bed was nine o'clock in the winter, and ten in the summer; and of rising five in the summer, and seven in the winter, and I always drank half a pint of cold water every morning as soon as I was out of bed.

Jenkins here made a short pause, when I ordered him some refreshment, and he soon after resumed his narrative.

When, says he, I was about twelve years old, I began to feel a dislike to my father's business, or rather to his temper, which was hasty and violent, so much so, that when any thing displeased him the word generally followed the blow. I went about jobbing for myself for about two years; when a gentleman, whose name was Mills, who lived in the neighbourhood, took me into his service to look after his horses, assist in the garden, and do other jobs. When I had been with him

about three or four years, an unlucky accident got me and all the other servants discharged without characters.

My master was a very early riser, and on his going down stairs one morning early, he found the front and back doors, on the spring latch, and not a lock or bolt forced, and yet every thing of any value, that was portable was taken out of the house.

He immediately rang the bell furiously, and summoned all the servants before him into the parlour, saying, he was confident some of them must have been concerned in this robbery, as not a lock or a bolt had been forced, and therefore the robbers must have been let in by some person in the house, having himself secured all the doors and windows after they were gone to bed. We all protested our innocence, notwithstanding which, he declared, that unless we confessed, we should all be discharged immediately. It was in vain that the neighbours remonstrated with him, he was inflexible, and insisted we should all quit his house that very day, with which we were obliged to comply, and I went about jobbing as before. But the cook-maid having lived several years with Mr. Mills, obtained a situation in the neighbourhood immediately, but some of the other servants were not so fortunate.

It is proper here to observe, that on the very night Mr. Mills's house was robbed, the cook, who slept with the house-maid, on getting into bed made use of an expression not very consistent with decorum, for which her bed-fellow, who was of a serious turn of mind, severely rebuked her, and in such a way, that she declared it was the first time she had ever used the expression, and it should be the last.

When the cook had been a few months at her new place, she happened to go to a neighbouring shop to purchase some article, which was kept in another room; as soon as the shop-keeper went out to fetch it, a man, who followed her into the shop for some article, repeated the same expression she had made use of to the house-maid the very night Mr. Mills's house

H2130

was robbed. She appeared to take no notice at the time, but as soon as she was served, she ran directly to Mr. Mills's house, which was close by, and told him (he happened to be standing at his door) that the man who had robbed his house, was at a neighbouring shop. Mr. Mills went with her immediately, and had the man secured. Before the magistrate he denied all knowledge of the robbery, but the cook naming the expression she had used to the house-maid, and what had passed between them on the occasion, in which the house-maid perfectly agreed, he was fully committed for trial, the magistrate saying he must have been secreted in the room at the time. After conviction, he confessed having been under the bed at the time, and said he had nearly betrayed himself by laughing, and when they were all asleep he had opened the door to his accomplices, who ransacked the house.

This circumstance, says Jenkins, I mention chiefly to shew how requisite it is for all persons to look under their beds, and in their closets, before they go to bed, and likewise to shew the impropriety of persons discharging their servants too hastily without proof. Mr. Mills, on this confession, was extremely hurt at the treatment his servants had received from him, and either sent for, or called on each of them, to make them some recompence; and I being the only one that was out of a situation at the time, he took me directly into his house as his footman, and soon after made me his butler, in which situation I remained till he died, which was about twenty years after; and from the excellent character he gave me, I soon after obtained the situation of butler to the Lord Conyers. After I had been several years with his Lordship, an unlucky occurrence, somewhat similar to Mr. Mills's affair, induced his Lordship to discharge me, and all the rest of the servants, in one day. He had a very elegant and valuable snuff-box, enamelled and set with pearls. This snuff-box he always carried in his waistcoat pocket. Being at one time very ill, and obliged to keep to his bed chamber, on rising in the morning he missed

his snuff-box ; he knew he had it when he went to bed, and not having been out of the room since, he concluded it must have been dropped down in the room ; he immediately rang the bell, and ordered the servant to search for it, which he did for a long time, but could not find it. His Lordship was in a great rage, and declared that unless the snuff-box was found, every servant in his house should be discharged, saying, some of them must have taken it out of the room, for he was confident he had it in his hand just before he got into bed, and he had not been out of the room since. The room was searched again and again to no purpose, the snuff-box could not be found, and notwithstanding we all protested our innocence, every one of his Lordships servants were discharged, and when he was applied to for their characters, he always related the story of the snuff-box, so that it was not without great difficulty they obtained fresh situations.

This Lord Conyers (who was the last of that name) died without issue, in the reign of Philip and Mary, A.D. 1557. Soon after his Lordship's death, this same snuff-box was found, by a relative of his, in one of the pockets of a pair of black silk velvet breeches which hung up in his wardrobe, where it is supposed it was deposited by mistake, instead of the waistcoat pocket, for it was recollected by one of the servants that his Lordship wore them when taken ill, but never after. As I was so much about his Lordship's person, I really believe, from their looks and gestures, that most of the servants suspected me, and indeed I afterwards heard that some of them had said so ; but be that as it may, I remained out of a situation a long time, when happening to meet an old acquaintance, who obtained his livelihood by fishing in the neighbouring streams, I agreed (at his earnest solicitation) to join him in his profession, and have continued in that trade, enjoyiog the best of health till about two years ago, when some of the neighbouring gentry (especially those whom I have cured of various complaints) have thought proper to support me in the manner you are acquainted with, considering me too old to work.

H2132

You are now, Madam, says Jenkins, in possession of the chief particulars of my life, for as to what has passed since I took to the fishing trade, it is really not worth relating. I thanked him for the information he had given me respecting his life, &c., and dismissed him with a present, desiring him to call on me as often as it was convenient, which he continued to do till he died, which was about five years after. Jenkins had scarcely left the house, when the old gentleman, my neighbour, who first sent him to me, called in when I immediately read the account Jenkins had given of himself to me. After a short pause, I believe, Madam, said he, every word he has related to you is perfectly correct, at least I have heard the greater part of it related by others, who knew him well for years, but I believe I can inform you of a few facts which he has thought proper to conceal.

A few years ago, the present king, Charles II. being informed of his great age, &c., desired to see him in London, and ordered a carriage to be provided for him for that purpose; Jenkins, however, refused to get into the carriage, choosing rather to go on foot, and he actually walked to London by easy journies, a distance of nearly two hundred miles. On his arrival in London, being introduced to his Majesty, he inquired minutely about his occupation, manner of living, &c., and observing nothing very particular in that, he asked him how it was he contrived to live so much longer than other people? Sir, said Jenkins, I always kept a cool head, and a warm foot, and never was fond of women nor wine; the king, who it is well understood was fond of both, did not seem much pleased with this answer, and dismissed him, and I have been credibly informed, allows him a pension. This, however, Jenkins has never told to any one that I have heard of, but remains silent, or shifts the conversation when the question is put to him.

He told the king he was neither fond of women nor wine. Whatever dislike he might have to wine, if report be true, he had no particular dislike to women; for when he was nearly

ninety years of age, a young woman was said to be pregnant by him, and nothing but his great age prevented his doing penance ; at all events he was severely reprimanded by the clergyman of his parish, who was a very pious man. And something of the same kind was said of him when he was butler to Lord Conyers ; but I believe that was never proved. He always seemed, however, to have an aversion to marriage, which I have been told was owing to his having been crossed in love (as it is called) in his youthful days. Whether the account of these intrigues be true or false, I shall not pretend to decide, but I have heard them asserted as true, by those who knew him well, more than once.

Mrs. Saville conceiving there was hardly sufficient in the account Jenkins had given of himself to make a volume, after expatiating on the salubrity of the air, and healthiness of that part of Yorkshire where Jenkins lived, which is frequently called the Montpelier of England, proceeds to give a pleasing and entertaining description thereof ; but as many alterations and improvements have been made since her time, it will probably be more satisfactory to give my readers a brief account thereof, as given by a more modern tourist of eminence and his friend. He proceeds thus :—This is an exceeding healthy country, and the inhabitants live to a great age. A father and son lately gave evidence at the assizes at York, when it was proved the father was 140, and the son 100 years old.

Beginning with Richmond, he says, the whole country around us for miles is full of jockies and horse-dealers, and the breed is so well known, that though the pedigree of them is not preserved for a succession of ages, as it is said they do in Arabia, yet their stallions are denominated by certain names, which never fail to enhance the price of a horse according to the reputation of the sire he comes of. And indeed, let foreigners boast what they will of Barbs and Turkish horses, or of the Spanish jennets from Cordova, for which £500 apiece has been given ; I believe that some of the gallopers of this county,

and the bishopric of Durham which joins it, will out-do for speed and strength the swiftest horse that ever was bred in Turkey or Barbary, take both advantages together; for though the Barb may beat Yorkshire for a mile course, Yorkshire shall distance him at the end of four miles; the Barb shall carry the day with seven and a half, but Yorkshire with twelve or fourteen stone; in a word, Yorkshire shall carry the man, and the Barb a feather; but they are universally allowed to be the best hunting and road horses in the world, and are bought up by foreigners on that account. As this country is so much employed in horses, the young fellows are bred up in the stables, and make excellent grooms. Besides their fame for horses, they have the reputation of excellent graziers over this whole country, and produce a noble breed of oxen, as may be seen at North Ellerton fairs, where great numbers of them are bought eight times in a year, and brought southward as far as the fens in Lincolnshire and the Isle of Ely, where they are fed to the enormous fatness we see them in the London markets. The market these north country cattle are chiefly taken to, is St. Ives, a town between Huntingdon and Cambridge.

Richmond, so called from its situation upon a hill or mount, is fruitful, though the country about it is rocky and barren; it gives the name of Richmondshire to the district it is in, as another east of this is called Allertonshire. The former is in the diocese of Chester, and the latter in that of Durham.

This town, in the time of Richard II. was annexed to the Duchy of Lancaster, and so still continues. Earl Edwin built a castle here, the tower of which is still standing, as is also the steeple of the old priory. It is a borough, governed by a mayor, &c., and holds pleas in all kinds of action, has a good market-place, and three gates which lead to three different suburbs; it is well built, all of stone, and sends two members to parliament.

I was told, that in the year 1732, Mr. Wharton, of Newcastle, agent to the late Duke of Richmond, by ordering several

places to be dug very deep, discovered the drawbridge and moat belonging to Richmond castle, which were of very curious workmanship.

We made some excursions from this town into the country round it, and followed the river Swale, west, which runs under the wall of Richmond castle, and by reason of rocks, which intercept its passage, forms a natural cataract ; this river, though not very large, is noted for giving name to the lands through which it runs, at some length, called Swale Dale, and to an ancient family of that name, the last of whom was Sir Solomon Swale, Bart., (who wrote himself) of Swale Hall, in Swale Dale, by the river Swale.

This gentleman became unfortunate, and was supplanted by a person not long since dead, who was a clerk in the exchequer office, who observing this family held their estate of the crown, and that they had omitted to renew it for several years, procured a grant from the crown of the estate for himself.

A great many law-suits ensued, but to no other effect than to increase the misfortunes of this gentleman, who died a prisoner in the Fleet prison, but not, I think, till his adversary had destroyed himself.

Swale Dale is a low, pleasant, and rich vale, abounding with grass, but very bare of wood, though there is a place just by, called Swale Dale Forest ; it might have been so formerly, there are hardly trees enough in it now to denominate it a forest.

Not far from hence lies Wenseley Dale, a very rich and fruitful vale, well covered with delicate green grass, and stocked with vast herds of cattle, and in some places produces lead ore. The river Eure runs through the midst of it, and rises in the western mountains, very near the source of the Swale, which, as it were, leaps into it from a precipice at Myton ; both these rivers are plentifully supplied with fish, and the Eure has cray fish in it.

But let me stop in this place to take notice of one of the greatest rarities England, or perhaps any other country ever produced, I mean Henry Jenkins, whose great age, and remarkable qualities, deserve our particular notice. He was born in the year 1500, and died in 1670, being then 169 years old and upwards.

There are no registers of so long a date, and therefore his age must be determined, either from his own account, or from other circumstances, or the probable evidence of others, which are these:—It being demanded by a lady, who was curious to know as exactly as possible, how old he was, and what kings he remembered, about six years before his death, he replied 163, and that he could remember the battle of Flodden Field, fought against the Scots, in Henry the Eight's reign. She then asked whether the king was there? He replied, No: he was in France, and that the Earl of Surrey was general. She asked him how old he might be at that time? He said about 13 years old. This battle was fought Sept. 9, 1513, King Henry being then at Tournay, in France.

There were at that time several persons of the same parish, who were nearly, or upwards of 100 years old, and they all declared that Henry Jenkins was an elderly man ever since they knew him. He went often to the assizes at York on foot, a distance of more than forty miles, and was used as a witness in other courts, whose records speak largely of his great age. He was always a very active man, and had his sight and hearing to the very last.

The lady above alluded to was the Hon. Mrs. Ann Saville, daughter of the Earl of Macclesfield, and widow of the Hon. Mr. Saville, Lord Saville's brother; the gentleman who gave me this information, said she was a very worthy and benevolent woman. She used to attend the sick poer, give them medicine, and other necessaries for their relief; and, it is said, she often prescribed for the rich, and performed many difficult cures from Jenkins's recipes.

When she first saw Jenkins she was in a very sickly state, but she was often heard to say, that through his advice, &c. she was soon restored to perfect health, and lived to a great age. She was an ornament to her sex, lived revered, and died greatly lamented by all who knew her.

The publisher of this Volume has lately published a correct translation of this invaluable Work into Welsh, of the same size and price, of which he has a few copies for sale.

Epitaph *
**On a Monument erected at Bolton, in Yorkshire, by a public
subscription, to the Memory of Henry Jenkins.**



Blush not, Marble,
To rescue from Oblivion the Memory of
HENRY JENKINS,
A Person obscure in Birth,
But of a life truly memorable,
For
He was enriched
With the goods of Nature,
If not of Fortune,
and happy
In the duration, if not variety
of his Enjoyments:
And
Though the partial World
Despised and Disregarded
His low and humble State,
The equal eye of Providence
Beheld and blessed it
With a patriarch's Health and length of days,
To teach mistaken Man
These Blessings are entailed on temperance,
A life of Labour and a mind at Ease.
He lived to the amazing Age of
169
Was interred here December 6, 1670,
And has this Justice done to his memory.
*** 1713.**

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RULES

FOR THE PRESERVATION OF HEALTH & LONGEVITY ;

BY

SIR RICHARD JEBB,

LATE PHYSICIAN TO THE ROYAL FAMILY.

1. The greatest preservatives of health are exercise and temperance: these may be practised by all ranks, and at any season or place. Exercise throws off all superfluities, and temperance prevents them ; exercise clears the vessels, and promotes the circulation of the blood.

2. A due degree of exercise is absolutely necessary to health.

3. Walking is the best exercise for those who are able to bear it, riding for those who are not.

4. The air we breathe is of the utmost importance to our health.

5. Every one that would preserve health should be as clean and sweet as possible in their houses.

6. Nothing conduces more to health, than abstinence and plain food.

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7. All malt liquors, except clear small ale, or small beer, are hurtful, so are strong tea and coffee.

8. Costiveness is very hurtful to health, therefore care should be taken to remove it at the beginning by cool gentle purges.

9. Obstructed perspiration (commonly called catching cold,) is the great source of all diseases. Let it therefore be removed immediately by gentle sweats.

10. Physic, for the most part, is only a substitute for exercise and temperance.

11. Blistering, cupping, bleeding, &c., are seldom requisite except to the idle and intemperate, they are only expedients to make luxury consistent with health.

12. The apothecary is chiefly employed to counteract the cook and vintner. Nature delights in the most plain and simple diet.

13. Most people are the best judges of their own constitution, and know what kind and what proportion of food agrees with them best.

14. Artificial provocatives only create a false appetite.

15. If you cannot do without wine, never drink more than four glasses.

16. A particular and very intelligent friend of mine (says Sir Richard) was extremely partial to what is called good living, and having a wife, of whom he was particularly fond, and a numerous offspring, he was desirous of living long enough to see them settled in the world.

17. He was, however, of a very infirm constitution,

till he was about fifty years old, when requesting my advice how to obtain that valuable end, I strongly recommended him to persist in an exact course of temperance and exercise, by duly attending to which, he recovered a sound and perfect state of health.

18. At the period I am speaking of, a train of infirmities had made great inroads in his constitution, and he had fallen into different kinds of disorders, such as the cholic, gout, spasms, &c., and a continual slow fever, so that the best delivery he had to hope for (except for the sake of his numerous family) was death to end his pain and misery.

19. The result of my advice, which I here give in his own words, is as follows:—When, says he to me, I resolved firmly to live a temperate life, I soon found myself entirely freed from all my complaints, and have continued so even to this day, and I am now more than one hundred years old.

20. The meat and wine I constantly drink is such as agrees with my constitution, and being taken in proper quantities, I find impart all their virtue to my body, and leave it without engendering any bad humours.

21. And I am now convinced that we should consider a regular life as a physician, and which is our natural and proper physic, since it preserves us in health, makes us live sound and hearty to a great age, and prevents us dying of sickness through a corruption of humours.

22. Whoever, trusting either to his youth, or

strength of constitution, slights my observations, must live in constant danger of disease and death.

23. And I am now convinced, from experience, that the man who leads a regular and sober life, is more likely to live long and healthy than a young man who leads an irregular and intemperate life, however strong his constitution may be.

24. I have heard some sensual, inconsiderate persons affirm, that a long life is no blessing, and that when a man has passed his 70th year, he is better dead than alive.

25. This, however, I know to be an error, for I am now as well as ever I was in my life (and perhaps better;) I even now relish every enjoyment of life better than when I was young. I sleep every night soundly and quietly, and all my dreams are pleasant and agreeable.

26. I am likewise now sure, that even persons of a bad constitution may, by leading a sober and regular life, live to as great an age as I have done; for, I declare solemnly, that my brain is as much itself now as ever it was.

27. Some, perhaps, will say, that without leading a regular life, there have been some that have lived to one hundred years, or more, and therefore think that they may be equally fortunate; but I must tell such persons that not one in ten thousand ever attain that happiness, and those who do, generally contract some disease which carries them off.

28. Therefore the surest way (at least after forty or fifty) is to embrace sobriety.

29. What I call a regular and sober life, is not to eat or drink such things as disagree with the stomach, nor to eat or drink more than the stomach can easily digest.

30. There are, I know, some old epicures who insist, that it is requisite they should eat and drink a great deal, in order to keep up their natural heat and strength, and that were they to lead a temperate life, it would be but a short one; but I know that large quantities of food cannot be digested by old and feeble stomachs.

31. Old people should eat often, and in small portions.

32. Others will say that a sober life may indeed keep a man in health, but cannot prolong life.

33. This I know likewise to be false, for I am myself a living instance of it; for had I not followed the advice of my friend Dr. Jebb, but continued in my former way of living, I am sure I should have been in the grave years ago.

34. Oh! what a difference have I found between a regular and an irregular life; one gives health and longevity, the other disease and untimely death.

35. And it surely must be a great pleasure to a sober man to reflect, that the way he lives will keep him in good health, and be productive of no disease or impurity.

36. It is impossible, in the common nature of things,

that he who lives a regular and sober life should breed any sickness, or die an untimely death, before the time at which it is impossible he should live; but sooner he cannot die, as a sober life removes all the usual causes of sickness, and sickness cannot happen without a cause.

37. Health and sickness, life and death, certainly depend on the bad qualities of the humours. Temperance corrects and renders them perfect, having the natural power of uniting and binding them together, so as to render them inseparable and incapable of alteration or fermentation, circumstances which engender cruel fever, and end in death.

38. For myself, I find myself even now, at the age of 107, hearty and happy, eating with a good appetite, and sleeping soundly.

39. My senses are likewise as good as ever they were, my understanding as clear and bright as ever, my judgement is sound, my memory tenacious, my spirits good, and my voice (the first thing that generally fail us) strong and sonorous, and certainly these are true and sure signs that my humours are good, and cannot waste but with time.

40. I likewise enjoy the satisfaction of conversing with men of bright parts, and superior understanding, from whom, even at this advanced period, I learn something.

41. What a pleasure and comfort it is, that at my time of life I should be able, without the least fatigue,

to study the most important subjects ; nor is it possible that any one should grow tired of such delightful enjoyments, which every one else might enjoy by only leading the life I have led.

42. So that to finish my discourse, I say, since length of days abounds with so many blessings, and I happen to be one who has arrived in that state, it is, I conceive, my bounden duty to give testimony in favour of it ; and solemnly assure all mankind that I really (even at this time of life) enjoy more happiness than I can describe, and that what I have here stated is solely to demonstrate the great advantages derived from longevity, and that others may be induced to observe the delightful rules of temperance and sobriety.

43. A sober man relishes every enjoyment of life ; drunkenness expels reason, drowns the memory, defaces beauty, diminishes strength, inflames the blood, causes internal, external, and incurable wounds, makes a strong man weak, and a wise man a fool ; he drinks to the health of others, and robs himself of his own.

44. Now, taking my leave, I say, may others' years be as long and as happy as mine, and may they live in virtue and good-will towards all.

A COLLECTION
OF
VALUABLE RECIPES,

THE GREATER PART OF WHICH WERE GIVEN TO
MRS. SAVILLE, BY HENRY JENKINS.

“I believe,” says Sir Richard Jebb, “that nature is the best Physician, and that Simples, in their natural simplicity, are sufficient for the cure of every disease.”

“The Lord hath created Medicines out of the earth, and he that is wise will not abhor them.”-- Eccles. 38. 4.

N. B.--I have given several recipes for the same complaint, because, from various causes, what cures one person, may not always cure another, but I would recommend to all such persons that are afflicted with any particular malady, to use occasionally the different articles herein prescribed for it.

FOR AN AGUE.

1. Dissolve a scruple, or half a drachm of wormwood in a glass of small beer, and take it five or six times a day.—Or, take as much snuff of candle as will lie on a shilling, in a small glass of brandy, just before the fit comes on.—Or, take as much gunpowder the same way.—Or, apply to the stomach a large onion slit across the grain.—Or, go into the cold bath, just before the fit comes on.

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FOR A TERTIAN AGUE,

Or one which returns every Third Day.

6. Apply to each wrist a plaster of treacle and soot.—Or, eat a small lemon, rind and all, just before the fit.

FOR A QUARTAN AGUE,

Or one which returns every Fourth Day.

8. Apply a plaster of Venice turpentine to the wrists. Or, one of bruised pepper, mixed with treacle.—Or, apply oil of turpentine to the small of the back, just before the fit comes on.

ST. ANTHONY'S FIRE, or ERYSIPELAS.

11. Take a drachm of Peruvian bark every two hours.—Or, take a wine glass full of tar-water, warm, in bed, every hour, washing the affected part with it.—Or, if costive, take a gentle dose or two of rhubarb and cream of tartar.

When the disease attacks the face or brain, the feet should be frequently bathed in lukewarm water.

APPOPLEXY.

15. Take a scruple of nitre, in a wine glass of cold water, every three or four hours.—Or, if the fit be soon after a meal, vomit, but do not bleed.—Or, drink largely of sage tea, this is a most excellent stomachic.—Or, take a drachm of the flowers or seeds of lavender in a glass of warm water.

To prevent this complaint, drink only cold water, and use the cold bath.

FOR AN ASTHMA.

20. Drink half a pint of tar water (properly prepared) twice a day, and to each half pint add a dessert spoonful of honey, powdered sugarcandy, or good moist sugar; this has cured asthmas of twenty years standing in a few months.—Or, take a table spoonful of sulphur every day in a gill of Madeira wine, about eleven o'clock.—Or, the yoke of a new laid egg, in a glass of mead wine, every morning fasting. You may sweeten it if you choose.—Or, take from ten to sixty drops of elixir of vitriol, in a glass of water, three or four times a day.—Or, mix well together syrup of squils and syrup of marshmallows, and take a tea spoonful often.—Or, whenever the spasmodic breathing or cough comes on, swallow a pill or two of camphor, the size of a pea, this greatly facilitates the cure.—For common drink, use coltsfoot or horehound tea, sweetened with honey, or good moist sugar.—Many have received great benefit from smoking the leaves of the herb coltsfoot, cut small and mixed with tobacco.—When the asthma is of the dry and convulsive sort, new milk taken morning and night is very beneficial, and then the best drink is boiling water, poured on sliced apples, and sweetened with honey or good moist sugar.

BILIOUS HUMOURS.

30. Take, three or four times a day, from twenty

to thirty drops of the elixir of vitriol, in a glass of wine, or water.—Or, mix an ounce of tincture of Peruvian bark, with one drachm of elixir of vitriol, and take two tea spoonfuls of this mixture, three times a day.—Or, take thirty or forty drops of the balsam of Peru, in a small glass of French brandy, every morning about eleven o'clock.—Or, if preferred, it may be taken on loaf sugar.—Or, mix thirty-six grains of blue pill, with twenty-four grains of pill of cochine, make this into twelve pills, and take one or two every night at bed time; these are excellent strengthening pills, and very efficacious in complaints of the liver.—The best opening medicine in this complaint, (which is too common among all classes,) is the castor oil: from one to three table spoonfuls may be taken, if requisite, to open the body.—A tea cupful of camomile tea, taken every morning fasting, greatly facilitates the cure.—Endive and dandelion, either taken as tea, or eaten as salad, are excellent correctors.

BLEEDING AT THE NOSE.

37. Wash the temples, nose, and neck with vinegar.—Or, snuff up the nose vinegar and water.—Or, put up the nostrils fresh made tinder from linen rags.—In a violent case, plunge into a pond or river.—To prevent this complaint, eat a great many raisins, and drink much whey every morning, or do both.

TO STOP THE BLEEDING OF A WOUND.

42. Apply to it the tops of nettles bruised.—Or, put upon the wound fresh made linen tinder.—Or, strew on it the ashes of a linen rag, dipt in sharp vinegar and burnt.

SPITTING BLOOD.

45. Take three table spoonfuls of sage juice in honey; this will stop spitting or vomiting blood.—Or, take from two to four ounces of the juice of nettles.—Or, take a strong decoction of shepherd's purse.—Or, take a teacupful of stewed prune, at lying down, for two or three nights.

VOMITING BLOOD.

50. Take two table spoonfuls of nettle juice; this also dissolves coagulated blood in the stomach.—Or, take as much nitre as will lie on a half crown, dissolved in a glass of cold water, twice or thrice a day.

BLISTERS,

53. On the feet, occasioned by walking, are cured by drawing a needleful of worsted through them, clip it off at both ends, and leave it till the skin peels off.—To prevent them, soap well the soles of the feet of your stockings, and your feet will never blister.

BOILS.

55. Apply to them a plaster of flour and honey,—

Or, a plaster of Venice turpentine.—Or, of soft soap and moist sugar, equally mixed.—Or, a plaster of roasted onions.

A BRUISE.

59. Apply, immediately, treacle spread on brown paper.—Or, a plaster of chopped parsley and butter. Or, a plaster of fresh cow dung.—Or, bathe the part with warm vinegar, with a little rum in it.

TO PREVENT SWELLING FROM A BRUISE.

63. Apply a raw beef steak to the part.—Or, apply, immediately, a cloth six times double, and dipped in cold water, and fresh dipped when it grows warm.

TO CURE A SWELLING FROM A BRUISE.

65. Foment it, for half an hour, morning and evening, with cloths dipped in vinegar and water, as hot as you can bear it.

A BURN OR SCALD,

66. Wash it, immediately, well with good vinegar, and after dress it with linseed oil till well. Or, if it is very bad, mix some oil or spirits of turpentine with the vinegar, and dress it as above.

A CANCER IN THE BREAST.

68. An inveterate bleeding cancer, of twenty years

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standing, was perfectly cured, by only drinking, twice a day, of the juice of clider, or goosegrass, a quarter of a pint, and applying the bruised leaves as a poultice to the affected parts. Or, boil gently the juice of clider in fresh hog's lard, (equal parts,) and apply it night and morning, as a plaster, to the part affected. Or, if not broke, rub the whole breast, morning and evening with spirits of hartshorn, sweet oil, and laudanum, equal parts. Or, apply celandine and goosedung, beat well together, and spread on a fine linen rag, morning and evening; this will both cleanse and heal the sores.

A CANCER IN ANY OTHER PART.

72. Apply to the part red onions, bruised. Or, bruise the flowers, leaves, and stalks of wild parsnips, and apply them as a plaster, changing them every twelve hours; it will cure in a few weeks.

A CANCER UNDER THE EYE,

74. Was perfectly cured by drinking, daily, a quart of tar water, washing the part with it, and then applying a plaster of tar and mutton suet melted together; this cured it in two months, though of more than twenty years standing.

A CANCER IN THE MOUTH.

75. Mop the mouth well, morning and evening, with a small mop made of linen rag, tied on the end of a skewer or stick, with one pennyworth of white borax

and as much honey, well mixed together. Or, blow the ashes of scarlet cloth into the mouth and throat; an excellent remedy.

HARD BREASTS.

77. Apply a plaster of butter and wax. Or, a plaster of tallow and grated ginger, spread on brown paper, with a hole large enough to admit the nipple through; change it every morning and evening, and keep the breast very warm with flannel. Or, if there is any inward soreness, take inwardly a decoction of fresh comfrey root.

SORE AND SWELLED BREASTS.

80. Boil a handful of camomile flowers, and as much mallows, in milk and water, foment it with the hot leaves between two flannels, every six hours; this will dissolve knots or swellings in any other part.

CHILBLAINS.

81. If not broke, rub the parts frequently with mustard and brandy. Or, with a mixture of water and muriatic acid; seven spoonfuls of water to one of the acid: this both prevents and cures. Or, rub them with oil, or spirits of turpentine. Or, with salt and onions, pounded together. If broke, wash them with tincture of myrrh and a little water. Or, dress them with Turner's cerate. To prevent, wear flannel, or worsted stockings, or socks of chamois leather.

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CHILDREN.

To prevent the Rickets, Tenderness, and Weakness.

88. Dip them in cold water every morning, till they are nine or ten months old.

CHOPPED NIPPLES.

90. Apply to them balsam of sugar. Or, butter of wax ; either of which soon heals them.

CHOPPED HANDS.

94. Wash them well in moist sugar and water. Or, rub them well with honey, at bed-time, and wear leather gloves. To prevent, wash them with flour of mustard. Or, with bran and water, boiled together,

CHOPPED LIPS.

100. Apply to them a little sal prunella.

THE CHOLIC.

101. In a fit, drink a glass of Daffy's elixir. Or, take thirty drops of oil of aniseed on loaf sugar. Or, take thirty drops of essence of peppermint, the same way. Or, a wine glassful of peppermint water, sweetened with moist sugar. Or, take half an ounce of tincture of rhubarb. At bed time bathe the feet and legs in warm water.

THE DRY CHOLIC.

108. To prevent, drink largely of ginger tea. Or,

eat a large onion raw, often. Or, keep a piece of ginger constantly in the mouth. Or, take occasionally a wine-glassful of sweet oil and brandy, in equal parts. The above are good in all windy complaints.

CHOLIC IN CHILDREN.

113. Give small doses of magnesia often. Or, a scruple of powdered aniseed in their food.

THE BILIOUS CHOLIC.

116. Drink largely of warm lemonade. Or, take a table spoonful of sweet oil every hour.

AN HABITUAL CHOLIC.

118. The best if not the only remedy, is to wear a flannel shirt or waistcoat next the skin. N.B. It should be changed every fortnight at least.

CHOLIC.

From the fumes of Lead, White Lead, Verdigris, &c., called by some the Dry Gripes.

120. In the fit, drink fresh melted butter, and then vomit with warm water. Or, breakfast daily on fat mutton broth. Or, use much oil of sweet almonds. N.B. The two last are excellent preventives.

WINDY CHOLIC.

124. Eat plentifully of parched peas. Or, eat raw onions at night, for supper. Or, eat plentifully of ginger seeds. Or, drink ginger tea. Or, keep a bit of ginger constantly in the mouth.

A CONSUMPTION.

130. Take every morning and evening a tea spoonful of white rosin, powdered and mixed with honey; this has cured many in the very last stage of this complaint. Some have been cured by drinking largely of the essence of malt, dissolved in boiling spring water, and taken cold. Or, beat up the yoke of a new laid egg in a glass of mead wine, and take it every day, about eleven o'clock. Black currant jelly alone, eaten largely, with good wheaten bread, has sometimes cured. Or, mix well together syrup of marsh-mallows and syrup of squills, and take a tea spoonful several times a day, particularly if attended with cough. In the very last stage of this complaint, suck a healthy woman daily. Or, every morning early, cut up a small turf of earth, and lying down breathe into the hole, for a quarter of an hour. Or, dissolve a pound of good honey in as much good vinegar, boiled, as will make it the consistence of cream, and take a large spoonful, four or five times a day; this has cured many, and if it be not the same as Godbold's Vegetable Balsam, will answer exactly the same purpose.

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In this complaint the food should be light, but nourishing, as fish, chicken, lamb, veal, &c., oysters, conserves, and preserved fruits, are also good. For common drink, use new milk, or cider, lukewarm, or barley water, or apple water or whey sharpened with lemon juice. Good air and exercise, and especially change of air and cheerful company, greatly facilitate the cure.

A COLD.

144. Take often a tea spoonful of syrup of violets Or, if attended with cough, mix well together equal parts of syrup of squils and syrup of marshmallows and take a tea spoonful several times a day. Or, drink a pint of cold water with a table spoonful of treacle stirred into it lying down in bed. Or, you may use the same quantity of oatmeal instead of the treacle, if you prefer it.

A COLD IN THE HEAD.

150. Pare very thin the yellow part of an orange, roll it up inside out, and thrust a roll up each nostril.

TO PREVENT THE ILL EFFECTS OF COLD.

151. The moment a person goes into the house, with his hands and feet chilled, let him plunge them

into a pan of very cold water, till they begin to glow; this is an excellent remedy and will always prevent chilblains.

CONVULSIONS.

162. Take a tea spoonful of valerian root, powdered, into a cup of cold water, every morning fasting. Or, take large doses of magnesia in skimmed milk. Or use the cold bath.

CONVULSIONS IN CHILDREN.

155. Give them, often, small doses of magnesia in milk. Or, small doses of magnesia and rhubarb.

CORNS.

158. To cure, apply, every morning, powdered chalk, mixed with your fasting spittle; this soon cures. This also very soon cures warts. Or, apply a pitch plaster, or a plaster of Venice turpentine, spread on white leather to each corn. Or, wet them well, every morning and evening, with the juice of houseleek, and lay on a piece of the skin of the leaf. To prevent corns, wash the feet often in cold water.

COSTIVENESS.

153. Breakfast frequently on water gruel with currants. Or, take every morning and evening a

table spoonful of cream of tartar, mixed with honey.
Rising early is a great preventive.

A COUGH.

167. If attended with pain or tightness of the chest, take every night, at bed time, a tea spoonful of spermaceti, mixed well with white or brown sugar candy. Or, eat constantly of candied horehound. Or, take often a tea spoonful of the syrup of horehound, or drink largely of horehound tea, sweetened with honey or good moist sugar. Or, take often a tea spoonful of equal parts of syrup of marshmallows and syrup of squills. Or, of tea made of the Spanish liquorice. Or, drink a pint or more of cold water, lying down in bed, with a large spoonful of oatmeal, or of treacle stirred into it.

AN ASTHMATIC COUGH.

179. Take of Spanish liquorice two ounces, and common salt half an ounce, boil the liquorice in three pints of water to a quart, add the salt to it when blood warm; drink two table spoonfuls of this every two hours. N.B This will cure an inveterate moist asthma.

A CONSUMPTIVE COUGH.

181. The best remedy for this is to keep a little

stick liquorice, shaved like horseradish, between the cheek and gums, lying down in bed.

AN INVETERATE COUGH.

183. Take a table spoonful of the syrup of horehound, every morning and evening. Or, take twenty drops of elixir of vitriol, in a glass of cold water, two or three times a day. Or, wash the head with cold water, every morning. Or, use the cold bath.

A TICKLING COUGH.

187. Drink cold water, whitened with oatmeal, four or five times a day. Or, keep a piece of barley sugar, or sugar candy, constantly in the mouth.

THE CRAMP.

189. To prevent this complaint, drink half a pint of tar water, every morning and evening. Or, lay a roll of brimstone under your pillow. Or, tie your garter smooth and tight under your knee, at going to bed. To cure it put the legs and feet into warm water. Or, hold a roll of brimstone in your hand. Or, strongly put out your heel. Or, be electrified through the part.

CRAMP IN THE STOMACH.

196. Cover immediately the whole stomach with a plaster of Venice treacle. Or, take immediately inwardly one drachm of the flowers or seeds of the narrow leaved lavender in a glass of good brandy, or Madeira wine. Or, vomit with warm water, or weak camomile tea. If the pain and cramp return

with violence, the stomach should be fomented with cloths dipped in very warm water. If this disorder proceeds from the gout, &c., recourse must be had to brandy or strong Madeira wine.

THE CROUP.

This is a most dangerous disorder, and frequently attacks children. A skilful medical man should be immediately applied to; but as they are not always at hand, I shall state what should be done immediately. The pulse is mostly very quick, and the breathing hard and laborious, with a peculiar kind of croaking noise, the voice is sharp and shrill, the face much flushed, though it is sometimes of a livid and black colour.

200. When a child is seized with these symptoms, its feet should be immediately put into warm water. In a full habit, bleeding is useful, but not otherwise. It should also be made to breathe over the steam of warm water and vinegar. If the symptoms do not abate, blistering plasters should be applied between the shoulders. Let the child next take a table spoonfull of the following mixture, viz. pennyroyal water three ounces, syrup of poppies and of althea, each one ounce, mixed together. Some children have been cured of this complaint by having leeches immediately applied to the throat, and taking afterwards a tea spoonful of syrup of rue, with about twenty drops of the essence of peppermint in it, which must, if requisite, be repeated in an hour or two after. To

prevent a return of this dangerous disorder, the child should wear a plaster of Burgundy pitch between its shoulders.

A CUT.

205. Bind on it a bit of toasted cheese. Or, keep it close with your thumb for a quarter of an hour, then bind on a rag, five or six times doubled, and dipped in cold water.

DEAFNESS.

207. Apply your fasting spittle, with the end of your finger, to the ears, every morning. If it proceeds from cold, keep the head very warm, especially at night; take a gentle purge, keep the feet warm, and bathe them in warm water, at bed-time. If from dry wax in the ear, drop in a little oil of almonds, and syringe next day with warm milk and water. If from dryness of the ears, put into the ear a small bit of the fat of bacon, and stop the ear with a little wool. Or, drop into the ear three or four drops of onion juice, and stop it with wool. Or, put a little salt into the ear. Or, dip a small bit of wool in brandy, and put into the ear. Or, be electrified through the ear. Or, use the cold bath daily, till well.

A SETTLED DEAFNESS.

218. Take a red onion, put out the core, fill up the

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place with oil of roasted almonds, let it stand all night, then bruise and strain it, and drop three or four drops into the ear morning and evening, and stop it with undressed black wool. This has cured deafness of thirty years standing.

DEAFNESS WITH A HEAD ACHE, AND NOISE OR SINGING IN THE EARS.

221. Peel a clove of garlic, dip it in honey, and put it into your ear at night with a little black wool, lie with that year uppermost. Repeat this if needful for eight or ten nights.

DELIVERY.

222. After delivery, or child birth, the mother's milk is the only proper purge for the child; let it begin to suck ten or twelve hours after its birth.

Mothers of delicate constitutions, who are subject to fits, or other nervous diseases, ought not to suckle their own children.

A DIABETES.

This is an involuntary discharge of urine, attended with constant thirst, and wasting of the whole body.

223. Drink, three or four times a day, a quarter of a pint of alum posset, putting three drachms of alum to four pints of milk; this will cure in eight or ten days. Or, infuse a quarter of an ounce of cantharides in half a pint of elixir of vitriol, give from fifteen to thirty drops in spring water, twice or thrice a day.

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THE DROPSY.

226. Eat a crust of bread, or hard biscuit, about an ounce, every morning fasting, two or three hours before breakfast. N. B. This soon cures dropsy on the chest, but for this a tea spoonful of ginger should likewise be taken in a glass of good brandy once a day at least. Or, take a drachm of nitre, every morning, in a quarter of a pint of ale. Or, take three table spoonfuls of the juice of leeks every morning. This also cures the windy dropsy. After purging, use daily the cold bath. Or, be electrified often; this has cured inveterate dropsies.

DROWNED PERSONS.

235. Rub the trunk of the body all over with salt. This will recover those that seem dead.

EAR ACHE.

237. Put into the ear a small roasted fig. Or, put into it a roasted onion. Or, be electrified through the ear. Or, rub the ear hard with the hand for a quarter of an hour. Bathe the feet often in warm water. Or, apply a hot flannel bag, filled with boiled mallows and camomile flowers, close to the ear. And take a scruple of nitre, and ten grains of rhubarb, thrice a day. If there are any insects, or hard sub-

stance in the ear, pour in a few drops of olive oil, or oil of almonds, this brings them out. If it proceeds from worms, drop in a little warm milk, which brings them out, or juice of wormwood, which kills them.

NOISE, OR SINGING IN THE EARS.

249. Drop into them the juice of onions.

HARD WAX IN THE EARS.

250. To dissolve, syringe them with warm water.—
Or, with warm milk and water.

BLINDNESS

252. May be sometimes cured by electrifying.—
So it may by constant cold bathing.

EYES BLEARED.

253. Drop into them the juice of crab apples.

SORE EYES.

254. Drink eyebright tea often, and wash the eyes with it twice or thrice a day.—Or wash the eyes twice a day with the fresh expressed juice of eyebright, and wear a piece of silk over; this has actually cured blindness.—Or, mix the juice of houseleek with cream, equal parts, and wash the eyes several times a day with it.

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DULL SIGHT.

258. Anoint the eyes every morning well with your fasting spittle ; this has cured persons that have been nearly blind.—Or, drop into the eyes often two or three drops of the juice of rotten apples.—Or, use the remedies above recommended for sore eyes.

BLOOD-SHOT EYES.

259. Blow into the eye white sugar candy, fresh pounded.—Or, apply linen rags, dipped in cold water, for two hours.—Or, apply to them boiled hyssop, as a poultice.

A BRUISE IN THE EYE.

262. Apply a plaster of conserves of roses immediately. N. B. This will also cure blood-shot eyes.

FILMS.

264. Mix well the juice of ground ivy, with a little honey, and two or three grains of bay salt, and drop a little into the eye morning and evening.

HOT AND SHARP HUMOURS.

265. Put into the eyes a few drops of double-refined sugar, melted in French brandy.—Or, wrap a thin slice of raw lean beef on the nape of the neck,

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EYES, OR EYE-LIDS, INFLAMED.

267. Apply, as a plaster, conserve of roses.—Or, wormwood tops, beat up with the yolk of an egg.—Or, apply as a poultice, boiled, roasted, or rotten apples, warm.

WHITE SPECKS IN THE EYES.

270. Put a little ear wax on the speck at bed time.

WEAK EYES.

271. Wash the head and eyes every morning with cold water.

FAINTING ON LETTING BLOOD,

272. Is prevented, by taking before it some good broth.—Or, by lying in bed during the operation.

FAINTING FITS.

274. Let the person smell to strong vinegar, or hartshorn, and swallow a table spoonful or two of cold water, with about one third vinegar in it.

IN EXTREME FAT.

275. Use great foot exercise, or walking.—Or, live wholly, or at least, chiefly, on vegetables.—Or, breakfast and sup on milk and water only, cold, with bread, till the fat subsides.

FEVERS.

278. In the beginning of fevers, if the stomach is

uneasy, vomit; if the bowels, purge; if the pulse is hard, full, and strong, bleed.—Drink plentifully of toast and water, or of apple or wood sorrel tea, for a change.—Or, drink thin water gruel, sweetened with honey, with two drams of nitre to each quart.—Or, drink a wine glass of tarr water every hour. An infusion of strawberry leaves is an excellent cooling drink.—Or, the fruit may be eaten plentifully. To prevent catching any infectious fever, do not breathe near the sick person's face, nor swallow your spittle whilst in the room. Infection always seizes the stomach first.

A HIGH FEVER

289. May be cured by applying a treacle plaster to the top of the head. If attended with delirium and vigilia, plunge into a pond or river, which may be safely done at the beginning of any fever.

AN INTERMITTING FEVER.

291. Drink warm lemonade at the beginning of the fit. It will cure in a few days.—Or, take a tea spoonful of oil of sulphur in a cup of balm tea, once or twice a day.

A SLOW FEVER.

293. Use the cold bath daily for two or three weeks.

A RASH FEVER.

294. - Drink every hour a table spoonful of the

juice of ground ivy. This often cures in twenty-four hours. Or, use a strong decoction of it, if you have not the juice.

A FEVER WITH PAINS IN THE LIMBS.

296. Take twenty drops of spirits of hartshorn, in a cup of cold water, twice or thrice in twenty-four hours.—Or, drink largely of cinquefoil tea.

A WORM FEVER.

298. Boil a handful of rue and wormwood very gently, in a quart of water, foment the belly with the decoction, and apply the boiled herbs as a poultice. Repeat this every night and morning. N. B. This will bring away worms from children, who will take no internal medicine; it is likewise very useful in putrid fevers.

A FISTULA.

299. Wash muscle-shells clean, burn them to powder, sift them fine, mix them with hog's lard, spread it on clean washed leather, and apply it to the part affected. N. B. This will cure in the worst stages; and it will also cure the piles.

THE FLUX.

301. Boil the fat of a breast of mutton in a quart of water for an hour, and drink the broth as

soon as you can. N. B. This has cured inveterate fluxes.—Or, make Burgundy pitch' into pills the size of a pea, and take three every night and morning till well. Or, mix Norway tar and brown sugar well together, and take them as the Burgundy pitch. Or, put a large brown toast into three quarts of water, with a drachm of cochineal, powdered, and a drachm of salt of tartar, drink it all as quick as you can. N. B. This cures all fluxes, the cholera morbus, and inflammation of the bowels.

A BLOODY FLUX.

310. Take of grated rhubarb as much as will lie on a shilling, with half as much grated nutmeg, in a glass of white wine, every other night at lying down in bed. Or, take the Norway tar pills, as recommended in the flux. Or, drink largely of cold water, with a table spoonful of fine flour stirred into it, till it stops.

A DYSENTERY, THE WORST OF ALL FLUXES.

320. Feed only on rice, sago, saloop, and sometimes on beef tea, but eat no meat. Or, feed wholly on rice-milk. To stop it, take a large spoonful of mutton suet, melted over a slow fire, but do not let blood.

GOUT IN THE STOMACH.

324. Dissolve two drachms of Venice treacle in a

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glass of Mountain wine, drink it and go to bed; you will be easy in two hours, and well in ten. If it attacks the stomach with cold shivering, warm cordials are necessary, as madeira wine boiled up with spices. Brandy o'r rum may sometimes be necessary to remove the cold from the stomach. If there is an inclination to vomit, drink freely of weak camomile tea. Æther, outwardly applied, is also efficacious. If the pain be very violent, thirty drops of laudanum may be taken in a cup of the decoction of marsh-mallows.

GOUT IN ANY LIMB.

332. Some say the gout ought not to be cured, (it certainly ought not, if improperly done,) but I have cured it many times without any ill effects following. Rub the parts affected well with warm treacle, and then bind on a flannel smeared therewith; repeat this if needful every twelve hours: this will soon cure the most inveterate gout, rheumatic gout, or rheumatism. Or, take, 'every night in bed, a small wine glassful of good brandy and train oil, equal parts, and rub the affected part with the same. This has cured gouts, and rheumatic gouts, and rheumatism, after every other effort to affect a cure has failed. Or, mix well together half an ounce of the ethereal spirits of turpentine, one ounce of compound tincture of aloes, and half an ounce of sal volatile; shake the bottle well, and take fifty drops of this mixture every night and

morning, in a wine glassful of lukewarm water. N. B. If this is not the famous Gout Specific, it will answer exactly the same purpose, and will effectually cure the gout, rheumatic gout, and rheumatism.

GOUT IN THE FOOT OR HAND.

337. Poultice it first well with white bread and water poultice, and afterwards apply warm young cabbage leaves. Or, rub it well in before the fire every morning and evening, with equal parts of oil of turpentine and oil of amber, and wrap it well in flannel. Or, apply a raw lean beef steak, changing it every twelve hours till cured. (N. B. All the prescriptions given for the gout in any limb are good for this.) To prevent, drink a glass of gin and water, with a tea spoonful of sulphur in it, every night at going to bed.

But the best preventives against the gout are temperance and exercise, rising and going to bed early. All kinds of acids should be avoided, and in the spring and fall of the year, some doses of rhubarb and magnesia should be taken, especially by those who cannot afford to bathe and drink the Bath waters, which invigorate the system, and greatly promote digestion, indigestion being one grand cause of this complaint.

GANGRENE OR MORTIFICATION, TO STOP OR PREVENT.

339. Foment continually with vinegar, in which

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dross of iron (either sparks or clinkers) has been boiled
—Or, take every morning and evening three pills of
Castile soap, the size of a pea.

The drink should be barley water, milk and water,
linseed tea, or weak gin and water.

TO KILL ANIMALCULÆ, THAT CAUSE THE GUMS TO WASTE AWAY FROM THE TEETH.

343. Gargle twice a day with salt and water, and
clean the teeth with soot only. N.B. This cures the
scurvey in the gums.

GREEN SICKNESS.

344. Take a tea cupful of the decoction of lignum
vitæ morning and evening—Or, eat scurvy grass often
as a salad, mixed with sorrel.

TO MAKE HAIR GROW LONG AND THICK.

349. Wash it well every night with a strong decoc-
tion of rosemary, and dry it with flannel.

THE HEAD ACHE.

351. Apply æther to the forehead—Or, snuff up
the nose a little horseradish juice—Or, smell strongly
to horseradish fresh scraped, and put between a linen

rag—Or, bathe the feet in warm water, and rub them hard with a coarse cloth—Or, rub the head with the hand for a quarter of an hour.

A VIOLENT HEAD ACHE.

357. Take of good vinegar and water each three table spoonfuls, with half a spoonful of Hungary water. Ahply this twice or thrice a day to the forehead and temples.

A NERVOUS HEAD ACHE.

358. Dry and powder an ounce of marjoram, and half an ounce of assarabuca; mix them together, and take them as snuff, keeping the throat and ears warm. N.B. It seldom causes sneezing till next morning.

A FIXED OR CHRONIC HEAD ACHE.

359. Apply to your forehead cloths dipt in cold water, changing them as they grow warm.

STOPPAGE IN THE HEAD.

360. Take a pinch or two of strong snuff—Or, of anything that will make you sneeze. N.B. Keep your head very warm at night.

THE HEART BURN,

Is a sharp gnawing pain in the orifice of the stomach.

363. Drink immediately a pint or more of cold water—Or, eat five or six oysters—Or, suck a piece of

Spanish liquorice—Or, take a glass of brandy or rum—Or, take a dose or two of rhubarb—It is necessary sometimes to vomit.

THE HICCUP, OR HICCOUGH.

368. Eat two or three preserved damsins—Or, take three drops of oil of cinnamon on a lump of sugar—Or, take a pinch of strong snuff—Or, of anything that will make you sneeze—Or, swallow a mouthful of cold water, stopping your mouth and ears.

HOOPING, OR CHIN COUGH.

373. Rub the back well at bed-time before the fire, with old rum, and a little oil of amber—Or, with equal parts of oil of amber and spirits of hartshorn—Or, with old rum and garlic—Or, rub the chest well at bed-time with oil of amper, and cover it continually with a piece of new flannel, and keep the body gently open with senna stewed with prunes, or good raisins, but give no vomits—Or, if you do, let them be very gentle, and given oftener. N.B. If this is not Roache's embrocation it will answer exactly the same purpose. Change of air alone will sometimes cure.

HOARSENESS.

377. Take often a tea-spoonful of equal parts of syrup of marsh mallows and syrup of squills, well mixed—Or, take a tea-spoonful of conserve of roses every night—Or, take every morning fasting a tea spoonful of the

syrup of violets—Or, a tea-spoonful of the juice of horse-radish mixed with honey, at the same time. N.B. Stubborn hoarsenesses have been cured by only drinking a pint of cold water with a table spoonful of treacle stirred in it every night in bed.

HYSTERIC DISORDERS.

382. The best (and perhaps the only remedy) is the cold bath.

INDIGESTION.

One grand cause of this complaint is persons swallowing or bolting their food, without sufficiently chewing it.

383. Every thing should be eaten that is easy of digestion.—Gentle vomits and purges are very beneficial—Or, eat often aniseeds, a small pinch at a time—Or, take thirty drops of elixir of vitriol in a glass of white wine, or water, twice a day—Or mix together an ounce of tincture of bark, and one drachm of elixir of vitriol, and take two tea-spoonfuls of the mixture twice a day—Good air and early rising alone will sometimes cure—When the complaint proceeds from overloading the stomach, or a surfeit of fruit, &c., the only remedy is to eat a quantity of very old Cheshire cheese—Many violent cases of indigestion have been cured, by drinking largely of the common sage tea, sharpened with a little lemon juice or good vinegar, and sweetened with

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honey or good moist sugar—Change of air and cheerful company are very beneficial in the complaint.

THE JAUNDICE.

390. Take a pill the size of a pea, of Castile soap, every morning fasting. Or, beat the white of an egg thin, and take it every morning and evening in a wine glass of water. Or, take a drachm or two, if it does not open the body, of soluble tartar, in a cup of weak tea or water gruel, every night and morning. Vomits often have a good effect, they should be worked off with warm water or weak camomile tea. Violent exercise, as running, dancing, jumping, &c., will sometimes cure. Some have been cured by taking a long journey.

JAUNDICE IN CHILDREN.

398. Mix well, (by long beating) half an ounce of fine rhubarb powdered, and two handfulls of good well cleansed currants. Give a tea-spoonful of this every morning fasting. This very soon cures.

THE ITCH.

This is only a kind of very small lice under the skin, therefore internal medicines are useless.

399. Wash all the affected parts with very strong rum. Or, mix powder of white hellebore with milk and anoint well morning and evening till well. Or, beat well together the juice of two or three lemons,

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with the same quantity of oil of roses, and anoint. This soon cures. N.B. There are now several patent medicines which will cure in once or twice dressing.

THE KING'S EVIL, OR SCROFULA.

406. Drink a quarter of a pint of lime water every night and morning fasting. Or, take a wine glass full of the fresh compressed juice of clider, or goosegrass, every morning and evening; washing the affected parts with the same. Or, take a tea-spoonful of cream of tartar every morning and evening in a little lukewarm water. Or, use the diet recommended for scorbutic sores. Or, bathe often in, and drink the sea water.

LAMENESS.

From a fixed construction of the parts.

413. Beat up the yoke of a new laid egg very thin and by a spoonful at a time, add, and beat up with it six table spoonfuls of water. Rub this gently into the parts affected, three or four times a day, for a few minutes.

LEGS INFLAMED.

414. Apply fullers' earth spread on brown paper.— Or, bruised or boiled turnips. Purges are most requisite.

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LEGS SORE AND RUNNING.

416. Poultice them with rotten apples, and take a purge or two every week. Or, wash them in brandy, and apply alder leaves, changing them twice a day. This soon cures. Purges should always be taken once or twice a week.

LEPROSY.

421. Drink constantly the decoction of burdock leaves morning and evening. Or, drink half a pint of celery whey, morning and evening. Or, bathe in the sea often and long. Or, use daily the cold bath.

LETHARGY.

425. Snuff strong vinegar up the nose. Or, drink a strong infusion of the narrow leaved lavender. Or, of the decoction of water cresses, mornings and evenings.

LICE, TO KILL.

428. Sprinkle or rub into the head, Spanish snuff. Or, use white or red precipitate powder the same way. Or, wash the head with the decoction of amaranthe.

FOR ONE APPARENTLY KILLED BY LIGHTNING, OR DAMP, OR SUFFOCATED

431. Plunge them directly into cold water. Or, blow strongly with bellows down the throat. Or, let a strong man blow down his throat.

LIVER COMPLAINTS.

434. Take half a drachm of purified nitre in a cup of whey, barley water, or toast and water, three or four times a day. Or, a tea-spoonful of spirits of nitre as often the same way. In an inflammation of the liver, all hot things should be avoided. Gentle purges of manna and honey should be taken. Nothing in this complaint should be drank colder than the blood. Sometimes it is proper to apply warm fomentations to the part affected, as of camomile, &c. Sometimes it is proper to open the abscesses. Should the stools be loose, and even streaked with blood, they should not be stopped, unless they weaken the patient too much. Loose stools often carry off the disease. Drink only whey, barley water, or toast and water.

OF THE LUES VENEREA, OR VENEREAL DISEASE.

440. As soon as possible after impure, or even suspicious connection, every person should wash, and inject with a strong lather of soft soap (first washing with their own water.) N. B. This seldom fails of preventing the disorder taking effect. Should, however, any symptoms of the disorder appear, or be felt, the most elegant and simple preparation seems to be that of Dr. Hunter, viz. twenty-four grains of calcined mercury, made with conserve of hips into twenty-four pills, and one pill taken every night; and after every eight pills take one ounce of manna, and half an

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ounce of salts in half a pint of warm water, omitting the pills for that day.

This generally removes every symptom of the complaint in a recent case. But should the disease have been any length of time standing, and rooted in the system, all those who value their health should immediately apply to a skilful surgeon.

I have, however, cured many persons in the very worst stages of this complaint by ordering them to take an ounce of quick-silver every morning, and a table spoonful of aqua sulphurata, in a glass of warm water, every afternoon about five o'clock.

LUNACY.

444. Take daily an ounce of double distilled vinegar. Or take a strong decoction of agrimony four times a day. Or, rub the head several times a day with good vinegar in which ground ivy leaves have been infused. Or, use the cold bath, or be electrified daily.

RAGING MADNESS.

449. It is certain that all madmen are cowards, and may be cured by binding without beating. Keep the head close shaved, and wash it often with good vinegar. Blistering does more harm than good. Or, apply often to the head cloths dipped in cold water. Or, live wholly on apples for a month. Or, on nothing but bread and milk. Or, put the head under a waterfall as long as the strength will bear it. Or, pour

cold water on the head out of a tea-kettle. Or, use constantly the cold bath.

THE BITE OF A MAD DOG.

457. If the person is bit in a fleshy part, and not too near any blood-vessel, the part (if it can be done almost immediately,) should be cut out, and dressed with salt and water. Or, with salt and vinegar, and afterwards dressed twice a day with yellow basilicon, mixed with red precipitate of mercury. Or, take purified nitre half an ounce, powder of Virginia snakeroot two drachms, rub them well together in a mortar, and divide them into ten doses, and take one every day. Or, mix a pound of salt with a quart of water, squeeze, bathe, and wash the wound with it for an hour, then bind on it some salt for twelve hours. Some have been cured by only rubbing the part well directly with sweet oil, and many have been cured by sea bathing only.

THE MEASLES.

460. In this complaint, drink only thin water-gruel, milk and water, the more the better, and bathe the legs and feet frequently in warm water. If there is a tendency to vomiting, let it be promoted by drinking warm water, or weak camomile tea. Take now and then a tea spoonful of the oil of sweet almonds, with sugar-candy dissolved in it. If the cough is troublesome, take often a table spoonful of barley water, mixed with oil of sweet almonds, and

sweetened with syrup of maiden hair. After the measles, take seven or eight or more purges, and for some weeks beware of taking cold, and use only light diet, and drink no malt liquor.

MENSES OBSTRUCTED.

465. Drink half a pint of strong decoction of pennyroyal every night at bed-time. Or, take half an ounce of the powder of dried valerian at bed-time. Or, take four ounces of the juice of brook lime mixed with orange juice, at bed-time. Or, take eight or ten grains of calomel in a pill, for two or three nights taking care not to get cold; this both purges and vomits, and should be taken as near the regular time as possible. Or, be electrified once or twice.

MENSES NIMII, OR OVERFLOWING.

470. Put the feet into cold water, (this never hurts.) Or, drink cold water only, with a table-spoonful of fine flour stirred in it. Or, drink a glass of the coldest water you can get, and apply a thick cloth dipped in cold water. Or, apply sponge dipped in red port wine and vinegar. Or, bleed in the arm, stop the orifice with the finger and let it bleed again.

TO INCREASE MILK.

475. Drink a pint of cold water every night at going to bed. Or, drink largely of lentil porridge.

TO RESOLVE COAGULATED MILK.

477. Cover the woman with a table-cloth, and hold a pan of hot water just under her breast, then stroke it for three or four hours. Repeat twice a day till cured.

TO MAKE MILK AGREE WITH THE STOMACH.

478. If it lies heavy, put some salt into it; if it curdles, put in some sugar, and for bilious persons mix it with water.

A MORTIFICATION.

480. To stop, apply a poultice of flour, honey, and water, with a little yeast or barm in it.

NERVOUS COMPLAINTS.

481. Rise and go to bed early, and wear a flannel shirt next your skin, and rub the body often with a flesh-brush. Be careful to avoid costiveness, but take no strong purges, rhubarb and senna are best. Use for breakfast mother of thyme, or common thyme tea. Or, use, for a change, strong rosemary tea. Or, sage tea, sharpened with a little lemon juice, or good vinegar, and sweetened with capillaire or moist sugar. The oftener you take this the better. Or, mix equal parts of ascafœtida and Castile soap, and take two pills, the size of a pea, every night and

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morning. Bathing the feet and legs every night at bed-time in warm water, is very beneficial in this complaint. When troubled with wind, take twenty or thirty drops of elixir of vitriol, in a glass of wine, or water, two or three times a day. The food should be veal, mutton, lamb, or chicken, but no vegetables but the turnip and french bean; wine, and all sauces should be avoided. Good air and exercise are essentially necessary.

NETTLE RASH,

510. This is a slight fever, which often lasts for weeks, attended with itching and smarting, and an eruption all over the body like that from the sting of nettles. In the West Indies they call it the prickly heat. The best remedy is to rub the parts affected well with parsley. Internal medicines are useless.

OLD AGE.

511. Drink half a pint of tar water every morning and evening. Or, drink often nettle tea, or the decoction of nettles. Or, swallow a raw new laid egg every morning. Or, be electrified daily. Either of these will probably renew your strength for years.

PAINS OF THE BACK.

515. Make pills, the size of a pea, of equal parts of Venice turpentine, fine flour, and fine sugar, and take three or four of these every morning and evening. Or, rub the back well before the fire at bed-time,

with old rum and garlic. Or, take morning and evening thirty drops of balsam of capivi on a lump of sugar, and apply a plaster of it to the back. Or, steep water-fern in water till it becomes thick and clammy, and rub the back with it morning and night.

THE PALSY.

519. This complaint may be cured in spring and summer, but very rarely in winter. Drink half a pint of tar water night and morning. Or, take every morning half an ounce of the conserve of rosemary. Or, drink largely of tea made of the narrow leaved lavender. Or, drink much sage tea sharpened with lemon juice, or good vinegar, and sweetened with moist sugar. Or, be electrified till well.

PALSY IN THE HANDS.

524. Wash them often in a strong decoction of sage, as hot as you can bear it. Or, boil a handful of alder leaves, and two or three spoonfuls of mustard seed in a quart of water, wash in this often as hot as you can bear it.

PALSY IN THE MOUTH.

526. Purge well, and afterwards chew mustard-seed often. Or, gargle often with the juice of wood sage. Or, with strong sage tea, sharpened with vinegar.

PALSY FROM WORKING WITH WHITE LEAD, OR VERDIGRIS.

529. Use only a milk diet, and a warm bath.

PALPITATION, OR BEAT OF THE HEART.

530. Take half an ounce of the decoction of val-

erian. Or, two drachms of valerian root powdered. Or, apply outwardly a linen cloth dipped in strong vinegar, and repeat it if needful. Or, drink often a hearty draught of cold water. Or, be electrified daily till you are well.

THE PILES.

537. To prevent, wash the parts well with cold water. To cure, apply warm treacle as a plaster. Or, apply a bruised onion peeled; This also cures the dry piles. Or, apply a poultice of boiled brooklime. Or, a plaster of turpentine varnish; this cures blind and bleeding piles. Or, swallow the yoke of a new laid egg in half a glass of good brandy morning and evening. This cures the inward piles.

THE INWARD PILES.

542. Eat a large leek boiled fasting every morning. Or, swallow a Burgundy pitch pill the same way. This also cures the bleeding piles.

BLEEDING PILES.

544. Lightly boil the juice of nettles with a little sugar, and take two ounces. It seldom needs repeating.

THE PLAGUE.

545. To prevent, eat marigold flowers daily as a salad, with oil and vinegar. To cure use much lemon juice, or vinegar, in every thing. Or, take an ounce or two of juice of marigolds. Or, drink a hearty draught of brine when you are seized, and drink largely of cold water whitened with oatmeal.

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PARALYTIC CASES.

550. Bruise a piece of cuckoo-point, and lay it on the tongue. This will often restore your speech.

THE PLEURISY.

751. Take a wine glass of tar-water warm, every hour. Or, take a drachm of soot every hour. Or, apply a plaster of flour of sulphur and white of egg. Or, apply young cabbage leaves warm to the side. Or, foment it with camomile flowers.

Bleeding, especially at the part, is very beneficial and relieves much. If the pain continues after the bleeding or fomenting, apply a blister plaster to the part and let it remain for two days.

Drink pearl-barley water, sweetened with honey, &c. And use gentle purges when near recovery.

TO ONE POISONED.

558. If by arsenic, dissolve a quarter of an ounce of salt of tartar in a pint of water, and drink every quarter of an hour a draught till well. If by opium, take thirty drops of elixir of vitriol in a glass of cold water every quarter of an hour, till the wildness ceases. For the African poison, drink a strong decoction of the root of the sensitive plant.

POLYPUS IN THE NOSE.

561. Powder a lump of alum, and snuff it up the

nose. Then dissolve powdered alum in brandy, dip lint therein, and apply it going to bed.

FOR A PRICK OR CUT THAT FESTERS.

562. Apply turpentine only.

PYSALISM, OR CONTINUED SPITTING.

563. Chew constantly a little dry bread, and swallow it with the spittle.

TO PROMOTE PERSPIRATION.

564. Take a strong decoction of rue. Or, chew constantly the leaves of rue.

FOR A QUINSEY.

566. Keep constantly in your mouth a small bit of sal prunella. Or, take often a tea-spoonful of black currant jelly. Or, take a tea spoonful of boiled vinegar, mixed with honey to the consistence of cream, occasionally. This cures ulcerated sore throats. Or, swallow slowly white rose water, mixed with syrup of mulberries. Or, rub the throat twice a day with volatile liniment. Those who wear flannel next their skin are seldom troubled with this complaint. Wearing a handkerchief tied loosely round the neck at night, or a piece of flannel, is an infallible preventive to this disorder.

THE QUINSEY IN THE BREAST.

This is known by a sudden pain and difficulty of breathing seizing a person in the night, or on any violent motion.

575. Take fifteen or twenty drops of laudanum in bed. Or, make an issue in the thigh.

RICKETS.

576. In children, (to prevent or cure,) wash them in cold water every morning.

RHEUMATISM.

Rheumatic pains are generally most painful when warm in bed. But there is a cold rheumatism, which is most painful when the part is cold.

577. This may be cured by constantly rubbing it with a flesh brush. Rub in warm treacle, and apply to the part brown paper smared with it; change it every twelve hours. Or, drink half a pint of tar water every night and morning, bathing the part with it warm. Or, drink at going to bed every night, a small wine-glass of good brandy and train oil, equal parts. This is an infallible remedy. Or, take a table spoonful of the juice of horseradish every morning fasting. Some have been cured by cold bathing, with rubbing and sweating. Some by warm bathing,

and many by bathing in salt water. In stubborn cases, let your diet be barley water with currants, roasted apples, fresh whey, light puddings, &c. To prevent this complaint, wear horse-hair socks. Avoid wet feet, and wear flannel next your skin. After the rheumatism, to restore strength, wash the parts twice a day with strong cow-heel soup, and eat of it often likewise.

RHEUMATISM IN THE HEAD.

590. Wash the head at bed-time well with good vinegar cold, and rub it well in. Or, lay under your pillow a handful of rue.

RING-WORMS, OR TETTERS.

592. Wash them often with tincture of myrrh. Or, with camphorated Hungary water. Or, apply a plaster of rotten apples. Or, rub them often with a piece of houseleek.

RUNNING AT THE NOSE.

597. Snuff gently up the nose a tea spoonful of vinegar and hartshorn.

A RUPTURE.

598. Foment for two hours with hot aqua vitæ.

A RUPTURE IN CHILDREN.

599. Boil a large spoonful of egg shells, dried in

an oven and powdered, in a pint of milk, and feed the child constantly with bread boiled in this milk.

A WINDY RUPTURE.

600. Warm cow-dung well, spread it thick on leather, strew some cummin seeds on it, and apply it hot; when it is cold put on a fresh one, and keep the child in bed for two days.

A SCALD, OR SCABBED HEAD.

601. Apply daily strong double-distilled white wine vinegar. Or, anoint it daily with Barbadoes tar. After the cure, give two or three gentle purges.

SCROFULA.

603. Apply plasters of white or black piony till cured.

THE SCURVY.

604. Drink half a pint of tar water night and morning. Or, drink a tea cupful of the jaise of clider, every morning fasting. Or, take a quarter of a pint of lime water about eleven o'clock daily. Or, take twice a day a table spoonful of sulphur and milk. Or, drink night and morning half a pint of the decoction of scurvy grass. Or, in spring, drink the juice

of it in ale or small beer. Or, eat it as a salad, with sorrel, &c. Harrowgate water, drank freely and often, will cure it. Sea-bathing alone will often cure. In this complaint use chiefly milk diet.

Scurvies in the gums have been cured by sucking often a lemon, or bitter orange. All kinds of salads are good for the scurvy; every thing of an acid nature, all pickles and preserves, spruce beer, turnips, cresses, &c. should be eaten freely. Good air, exercise, and cheerful company, will greatly facilitate the cure.

SCORBUTIG SORES.

620. Put half a pound of fresh lignum vitæ, and an ounce of senna, in five quarts of soft water, in an earthen pot, cover it close, set this in a boiler of cold water, let it boil gently three hours, and stand in the boiler till cold. When it has stood one night, drink daily half a pint lukewarm in the morning, and at four in the afternoon. If it purges too much, take less. Wash all the sores likewise well with it. In three months all the sores will dry up. N. B. This will likewise effectually cure the scurvy, king's evil, scrofula, ulcers, and all kinds of running sores.

SCORBUTIC GUMS.

624. Clean your teeth every morning with soot, and

afterwards rince them well with salt and water.—
Or, wash them daily with the decoction of Peruvian bark, with a little myrrh or tincture of roses in it.

A BROKEN SHIN.

626. Put on it a bit of white paper moistened with sugar, and keep it on till it is well. This also cures cuts. Or, lay on it a bit of gold-beater's skin, moistened with spittle.

SHINGLES.

630. This is a kind of ring-worm, which encircles the body like a belt of a hand's breadth. Apply pounded garlic to the part. Or, bathe in the sea, and drink salt-water night and morning.

SICKISHNESS IN THE MORNING.

632. Eat nothing after six in the evening. Or, drink a pint of cold water every morning fasting.

SMALL POX.

634. Take care in this complaint to have a free, pure, and cool air; therefore open the window every

day, and take care not to chill the patient, and drink plentifully of toast and water, or milk, with apples boiled in it, or milk and water with white bread.—If they strike in, and convulsions follow, drink immediately a pint of cold water, with a desert spoonful of treacle stirred in it. This instantly drives out the pock, and stops the convulsions.—In violent cases, bleed in the foot, and bathe the legs and feet in warm water twice or thrice a day, before or after the eruption, and apply boiled turnips to the feet, but never keep the head too hot. In low depressed cases, a little wine may be given, and if the pustules be buried in the skin, a gentle vomit, and sometimes a gentle purge may be given. After the incrustation is formed, change the sick, but let it be with warm and dry linen. Excessive restlessness often prevents the rising and falling of the pock; in which case, give an infant a tea spoonful of syrup of poppies every five or six hours, and a large spoonful to an adult.—If the mouth is foul, and the tongue dry and chapt, it should be often washed, and the mouth gargled with water and honey, sharpened with vinegar.—After the small pox is gone off, purge the patient.—Give children an infusion of senna and prunes stewed, with a little rhubarb in it. Adults may take three or four doses of rhubarb and manna. N. B. Inoculation has, however, become now so general, that all parents who value the health of their children should not neglect it. The only preparation requisite, is to give two or three gentle purges, keep the patient cool, and let the

diet be light. It is proper to purge the patient after inoculation.

SINEWS SHRUNK.

645. Anoint the part well every morning with your fasting spittle.

SKIN RUBBED OFF.

646. Apply a bit of white paper with your fasting or other spittle.

A LONG RUNNING SORE IN THE BACK.

647. Take every morning fasting two or three spoonfuls of nettle juice, and apply the bruised nettles as a poultice. N. B. This will cure all old sores and ulcers.

A BAD SORE CUT, OR WOUND.

648. Wash them night and morning with a strong decoction of marshmallows.

A SORE LEG.

649. Bind a diaculum plaster, an inch broad, round the leg, just above the sore, and foment it, night and morning, with hot water. Or, apply a plaster of mutton suet. Or, wash the sores often with lime water.

A SORE MOUTH.

653. Mix well together a little honey and white borax, and with a linen rag-mop rub the mouth well, especially at night. Or, mop the mouth, as above, with loaf sugar beat up with the white of an egg. Or, gargle the mouth with sage tea, sharpened with vinegar and a little honey.

A SORE THROAT.

657. To prevent this complaint, wear a piece of flannel, or a handkerchief tied loosely round your neck every night.—To cure take from fifteen to twenty drops of spirits of turpentine on a lump of sugar; there is no better remedy than this. Or, eat largely of black currant jelly. Or, use the remedies recommended for a quinsey.

AN ULCERATED SORE THROAT.

660. Take often a tea spoonful of a mixture of honey and boiled vinegar, the thickness of treacle.

AN INFLAMED SORE THROAT.

661. Lay nitre and loaf sugar, well mixed, on the tongue.

A PUTRID SORE THROAT.

662. Lay a lump of sugar, dipped in brandy, on the tongue.

SPASMS.

663. Take immediately a large spoonful of tincture of rhubarb, and a tea spoonful of grated ginger, in a glass of good brandy, with a little moist sugar in it. Or, take thirty drops of Turlington's balsam, and thirty drops of laudanum in a little brandy, or on loaf sugar. N. B. This cures all inward soreness or bruises, if taken at bed time. If the patient is very costive, take a large spoonful of new yeast, or barm, and the same quantity of good moist sugar, and as much jalap and rhubarb mixed as will lie on a shilling. N. B. Most of the remedies for the cramp in the stomach are good in this complaint.

SPRAIN.

667. Hold the part in very cold water, for two hours. Or, apply cloths four times doubled and dipped therein. Or, bathe it with good verjuice, or vinegar, twice a day for fifteen minutes. N. B. To cure weakness after a spasm, foment daily with beef brine.

A VENOMOUS STING.

670. Apply to it the juice of honeysuckle leaves. Or, a poultice of bruised plantain and honey. Or, take inwardly a drachm of black currant leaves, dried and powdered; this last is an excellent counter poison.

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THE STING OF A BEE.

673. Apply to it nothing but honey.

STING OF A BEE OR WASP IN THE EYE.

674. Apply to it carduus benedictus, bruised, with the white of an egg; renew it as it grows dry.

THE STING OF A WASP.

675. Apply to it sweet oil, or treacle, or bruised onions, or garlick, or bruised houseleek, or rue.

STING IN THE GULLET.

681. Beat well together, with a spoon, some honey and sweet oil, with a little vinegar, and take a tea spoonful of this every minute till ease is procured.

STITCH IN THE SIDE.

682. Apply treacle spread on hot toast.

SICKNESS WITH PAIN IN THE STOMACH.

683. Vomit with a quart of warm water, twice or thrice a day, every other day only, till cured.

PAINS IN THE STOMACH AND BOWELS.

684. The best preventive of this complaint is to rise early, and take two hours' exercise before break-

fast, every morning. In the fit, drink a large glass of Daffy's elixir. Or, a wine glassful of equal parts of sweet oil and good brandy. Or, a glass of peppermint water, well sweetened with moist sugar. Or, drink a tea cupful of camomile tea for several mornings fasting. If the pain proceeds from recent indigestion, swallow some of the oldest cheese you can get. Or, dissolve an ounce of good manna, and two drachms of soluble tartar, in a gill of warm water, and take it whenever the fit comes on; there is no better remedy than this. Or, bathe the feet and legs often in warm water, sometimes it is requisite to foment the stomach with warm water; sometimes to apply hot bricks or hot poultices to the soles of the feet, and sometimes bleeding has a good effect. Let your food be light, cool, thin, and easy of digestion.

PAIN IN THE STOMACH, WITH COLDNESS AND WIND.

697. Swallow five or six peppercorns for six or seven mornings, fasting.

THE STONE.

698. To prevent or cure—Eat a crust of bread, or about an ounce of hard biscuit, every morning, fasting. Or, drink half a pint of lime water twice a day till cured. Or, take often thirty or forty drops of soap lees in a gill of the decoction of marshmallows. Or, take a tea spoonful of violet seed powdered every

morning and evening; this wastes the stone and brings it away.

IN A VIOLENT FIT.

703. Beat onions to a pulp, and apply them as a poultice to the back and the groin; this soon eases the pain. N. B. This cures the lumbago, or rheumatism in the loins.

STONE IN THE KIDNEYS.

705. Boil an ounce of common thistle root, and four drachms of stick liquorice, in a pint of water, and drink half of this every morning. Or, drink a pint of cold water every morning fasting. Or, use daily the cold bath.

STOPPAGE IN THE KIDNEYS.

708. Drink half a pint of tar water, every night and morning. Or, twelve grains of salts of amber in a wine glassful of cold water, morning and evening. Or, take a table spoonful of the juice of syrup of ground-ivy. Or, half a pint of the decoction morning and evening.

THE STRANGUARY.

713. Dissolve half an ounce of nitre in a quart of water, and drink a wine glassful every hour. Or, drink much lemonade. Or, largely of the decoction of turnips, sweetened with clarified sugar. Or, take a strong infusion of strawberry leaves. Or, eat often of the fruit itself.

SUN-BURNT SMARTING.

718. Wash the part well with strong sage tea.

A FRESH SURFEIT.

719. Take of the green tops of wormwood the size of a nutmeg.

TO STOP PROFUSE BLEEDING.

720. Drink largely of cold water.

TO CURE NIGHT SWEATS.

721. Drink a gill of warm water at bed time.

SWELLED GLANDS IN THE NECK.

722. Drink sea water often daily and wash the parts with the same.

SOFT AND FLABBY SWELLINGS.

723. Pump cold water on them daily.

A WHITE SWELLING IN THE JOINTS.

724. Eat boiled nettles, and apply them as a poultice to the affected part. Or, pour a stream of water on it daily. Or, a stream of water one day, and wash well with cold water the next, alternately. Or, hold the part for half an hour every morning under a pump or cock; this last will cure all pains in the joints. Use gentle purges to prevent a relapse.

TO DISSOLVE WHITE AND HARD SWELLINGS.

729. Hold them morning and evening in the steam of vinegar, poured on red-hot flints. Or, anoint them with an ointment made of white roses, elder flowers, foxglove, and St. John's wort, (each a handful,) mixed with hog's lard, twice a day.

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TO FASTEN THE TEETH.

731. Put powdered alum, the size of a nutmeg, into a quart of spring water, for twenty-four hours, then strain the water, and gargle the mouth often with it.

TO CLEAN THE TEETH.

732. Rub them well with a hard brush, with ashes of burnt bread.

TO PREVENT THE TOOTH ACHE.

733. Wash the mouth well every morning with cold water, and rince them after every meal.

TO CURE THE TOOTH ACHE.

734. Apply a small bit of cotton dipt in the oil of tar to the affected tooth. Or, mix a little gunpowder and cotton well together, and apply it to the affected tooth. Or, apply a bit of nutgall to it. Or, apply a small bit of cotton dipped in laudanum to the affected tooth. Or, chew a small bit of the flower-de-luce. If the tooth is hollow, put into it a small pill, made of equal parts of camphor and opium. Or, hold a toasted fig between the cheek and gum. Or, take thirty drops of laudanum at going to bed. Chewing, or smoking tobacco will sometimes cure it. Or, bathe the feet often in warm water, and rub them well with a coarse cloth. Or, apply camomile flowers, simmered in gin, as hot as you can bear it, between a flannel to the cheek. Or, rub the cheek hard with the hand for fifteen minutes. Or, be electrified through the teeth.

TEETH SET ON EDGE.

755. Rub the tops of the teeth hard with a dry towel. N.B. All rough powders and common tinctures destroy the teeth : constantly using toothpicks does the same.

EXTREME THIRST DOES THE SAME.

756. Drink spring water, in which a little sal prunella is dissolved.

PAIN IN THE TESTICLES.

757. Apply to them pellitory of the wall, beat up to a poultice, changing it morning and evening.

TESTICLES INFLAMED.

758. Boil bean flour, in three parts water and one part vinegar, and apply it to the part.

THE THRUSH

759. Are small white round pimples in the mouth, which by degrees effect the bowels. Burn scarlet woollen cloth to ashes, and blow them into the mouth. Or, rub the mouth often with a little honey and white borax, as recommended for a sore mouth. Or, put twelve grains of vitriol into eight ounces of barley water and apply it as above. N.B. Gentle purges of magnesia, rhubarb, manna, &c., are mostly requisite.

TWISTING OF THE GUTS.

764. Take a wine glass of equal parts of sweet oil and good brandy. Or, a glass of peppermint, or good brandy. Or, a glass of peppermint, or good spearmint water, with a tea spoonful of moist sugar in it. In desperate cases, take a pound or more of quicksilver,

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ounce by ounce. Many things recommended for the choleric are good in this complaint.

TO DRAW OUT THORNS, SPLINTERS, AND BONES.

767. Apply to the wound the inner green rind of hazel, fresh scraped.

BITE OF A VIPER, OR RATTLESNAKE.

768. Apply to the wound bruised garlick. Or, rub the part directly with sweet oil; this last has actually cured the bite of a mad dog.

VERTIGO, OR SWIMMING IN THE HEAD.

769. Take every morning fasting, a table spoonful of white mustard seed. Or, mix together one part of salt of tartar and three parts of cream of tartar, and take a tea spoonful in a glass of water every morning fasting. Or, take often six drops of the essential oil of lavender, on loaf sugar. Or, drink often a strong infusion of the narrow leaves of it. Or, take a vomit or two. Or, use daily the cold bath.

VIGILIA OR INABILITY TO SLEEP.

776. Take a grain of camphor; this is surer and safer than laudanum. Or, apply to the forehead, for two hours, cloths four times doubled and dipped in cold water; drink no green tea.

VENOMOUS BITES.

778. To prevent rub the hands well with the juice of radishes.

ULCERS.

779. Sprinkle them twice or thrice a day with camomile. Or, apply twice a day, a poultice of boiled carrots. Or, drink largely of agrimony tea. Or, drink half a pint of lime water, night and morning. Or, apply every morning a plaster of blackberry; or of bruised plantain leaves. Or, dry and powder a walnut leaf and strew it on the ulcer, and lay another walnut leaf on that. Or, foment them, morning and evening, with a strong decoction of walnut leaves, and bind the boiled leaves on. N.B. This cures foul bones, and the leprosy. Avoid all spices and high seasoned food, and drink only whey, barley, and toast and water.

ULCER IN THE BLADDER OR KIDNEYS.

790. Take a strong decoction of agrimony thrice a day. Or, a ditto of horsetail. Or, take as often, a tea spoonful of the syrup of ditto.

ULCER IN THE GUM OR JAW.

794. Apply honey of roses, sharpened with spirit of vitriol.

A FISTULOUS ULCER.

795. Wash it with a solution of corrosive sublimate. Or, apply daily, bougies, well smeared with sweet oil. Or, use constantly the cold bath.

AN ULCER IN THE URETHRA.

798. Take a clove of garlick, every night and morning, till cured. Or, apply daily bougies well smeared with sweet oil.

VOMITS.

799. For a child, a tea spoonful of antimonial wine. For a boy or girl two, and for a man or woman, four grains of emetic tartar. Or, twenty grains of ipecacuanha; you may sweeten it if you choose. When it has stood three or four minutes, pour off the tea and drink it.

TO STOP VOMITING.

800. Take a table spoonful of lemon juice. Or, six grains of salt of tartar. Or, they are best mixed. Or, apply to the stomach an onion, slit across the grain.

BLOODY URINE.

803. Take, twice a day, a pint of the decoction of yarrow. Or, as much of the decoction of agrimony.

URINE BY DROPS, WITH HEAT AND PAIN.

805. Drink nothing but lemonade. Or, beat up the pulp of five or six roasted apples, with a quart of water, and take it in bed. It generally cures by morning.

SHARP URINE.

807. Take two table spoonfuls of the fresh juice of ground-ivy.

INVOLUNTARY URINE.

808. Drink a quarter of a pint of alum posset every night in bed. Or, a tea spoonful of powdered

agrimony in a little water morning and evening. Or, use the cold bath daily.

SUPPRESSION OF URINE.

811. Drink much warm lemonade. Or, take a table spoonful of juice of lemons, sweetened with syrup of violets. Or, take a scruple of nitre, in water, every two hours. Or, take seven grains of mercurius dulcis, or sweet mercury.

TO CURE WARTS,

815. Rub them well every morning with chalk and your fasting spittle. Or, rub them well daily with a radish. Or, with the juice of marigold. Or, with the juice of crowfoot. Or, with the inside of the fresh shells of horsebeans. Or, with water, in which sal ammonio is dissolved. Or, with houseleek.

WEAKNESS OF THE ANCLES.

820. Hold them night and morning in cold water for fifteen minutes.

A SOFT WEN.

821. Wrap leaves of sorrel in wet paper, and roast them in the embers; mix it with finely sifted ashes in a poultice, and apply it warm daily.

THE WHITES.

822. Live chastely, and live sparingly. Use constant exercise. Sleep moderately, but never lying on

your back. Steep the flowers and leaves of rosemary in water for a night, and drink half a pint or more every night and morning fasting. Exercise and milk diet alone will often cure. Strong soups and broth have a good effect. In warm weather use daily the cold bath.

A WHITLOW.

831. Dip it often in water that is boiling on the fire. Or, apply a poultice of treacle, or of honey and flour. Or, of bean and lixivium. Or, of chewed bread and fresh butter; change them every day.

THE WINDY DROPSY.

834. Eat plentifully of parched peas. Or, drink thrice a day a cup of camomile tea. Or, take a drachm of the powdered root or seeds of lovage, whenever the fit comes on. Or, use, as snuff, the powdered leaves and flowers of marjoram. Or, purge occasionally, and use daily the cold bath.

WORMS.

849. A child is known to have worms, by chillness, paleness, hollow eyes, itching of the nose, starting in sleep, and an unusual stinking breath. Take every morning fasting a strong decoction of walnut leaves. Or, boil a handful of rue and wormwood gently in a quart of water, foment the belly with the decoction

and apply the boiled leaves as a poultice to it; repeat this night and morning. N.B. The last is excellent for children who will take no internal medicine. Or, take a spoonful of the juice of lemons, or strong vinegar, every morning fasting. Or, drink often strong wormwood tea. Or, drink half a pint of lime water night and morning. White sop in children's food has an excellent effect. Lastly take great exercise in the open air. N.B. Children have been cured by taking two tea spoonfuls of worm-seed in treacle, for six following mornings.

FLAT, OR TAPE WORMS.

859. Mix a large spoonful of Norway tar in a pint of small beer, take it as soon as you can in the morning fasting, till the worm comes away; this is a sure remedy, but children must take a less quantity. Or, take a teacupful or more of mare's milk, drawn fresh from the beast, every night and morning fasting for a week, this either kills, or forces them away alive. N.B. Swoonings and a voracious appetite are symptoms of the above. All other worms require nearly the same treatment. The best preventive against worms is to drink no bad water.

WOUNDS.

861. Apply to them immediately powder of yarrow. Or, wash them often with a strong decoction of marshmallows. Or, of wood betony bruised; this

last heals cut veins and sinews, and draws out thorns and splinters. Or, lay on a fresh and tender leaf of brook lime. Or, take a drachm of the powder of the tops of ground ivy twice a day. Or, apply a plaster of the tops of mother, or St John's wort, bruised, every day. Fresh made tinder stops them from bleeding.

INWARD WOUNDS.

870. Take twice a day twenty or thirty drops of Turlington's balsam on loaf sugar. Or, take twice a day two or three drops of the essential oil of lavender on loaf sugar. Or, drink often a cupful of marshmallow tea. Or, a cupful of yarrow four times a day; it must remain for twelve hours before it is drank.

WOUNDED TENDON.

874. Boil comfrey roots to a thick mucilage or jelly, and apply it as a poultice; change it twice a day.

TO OPEN A WOUND THAT HAS CLOSED TOO SOON.

875. Apply to it bruised centaury.

PUTRID WOUNDS.

876. Wash them night and morning with the warm decoction of agrimony. If they heal too soon, and gather matter, apply a poultice of the leaves

powdered changing it every day till well. Or, apply a carrot poultice. But, if a gangrene, or mortification takes place, apply a wheat flour poultice, (after it has been by the fire till it begins to ferment) nearly cold ; it soon cures.

AN EASY PURGE.

880. Drink a pint of lukewarm water fasting, walking after it. Or, eat a soft egg, with a tea spoonful of salt. Or, infuse an ounce of senna in a pint of water, with two scruples of salt of tartar, for twelve hours, then strain it, and take half of it in the morning. N.B. The wild ash is a plant of the very same nature as senna ; its leaves taken in double quantity purge as well, and do not gripe as senna.

TO MAKE AN EXCELLENT EYE WATER.

884. Boil very gently one table spoonful of white copperas, scraped, and three table spoonfuls of common white salt in three pints of spring water, when cold bottle it off in large vials without straining it, take up the phial gently, and put a drop or two into the eye, morning and evening, with a camel hair pencil. N.B. This will cure redness or any soreness whatever. It likewise cures pearls, rheums, and even blindness sometimes. But if the eye smarts too much

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add a little more water to it; this likewise cures an inflammation of the eyes.

TO MAKE DAFFY'S ELIXIR.

888. Take of good senna, gum guiacum, Spanish liquorice, (sliced small) aniseeds, coriander seeds, and elecampane root, each half an ounce, raisins of the sun stoned a quarter of a pound; let all be bruised together, and put into a quart of good brandy, put it by the fire for a few days, then strain it off for use; the dose is a wine glass full. N.B. Where purging is required, add to the above mixture a quarter of an ounce of jalap powder.

TO MAKE LIME WATER.

889. Infuse a pound of good quick lime in six quarts of spring water for twenty-four hours, then decant, and keep it for use.

TO MAKE TAR WATER.

890. To a quart of the best Barbadoes or Norway tar, put a gallon of cold water, stir it well with a flat stick for five or six minutes, cover it for three days; pour off the water clear, bottle and cork it for use.

TO MAKE TURLINGTONS'S BALSAM.

891 Take balsam of Peru and balsam of Tolu,

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of each half an ounce, green storax in tears, and gum guaiacum, each one ounce; gum Benjamin one ounce and a half: heptic aloes and frankincense, of each two drachms; let the gums be bruised, and put all the ingredients into a quart of rectified spirits of wine; shake the bottle often. N.B. This is an excellent medicine for a man or beast, and the very best that can be for wounds, whether internal or external.

DR. JAMES'S POWDER.

892. At Apothecaries' Hall, or some good druggist's, procure Dr. Hardwick's fever powder, which, if not the same, will answer exactly the same purpose.

SCOT'S PILLS.

893. Dissolve two ounces of hepatic, or bitter oloes, with a dessert spoonful of sweet oil, and as much water, over a slow fire. When it is of proper consistence, make it into pills with liquorice powder.

SOOTHING SYRUP

For Children when cutting their Teeth.

894. Rub their gums well five or six times a day with syrup of poppies. If this is not the same as the famous American soothing syrup, it will answer exactly the same purpose.

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TO MAKE THE FAMOUS PLAGUE VINEGAR,

Or infectious Preventive.

895. Infuse rue, sage, mint, rosemary, and wormwood, of each a handful, in two quarts of the very best sharp vinegar, over warm embers, for eight days; then strain it through a flannel, and add half an ounce of camphorated spirits of wine; with this wash the face, mouth, and loins, and snuff a little up the nose at going abroad; smell to a sponge dipt in this when you approach infected persons or places. N. B. This is the famous French aromatic vinegar.

TO TAKE OUT INK, OR WINE, FROM WHITE
LINEN, OR GAMBRIC, &c.

896. Dip the parts immediately into milk that is boiling on the fire. Or, into very hot melted tallow, and when washed the stains will disappear.

TO PRESEFVE BOOTS AND SHOES, AND
RENDER THEM WATER PROOF.

899. Dissolve equal parts of bees-wax and mutton suet, (gently over a slow fire,) and with a small tool brush, or a bit of flannel, rub this liquid well into the boots or shoes, warming them first, and when quite dry, repeat this operation. N. B. This renders them impenetrable to wet, and makes them last a great deal longer.

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TO RENDER THE SOLES WATER PROOF.

199. Rub them well several times over with boiled linseed oil, and let them dry in the sun. N. B. The boots or shoes must be new, or fresh soled, &c.

A STRONG CEMENT

For China, or Glass, Fire and Water Proof, and soon dies.

900. To a large spoonful of new milk, put a large spoonful of good vinegar, pour off the whey, and add to it the white of an egg. Beat all well together, and add as much white quick lime as makes it a thick paste.

901. Strong, and especially spirituous liquors, are a certain though slow poison, therefore the sooner they are left off the better.

902. Water is the wholesomest of all drink, it quickens the appetite, and strengthens the digestion most.

903. The best water to drink is rain water, caught in an earthen pot. After it is settled, draw it off clear into another vessel, and it will keep sweet for a long time.

904. Water drinking prevents apoplexies, asthmas, convulsions, gout, hysterics, madness, palsies, stone, tremblings, &c.

905. Fasting spittle, outwardly applied, will relieve and often cure blindness, contracted sinews from a cut, corns and warts; but to be truly effectual, it should be mixed with chewed bread, and applied every morning, when it cures fresh cuts, deafness, inflamed eyelids, scorbutic tetter, sore legs, &c. &c. If taken inwardly, it relieves and often cures asthma, cancers, falling sickness, gout, gravel, king's evil, leprosy, palsy, rheumatism, scurvy, stone, swelled liver, &c. &c.

N. B. The best way to take it inwardly, is to eat about an ounce of hard biscuit, or crust of bread, every morning, fasting, and eat nothing for two or three hours after; the longer this is continued the better.

907. Cold bathing and electrifying are very beneficial in all nervous and hereditary complaints, and if repeated for thirty days, it is said, will cure the bite of a mad dog.



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A GARDENING CALENDAR

FOR EVERY MONTH IN THE YEAR,

WITH MEDICAL INSTRUCTIONS, &c.

JANUARY.

IN this month uncover the roots of trees, and cover with dung the roots of new planted trees, to prevent the frost from injuring them. Cut all dead branches off fruit trees. Plant quicksets, and cleanse trees from moss. Sow cresses, mustard, radish, lettuce, and other small herbs, in a warm rich soil. Sow hotspur peas, put fresh earth to your sage, thyme, and other sweet herbs. Transplant young fruit trees; prune vines, trench and soil ground for the spring. N. B. Take no physic, nor let blood, without absolute necessity. Eat often, and avoid too much sleep.

FEBRUARY.

In this month remove grafts of former years' grafting. Cut and lay quicksets. Vines may be planted the beginning of this month, and fruit that grows in bunches. Set all sorts of kernels and strong seeds. Sow on shady borders the seeds of polyanthus. Sow beans, peas, corn, salad, marigold, aniseed, radishes, parsnips, carrots, onions, garlick, beets, and Dutch brown lettuce. Set oziers, willows, and other aquatics. Rub moss off trees after rain. Cut off caterpillars from quicks and trees, and burn them. N. B. Be sparing in physic, and let no blood without absolute necessity, and be careful of taking cold.

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MARCH.

All works in the garden directed to be done last month must be finished in this. All sorts of grafting may be done this month. Prune nectarines, peaches, and apricots. Set slips of sage, rosemary, lavender, thyme, &c. Continue to set willows and other aquatics. Sow peas, oats, and barley, and all sorts of grass seeds. N. B. Purge and let blood; eat no gross meats.

*APRIL.**

With the farmer and gardener this is the busiest month in the year, for now whatever you have a mind to plant, the earth is fit to receive it. Hoe your carrots, radishes, onions, &c. Set French beans, plant asparagus, separate the layers of artichokes, and plant three of them in one hole. Plant garden beans, rouncival, and other large peas to succeed other crops. Plant slips of sage, rue, rosemary, lavender, &c. Sow all sorts of salad, herbs, and spinach in moist places for the last time. Sow turnips, and all sorts of cabbage lettuce, and transplant cos and Silesia lettuces which were sown last month. N. B. It is now a good time to bleed and take physic, abstain from much wine or other strong liquors; which will ferment your blood, and ruin your constitution.

MAY.

Sow cucumbers in the natural ground, and also purslane and cabbages; sow peas and beans in a moist soil

for a latter crop; plant kidney beans for a second crop, and transplant celery into drills; hoe your winter crop of carrots, beans, onions, &c which will save much labour the succeeding months; sow turnips, and if rain will come soon afterwards it will greatly encourage the plant; sow buck wheat, and latter peas; weed young quicksets and ivy; fallow your ground, look well to your sheep, if the weather proves wet, for fear of a rot. N. B. The blood and humours being now in motion, be careful to avoid eating salt, strong, or stale meats; fat people must avoid excess of liquors of any kind.

JUNE.

Sow brocoli the beginning of this month for a second crop; transplant celery for blanching; transplant Savoy and cabbage plants for winter use; sow kidney beans and brown lettuce for a late crop; gather such herbs for drying as are now in flower, and let them dry leisurely in a shady place, and not in the sun; sow all sorts of small salad herbs every three or four days; keep your garden free from weeds, for they will spoil whatever plants they are near; weed your corn, and sow rape, cole seed, and turnip seed. N. B. Cooling salads, as lettuce, sorrel, purslane, &c. will prevent too great perspiration, and throw off feverish disorders.

JULY.

Sow turnips and onions to stand the winter; as also carrots, coleworts, and cauliflowers; keep your

garden free from weeds, and do not neglect to weed in this month your new planted quicks; gather such seeds as are ripe, as also flowers, and dry them, first in the shade, and then in the sun. N. B. Forbear superfluous drinking. Use cold herbs. Shun all salted and strong meats, and abstain from physic.

AUGUST.

Sow cauliflowers, spinach, onions, cabbages, colewort, lettuce, cresses, chervil, and corn salad, for winter use; transplant brocoli for standing; plant slips of savory, thyme, sage, hyssop, rosemary, lavender, mastic, and other aromatic plants; continue to sow rape, radish, mustard, cresses, and turnip-seed, every week, they will now soon grow large enough for use. N. B. This month use moderate diet, forbear to sleep soon after meat, for that brings oppilations, head-aches, agues, and catarrhs and other such distempers. Take great care of sudden cold after heat.

SEPTEMBER.

Plant liquorice roots, about too feet asunder, in a moist earth; set artichokes, and sow seeds for winter herbs; sow wheat and rye; cut quicks towards the end of the month; sow parsnips and carrots in a free open air and moist soil; remove and set slips of flowers; set rows of strawberries and barberries.

OCTOBER.

Transplant your brown Dutch and common lettuce

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upon warm borders to stand the winter; sow all sorts of salad herbs upon decayed hot-beds, such as lettuce, cresses, radish, mustard, and spinach; earth up celery, chardons, and the stems of brocoli plants, to protect them from the frost; make plantations from the suckers of gooseberries, currants, and raspberries; cut artichokes with long stalks, which you may preserve in the house by setting them in sand; continue to sow wheat, set up your barley-land, sow masts for coppices, or hedge rows; plant quicksets and plash hedges; and plant all sorts of forest trees that shed their leaves. N. B. Avoid being out late at night, or in foggy weather, for a cold now caught may continue all the winter.

NOVEMBER.

If the season proves mild, you may continue to prune apple trees, weather standards, wall fruit, or espaliers, but you should not prune them later lest rain and frosts should hurt the trees when the wounds are fresh; trench your ground, by laying it up in ridges to mellow; set crab-tree stocks to graft on; continue to plant suckers and cuttings of gooseberries, currants, and raspberries; make hot-beds for asparagus; fell coppices and lop trees; plant timber and fruit trees if the weather is open. N. B. The best physic this month is good exercise, warm clothes, and wholesome diet. But if any distemper afflict you, finish your physic this month, and then rest till March.

DECEMBER.

Set all sorts of stones, kernels, &c.; plant vines and stocks for grafting; trench ground, and dung it for borders; towards the end of the month sow radishes, carrots, and lettuce, on warm borders; sow cresses, mustard, and other salad-herbs, on a moderately hot bed, and cover them with mats; plant all sorts of trees that shed their leaves.

**OLD PARR'S MAXIMS OF HEALTH.**

Keep your feet warm by exercise, and your head cool by temperance, never eat till you are hungry, nor drink but when nature requires it.



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Index of distances from town to town in North Wales.

The names of the respective towns are on the top and sides, and the square where both meet gives the distance.

Table with columns for 'Distance from Chester' and 'Distance from London'. Rows list towns such as Aberconwy, Bala, Bangor, Beaumaris, Caernarvon, Caerwys, Corwen, Crickieth, Denbigh, Dinas Mawddwy, Dolgellley, Flint, Harlech, Hawarden, Holyhead, Holywell, Llangollen, Llanidloes, Llanrwst, Machynlleth, Mold, Montgomery, Newtown, Pwllheli, Rhuthin, St. Asaph, Welshpool, and Wrexham.

The letters attached to the name of each town signifies the Market Days.

(delwedd H2225) (tudalen)

Index of Distances from town to town in South Wales.

Table with columns for 'Distance from Bristol' and 'From London'. Rows list towns such as Aberystwyth, Brecon, Builth, Cardiff, Cardigan, Carmarthen, Cowbridge, Crickhowel, Haverfordwest, Hay, Knighton, Llandilo Fawr, Llandoverly, Llanelly, Merthyr Tudful, Milford Haven, Narberth, Neath, Newcastle Emlyn, Newport, Pembroke, Presteign, Radnor, Rhaiadr, Swansea, and Tenby.

(delwedd H2226) (tudalen)