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Primitive Phyfick:

O R, A N

(1)

EASY and NATURAL

M E T H O D

O F

CURING moſt DISEASES.



The SECOND EDITION Inlarged.



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T H E

P R E F A C E.


WHEN MAN came first out of the Hands of the Great Crëator, cloath'd in Body as well as in Soul, with Immortality and Incorruption, there was no Place for Physick, or the Art of Healing. As he knew no Sin, so he knew no Pain, no Sicknes, Weaknes, or Bodily Disorder. The Habitation wherein the Angelick Mind, the *Divinæ Particula Auræ* abode, although originally form'd out of the Dust of the Earth, was liable to no Decay. It had no Seeds of Corruption or Dissolution within itself. And there was nothing without to injure it. Heaven and Earth and all the Hosts of them were mild, benign and friendly to Human Nature. The entire Cre-

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ation

ation was at Peace with Man, so long as Man was at Peace with his Creator. So that well might the Morning Stars sing together, and all the Sons of God shout for Joy.

2. BUT since Man rebell'd against the Sovereign of Heaven and Earth, how entirely is the Scene changed? The Incorruptible Frame hath put on Corruption, the Immortal, has put on Mortality. The Seeds of Weakness and Pain, of Sickness and Death, are now lodged in our inmost Substance: Whence a thousand Disorders continually spring, even without the Aid of External Violence. And how is the Number of these increased, by every Thing round about us? The Heavens, the Earth and all Things contain'd therein, conspire to punish the Rebels against their Creator. The Sun and Moon shed unwholesome Influences from above; the Earth exhales poisonous Damps from beneath. The Beasts of the Field, the Birds of the Air, the Fishes of the Sea, are in a State of Hostility. The Air itself that surrounds us on every Side, is replete with the Shafts of Death. Yea, the Food we eat, daily saps the Foundation of the
Life,



Life, which cannot be sustain'd without it. So has the LORD of All secured the Execution of his Decree, "Dust thou art, and unto Dust shalt thou return."

3. BUT can there nothing be found to lessen those Inconveniences, which cannot be wholly removed? to soften the Evils of Life, and prevent in Part the Sickness and Pain to which we are continually expos'd? Without Question there may. One Grand Preventive of Pain and Sickness of various Kinds, seems intimated by the Great Author of Nature, in the very Sentence that intails Death upon us: "In the Sweat of thy Face shalt thou eat Bread, 'till thou return to the Ground." The Power of Exercise both to preserve and restore Health, is greater than can well be conceiv'd: Especially in those who add Temperance thereto; who if they do not confine themselves altogether to eat either "Bread or the Herb of the Field," (which GOD does not require them to do) yet steadily observe both that Kind and Measure of Food, which Experience shews to be most friendly to Health and Strength.

4. 'Tis probable **PHYSICK**, as well as **RELIGION**, was in the first Ages chiefly traditional: Every Father delivering down to his Sons, what he had himself in like Manner receiv'd, concerning the Manner of Healing both Outward Hurts, and the Diseases incident to each Climate, and the Medicines which were of the greatest Efficacy, for the Cure of each Disorder. 'Tis certain, this is the Method wherein the Art of Healing is preserv'd among the *Americans* to this Day.. Their Diseases indeed are exceeding few; nor do they frequently occur, by reason of their Continual Exercise, and ('till of late, Universal) Temperance. But if any is Sick, or bit by a Serpent, or torn by a wild Beast, the Fathers immediately tell their Children, what Remedy to apply. And 'tis rare, that the Patient suffers long; those Medicines being quick, as well as generally, Infallible.

5. **HENCE** perhaps it was that the Ancients, not only of *Greece* and *Rome*, but even of barbarous Nations, usually assign'd Physick a Divine Original. And indeed it was a natural Thought, That
He

He who had taught it to the very Beasts and Birds, the *Cretan* Stag, the *Egyptian* Ibis, cou'd not be wanting to teach Man,

*Sanctius his Animal, mentisque capacius
altæ:*

Yea, sometimes, even by those meaner Creatures. For it was easy to infer, "If this will heal that Creature, whose Flesh is nearly the same Texture with mine, then in a parallel Case, it will heal me." The Trial was made. The Cure was wrought. And Experience and Physick grew up together.

6. AND has not the Author of Nature taught us the Use of many other Medicines, by what is vulgarly term'd Accident? Thus One walking some Years since in a Grove of Pines, at a Time when many in the neighbouring Town, were afflicted with a Kind of New Distemper, little Sores in the Inside of the Mouth, a Drop of Natural Gum fell from one of the Trees, on the Book which he was reading. This he took up, and thoughtlessly applied it to
one

one of those sore Places. Finding the Pain immediately cease, he applied it to another, which was also presently healed. The same Remedy he afterwards imparted to others, and it did not fail to heal any that applied it. And doubtless numberless Remedies have been thus casually discovered in every Age and Nation.

7. THUS far Physick was wholly founded on Experiment. The *European*, as well as the *American*, said to his Neighbour, Are you sick? Drink the Juice of this Herb, and your Sickness will be at an End. Are you in a burning Heat? Leap into that River, and then sweat 'till you are well. Has the Snake bitten you? Chew and apply that Root, and the Poison will not hurt you. Thus ancient Men, having a little Experience, join'd with Common Sense, and Common Humanity, cured both themselves and their Neighbours, of most of the Distempers to which every Nation was subject.

8. BUT in Process of Time, Men of a Philosophical Turn, were not satisfied with

with this. They began to enquire, How they might account for these Things? How such Medicines wrought such Effects? They examined the Human Body and all its Parts; the Nature of the Flesh, Veins, Arteries, Nerves; the Structure of the Brain, Heart, Lungs, Stomach, Bowels; with the Springs of the several Animal Functions. They explored the several Kinds of Animal and Mineral, as well as Vegetable Substances. And hence the whole Order of Physick which had obtained to that Time, came gradually to be inverted. Men of Learning began to set Experience aside: to build Physick upon Hypotheses: to form Theories of Diseases and their Cure, and to substitute these in the Place of Experiments.

9. As Theories increased, Simple Medicines were more and more disregarded and disused; 'till in a Course of Years, the greater Part of them were forgotten, at least in the Politer Nations. In the Room of these, abundance of New Ones were introduced, by reasoning, speculative Men; and those more and more difficult to be
ap-

applied, as being more remote from Common Observation. Hence Rules for the Application of these, and Medical Books were immensely multiplied; 'till at length Physick became an abstruse Science, quite out of the Reach of Ordinary Men.

10. PHYSICIANS now began to be had in Admiration, as Persons who were something more than Human. And Profit attended their Employ as well as Honour; so that they had now Two Weighty Reasons, for keeping the Bulk of Mankind at a Distance, that they might not pry into the Mysteries of the Profession. To this End they increased those Difficulties by Design, which began in a Manner by Accident. They fill'd their Writings with abundance of Technical Terms, utterly unintelligible to plain Men. They affected to deliver their Rules, and to reason upon them, in an abstruse, and philosophical Manner. They represented the Critical Knowledge of Anatomy, Natural Philosophy (and what not? Some of them insisting on that of Astronomy and Astrology too) as
ne-

necessary previous to the understanding the Art of Healing. Those who understood only How to restore the Sick to Health, they branded with the ignominious Name of Empiricks. They introduced into Practice, abundance of Compound Medicines, consisting of so many Ingredients, that it was scarce possible for common People to know, which it was that wrought a Cure: Abundance of Exoticks, neither the Nature nor Names of which their own Countrymen understood: Of Chymicals, such as they neither had Skill, nor Fortune, nor Time, to prepare; yea, and of Dangerous ones, such as they cou'd not use, without hazarding Life, but by the Advice of a Physician. And thus both their Honour and Gain were secured: a vast Majority of Mankind, being utterly cut off from helping either themselves or their Neighbours, or once daring to attempt it.

II. YET there have not been wanting from Time to Time, some Lovers of Mankind, who have endeavoured (even contrary to their own Interest) to reduce Physick to its Antient Standard: Who have

have laboured to explode out of it all Hypotheses, and fine-spun Theories, and to make it a plain, intelligible Thing as it was in the Beginning: Having no more Mystery in it than this: "Such a Medicine removes such a Pain." These have demonstrably shewn, That neither the Knowledge of Astrology, Astronomy, Natural Philosophy, nor even Anatomy itself, is absolutely necessary to the quick and effectual Cure of most Diseases incident to Human Bodies: Nor yet any Chymical, or Exotick or Compound Medicine, but a single Plant or Fruit duly applied. So that every Man of Common Sense (unless in some rare Cases) may prescribe either to himself or his Neighbour; and may be very secure from doing any Harm, even where he can do no Good.

12. EVEN in the last Age there was something of this Kind done, particularly by the great and good Dr. Sydenham: And in the present, by his Pupil, Dr. Dover, who has pointed out Simple Medicines for many Diseases. And some such may be found in the Writings of the learned and ingenious Dr.

The greatest that can possibly be conceived. Is it not needful in the highest Degree, to rescue Men from the Jaws of Destruction? From wasting their Fortunes, as Thousands have done, and continue to do daily? From pining away in Sickness and Pain, either through the Ignorance or Knavery of Physicians? Yea, and many Times throwing away their Lives, after their Health, and Time, and Substance?

Is it inquired, But are there not Books enough already, on every Part of the Art of Medicine? Yes, too many, ten times over, considering how little to the Purpose the far greater Part of them speak. But beside this, they are too dear for poor Men to buy, and too hard for plain Men to understand. Do you say, But there are enough of these Collections of Receipts. Where? I have not seen One yet, either in our own or any other Tongue, which contains only Safe and Cheap and Easy Medicines. In all that have yet fallen into my Hands, I find many Dear and many far-fetch'd Medicines; beside many of so Dangerous a Kind, as a prudent Man wou'd never meddle with. And against the
greater

greater Part of those Medicines there is a further Objection; They consist of too many Ingredients. This Common Method of compounding and decompounding Medicines, can never be reconciled to Common Sense. Experience shews, That One Thing will cure most Disorders, at least as well as Twenty put together. Then why do you add the other Nineteen? Only to swell the Apothecary's Bill: Nay, possibly, on purpose to prolong the Distemper, that the Doctor and he may divide the Spoil.

BUT admitting there is some Quality in the Medicine proposed, which has need to be corrected: Will not One Thing, correct it, as well as Twenty? It is probable, much better. And if not, there is a Sufficiency of other Medicines, which need no such Correction.

How often, by thus compounding Medicines of Opposite Qualities, is the Virtue of both utterly destroy'd? Nay, how often do those join'd together destroy Life, which single might have

preserved it? This occasion'd that Caution of the great *Boerhaave*, aganſt mixing Things without evident Neceſſity, and without full Proof of the Effect they will produce when join'd together, as well as of that they produced when aſunder: Seeing (as he obſerves) ſeveral Things, which ſeparately taken, are ſafe and powerful Medicines, when compounded not only loſe their former Powers, but commence a ſtrong and deadly Poiſon.

15. As to the Manner of uſing the Medicines here ſet down, I ſhou'd adviſe, as ſoon as you know your Diſtemper, (which is very eaſy, unleſs in a Complication of Diſorders, and then you wou'd do well to apply to a Phyſician that fears God) Firſt, Uſe the Firſt of the Remedies for that Diſeaſe which occurs in the enſuing Collection; (unleſs ſome other of them be eaſier to be had, and then it may do juſt as well.) Secondly, After a competent Time, if it takes no Effect, uſe the Second, the Third, and ſo on. I have purpoſely ſet down (in moſt Caſes ſeveral Remedies for each Diſorder; Not only becauſe All are not equally

equally easy to be procured at all Times and in all Places: But likewise because the Medicine which cures One Man, will not always cure another of the same Distemper. Nor will it cure the same Man at all Times. Therefore it was necessary to have a Variety. However, I have subjoin'd the Letter *I.* to those Medicines, which are said to be infallible. Thirdly, Observe all the Time the greatest Exactness in your Regimen, or Manner of Living. Abstain from all Mixt, all High-season'd Food. Use plain Diet, easy of Digestion: And this as sparingly as you can, consistent with Ease and Strength. Drink only Water, if it agrees with your Stomach; If not, good, clear Small-beer. Use as much Exercise daily, in the open Air, as you can without Weariness. Sup at Six or Seven on the lightest Food: Go to Bed early, and rise betimes. To persevere with Steadiness in this Course, is often more than half the Cure. Above all, add to the rest, (for it is not Labour lost) that Old, Unfashionable Medicine, PRAYER. And have Faith in God, who " killeth and maketh alive, who

“ bringeth down to the Grave and
 “ bringeth up.”

16. FOR the Sake of those who desire, thro' the Blessing of GOD to retain the Health which they have recovered, I have added a few plain, easy Rules, chiefly transcribed from Dr. *Cheyne*.

I. 1. THE Air we breathe is of great Consequence to our Health. Those who have been long abroad in Easterly or Northerly Winds, shou'd drink some thin and warm Liquor going to Bed; or a Draught of Toast and Water.

2. Tender People shou'd have those who lie with them or are much about them, sound, sweet and healthy.

3. Every one that wou'd preserve Health, shou'd be as clean and sweet as possible in their Houses, Cloaths and Furniture.

II. 1. THE great Rule of Eating and Drinking is, To suit the Quality and
 Quan-

Quantity of the Food to the Strength of our Digestion: to take always such a Sort and such a Measure of Food, as fits light and easy on the Stomach,

2. All Pickled or Smoak'd or Salted Food, and all high-season'd is unwholsome.

3. Nothing conduces more to Health, than Abstinence and plain Food with due Labour.

4. For studious Persons, about eight Ounces of Animal Food, and twelve of Vegetable in Twenty-four Hours is sufficient.

5. Water is the wholsomest of all Drinks; quickens the Appetite and strengthens the Digestion most.

6. Strong, and more Especially spirituous Liquors, are a certain, tho' slow Poison.

7. Experience shews, there is no Manner of Danger, in leaving them off all at once.

8. Strong

8. Strong Liquors do not prevent the Mischiefs of a Surfeit, nor carry it off so safely as Water.

9. Malt Liquors (except clear Small-beer of a due Age) are exceeding hurtful to tender Persons.

10. Coffee and Tea are extremely hurtful to Persons who have weak Nerves.

III. 1. TENDER Persons should eat very light Suppers; and those, two or three Hours before going to Bed.

2. They ought constantly to go to Bed about Nine, and to rise at Four or Five.

IV. 1. A due Degree of Exercise is indispensably necessary to Health and Long Life.

2. Walking is the Best Exercise for those who are able to bear it, Riding for those who are not. The Open Air, when

when the Weather is fair, contributes much to the Benefit of Exercise.

3. We may strengthen any weak Part of the Body by constant Exercise. Thus the Lungs may be strengthened by loud speaking, or walking up an easy Ascent: The Digestion, and the Nerves by Riding. The Arms or Hams by strong rubbing them daily.

4. The Studious ought to have stated Times for Exercise, at least Two or three Hours a Day: The one Half of this before Dinner, the other, before going to Bed.

5. They shou'd frequently shave, and frequently wash their Feet.

6. Those who read or write much shou'd learn to do it standing: otherwise it will impair their Health.

7. The fewer Cloaths any one uses, by Day or by Night, the hardier he will be.

8. Ex-

8. Exercise, first, shou'd be always on an empty Stomach; Secondly, shou'd never be continued to Weariness: Thirdly, after it, we shou'd take care to cool by Degrees. Otherwise we shall catch Cold.

9. The Flesh-brush is a most useful Exercise, especially to strengthen any Part that is weak.

10. Cold-bathing is of great Advantage to Health. It prevents abundance of Diseases. It promotes Perspiration, helps the Circulation of the Blood, and prevents the Danger of catching Cold. Tender People shou'd pour Water upon the Head before they go in, and walk in swiftly. To jump in with the Head foremost, is too great a Shock to Nature.

V. 1. Costiveness cannot long consist with Health. Therefore Care shou'd be taken to remove it at the beginning: and when it is removed, to prevent

vent its Return, by soft, cool, opening Diet.

2. Obstructed Perspiration (vulgarly called Caching Cold) is one great Source of Diseases. Whenever there appears the least Sign of this, let it be removed by gentle Sweats.

VI. 1. THE Passions have a greater Influence on Health than most People are aware of.

2. All violent and sudden Passions dispose to, or actually throw People into Acute Diseases.

3. The Slow and lasting Passions, such as Grief and hopeless Love, bring on Chronical Diseases.

4. 'Till the Passion which caus'd the Disease is calm'd, Medicine is applied in vain.

5. The Love of God, as it is the Sovereign Remedy of all Miseries, so in particular it effectually prevents all the
Bodily

Bodily Disorders the Passions introduce, by keeping the Passions themselves within due Bounds. And by the unspeakable Joy and perfect Calm, Serenity and Tranquility it gives the Mind, it becomes the most powerful of all the Means of Health and Long Life.

London, June

11, 1747.



A COL-



A
COLLECTION
OF
RECEIPTS.



I. For an AGUE.

1. **G**O into the *Cold Bath* just before the Cold Fit:
2. Or, take a Handful of *Groundsell*, shred it small, put it into a Paper Bag, four Inches square, pricking that
C Side

Side which is to be next the Skin full of Holes. Cover this with a thin Linnen, and wear it on the Pit of the Stomach, renewing it two Hours before the Fit:

3. Or, Apply a Handful of *Yarrow* in like Manner:
4. Or, a large *Onion* slit:
5. Or boil *Yarrow* in new Milk, 'till it is tender enough to spread as a Plaiſter. An Hour before the cold Fit, apply this to the Wrists, and let it be on, 'till the hot Fit is over. If another Fit comes, use a fresh Plaiſter:
6. Or, spread soft Wax, about the Thickness of a Crown-piece, large enough to cover each Wrist. On this spread the Leaves of the Tops of *Rue*. Let this Plaiſter lie on your Wrists five or six Days:
7. Or, split two large Figs, and spread on them *white Alabaſter* beaten to Powder. Bind these to the Wrists:
8. Or, drink a Quart of *cold Water*, just before the cold Fit. Then go to Bed and sweat:
9. Or, make six middling Pills, of *Cobwebs*. Take one a little before the cold

cold Fit: Two a little before the next Fit: The other three, if Need be, a little before the third Fit. I never knew this fail:

10. Or, two Tea-spoonfuls of *Sal Prunellæ* an Hour before the Fit. It commonly cures in thrice taking:
 11. Or, from a Dram and Half to two Drams of good *Stone Brimstone* finely powdered: If Need be, repeat it:
 12. Or, a Tea-spoonful of *Brimstone* mixt with *Honey*:
 13. Or, Eat a *Lemon*, Rind and all:
 14. Or, an Ounce of *Juice of Pellitory of Spain*, sweating after it. It cures the second, or third Time of using.
 15. Or, a Pint of Decoction of *Camomile* sweetned with *Treacle*. Take it warm in Bed, and sweat two Hours.
- ✎ It is proper to take a gentle Vomit before you use any of these Medicines.

II. A TERTIAN AGUE

16. Boil a handful of *Ribwort* in Whey. Drink this warm an Hour before the Fit comes, and lie down and sweat:

C 2.

17. Or

17. Or, use the *Cold Bath*. But when you use this, on any Account whatever, it is proper,

1. To bleed or purge, before you begin:
2. To go in cool; to immerge at once; to stay in only two or three Minutes, (or less at first.)
3. Never to bathe on a full Stomach:
4. To bathe twice or thrice a Week at least, 'till you have bathed nine or ten Times:
5. To sweat immediately after it (going to Bed) in Palfies, Rickets, and all Diseases wherein the Nerves are obstructed:
6. You may use yourself to it, without any Danger, by beginning in *May*, and at first just plunging in, and coming out immediately. Tho' many have begun in Winter, without any Inconvenience.

III. A QUARTAN AGUE.


18. Apply to the Suture of the Head, when the Fit is coming, *Wall July Flowers* beaten together Leaves and Flow-

Flowers with a little Salt. Keep it on 'till the hot Fit is over. Repeat this, if Need be.

IV. AN ANASARCA, OR FLESH-DROPSY.

19. Apply Green *Dock-leaves* to the Joints, and the Soles of the Feet, changing it once a Day:
20. Or, Fry *Rue* in Oil of *Wall-nuts*, and apply it hot as a Poultis to the Navel, changing it once a Day:

St. ANTHONY'S FIRE.

21. Take a Pint of *Cold Water* twice a Day:
 22. Or, a Glafs of *Tar-Water* warm, in Bed, every Hour, washing the Part with the same.
-  *Tar-Water* is made thus. Put a Gallon of Cold Water to a Quart of *Norway Tar*. Stir them together with a flat Stick for five or six Minutes. After it has stood cover'd for three Days, pour off the Water clear, bottle and cork it.
23. Or, take a Decoction of *Elder-leaves*, as a Sweat:

C 3

24. Or,

24 Or, of *Wild Thyme*, applying to the Part a Cloath dipt in *Lime-water*, mixt with a little *camphorated Spirits* of Wine.

☞ Lime-Water is made thus. Infuse a Pound of good quick Lime, in a Gallon of Spring Water for twenty-four Hours. Decant and keep it for Use.

25. Or, apply Leaves of *Water-dock*:

26. Or, *Venice Treacle*:

27. Or, wash it with Water wherein Bran is boiled:

28. Or, boil a handful of *Sage*, two handfuls of *Elder-leaves* (or *Bark*) and an Ounce of *Allum* in two Quarts of Forge Water, to a Pint. Anoint with this every Night.

V. The APOPLEXY.

29. To prevent, use the *Cold Bath*, and drink only Water.

30. In the Fit, Blow Powder of *White Hellebore* up the Nose, and fix a *Cupping Glass*, without scarifying, to the Nape of the Neck, and another to each Shoulder.

31. If the Fit be soon after a Meal, do not bleed, but *Vomit*.

VI. The

VI. The ASTHMA.

32. Take a Pint of *Cold Water* Every Night, as you lie down in Bed:
33. Or, a Pint of *Cold Water* every Morning, *washing* the Head therein immediately after, and using the *Cold Bath* once a Fortnight:
34. Or half a Pint of *Tar Water* twice a Day:
35. Or a Spoonful of *Nettle-juice*, mixt with clarified *Honey*:
36. Or, a Tea-spoonful of *Nitre* and as much *Sal Armoniack* in half a Pint of *Water*:
37. Or, a Spoonful of Syrup of *Garlick* three or four Times a Day:
38. Or, take an Ounce of *Elecampane Roots*, sliced thin, and a Handful of *Ground-ivy-leaves*; boil them in three Pints of Spring Water to a Quart. Strain and sweeten it with *Honey*, and drink a Glafs Morning and Evening.
39. Or, take an Ounce of *Quick-silver* every Morning, and a Spoonfull of the *Gas of Sulphur*, in a large Glafs of Spring-Water at Five in the Evening,

ing, and at Bed-time 'till you are well. *I.*

40. For present Relief, Vomit with a Quart or more of *warm Water*. The more you drink of it the better.

☞ Do this whenever you find any Motion to Vomit, and take Care always to keep your Body open.

VII. A Dry, or CONVULSIVE ASTHMA.

41. Use the *Cold Bath* thrice a Week:

42. Or, beat fine *Saffron* small, and take eight or ten Grains every Night:

43. Or, Dry and powder a *Toad*. Make it into small Pills, and take one every Hour 'till the Convulsions cease.

44. In any Asthma, the best Drink is *Apple Water*.

VIII. To cure BALDNESS.

45. Rub the Part Morning and Evening, with *Onions*, 'till it is red; and rub it afterwards with *Honey*.

IX. BLEEDING at the NOSE.

46. Apply to the Neck behind and on each Side, a Cloath dipt in *Cold Water*:

47. Or,

47. Or, hold *Strawberry Root*, or *Cockle Root*, under the Tongue:
 48. Or, chew *Nettle Root*, spitting out the Juice:
 49. Or, put into the Nose *Betony* stamp't with a little Salt.
 50. Or, Steep a *Linnen Rag* in *sharp Vinegar*, burn it, and blow the Ashes up the Nose with a Quill.

X. BLEEDING of a WOUND.

51. Apply Tops of *Nettles* bruised:
 52. Or, Leaves of *All-heal* bruised: I.
 53. Or, Spread the *Ashes* of a Linnen Cloth thick on another Linnen Cloth, and apply it:
 54. Or, Strew on it the *Ashes* of a Linnen Rag, dipt in *sharp Vinegar* and burnt:
 55. Or, *Vine-leaves* dried and powder'd.
 56. Or, take ripe *Puff-balls*. Break them warily and save the Powder. Strew this on the Wound and bind it on.

XI. SPITTING BLOOD.

57. Take half a Pint of Stew'd *Prunes*, at lying down for two or three Nights:
 58. Or:

58. Or, a Glafs of Decoction of *Onions* :
59. Or four Spoonfuls of Juice of *Nettles* every Morning; and a large Cup of Decoction of *Nettles* at Night, for a Week:
60. Or, three Spoonfuls of *Sage-juice* in a little *Honey*. This presently stops either spitting or vomiting Blood:
61. Or, half a Tea-spoonful of *Barbadoes Tar* on a Lump of Loaf Sugar, at Night. (☞ It commonly cures at Once:)
62. Or, a Spoonful of Juice of *Betony* in a Cup of new Milk, for three or four Mornings:
63. Or, half a Pint of Decoction of *St. John's Wort* Morning and Evening:
64. Or, of *Ground-ivy*:
65. Or, of *Horse-tail*: (the Herb.) ☞ Or a Dram of the Root powder'd.

XII. VOMITING BLOOD.

66. Take three Spoonfuls of *Sage-juice* in *Honey* :
67. Or two Spoonfuls of *Nettle-juice*.
(☞ This also dissolves Blood coagulated in the Stomach.)

68. Or

68. Or, one of Juice of *Quinces*:
69 Or, a Spoonful of Juice or Syrup of *Horse-tail*:
70. Or, a Quarter of a Pint of Decoc-
tion of *Nettles* and *Plantane* two or
three Times a Day.

XIII. To resolve COAGULATED BLOOD.

71. Bind on the Part for some Hours a
PASTE made of *Black-Soap*, and Crumbs
of *White Bread*:
72. Or, grated Root of *Burdock* spread
on a Rag: Renew this twice a Day.

XIV. BOILS.

73. Apply a little *Venice Turpentine*.
74. Or, a Plaister of *Honey* and *Wheat-*
flower:
75. Or, of *Figs*:
76. Or, the Leaves of *Arum* or *Wake-*
robin:
77. Or, a little *Saffron* in a white-bread
Poultis. 'Tis proper to purge also.

XV. HARD BREASTS.

78. *Turnips* roasted 'till soft, then mash'd
and mixt with a little *Oil* of *Roses*.
Change

36 *Primitive Physick.*

Change this twice a Day, keeping the Breast very warm with Flannel.

XVI. SORE BREASTS and SWELL'D.

79. Boil a Handful of *Camomile* and as much *Mallows* in Milk and Water. Foment with it between two Flannels as hot as can be borne every twelve Hours. It also dissolves any Knob; or any swelling in any Part.

XVII. A BRUISE.

80. Immediately apply *Treacle* spread on brown Paper:

81. Or, *clarified Honey*.

XVIII. AN INWARD BRUISE.

82. Drink *Comfrey* Tea Morning and Evening:

83. Or a Plaister of chopt *Parsley* mixt with Butter:

84. Or, a Fomentation of *Verjuice* and *Camomile* Flowers.

XIX. To

XIX. To prevent *Swelling* from a BRUISE.

85. Immediately apply a Cloth, five or six Times doubled, dipt in *Cold Water*, and new dipt when it grows warm.

XX. To cure a *Swelling* from a BRUISE

86. Foment it half an Hour, Morning and Evening, with Cloths dipt in *Water*, as *hot* as you can bear.

XXI. BRUISES *exceedingly Swell'd.*

87. Cut Leaves of *Bitter-sweet* small and boil them in *Hogs-lard*, with four Ounces of *Linseed* finely powdered to a Poultis. Apply this hot. I.

XXII. A BURN OR SCALD.

88. Immediately plunge the Part into *Cold Water*. Keep it in an Hour, if it be not well before. Perhaps four or five Hours:

89. Or, if the Part cannot be dipt, apply a *Cloth* four Times doubled, dipt in *Cold Water*, changing it when it grows warm:

38 *Primitive Physick.*

90. Or, apply a *Bruised Onion*:
91. Or, *Tincture of Myrrh*:
92. Or, bruised *Leaves of Dwarf Elder*:
93. Or, *Elder Berries* stampt:
94. Or, *Oyl of Elder*:
95. Or, a Rag dipt in *Rum* or *Spirits of Wine*:
96. Or, *Oil* and *Parsley* stampt together:
97. Or, apply *Oil*, and strew on it powder'd *Ginger*:
98. Or, unslack'd *Lime*, mixt with *Honey*.

XXIII. A DEEP BURN OR SCALD.

99. Apply *black Varnish* with a Feather 'till it is well:
100. Or, inner Rind of *Elder* well mixt with fresh *Butter*. When this is bound on with a Rag, plunge the Part into *Cold Water*. This will suspend the Pain 'till the Medicine heals.

XXIV. A CANCER.

101. Use the *Cold Bath*. (This has cured many.) This cured *Mrs. Bates* of *Leicestershire*, of a Cancer in her Breast, a Consumption, a Sciatica and Rheu-

Rheumatism, which She had had near
 • Twenty Years. She bathed daily for
 a Month, and drank only Water.

☞ Generally where Cold Bathing is ne-
 cessary to cure any Disease, Water-
 drinking is so, to prevent a Rêlapse.

102. If it be not broke, apply a Piece
 of *Sheet-lead* beat very thin, and prick-
 ed full of Pin-holes for Days or
 Weeks, to the whole Breast. Purges
 shou'd be added every third or fourth
 Day:—Or, Leaves of *Hounds-tongues*:

103. Or, take a Mellow *Apple*, cut off
 the Top, take out the Core, fill the
 Hole with *Hogs-grease*; then cover
 it with the Top, and roast the Apple
 thoroughly. Take off the Paring, beat
 the Pap well, spread it thick on Lin-
 nen, and lay it warm on the Sore,
 putting a Bladder over it. Change
 this every twelve or twenty four
 Hours:

104. Or, apply *Goose-dung* and *Celandine*
 beat well together; and spread on a
 fine Rag. It will both cleanse and heal
 the Sore.

105. Or, apply a Poultis of *Hemlock*;
 but let it not lie on so long at a Time
 as to blister:

D 2

106. Or,

106. Or, of *Wild-Parsnips*; Flowers, Leaves and Stalks, changing it Morning and Evening:
107. Or, live three Months on *Apples* and *Apple-Water*:
108. Or, take half a Dram of *Venice Soap* twice a Day.

XXV. A CANKER.

109. Apply red *Onions* bruised:
110. Or, make a Plaister of *Rock-Allum*, *Vinegar*, and *Honey*, equal Quantities, with *Wheat-flower*. Change it every twelve Hours. It cures in three or four Days:
111. Or, stamp the Flowers, Leaves and Stalks of *Wild Parsnips*, and apply as a Plaister, changing it every twelve Hours. It usually cures in a few Days.

XXVI. CANKER in the MOUTH.

112. Boil a few Leaves of *Succory*, *Plantane*, and *Rue*, with a Spoonful of *Honey*, for a Quarter of an Hour. Gargle with this often in an Hour. I.

113. Wash

113. Wash the Mouth often with a Mixture of *Vinegar*, *Plantane-juice*, and *Rose-water* :
114. Or, with *Vinegar* and *Honey* wherein half an Ounce of *Roch-Allum* is boiled :
115. Or, take an Ounce of *Flower of Sulphur*, and half an Ounce of *Roch-Allum* finely powder'd. Mix these well together with pure *Honey*, and apply often.

XXVII. CHILLBLAINS.

116. Apply *Salt* and *Onions* pounded together :
117. Or, a *Poultis* of *roasted Onions* hot. Kee it on two or three Days, if not cured sooner :
118. Or, of *roasted Apples*: Or, *Turnips* :
119. Or, hot *Turnip-parings* (roasted) twice or thrice a Day.
120. Or, (if broke) Tincture of *Myrrh* in a little Water.

XXVIII. CHIN-COUGH.

121. Drink a Pint of *Cold Water* every Night :

122. Or, use the *Cold Bath* daily:

123. Or, rub the Feet throughly with *Hogs-lard*, before the Fire, at going to Bed, and keep the Child warm therein:

124. Or, give a Spoonful of Juice of *Penny-royal* mixt with brown *Sugar-candy*, twice a Day:

125. Or, of *Colts-foot*:

126. Or, half a Pint of *Milk* warm from the Cow with a Nutmeg of *Conserve* of *Roses* dissolv'd init every Morning.

XXIX. CHOLERA MORBUS, *i. e.* FLUX and VOMITING.

127. Drink two or three Quarts of *Cold Water*, if strong; of *Warm Water* if weak:

128. Or, boil a Chicken an Hour in two Gallons of *Water*, and drink of this 'till the Vomiting ceases.

XXX. The CHOLICK.

129. Drink a Pint of *Cold Water*:

130. Or, a Quart of *Warm Water*:

131. Or, as largely as possible of *warm Tar-water*:

132. Or,

132. Or, a Pint of Water in which a *red hot Flint* is quenched:
133. Or, a Tea-Spoonful of *Haws* dried and powder'd:
134. Or, from two Scruples to half a Dram of *Yellow-peel* of Oranges powder'd, in a Glafs of Water:
135. Or, thirty Drops of *Spirit of Turpentine* in Water.

XXXI. CHOLICK IN CHILDREN.

136. Give a Scruple of powder'd *Annise-seed* in their Meat.

XXXII. A BILIOUS CHOLICK

137. Give a Spoonful of *Sweet Oil* every Hour. This has cured one, judged to be *in extremis*:
138. Or, Boil an Ounce of bruised *Annise-seeds* in two Quarts of Water, 'till half is boiled away. When it is cool, infuse an Ounce of *Manna*, and four Drams of *Glauber's Salts*.

XXXIII. A HYSTERICK CHOLICK.

139. Mrs. *Watts*, by using the *Cold Bath* two and twenty Times in a Month,

Month, was intirely cured of an Hysterick Cholick, Fits, and convulsive Motions, continual Sweatings and Vomiting, wandering Pains in her Limbs, and Head, with total Loss of Appetite.

140. In the Fit drink half a Pint of *Water* with a little *Wheat-flower* in it, and a Spoonful of *Vinegar*:
 141. Or, a Glafs full of *Vinegar*.

XXXIV. A STUBBORN CHOLICK.

142. Drink largely of *Camomile Tea*:
 143. Or, of Decoction of *Mallow-leaves*:
 144. Or, take from forty to an hundred Drops of *Annise-seed Oil* in a little *Sugar*.
 145. Or, half a Dram of *Mastick*, mixt with the *Yolk* of a new-laid *Egg* twice a *Day*:
 146. Or, apply outwardly, a *Bag* of *Hot Oats*.

XXXV. A NERVOUS CHOLICK.

147. Use the *Cold Bath*, daily for a *Month*:
 148. Or, take an *Ounce* of *Quicksilver*, daily, for a *Month*:

149. Or,

149. Or, in Extremity, boil three Ounces of *Burdock-seed* in Water, which give as a Clyster.

XXXVI. CHOLICK from the Use of
White Lead, Verdigrease, &c.

150. Give Glifters of *Oil* or *fat Broth*.
Drink fresh melted *Butter*, and then
vomit with *warm Water*.

XXXVII. CHOPT HANDS.

151. Wash them in *Bran* and *Water*
boil'd together:

152. Or, with *Soft Soap* mixt with *red Sand*:

153. Or, apply *Oil of Myrrh*.

XXXVIII. CHOPT LIPS.

154. Apply a little *Sal Prunellæ*.

XXXIX. A COLD.

155. Drink a Pint of *Cold Water* lying
down in Bed:

156. Or, a Spoonful of *Treacle* in half
a Pint of Water.

XL. A

XL. A COLD in the HEAD.

157. Pare very thin the *Yellow Rind* of an *Orange*. Roll it up inside out and thrust a Roll into each Nostril.

XLI. A CONSUMPTION.

158. *Cold Bathing* has cured many deep Consumptions.
159. So has the living wholly on *Apples* and *Apple-water*.
160. One in a deep Consumption was advised to drink nothing but *Water*, and eat nothing but *Water-gruel*, without Salt or Sugar. In three Months Time He was perfectly well.
161. Take no Food but *new Butter-milk*, and *white Bread*. I have known this successful:
162. Or, boil two Handfuls of *Sorrel* in a Pint of *Whey*. Strain it, and drink a Glass thrice a Day:
163. Or, take a Spoonful of Syrup of *Fox-glove*, Morning and Evening:
164. Or, a Cup of Decoction of *great Daisy Flowers*:
165. Or, a Tea-Spoonful of powder'd Root of *Arum* (or *Wake Robin*) with as much powder'd *Brimstone*:

166. Or,

166. Or, every Morning cut up a little Turf of fresh Earth, and, lying down, breathe into the Hole for a Quarter of an Hour. I have known a Deep Consumption cured thus.

167. " Mr. *Masters* of *Evesham*, was so far gone in a Consumption, that He could not stand alone. I advised Him to lose six Ounces of Blood, every Day, for a Fortnight, if He liv'd so long: And then every other Day; then every third Day; then every fifth Day, for the same Time. In three Months He was well."

Dr. *Dover*.

XLII. CONVULSIONS.

168. Use the *Cold Bath*:

169. Or, take a Tea-Spoonful of *Valerian-root* powder'd in a Cup of Water every Evening: or mixt with *Assa Fœtida*:

170. Or, a Spoonful of *Syrup of Oak-Moss*, Morning and Evening:

171. Or, half a Dram of *Misselto* powder'd, every six Hours, drinking after it a Draught of Strong Infusion thereof.

XLIII. CON-

XLIII. CONVULSIONS in Children.

172. Scrape *Piony Roots* fresh digged.
Apply what you have scraped off to
the Soles of the Feet. It helps im-
mediately:

173. Or, give the Child according to
its Age from two to seven Grains of
Volatilè Salt of Amber, in Water.

XLIV. CONVULSIONS in the BOWELS
of Children.

174. Give a Child of a Quarter old,
a Spoonful of the Juice of *Pellitory of
the Wall*, two or three Times a Day.
It goes thro' at once, but purges no
more. Use Syrup, if Juice cannot
be had.

XLV. CORNS (to prevent.)

175. Wash the Feet often in *Cold Water*.

XLVI. CORNS (to cure.)

176. Apply a Piece of *fresh Beef* every
Morning:

177. Or,

177. Or, the *Yeast of Small Beer*, spread on a Rag:
178. Or, boil the *Juice of Radishes*, 'till it is thick, enough to spread as a Plaister. Shift it as it grows dry:
179. Or, Cleanse from Earth the Root and Herb of *Houfeleek*; crush it with your Fingers and apply it. Renew it every three Hours, for twenty-four Hours:
180. Or, apply fresh *Ivy-leaves* daily, and in fifteen Days they will drop out.

XLVII. COSTIVENESS.

181. Rise early every Morning:
182. Or, boil in a Pint and half of Broth, half a Handful of *Mallow-leaves* chopt: Strain this and drink it before you eat any thing else. Do this frequently, if needful:
183. Or, take a Decoction of *Tamarinds* in *Whey*:
184. Or, an Ounce of the Juice of *White Iris Root*, in *Whey*.
185. Very frequently, a large Nutmeg, of *Cream of Tartar*, mixt with *Honey*.

XLVIII. A COUGH.

186. Drink a Pint and a half of *Cold Water* lying down in Bed:
187. Or, mix an Ounce of *Linseed Oil*, with an Ounce of *White Sugar-Candy* powder'd, and take a Tea-Spoonful whenever the Cough comes:
188. Or, make a Hole thro' a Lemon and fill it with *Honey*. Roast it, and catch the Juice. Take a Tea-Spoonful of this frequently:
189. Or, a Linctus of *Tar* mixt with *Honey*.

XLIX. AN ASTHMATICK COUGH.

190. Take *Spanish Liquorice* two Ounces, *Salt of Tartar* half an Ounce: boil the Liquorice in three Pints of Water to a Quart. Add the Salt to it when it is Blood-warm. Drink two Spoonfuls of this every two Hours. It seldom fails:
191. Or Drink half a Pint of *Tar-water* Morning and Evening.

L. A

L. A CONSUMPTIVE COUGH.

192. Slit ten or twelve *Raisins* of the Sun, take out the Stones, and fill them up with the small tender Tops of *Rue*. Take these early, every Morning, fasting two or three Hours after:
193. Or, boil a Pound of *Raisins* stoned in a Quart of *old Verjuice* to about a Pint. Then add a Pound of *brown Sugar-Candy* and let it simmer into a Syrup. Take near a Spoonful every three or four Hours.

LI. A CONVULSIVE COUGH.

194. Eat *preserv'd Walnuts*:
195. Or, boil a Handful of *Bay-Leaves* in Milk, turn this with *White Wine*, and drink a Draught of the Whey often.

LII. AN INVETERATE COUGH.

196. Wash the Head in *Cold Water* every Morning:
197. Or, Use the *Cold Bath*. It seldom fails:

198. Or, take half a Pint of Decoction of *Onions*, Morning and Evening:
199. Or, a Spoonful of Juice of *Onions*:
200. Or, a Spoonful of Syrup of *Onions*:
201. Or, a Spoonful of Syrup of *Turnips* every three Hours:
202. Or, stew *Turnips* in an Oven in their own Juice. Pour off the Liquor, and take a Spoonful every four Hours:
203. Or, take peel'd *Turnips* three Pounds, Sugar one Pound, put them in an Earthen Pot close cover'd for twenty-four Hours. Strain the Juice, and take two or three Spoonfuls Morning and Evening:
204. Or, mix the Juice of boil'd *Turnips* with fine powder'd *Sugar-Candy*, 'till it is a Kind of Syrup. Swallow a little of it Drop by Drop from Time to Time:
205. Or, take a Spoonful of Syrup of *Horehound* Morning and Evening:
206. Or, half a Pint of Decoction of *Horehound*:
207. Or, put a Scruple of *Sperma Ceti* into the Yolk of a new laid Egg, and sup it up in the Morning fasting:
208. Or, take half a Pint of Decoction of

of *Wild Thyme*, sweetned with *Honey*,
lying down in Bed.

LIII. A PLEURITICK COUGH.

209. Powder an Ounce of *Sperma Ceti*
fine. Work it in a Marble Mortar
with the Yolk of a new-laid Egg.
Mix them in *white Wine*, and take a
small Glas every three Hours.

LIV. A TICKLING COUGH.

210. Drink *Water* whiten'd with Oat-
meal four Times a Day.

LV. VIOLENT COUGHING from a sharp thin Rheum.

211. Work into old *Conserve* of *Roses*,
as much as you can of pure *Oliba-
num*, powder'd as fine as possible.
Take a Bolus of this twice or thrice
a Day. It eases presently, and cures
in two or three Weeks.

LVI. The CRAMP (to prevent).

212. Tie your Garter tight under your
Knee at going to Bed.

LVII. To Cure.

213. Apply boil'd *Nettles* hot:
 214. Or, take half a Pint of *Tar-water*
 Morning and Evening.

LVIII. A CUT.

215. Keep it closed with your Thumb
 a Quarter of an Hour. Then double
 a Rag five or six Times; dip it in
 cold Water, and bind it on.

LIX. DEAFNESS.

216. Use the *Cold Bath*:
 217. Or, Drop into the Ear three or
 four Drops of *Onion-juice* at lying
 down, and stop it with a little Wool:
 218. Or, a Tea-Spoonful of *Salt Wa-*
ter:
 219. Or, of Juice of *Ground-ivy*:
 220. Or, a little Juice of *Elder-leaves*.

LX. DEAFNESS from WAX.

221. Syringe the Ear with warm *Sage-*
tea:

222. Or,

222. Or, put in *Wild Mint* bruised, with the Juice, changing it often:
223. Or, Drop in *Penny-royal Water*, cold drawn, four or five Nights.

LXI. DEAFNESS with *Head-ach* and *Buzzing* in the *Head*.

224. Peel a clove of *Garlick*; dip it in *Honey*, and put it into your Ear at Night with a little black Wool. Lie with that Ear uppermost. Put the same in the other Ear the next Night. Do this, if Need be, eight or ten Days.

LXII. A SETTLED DEAFNESS.

225. Take a red *Onion*, pick out the Core; fill the Place with Oil of roasted *Almonds*. Let it stand a Night. Then bruise and strain it. Drop three or four Drops into the Ear, Morning and Evening, and stop it with black Wool.

LXIII. To cause an easy DELIVERY.

226. Peel, slice, and fry a large white *Onion* in two or three Spoonfuls of
the

the best *Oil*, 'till it is tender. Boil this with half a *Glass* of *Water*: Strain, and drink it in the Morning fasting, for two or three *Weeks* before the *Time* of *Child-birth*.

LXIV. A DIABETES.

227. Drink *Wine* boil'd with *Ginger*, as much and as often as your *Strength* will bear. Let your *Drink* be *Milk* and *Water*. All *Milk Meats* are good:

228. Or, Drink *Morning* and *Evening* a *Quarter* of a *Pint* of *Allum Poffet-drink*, made as strong as your *Stomach* will bear. It seldom fails to cure in eight or ten *Days*.

LXV. The DROPSY.

229. Use the *Cold Bath* daily, after purging:

230. Or, mix *Half* an *Ounce* of *Amber* with a *Quart* of *Wine Vinegar*. Heat a *Brick* (only not red hot) and put it into a *Tub*. Pour them upon it, and hold the *Parts* swell'd over the *Smoak*, covering the *Tub* close,
to

to keep in the Smoak. The Water will come out incredibly, and the Patient be cured:

231. Or, abstain from all Drink for thirty Days. To ease your Thirst hold often on your Tongue, a thin, small slice of toasted Bread, dipt in Brandy.

232. *Tar-water* drank twice a Day has cur'd many:

233. Or, mix a Pound of the *coarcest Sugar* with a Pint of Juice of *Pellitory of the Wall* bruised in a Marble Mortar. Boil it as long as any Scum rises. When cool, bottle and cork it. If very bad, take three Spoonfuls at Night, and two in the Morning. It seldom fails:

234. Or, drink half a Pint of *Sea Water* Morning and Evening:

235. Or, drink nothing else but a Decoction or Diet-drink of *Mountain Sage* (four Pound to a Kilderkin).

236. Take a Spoonful of the Juice of *Artichoke Leaves*, Morning and Evening:

237. Or, half a Pint of Decoction of *White Briony*:

238. Or,

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238. Or, half a Pint of *Butchers Broom*, intermixing Purges:
239. Or, boil two Handfuls of *Elder-Roots* in a Quart of Water. Strain it and drink a large Glass thrice a Day for thirty Days.

LXVI. The EAR-ACH.

140. *Rub* the Ear hard for a Quarter of an Hour:
241. Or, apply to it a *hot Roll*:
242. Or, put into it a *roasted Fig*, as hot as may be:
243. Or, blow the *Smoak* of *Tobacco* strongly into it:
244. Or, Drop in Juice of *Goose Grass*:
245. Or, of Monks *Rhubarb*.

LXVII. EAR-ACH from COLD.

46. Boil *Rue*, or *Rosemary*, or *Garlick*, and let the Steam go into the Ear through a Funnel.

LXVIII. EAR-

LXVIII. EAR-ACH from HEAT.

247. Apply Cloths four Times doubled and dipt in *cold Water*, changing them when warm, for half an Hour.

LXIX. EAR-ACH from WORMS.

248. Drop in *warm Milk* and it brings them out:

149. Or, Juice of *Wormwood*, which kills them:

250. Or, Oil of *bitter Almonds*.

LXX. NOISE in the EARS.

251. Drop in Juice of *Onions*:

252. Or, fill them with *bruised Hyssop*.

LXXI. HARD WAX in the EAR.

253. Is best dissolved by *warm Water*:

LXXII. EYES BLEAR'D.

254. Drop into them Juice of *Crab Apples*.

LXXIII. A

LXXIII. A BLOOD-SHOT EYE.

255. Apply Linnen Rags dipt in *cold Water* for two or three Hours:
 256. Or, drop in Juice of *Clover*:
 257. Or, *White Sugar - Candy*, finely powder'd.
 258. Or, apply boil'd *Hyssop*, as a Poul-tis:
 259. Or, mix half a Dram of well powder'd Tutty, with an Ounce of *Rose-Water*. Drop this often into the Eye.

LXXIV. A BRUISE in the Eye.

260. Apply as a Plaster *Conserve of Roses*:
 261. Or, a Paste of *black Soap* and *white Bread Crums*. But take Care it get not into the Eye.

LXXV. BURNING EYES, or *Hot Rheum*.

262. Apply a thick *Apple Paring*, lying down in Bed.

LXXVI. CLOUDS

LXXVI. CLOUDS flying before the
EYES.

263. Take a Dram of powder'd *Betony*
every Morning.

LXXVII. BLINDNESS.

264. Is often cured by *Cold Bathing*.

LXXVIII. DIM or MISTY SIGHT.

265. Wash the Eyes Morning and Even-
ing with Decoction of *Betony*.

LXXIX. EYES DIM or DECAY'D.

266. Use *Eye-bright* Tea daily:

267. Or, powder'd *Eye-bright*, both in
Meat and Drink.

LXXX. DULL SIGHT.

268. Drop in two or three Drops of Juice
of *rotten Apples* often.

F LXXXI. FILMS.

LXXXI. FILMS.

269. Dry *Zibethum Occidentale* slowly; powder it fine, and blow it into the Eye twice or thrice a Day:
270. Mix Juice of *Ground-ivy* with a little *Honey*, and two or three Grains of *Bay Salt*. Drop it in Morning and Evening.

LXXXII HOT OR SHARP HUMOURS.

271. Beat the *White* of an Egg into Water, in which mix fine *Sugar*, and drop it frequently into the Eye.

LXXXIII. EYES INFLAM'D.

272. Apply as a Poultis boil'd, *roasted* or *rotten Apples* warm:
273. Or, *Wormwood Tops* with the *Yolk* of an Egg:
274. Or, beat up the *White* of an Egg with two Spoonfuls of *White Rose Water* into a white Froth. Apply this on a fine Rag, changing it so that it may not grow dry, 'till the Eye is well:
275. Or,

275. Or, drop in often the Juice of *Eye-bright*:

276. Or, *Cinquefoil*:

277. Or, *Quick-grass*.

LXXXIV. A LACHRYMAL FISTULA.

278. Apply a Poultis of fine Leaves of *Rue*:

279. Or, take a Dram of *Betony* Leaves powder'd daily.

LXXXV. PEARL in the EYE.

280. Apply a Drop of Juice of *Celandine* with a Feather thrice a Day:

281. Or, of *three-leav'd Grass*. It commonly cures in seven Days.

LXXXVI. RHEUM in the EYE.

282. Drop in Juice of *Daisies* Morning and Evening.

LXXXVII. WHITE SPECKS in the EYE.

283. Put a Seed of *Clary* into the Eye, at going to Bed:

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284. Or, a little *Ear-wax*, on the Speck.
This has cured many:
285. Or, a Drop of the Juice of *Fennel*.

LXXXVIII. SPOTS in the EYE.

286. Drop in a Drop of Juice of *Rue*
Morning and Evening:
287. Or, of *Celandine*:
288. Or, of *Ground-ivy*.

LXXXIX. SUFFUSION.

289. Drop in Juice of *Brook-lime*:
290. Or, of *Eye-bright*.

XC. INVOLUNTARY TEARS.

291. Wash the Eyes with Decoction of
Quince Leaves Evening and Morn-
ing.

XCI. An excellent EYE-WATER.

292. Heat half an Ounce of *Lapis Ca-*
laminaris red hot, and quench it in
half a Pint of *French white Wine*,
and as much *white Rose Water*: Then
pound it fine and infuse it. Shake
the

the Bottle when you use it. It cures Soreness, Weakness, and most Diseases of the Eye. I have known it cure total Blindness.

XCII. WEAK EYES.

293. Moisten the Eyelids Morning and Evening with *camphorated Spirits of Wine*, keeping the Eye shut:
294. Wash the Head daily with *Cold Water*.

XCIII. *Another.*

295. Infuse in *Lime-Water* a Dram of *Sal Armoniack* powder'd, for twelve Hours. Then strain and keep it for Use. This also cures most Disorders of the Eye.

XCIV. *Another.*

296. Boil very lightly one Spoonful of *white Coperas* scrap'd, and three Spoonfuls of *white Salt*, in three Pints of Spring Water. When cold, bottle it in large Vials without Straining. Take up the Vial softly, and put a Drop or two in the Eye Morning and Evening.

☞ It answers the Intention of almost all the preceeding Medicines. It takes away Redness, or any Soreness whatever. It cures Pearls, Pin and Web, Rheums, and often Blindness itself.

XCV. The FALLING SICKNESS.

297. Use the *Cold Bath* for a Month daily :
298. Or, take a Tea-Spoonful of *Germander*, gather'd in *May*, dried in the Shade, and powder'd, for nine Days, Morning and Evening:
299. Or, of *Piony Root* dried and grated fine:
300. Or, take a Spoonful of the Juice of *Rue*, Morning and Evening, for a Month:
301. Or, of Juice of *Cinquefoil*:
302. Or, half a Pint of Decoction of *Lignum Guaiacum*, Morning and Evening:
303. Or, of *Tar-water* for three Months:
304. Or, use an *entire Milk Diet* for three Months:
305. Or, take the Quantity of a Nutmeg of Conserve of *white Piony Root*, daily for three Months:

306. Or,

306. Or, Infuse an Ounce of *Mustard-Seed* in a Quart of *White Wine*, twenty-four Hou^rs, and take a Glas Morning and Evening:
307. In the Fit, blow up the Nose a little *powder'd Ginger*:
308. Or, Leaves of *Affarabacca* powder'd:
309. To prevent a Relapse, take a Pill or two of *powder'd Toad* (See Art. 43.) before and after every new Moon.

XCVI. The FALLING of the FUNDAMENT.

310. Apply a Cloth cover'd thick with *Brick-Dust*:
311. Or, boil a Handful of *red Rose Leaves* in a Quarter of a Pint of *Red Wine*, dip a Cloth in it, and apply it as hot as can be borne. Do this 'till all is used.

XCVII. A FALLING down of the WOMB.

312. May be cured in the Manner last mention'd.

XCVIII. A

XCVIII. A FEVER.

313. Drink a Pint and half of *Cold Water* lying down in Bed:
314. Or, a large Glafs of *Tar-water* warm, every Hour:
315. The best of all Juleps in a *Fever* is this: Toast a large thin Slice of Bread, without Burning; put it hot into a Pint of Cold Water; then set it on the Fire 'till it is pretty hot. In a dry Heat it may be given cold; in a moist Heat warm: the more largely the better:
316. Or, for a Change, use *Pippin Tea*; Or, *Pippin Posset Drink*; Or, *Wood Sorrel*:
317. Or. *Plantane*:
318. Or, *Sorrel Tea*:
319. Or, Decoction of *Violet Leaves*:
320. Or, of *Strawberry Leaves*.

XCIX. A BURNING FEVER.

321. Stamp a Handful of Leaves of *Caprifolium*; put fair Water to it, and use it cold as a Clyster. It commonly cures in an Hour.

322. Or,

322. Or, smear the Wrists, five or six Inches long with warm *Treacle*, and apply a brown Paper smear'd therewith.

C. A CONTINUAL FEVER.

323. If not very violent, take a Dram of *Sal Prunellæ*, every four Hours, in warm Water, 'till it abates.

CI. A HECTICK FEVER.

324. Drink nothing but stale *Buttermilk*.

CII. A STRONG HECTICK.

325. Drink only thin *Water-gruel*, or boil'd *Milk and Water*. The more you drink the better.

CIII. A HIGH FEVER.

326. Attended with a Delirium and a *Vigilia*, has been cured by plunging into Cold Water: which is a safe and sure Remedy in the Beginning of any Fever.

CIV. An

CIV. AN INTERMITTING FEVER.

327. Take the Pills, as in Art. 9.
 328. Or, drink warm *Lemonade* in the Beginning of every Fit, a little at a Time. It cures in a few Days.
 329. Or, take a Tea-spoonful of *Oil of Sulphur* in a Cup of *Balm Tea*, once or twice a Day.

CV. A FEVER with PAINS in the LIMBS.

330. Take twenty Drops of *Spirit of Harts-horn* in a Cup of Water twice or thrice in twenty-four Hours:
 331. Or, in strong *Camomile Tea*, lying down in Bed.


CVI. A RASH FEVER.

332. Drink every Hour a Spoonful of Juice of *Ground Ivy*. It cures in twenty-four Hours. Use the Decoc-tion, when you have not the Juice.

CVII. A SLOW FEVER.

333. Use the *Cold Bath* for two or three Weeks, daily.

CVIII. A FISTULA.

334. Grind an Ounce of *Mercury Sublimata*, in a Glass Mortar, with a Glass Pestle, as fine as possible. Put it into a Glass Bottle, and pour on it two Quarts of pure Spring Water. Cork it close, and for six Days shake it well every Hour. Then let it settle for twenty-four Hours. Pour it off clear: filter it in a Glass Funnel; and keep it for Use close stoppt. Put a Spoonful of this Water in a Vial, and add two Spoonfuls of pure Spring Water. Shake them well together, and drink it fasting. It works both by Vomit and by Stool, but very safely. Keep your self very warm, and walk as much as you can. The first Time neither eat nor drink 'till two Hours after it has done working. Take this every other Day. In forty Days this will also cure any *Cancer*, any *old Sore*, or *Kings-Evil*, broken or unbroken. After the first or second Vomit you may use Water-gruel, as in other Vomits.  Very weak Persons shou'd not use this.

CIX. A

CIX. A FLUX.

335. Use the *Cold Bath*, and drink a Draught of Water from the Spring:
336. Or, wear *wild Tansy* in the Shoes next the Skin:
337. Or, drink two or three Quarts of *warm Water*:
338. Or, take a Spoonful of *Plantane Seed* bruised Morning and Evening 'till it stops:
339. Or, the *Leaves* of it boil'd in small Broth:
340. Or, three or four Ounces of its *Juice*:
341. Or, a small *Nutmeg* powder'd in the Yolk of an Egg:
342. Or, a Dram of the Seed of *Flixweed*, in two or three Spoonfuls of Broth. I.

CX. A BLOODY FLUX.

343. Apply a Suppository of Linnen dipt in *Aqua Vitæ*:
344. Or, drink *cold Water* as largely as possible, taking nothing else 'till the Flux stops:

345. Or,

345. Or, a Pint of *Whey* made with a Lump of *Roch Alum*, as hot as you can bear it:
346. Or, take a large *Apple*, and at the Top pick out all the Core, and fill up the Place with a Piece of *Honey-comb*; (the *Honey* being strain'd out,) Roast the *Apple* in Embers, and eat it, and this will stop the Flux immediately:
347. Or, a Spoonful of Juice of *Water-dock*, Morning and Evening:
348. Or, thirty Grains of powder'd Root of *Gladwin*, at Night, twice or thrice a Week. It is just as good as *Rhubarb* in most Cases:
349. Or, Decoction of *Primrose Leaves* Morning and Evening:
350. Or, grated *Rhubarb*, as much as lies on a Shilling, with half as much grated *Nutmeg*, in a Glass of white Wine, lying down, every other Night.

CXI. The GOUT in the STOMACH.

351. " Dissolve two Drams of *Venice Treacle* in a Glass of *Mountain*. After drinking it, go to Bed. You will be easier in two Hours, and well in sixteen." *Dr. Dover.*

352. Boil half a Handful of *Tansy* in *Mountain*. Drink one or two Glasse in Bed:

353. Or, dissolve half an Ounce of *Gum Guaiacum*, in two Ounces of *Sal Volatile*. Take a Tea-Spoonful of this every Morning, in a Glas of Spring Water.

☞ This helps any *sharp Pain* in the Stomach.

Dr. *Boerhaave*.

CXII. GOUT in the FOOT or HAND.

354. Apply a raw, lean *Beef Stake*. Change it once in twelve Hours, 'till cured.

CXIII. the GOUT in any LIMB.

355. Rub the Part with *warm Treacle*, and then bind on a Flannel smear'd therewith. Repeat this, if Need be, once in twelve Hours. This has cured an inveterate Gout:

356. Or, dry *Sage* in the Sun for a Day. Apply this, and in one Night it will ease the Pain:

357. Or, at six in the Evening, undress, and wrap yourself up in the Blankets.

Then

Then put your Legs up to the Knees in Water, as hot as you can bear it. As it cools let hot Water be poured in, so as to keep you in a strong Sweat 'till Ten. Then go into a Bed well warm'd, and sweat 'till Morning:

358. Or, take a Handful of *Snails*; pick them out of the Shells. Stamp them in a Mortar with Salt, Soap, and sweet Oil. Apply this as a Plaister, and in three Days it will destroy the Gout:

359. Or, take thirty Drops of *Spirit of Hartshorn* thrice a Day, in a Draught of *Buckbean Tea*. Keep warm after it.

CXIV. The GRAVEL.

360. Drink largely of *warm Water* sweetened with *Honey*:

361. Or, of *Peach-leave Tea*:

362. Or, of *Pellitory of the Wall Tea*, so sweetened:

363. Or, infuse an Ounce of *wild Parsley Seeds* in a Pint of *white Wine* for twelve Days. Drink a Glass of it fasting three Mornings.

CXV. The GREEN-SICKNESS.

364. An Ounce of *Quick-silver* every Morning:

365. Or, a Cup of Decoction of *Lignum-Guaiacum*, Morning and Evening.

CXVI. To kill Animalcula that cause the GUMS to waste away from the
TEETH.

366. Gargle thrice a Day with *Salt* and Water.

CXVII. The HEAD-ACH.

367. Rub the Head for a Quarter of an Hour:

368. Or, apply to each Temple the thin, yellow Rind of a *Lemon*, newly pared off:

369. Or, pour into the Palm of the Hand a little *Brandy*, with some Zift of *Lemon*, and hold it to the Fore-head.

370. Or, apply *Rose Leaves* mixt with the *White* of an Egg to the Fore-head: Or, boil a Handful of *Rosemary* in
in

in a Quart of Water. Put this in a Mug, and hold your Head (cover'd with a Napkin) over the Steam, as hot as you can bear. Repeat this 'till the Pain ceases:

372. Or, put a Leaf of *wild Betony* up each Nostril:

373. Or, drop Juice of *Pimpernell* into the Ear:

374. Or, snuff up the Nose any *camphorated Spirits*:

375. Or, Juice of *Primrose Root*:

376. Or, of *Ground-ivy Root*:

377. Or, a little Juice of *Horse-radish*:

378. Or, drink half a Pint of a strong Decoction of *Ground-ivy* Morning and Evening.

CXVIII. A CHRONICAL HEAD-ACH.

379. Keep your Feet in *warm Water*, a Quarter of an Hour before you go to Bed; for two or three Weeks:

380. Or, wear tender *Hemlock Leaves*, under the Feet, changing them daily:

381. Or, Wash the Head with Decoction of *Quick-grass*:

78 *Primitive Physick.*

382. Or, take an Ounce of the Juice of *Primrose* Leaves and Roots, with as much Milk every Morning.

CXIX. AN INVETERATE HEAD-ACH.

383. Apply to the Head bruised *Cumin-Seed*, fried with an Egg:

384. Or, Boil *Wood-betony* in new Milk and strain it. Breakfast on this for five or six Weeks. I.

CXX. HEAD-ACH from HEAT.

385. Apply to the Forehead Cloths dipt in *cold Water* for an Hour:

386. Or, beat *white Poppy Seed* to Powder, mix this with Yolks of Eggs, and apply it to the Temples and Forehead.

CXXI. A NERVOUS HEAD-ACH.

387. Dry and powder an Ounce of *Marjoram* and half an Ounce of *Affarabacca*; mix them, and take them as Snuff, keeping the Ears and Throat warm.

CXXII. PE-

CXXII. PERIODICAL HEAD-ACH.

388. Take a large Tea-Cup of strong *Carduus Tea* without Sugar, for six Mornings.

CXXIII. AN HEMICRANIA.

389. Use *Cold Bathing*:

390. Or, apply to that Part of the Head, shaved, a Plaister that will stick, with a Hole cut in the Middle of it, as big as an Half-penny: Place over that Hole Leaves of *Ranunculus*, bruised and very moist. It is a gentle Blister.

CXXIV. STOPPAGE in the HEAD.

391. Snuff up Juice of *Primrose*, keeping the Head warm.

CXXV. The HEART-BURNING.

392. Drink a Pint of *cold Water*:

393. Or chew five or six *Pepper Corns* a little. Then swallow them:

394. Or, take six *Almonds* and twelve *raw Peas*, and eat them together.

CXXVI. The

CXXVI. The Hiccup.

295. Swallow a Mouthful of Water, stopping the Mouth and Ears:
 396. Or, take any Thing that makes you sneeze:
 397. Or, a little candied *Ginger*:
 398. Or, two or three preserved *Damsons*.

CXXVII. HOARSENESS.

399. Rub the Soles of the Feet before the Fire, with *Garlick* and *Lard* well beaten together, over Night. The Hoarseness will be gone next Day:
 400. Or, take a Pint of *cold Water* lying down:
 401. Or, instead of Supper eat an *Apple*, and drink half a Pint of *Water*:
 402. Or, swallow slowly Juice of *Radishes*:
 403. Or, take a Spoonful of *Sage-juice* Morning and Evening.

CXXVIII. HYPOCHONDRIAC and HYSTERIC Disorders.

404. Use *Cold Bathing*:

405. Or,

405. Or, take an Ounce of *Quicksilver* every Morning.

CXXIX. The JAUNDICE.

406. Wash the Hands and Feet with Decoction of *Dock Root*, 14 Days, Morning and Evening:

407. Or, Wear Leaves of *Celandine*, upon and under the Feet:

408. Or, Take as much as lies on a Shilling of *calcin'd Egg-shells*, three Mornings fasting and walk 'till you sweat:

409. Or, half a Pint of *Tar-water* thrice a Day:

410. Or two or three Spoonfuls of the Juice of *Quick-grass*, every Morning:

411. Or, drink a Quarter of a Pint of Decoction of *Dock Root*, Morning and Evening:

412. Or, half a Pint of strong Decoction of *Strawberry Leaves*; or of *Nettles*:

413. Or, of Decoction of *Dandelion*; the whole Plant:

414. Or, half a Pint of Decoction of *Monks Rhubarb*:

415. Or, " Boil a large *Burr Root* in two Quarts of Water to three Pints.

Let

Let it soak therein for twenty-four Hours, cover'd close. Drink a Draught of this three or four Times, and it will not fail."

CXXX. The JAUNDICE in Children.

416. Take half an Ounce of fine *Rhubarb* powder'd. Mix with it thoroughly, by long beating, two Handfuls of good well-cleanfed *Currants*. Of this give a Tea-Spoonful every Morning.

CXXXI. The ILIAC PASSION.

417. Take a Decoction of the Seed of *Dill* in Oil and Water, and then a Bit of Bread dipt in Water:

418. Or, Ounce by Ounce a Pound or a Pound and a half of *Quicksilver*.

CXXXII. AN IMPOSTUME.

419. Put the White of two *Leeks* in a wet Cloth, and so roast them in Ashes, but not too much. Stamp them in a Mortar with a little *Hogs-grease*. Spread it thick Plaister-wise, and apply.

ply, changing it every Hour, 'till all the Matter be come out, which it will be in three Times. I.

CXXXIII. PAIN in the JOINTS.

420. Drink Decoction of *Herb Robert*, and apply it as a Poultis.

CXXXIV. The ITCH.

421 Wash the Parts affected with *Smiths Forge Water*:

422. Or, with *strong Rum*:

423. Or, with a strong Decoction of *Chick-weed* Morning and Evening:

424. Or, of *Dock-Root* for nine or ten Days:

425. Or, of *Hyssop*, four or five Days:

426. Or, anoint them with *black Soap*:

427. Or, steep a Shirt half an Hour in a Quart of Water mixt with Half an Ounce of powder'd *Brimstone*. Dry it slowly, and wear it five or six Days:

428. Or, mix Powder of *white Hellebore* with Cream for three Days. Anoint the Joints three Mornings and Evenings:

429. Or,

429. Or, mix a little *fine Bay-salt*, and as much *Flower of Brimstone*, with a little *sweet Oil*. Rub it well in the Palms of the Hands, and dry it in. It commonly cures in three Nights:
430. Or, anoint thrice with *Garlick Root* mixt with *Hogs-lard*:
431. Or, beat together the Juice of two or three *Lemons*, with the same Quantity of *Oil of Roses*. Anoint the Parts affected. It cures in two or three Times using:
432. Or, beat *Dock-Roots* in a Mortar with sweet Butter: anoint with this. It cures in five or six Times using:
433. Or, mix an Ounce of *Ginger* finely powder'd with a Quarter of a Pound of Fresh Butter. Use it Morning and Evening. It cures in four or five Days.

☞ The *Itch* is not a Disorder in the *Blood*, but *Animalcula* in the *Skin*.

CXXXV. The KING'S EVIL.

434. Drink daily for six Weeks, a strong Decoction of *Devils-Bit*:
435. Or, use a strong Decoction of *Felonwort*, as common Drink, for three Months:

436. Or,

436. Or, Infuse a Handful of *Mountain Saxifrage* in a Quart of Water twenty-four Hours. Drink half a Pint Morning and Evening for three Months. It seldom fails:
437. Or, of *Ground-ivy*:
438. Or, of Decoction of *Dead Nettles*:
439. Or, of *Colts-foot*: Mean Time, apply the Herb, beaten up with powder'd *Linseed* and *Hogs-lard*, to the Sores, renewing it twice a Day:
440. Or, beat Garden Snails with a little *Parsley* to the Consistence of a Plaster. Apply it to the Sores, changing it every twenty-four Hours.
441. Use *Lime-Water* for common Drink:
442. Or, the Diet-Drink mentioned (Art. 587.) I have known this cure one whose Breast was as full of Holes as an Honey-comb:
443. Or, set a Quart of *Honey* by the Fire to melt. When it is cold, strew into it a Pound and a half of *Quick Lime* beat very fine, and searsed thro' a Hair Sieve. Stir this about 'till it boil up of itself into a hard Lump. Beat this when cold very fine, and
- H searse

searse it, as before. Take of this as much as lies on a Shilling in a Glass of Water every Morning fasting; an Hour before Breakfast, at Four in the Afternoon, and at going to Bed.

444. Or, take two Spoonfuls of the Juice of *Water Parsnips*, with two Spoonfuls of *Milk*, every Morning fasting, for the six Summer Months. Two Hours after, breakfast on *Water-gruel* with a little Bread.

☞ It cures the Scurvy in three Months.

CXXXVI. STOPPAGE in the KIDNEYS.

445. Take twelve Grains of *Salt of Amber* in a little Water.

CXXXVII. The LEGS INFLAM'D.

446. Apply *Fullers Earth*, spread on brown Paper:

447. Or, rub them with warm Juice of *Plantane*.

CXXXVIII. LEGS SORE and RUNNING.

448. Wash them in *Brandy* and apply *Elder Leaves*, changing them twice a Day. This will dry up all the Sores.

Sores, tho' the Leg were like an Honey-comb. Proved.

CXXXIX. The LEPROSY.

449. Use the *Cold Bath*:
 450. Or, wash in the *Sea*, often and long:
 451. Or, wash the Parts with Juice of *Calamint*:
 452. Or, mix well, an Ounce of *Pomatum*, a Dram of powder'd *Brimstone*, and half an Ounce of *Sal Prunelle*: and anoint the Parts so long as there is Need:
 453. Or, add a Pint of Juice of *House-leek*, and half a Pint of *Verjuice*, to a Pint and a half of *Posset-drink*. Drink up this in twenty-four Hours. It cures also the *Quinsy*, and all Sorts of *white Swellings* on the Joints:
 454. Or, drink for a Month a Decoc-tion of *Elm Bark*, Morning and Even-ing.

CXL. The LETHARGY.

455. Snuff strong *Vinegar* up the Nose:
 456. Or, Powder of *white Hellebore*:

H 2

457. Or,

88. *Primitive Physick.*

457. Or, take half a Pint of Decoction of *Savoury*, Morning and Evening:
458. Or, of Infusion of *Water-Cresses*.

CXLI. LICE (to kill.)

459. Sprinkle *Spanish Snuff* over the Head:
460. Or, wash it with Decoction of *Amaranth*:

CXLII. For one seemingly KILL'D with LIGHTNING, or a DAMP: or SUFFOCATED:

461. Plunge him immediately into *Cold Water*:
462. Or, *blow* strongly with Bellows down his Throat. This may recover a Person seemingly drown'd.

CXLIII. LUNACY.

463. Give Decoction of *Agrimony* four Times a Day.
464. Or, of *Pimpernell*:
465. Or, Juice of *Ground-Ivy* three Ounces daily.

466. Or,

466. Or, boil Juice of *Ground-Ivy* with *sweet Oil* and *white Wine* into an Ointment. Shave the Head, anoint it therewith, and chafe it in warm, every other Day, for three Weeks. Bruise also the Leaves and bind them on the Head, and give three Spoonfuls of the Juice warm every Morning.

CXLIV. RAGING MADNESS.

467. Apply to the Head Cloaths dipt in *Cold Water*:

468. Or, keep on the Head a Cap fill'd with *Snow* for two or three Weeks:

469. Or, set the Patient with his Head under a Great *Water-Fall*, as long as his Strength will bear:

470. Or, let him eat nothing but *Apples* for a Month:

471. Or, give Juice and Decoction of *Hearts-ease* daily.

CXLV. The BITE of a MAD DOG.

472. Plunge into *cold Water*, and keep as long under it as can be done without Drowning. This has cured, even after the *Hydrophobia* was begun:

H 3 Digitized by Google 473. Or,

473. Or, apply as soon as possible, Juice of *Fig-tree* made into an Ointment with *Hogs-grease*:

474. Or, apply Juice of *Dracuntia* mixt with *Vinegar*, outwardly, and drink of the same Morning and Evening, five or six Days:

475. Or, of *Liver-wort*.

CXLVI. The MEASLES.

476. Drink only thin *Water-gruel*, or *Milk* and *Water*, the more the better; or, *Toast* and *Water*.

CXLVII. MENSES OBSTRUCTED.

477. Take half a Pint of strong Decoc-tion of *Penny-royal* every Night at going to Bed:

478. Or, half a Pint of *Rosemary* Decoc-tion:

479. Or, a Spoonful of Juice or Syrup of *Brooklime*, Morning and Evening:

480. Or, a Tea-spoonful of *Columbine* Seeds powder'd, thrice a Day:

481. Or, boil five large Heads of *Hemp* in a Pint of *Water* to half. Strain it, and drink it going to Bed two or three Nights. It seldom fails:

482. Or,

482. Or, from eight to twelve Grains of *Calomel*, at the Time in a Pill, for two or three Nights, taking Care not to catch Cold. It Vomits and Purges.
483. Or, twenty Grains of Root of *Birth-wort*, in a little *Penny-royal Tea* for a Month:
484. Or, burn a little *Sulphur of Antimony* on a Chafing Dish of Coals, and receive the Smoke by a Funnel. In a few Minutes it will take Effect.

CXLVIII. MENSES NIMI.

485. Drink nothing but *cold Water*. At the Time drink a Glafs of the coldest Water you can get, and apply a thick Cloth dipt in *cold Water*:
486. Or, put the Feet into *cold Water*:
487. Or, apply a Sponge dipt in *Red Wine* and *Vinegar*:
488. Or, bleed in the Arm. Stop the Orifice often with the Finger, and then let it bleed again:
489. Or, drink daily a Quarter of a Pint of Decoction of *Cinquefoil*:
490. Or, after a small *Rhubarb* Purge: Boil the Peel of Seven *Sevil Oranges* in three Pints of Spring Water to a Quart.

Quart. Take ten Spoonfuls sweeten'd with *white Sugar*, four Times a Day: 491. Or, use daily Decoction, Syrup, or Powder of *Horse-tail*, *Nettles*, or *Plantane*.

CXLIX. To resolve COAGULATED MILK.

492. Cover the Woman with a Table-cloth, and hold a Pan of *hot Water* just under her Breast. Then stroke it three or four Minutes. Do this twice a Day 'till it is cured.

CL. To increase MILK.

493. Drink a Pint of *Water*, going to Bed:

494. Or, drink largely of Pottage made with *Lentils*.

CLI. To make MILK agree with the STOMACH.

495. If it lie heavy, put a little *Salt* in it; if it curdle, *Sugar*. For Bilious Persons, mix it with *Water*.

CLII. An

CLII. An old stubborn PAIN in the
BACK.

496. Steep Root of *Water Fern* in Water, 'till the Water become thick and clammy. Then rub the Parts therewith Morning and Evening.

CLIII. The PALSY.

497. Use the *Cold Bath*, rubbing and sweating after it:

498. Or, shred *white Onions*, and bake them gently in an earthen Pot, 'till they are soft. Spread a thick Plaister of this, and apply it to the benumb'd Part, all over the Side, if Need be. I.

499. Or, take *Tar-water*, Morning and Evening:

500. Or, Boil *White* and *Red Sage*, a Handful of each in a Quart of *White Wine*. Strain and bottle it. Take a small Glass Morning and Evening. This helps all Nervous Disorders:

501. Or, apply to the Parts boil'd *Sage Leaves* hot: and drink Decoction of *Sage* Morning and Evening:

502. Or, drink Decoction of *Wood-Betony* Morning and Evening:

503. Or

94 *Primitive Physick.*

503. Or, of *Water-Dock*, applying the
boil'd Leaves.

CLIV. PALSY of the HANDS.

504. Wash them often in Decoction of
Sage as hot as you can bear:

505. Or, boil a Handful of *Elder Leaves*,
and two or three Spoonfuls of *Mustard*
Seed in a Quart of Water. Wash of-
ten in this, as hot as may be.

CLV. PALSY of the MOUTH.

506. After Purging well, chew *Mustard*
Seed often:

507. Or, *Pellitory of Spain*:

508. Or, hold in your Mouth half an
Ounce of *Spirit of Lavender*:

509. Or, gargle with Juice of *Wood-sage*.

CLVI. PALSY from working with
WHITE-LEAD or VERDIGREASE.

510. Use *Warm Baths* and a *Milk Diet*.

CLVII. The PALPITATION of the
HEART.

511. Drink a Pint of *cold Water*:

512. Or,

512. Or, apply outwardly *Balm Leaves* sprinkled with *Vinegar*:

513. Or, take Decoction or Powder of *Mother-Wort* every Night.

CLVIII. The PILES, (to prevent.)

514. Wash the Parts often with *cold Water*.

CLIX. The PILES, (to cure.)

515. Apply warm *Treacle*:

516. Or, *Ale-yeast*:

517. Or, a *Tobacco-Leaf* steep in *Water* twenty-four Hours:

518. Or, a Poultis of boil'd *Brook-lime*. It seldom fails:

519. Or, a bruised *Onion* skin'd. It perfectly cures the dry Piles.

520. Or, *Varnish*. It perfectly cures both the blind and bleeding Piles. *I*.

CLX. The INWARD PILES.

521. Drink largely of *Treacle* and *Water*:

522. Or, drink a Spoonful of Juice of *Yarrow*, or of *Leeks*, three or four Mornings. *I*.

CLXI. The

CLXI. The PLAGUE, (to prevent.)

523. Eat *Marigold Flowers* daily, as a Sallad, with *Oil* and *Vinegar*:

524. Or, a little of the Tops of *Rue* with Bread and Butter, every Morning:

525. Or, infuse *Rue, Sage, Mint, Rosemary, Wormwood*, of each a Handful, in two Quarts of the sharpest *Vinegar*, over warm Embers for eight Days. Then strain it through a Flannel, and add half an Ounce of *Camphire*, dissolved in three Ounces of rectify'd *Spirits of Wine*. With this wash the Loins, Face, and Mouth, and snuff a little up the Nose when you go abroad. Smell to a Sponge dipt therein, when you approach infected Persons or Places.

CLXII. The PLAGUE, (to cure.)

526. *Cold Water* alone, drank largely, has cured it:

527. Or, an Ounce or two of the Juice of *Marigolds*:

528. Or,

528. Or, take a Dram of *Angelica* powder'd every six Hours. It is a strong Sweat:

529. Or, after bleeding fifty or sixty Ounces, drink very largely of *Water* sharpen'd with Spirit of *Vitriol*.

CLXIII. The PLEURISY.

530. Apply *Onions* roasted in the Embers mixt with *Cream*:

531. Or, take the Core out of an Apple, fill it with white *Frankincense*; stop it close with the Piece you cut out, and roast it in Ashes. Mash and eat it: *I*.

532. Or, drink a Quart of cold *Water*:

533. Or, a Glass of *Tar-water*, warm, every half Hour:

534. Or, of Decoction of *Nettles*: and apply the Herb hot, as a Poutis: *I*.

535. Or, take a Dram of *Corn-poppies* powder'd in warm *Water*: *I*.

536. Or, of *Burdock Root*:

537. Or, take half a Dram of *Olibanum*, in warm *Water* every four Hours:

538. Or, from a Scruple to a Dram of powder'd *Olibanum*, in the Pulp of a roasted Apple.

CLXIV. To one POISON'D.

539. Give one or two Drams of *distill'd Verdigrease*: It vomits in an Instant.

CLXV. A PRICK or CUT that festers.

540. Apply *Turpentine*.

CLXVI. An easy PURGE.

541. Drink a Pint of *Water* fasting, walking after it:

542. Or, infuse from half a Dram to two Drams of *Damask Rose-Leave's* dried, in half a Pint of warm *Water* for twelve Hours:

543. Or, infuse three Drams of *Senna*, and a Scruple of *Salt of Tartar*, in half a Pint of warm *River Water* for twelve Hours. Then strain and take it in the Morning.

CLXVII. A stronger PURGE.

544. Drink half a Pint of strong Decoc-
tion of *Dock-root*:

545. Or,

545. Or, two Drams of the powder'd Root of *Monks Rbubarb*, with a Scruple of *Ginger*.

CLXVIII. The QUINSY, (to prevent.)

546. Wear a black Ribband round the Neck, next the Skin.

547. (To cure :) Apply a large white Bread Toast, half an Inch thick, dipt in *Brandy*, to the Crown of the Head 'till it dries:

548. Or, drink a Quart of *cold Water* lying down in Bed:

549. Or, swallow slowly Decoction of *House-leek*:

550. Or, *White Rose-water*, mixt with Syrup of *Mulberries*:

551. Or, take Juice, or Jelly of *Black Currants*, or Decoction of the Leaves or Bark: *I*.

552. Or, take a Spoonful of the Juice of *Cinquefoil*, every two Hours:

553. Or, a Glas of Decoction of *Water-dock*. (See likewise Art. 453.)

CLXIX. The RHEUMATISM.

534. Use the *Cold Bath*, with Rubbing and Sweating:

555. Or, rub in warm *Treacle*, and apply to the Part a brown Paper smear'd therewith:

556. Or, drink very largely of warm *Water* in Bed:

557. Or; *Tar-water*, Morning and Evening:

558. Or, Steep six or seven Cloves of *Garlick* in half a Pint of *white Wine*. Drink it lying down. It sweats, and frequently cures at once:

559. Or, mix Flower of *Brimstone* with *Honey*, equal Quantities. Take three Tea Spoonfuls at Night, two in the Morning; and one afterwards, Morning and Evening 'till cured. This succeeds oftner than any Remedy I have found:

560. Or, take Morning and Evening, as much *Lignum Guaiacum* powder'd, as lies on a Shilling:

561. Or, as much *Flour* of *Sulphur*, washing it down with Decoction of *Lignum Guaiacum*:

562. Or, take a Glass of *Mustard Water*, Morning and Evening:

563. Or, of *Water* in which two Spoonfuls of scraped *Horse-radish* have been steep'd for twenty four Hours:

564. Or,

564. Or, drink half a Pint of Decoction of young Leaves of *Holly*, sweeten'd with *Treacle* thrice a Day, lying in Bed. Drink Plenty of Toast and Water with it, and sweat:

565. Or, chew *Rhubarb* two Hours a Day, and swallow your Spittle:

566. Or, live on *New Milk Whey* and *White Bread* for fourteen Days. This has cured in a desperate Case.

CLXX. TO RESTORE the STRENGTH after a RHEUMATISM.

567. Make a strong Broth of *Cow-beets*, and wash the Parts with it warm twice a Day. It has restored one who was quite a Cripple, having no Strength left either in his Leg, Thigh or Loins.

CLXXI. The RICKETS, (to prevent or cure.)

568. Wash the Child every Morning in *cold Water*.

CLXXII. RING WORMS.

569. Rub them with *Oil of Paper*:

570. Or, with Juice of *House-leek*:
 571. Or, wash them with Decoction of
Soap-wort.

CLXXIII. A RUPTURE.

572. Take *Agrimony*, *Spleen-wort*, *Solo-*
mon's Seal, *Straw-berry Roots*, a Hand-
 ful each; pick and wash them well;
 stamp and boil them two Hours, in
 two Quarts of *white Wine* in a Vessel
 close stopt. Strain and drink a large
 Glas of this every Morning, and an
 Hour after drink another. It com-
 monly cures in a Fortnight.

CLXXIV. A FRESH RUPTURE.

573. Take Decoction of *Plantane Leaves*
 Morning and Evening.

CLXXV. A RUPTURE in CHILDREN.

574. Boil a Spoonful of *Egg Shells* dried
 in an Oven, and powder'd, in a Pint
 of Milk to three Quarters of a Pint.
 Feed the Child constantly with Bread
 boil'd in this Milk.

CLXXVI. A

CLXXVI. A WINDY RUPTURE.

575. Warm Cow-Dung well. Spread it thick on Leather, strowing some *Cumin Seeds* on it, and apply it hot. When cold put on a new one. It commonly cures a Child (keeping his Bed) in two Days.

CLXXVII. A SCALD HEAD.

576. Anoint it with *Barbadoes Tar*.

CLXXVIII. The SCIATICA.

577. Use cold Bathing, and Sweat:

578. Or, apply Leaves of *Ranunculus* bruised, for six Hours:

579. Or, apply pounded Roots of *Burdock* and of *Elecampane* cold. This usually cures, if kept on twenty-four Hours: But it gives Pain.

580. Or, Flannels dipt in *Stale Læ*, boil'd with Salt, as hot as you can bear, for an Hour:

581. Or, boil *Nettles* 'till soft. Foment with the Liquor, then apply the Herbs as a Poultis:

582. Or,

582. Or, apply *Quick Lime* mixt with soft *Soap*:

583. "Many have been cured in four or five Days, only by drinking half a Pint of *cold Water* daily, in the Morning, and at Four in the Afternoon."

584. Or, boil *Calamint*; apply this as a *Poultis*, shifting it daily. Mean Time drink a *Decoction* of it Morning and Evening.

CLXXIX. Inflammations or Swellings of the SCROTUM.

585. Wash it thrice a Day with strong *Decoction* of *Agrimony*.

CLXXX. A SCORBUTICK ATROPHY.

586. Use *cold Bathing*: Which also cures all

CLXXXI. SCORBUTICK PAINS.

CLXXXII. SCORBUTICK SORES.

587. Put half a Pint of fresh-shaved *Lignum-vitæ*, and half an Ounce of *Senna* into an Earthen Pot, that holds six Quarts.

Quarts. Add five Quarts of soft Water, and lute the Pot close. Set this in a Kettle of cold Water, and put it over a Fire, 'till it has boiled three Hours. Let it stand in the Kettle 'till cold. When it has stood one Night, drink Daily half a Pint, new Milk warm, Fasting, and at Four in the Afternoon. Wash a little after it. In three Months, all the Sores will be dried up.

CLXXXIII. The SCURVY.

588. Live on *Turnips* for a Month:
 589. Or, on an entire *Milk Diet*, for six Months:
 590. Or, take *Tar Water* Morning and Evening, for three Months:
 591. Or, Infusion of *Horse Radish*:
 592. Or, Decoction of *Fumitory*:
 593. Or, of the Great *Water Dock*:
 594. Or, three Spoonfuls of *Nettle Juice* every Morning:
 595. Or, infuse dried *Dock Roots* in your common Drink:
 596. Or, use Infusion, or Powder of *Wall Rue*, Morning and Evening.

CLXXXIV. SICK-

CLXXXIV. SICKISHNESS. in the
MORNING.

597. Eat nothing after Six in the Evening.

CLXXXV. SKIN RUBB'D OFF.

598. Apply pounded *Self-beat*. It seldom Needs repeating.

CLXXXVI. SMALL POX.

599. Drink largely of *Toast* and *Water*:

600. Or, let your constant Drink be *Milk* and *Water*:

601. The best Food is *Milk* and *Apples*.

CLXXXVII. A SORE MOUTH.

602. Apply the White of an *Egg*, beat up with *Loaf Sugar*:

603. Or, gargle with Juice of *Cinquefoil*.

CLXXXVIII. A SORE THROAT.

604. Apply a Chin-stay of *roasted Figs*:

605. Or, take a Pint of *cold Water*, lying down in Bed:

606. Or,

606. Or, gargle with *Rose Water*, and Syrup of *Mulberries*:

607. Or, snuff a little *Honey* up the Nose:

608. Or, swallow slowly Juice of *Cinquefoil*:

609. An old Sore Throat was cured by living wholly on *Apples* and *Apple Water*.

CLXXXIX. To draw a SPLINTER.

610. Apply a Poultis of *chew'd Bread*:

611. Or, a little *Turpentine*.

CXC. A SPRAIN.

612. Hold the Part in very *cold Water*, for two Hours:

613. Or, apply Cloths dipt therein, four Times doubled, for two Hours, changing them as they grow warm:

614. Or, bathe it in good *Crab Verjuice*:

615. Or, stoop it with one Spoonful of *Brandy*, to one of *Vinegar*, and four of *Water*:

616. Or, boil *Bran* in *Wine Vinegar* to a Poultis. Apply this warm, and renew it once in twelve Hours:

617. Or,

617. Or, boil eight Ounces of *Castile Soap* and as much *Bay Salt* in four Quarts of Water. Put the Part sprain'd into this for half an Hour: Or, foment with it:

618: Or, mix a little *Turpentine* with Flour and the Yolk of an Egg: and apply it as a Plaister.

CXCI. A VENOMOUS STING.

619. Apply a little *Venice Treacle*:

620. Or, a Poultis of bruised *Plantane* and *Honey*:

621. Or, take inwardly, one Dram of *black Currant Leaves* powder'd. It is an excellent Counter-poison.

CXCII. The STING of a BEE.

622. Apply *Honey*.

CXCIII. The STING of a NETTLE.

623. Rub the Part with Juice of *Nettle*.

CXCIV. The STING of a WASP.

624. Rub the Part with bruised Leaves of *House-leek*:

625. Or,

625. Or, of *Water Cresses*:

626. Or, of *Rue*:

627. Or, apply *Venice Treacle*.

CXCV. THE STING of a BEE or WASP
in the EYE.

628. Apply *Carduus* bruised with the
White of an *Egg*. Renew it if it
grows dry.

CXCVI. A STITCH in the SIDE.

629. Apply *Treacle* spread on a hot *Toast*.

CXCVII. FREQUENT or VIOLENT
STITCHES.

630. Drink Decoction of *Nettles*, and ap-
ply the Herbs hot:

631. Or, boil two or three Sprigs of
Penny-royal in a Pint of Milk. Drink
the Milk and apply a Poultis of the
Herbs hot:

632. Or, take a Tea Spoonful of *Irish
Slate* finely scraped.

K

CXCVIII. Ac-

CXCVIII. ACCIDENTAL SICKNESS, OR
PAIN in the STOMACH.

633. *Vomit* with a Quart or more of
warm Water. Do this twice or thrice
succesively.

CXCIX. PAIN in the STOMACH from
BAD DIGESTION.

634. Take Fasting, or in the Fit, half
a Pint of *Camomile Tea*. Do this five
or six Mornings:

635. Or, drink the Juice of half a large
Lemon immediately after Dinner every
Day: Dr. Mead.

636. Or, from twenty to forty Drops of
Elixir of Vitriol in *Sage Tea* twice or
thrice a Day:

637. Or, in the Fit, a Glass full of *Vi-
negar*.

CC. COLDNESS of the STOMACH.

638. Take a Spoonful of Syrup of the
Juice of *Carduus Benedictus*, fasting,
for three or four Mornings. I.

CCI. CHO-

CCI. CHOLERICK, hot PAINS in the
STOMACH.

639. Take half a Pint of Decoction of
Ground Ivy, with a Tea Spoonful of
the Powder of it, five or six Morn-
ings. I.

CCII. PAIN in the STOMACH, with
COLDNESS and WIND.

640. Swallow five or six Corns of *white*
Pepper, for six or seven Mornings.

CCIII. The STONE, (to prevent a Fit.)

641. Eat a thin Slice of dry *Bread* every
Morning:

642. Or, drink *warm Water* largely.

CCIV. In the Fit.

643. Slice a large *Onion*. Pour half a
Pint of warm *Water* upon it. After
it has stood twelve Hours, drink the
Water. Do this every Morning 'till
you are well.

CCV. In a *Raging Fit.*

644. Boil *Onions* in *Wine* and *Sallad Oil*.
Apply this as a *Poultis*, part to the
Back, and part to each *Groin*. It
gives speedy *Ease* to the most racking
Pain:
645. Or, in *Extremity*, give a *Clyster*
with *Oil of Turpentine*.

CCVI. The *STONE*, (to cure.)

646. Take *Decoction* of *Agrimony* *Morn-*
ing and *Evening*:
647. Or, of *Camomile*:
648. Or, boil half a *Pound* of *Parsnips*
in a *Quart* of *Water*. Drink a *Glass*
of this *Morning* and *Evening*, and use
no other *Drink* all the *Day*. It usu-
ally cures in six *Weeks*:
649. Or, dry and powder *Hares* fine.
Take a *Spoonful* of this *Powder* in a
Glass of *white Wine* every *Morning*.

CCVII. The *STONE*, (to dissolve.)

650. "Take *Morning* and *Evening* a
Tea Spoonful of *Onions* calcin'd into
white *Ashes*, in *white Wine*. An
Ounce will dissolve the *Stone*."

651. Or,

651. Or, take a Tea Spoonful of *Violet Seed* powder'd, Morning and Evening. It both wastes the Stone, and brings it away:
652. Or, make Tea of *Peach Leaves* dried in the Sun, and drink two or three Dishes every Morning:
653. Or, burn the dried *Shells* of *Kidney Beans* to Powder. Put two Tea Spoonfuls of this into a half Pint Tea Pot. Pour boiling Water on it at Night. In the Morning pour it off clear, warm it again, and drink it, sweetened with *Honey*. Do this Daily every other Fortnight 'till cured.

CCVIII. The STONE, (to prevent.)

654. Drink a Draught of *warmish Water* every Morning.

CCIX. The STONE in the KIDNEYS.

655. Use the *Cold Bath*: Or, drink half a Pint of Water every Morning:
656. Or, Decoction of *Speedwell* largely.

CCX. STOPPAGE in the KIDNEYS.

657. Take a Spoonful of Juice or Syrup of *Ground Ivy*, Morning and Evening:

658. Or, of *Pellitory of the Wall*:
 659. Or, of Juice of *Radishes*:
 660. Or, half a Pint of *Tar Water*.

CCXI. The STRANGURY.

661. Use the *Cold Bath*:
 662. Or, drink largely of Decoction of
Turnips sweetened with *Honey*:
 663. Or, of warm *Lemonade*:
 664. Or, of Decoction of *Mallows*:
 665. Or, of Decoction of *Gromwell*, (ei-
 ther Seed or Leaves:)
 666. Or, of Decoction of *Red Nettle*
Seed:
 667. Or, take a Tea Spoonful of *calcin'd*
Egg Shells, Morning and Evening:

CCXII. SUNBURN, (smarting.)

668. Wash the Face with *Sage Tea*.

CCXIII. To stop PROFUSE SWEATING.

669. Drink largely of *cold Water*.

CCXIV. SWELL'D FEET.

670. Keep them an Hour in *cold Water*,
 changed as it grows warm.

CCXV. SWELL'D

CCXV. SWELL'D LEGS.

671. Bathe them every Morning in *cold Water*, and take an easy *Purge* twice a Week:
672. Or, take *Wormwood*, *Southernwood*, and *Rue*, stamp them together, and fry them in *Honey*, 'till they grow dryish: Then apply them as hot as you can bear.

CCXVI. A SWELL'D THROAT.

673. Gargle with Decoction of *Nettles*:
674. Or, of *Primrose Leaves*.

CCXVII. A WHITE SWELLING (on the Joints.)

675. Apply a *Green Colewort* with *red Veins*, bruising the *Ribs*: Renew this Morning and Evening:
676. Or, hold the Part half an Hour every Morning, under the *Stream* that falls from a *Mill*; or under a *Pump* or *Cock*. This cures also any *Pains* in the *Joints*.
677. Or, apply a *Poultis* of *Wormwood* fried with *Hogs Lard*.

CCXVIII. To

CCXVIII. To dissolve WHITE OF
HARD SWELLINGS.

678. Take *White Roses, Elder Flowers, Leaves of Fox-glove* and of *Saint John's Wort*, a Handful each: mix with *Hogs Lard*, and make an Ointment. (See likewise Art. 453.)

CCXIX. To fasten the TEETH.

679. Chew often Roots of *Brook Lime*:

680. Or, put powder'd *Allum* the Quantity of a Nutmeg, in a Quart of Spring Water, for twenty-four Hours. Then strain the Water and gargle with it:

681. Or, boil so much of *Allum* therein. Strain and keep it for Use:

682. Or, gargle often with *Phyllyrea-Leaves* boil'd with a little *Allum*, in *Forge Water*.

CCXX. To clean the TEETH.

683. Rub them with *Ashes* of burnt *Bread*.

CCXXI. To

CCXXI. To prevent the *TOOTH-ACH.*

684. Wash the Mouth with *cold Water* every Morning:

685. Or, rub the Teeth often with *Tobacco Ashes.*

CCXXII. To cure the *TOOTH-ACH.*

686. Rub the Cheek a Quarter of an Hour:

687. Or, put a Clove of *Garlick* into the Ear:

688. Or, *Parsley* much bruised, with a little *Bay Salt*:

689. Or, a Piece of *Plantane Root*, fresh digg'd up, and wash'd: *I.*

690. Or, lay roasted Parings of *Turnip*, as hot as may be behind the Ear:

691. Or, put a Leaf of *Betony*, bruised, up the Nose:

692. Or, lay bruised or boil'd *Nettles* to the Cheek:

693. Or, lay a Clove of *Garlick* on the Tooth:

694. Or, a Piece of the Root of *Masterwort*:

695. Or, chew the Root of an *Iris*:

696. Or, Root of *Yarrow*:

967. Or,

697. Or, gargle with Juice of *Monks Rhubarb*:
698. Or, with Decoction of *Mulberry Leaves*:
699. Or, put into the hollow Tooth, a little Cotton, dipt in *Lucatelli's Balsam*:
700. Or, dissolve a Dram of crude *Sal Armoniæ* in two Drams of *Lemon-juice*: Wet Cotton herein and apply:
701. Or, apply to the Cheek Gum *Tacamahac* spread on *Silk*.

CCXXIII. PAIN in the TESTICLES.

702. Apply *Pellitory* of the *Wall* beaten up into a Poultis, changing it Morning and Evening.

CCXXIV. To draw out THORNS, or BONES.

703. Apply *Primrose Leaves* beaten into a Poultis:
704. Or, *Nettle Roots* and *Salt*:
705. Or, *Turpentine* spread on *Leather*.

CCXXV. The

CCXXV. The THRUSH.

706. Mix Juice of *Celandine* with *Honey*, to the Thickness of *Cream*. Infuse a little powder'd *Saffron*. Let this simmer a-while, and scum it. Apply it (when needed) with a Feather. This also cures a *Canker*.

CCXXVI. TORPOR (or Numbness) of the LIMBS.

707. Use the *Cold Bath*, with Rubbing and Sweating.

CCXXVII. The TYMPANY.

708. Use the *Cold Bath*, with Purges intermixt:

709. Or, mix the Juice of *Leeks*, and of *Elder*. Take two or three Spoonfuls of this Morning and Evening.

CCXXVIII. The VERTIGO.

710. Use the *Cold Bath* for a Month:

711. Or, drop Juice of *Pimpernell* into the Ear Morning and Evening:

712. Or,

712. Or, snuff up the Nose the Juice of
black or red Beets:
713. Or, in a *May Morning*, about Sun-
rise, snuff up daily the *Dew* that is on
Mallow Leaves:
714. Or, apply to the Top of the Head,
shaven, a Plaister of Flour of *Brim-*
stone, and White of Eggs:
715. Or, drink Morning and Evening
half a Pint of Decoction of *Primrose*
Root: *I.*
716. Or, boil five or six *Buckthorn* Leaves
in half a Pint of Water. Drink this
fasting for nine or ten Mornings:
717. Or, of *Sage* washing also the Head
therewith:
718. Or, take every Morning half a Dram
of *Mustard Seed:*
719. Or, a Dram of *Columbine Seed*, in
Sage Tea:
720. Or, of *Southernwood.*

CCXXIX. VIGILIA.

721. Apply to the Forehead for two
Hours, Cloths four Times doubled.
and dipt in *cold Water:*
722. Or, use the *Cold Bath.* It cures
even in desperate Cases:

723. Or,

723. Or, apply to the Head, Leaves of
Water Lillies :

724. Or, a Poultis of *Henbane* and *Poppy*
Seeds beaten together.

CCXXX. Bite of a *VIPER*, or a *RAT-*
TLE-SNAKE.

725. Rub the Place immediately with
Common Oil. *Quere*. Would not the
same cure the Bite of a *Mad Dog*?

CCXXXI. To prevent the Bite of a
VIPER.

726. Rub the Hands with the Juice of
Radishes.

CCXXXII. AN *ULCER*.

727. Apply a Poultis of *chew'd Bread*,
changing it every twelve Hours:

728. Or, dry and powder a *Walnut Leaf*,
and strew it on, and lay another *Wal-*
nut Leaf on that:

729. Or, boil *Walnut-tree Leaves* in
Water with a little Sugar. Apply a
Cloth dipt in this, changing it once in
two Days.

L

CCXXXIII. An

CCXXXIII. AN INWARD ULCER.

730. Drink *Tar-water* Morning and Evening:

731. Or, Decoction of *Pimpernell*.

CCXXXIV. ULCER in the BLADDER,
OR KIDNEYS.

732. Take Decoction of *Agrimony*, thrice a Day:

733. Or, Decoction; Powder, or Syrup of *Horse-tail*.

CCXXXV. A FISTULOUS ULCER.

734. Apply *Wood Betony* bruised, change it daily:

735. Or, Leaves of *Water Dock* bruised.

CCXXXVI. A BLEEDING varicous
ULCER in the LEG.

736. Was cured only by constant *cold Bathing*.

CCXXXVII. UL-

CCXXXVII. ULCER in the LUNGS.

737. Take a Quarter of a Pint of Decoction of *Horse-tail*, Morning and Evening.

CCXXXVIII. A MALIGNANT ULCER.

738. Foment it daily with Juice of *Mercury*:

739. Or, Morning and Evening, with a Decoction of *Mint*. Then Sprinkle on it finely powder'd *Rue*:

740. Or, apply daily Juice of *Pimpernell* boil'd with the Herb.

CCXXXIX. A SCORBUTICK ULCER.

741. Apply boil'd *Brook-lime* as a Poultice.

CCXL. A STUBBORN ULCER.

742. Burn to Ashes (but not two long) the gross Stalks on which the *red Coleworts* grow. Make a Plaister with this and fresh Butter. Change it once a Day.

CCXLI. An easy and safe VOMIT.

743. Boil half a Handful of *Artichoke Leaves* in a Quart of Water. The more you drink of warm Water after it the better:

744. Or, a Dram and a half of *Primrose Root* powder'd: 'Tis best if gather'd in *August*.

745. Or, infuse three Drams of *Radish-seed* in a Quart of warm Water for twelve Hours. Squeeze off the Water, and take it.

CCXLII. An excellent VOMIT for a palled STOMACH.

746. Mix an Ounce of *Honey*, with an Ounce of *Vinegar*. Infuse a good Spoonful of *Horse-radish* scraped, for twenty-four Hours. Drink this, and work it well off with warm Water.

CCXLIII. To stop VOMITING.

747. If the Vomiting be not the Effect of a Medicine: after every Vomiting drink a Pint of warm Water:

748. Or,

748. Or, apply a large *Onion* slit, to the Pit of the Stomach: *I.*
749. Or, a Bag of *Saffron*:
750. Or, take a Spoonful of *Lemon-juice*, and six Grains of Salt of *Wormwood*:
751. Or, infuse an Ounce of *Quick-silver* in a large Glass full of Water for twenty-four Hours. Then Drink the Water. *I.*

CCXLIV. BLOODY URINE.

752. Take a Quarter of a Pint of *Sheeps Milk* twice a Day:
753. Or, half a Pint of Decoction of *Agri-mony*:
754. Or, of Decoction of *Calamint*, or *Yarrow*:
755. Or, of Decoction (or Syrup, or Powder) of *Horse-tail*.

CCXLV. URINE by Drops with HEAT and PAIN.

756. Drink nothing but *Lemonade*:
757. Or, beat up the Pulp of five or six roasted *Apples* with near a Quart of Water. Take it at lying down. It commonly cures before Morning.

CCXLVI. INVOLUNTARY URINE.

758. Use the *Cold Bath*:
759. Or, take a Tea Spoonful of powder'd *Agrimony* in a little Water, Morning and Evening:
760. Or, half a Pint of *Lime Water*:
761. Or, a Quarter of a Pint of *Allom Posset Drink*, every Night.

CCXLVII. SHARP URINE.

762. Take two Spoonfuls of fresh Juice of *Ground Ivy*.

CCXLVIII. SUPPRESSION of URINE.

763. Drink largely of warm *Lemonade*:
764. Or, take a Spoonful of Juice of *Lemons*, sweeten'd with Syrup of *Violets*:
765. Or, a Spoonful of Juice of *Radishes*:
766. Or, two Spoonfuls of Juice of *Onions*:
767. Or, from two Scruples to a Dram of calcin'd *Egg Shells*, in a Glass of *white Wine*:
768. Or, from half a Dram to a Dram of powder'd *Ivy*.

CCXLIX. UVU-

CCXLIX. UVULA inflamed.

769. Gargle with a Decoction of beaten
Hemp Seed:

770. Or, with a Decoction of *Dandelion*.

CCL. UVULA relax'd.

771. Bruise the Veins of a *Cabbage-leaf*,
and lay it hot on the Crown of the
Head. Repeat, if needed, in two
Hours: *I*.

772. Or, gargle with Decoction of *Wa-
ter Dock*:

773. Or, of *wild Tansy*:

774. Or, with an Infusion of *Mustard
Seed*.

CCLI. WARTS.

775. Rub them daily with a *Radish*:

776. Or, with Juice of *Dandelion*:

777. Or, of *Marigold Flowers*:

778. Or, Water in which *Sal Armoniac*
is dissolv'd.

CCLII. The

CCLII. The WHITES.

779. Take daily three Spoonfuls of Juice of *Cinquefoil*, Morning and Evening:
780. First Bleed. Then Purge thrice with *Rhubarb* or *Calomel*:
781. Make *Venice Turpentine*, *Flower* and *Fine Sugar*, equal Quantities, into small Pills. Take three or four of these Morning and Evening. This also cures most Pains in the Back:
782. Or, a Tea Spoonful of *Lavender Cotton Leaves* powder'd:
783. Or, Decoction of *Rosemary* daily for three Months:
784. Or, of *Dead Nettles*:
785. Or, a large Bolus of *Moss*, with a little Syrup of *Marshmallows* and White of Egg daily for three Months. Add Morning and Evening twenty-five Drops of *Elixir of Vitriol* and *Tincture of Steel* mixt:
786. Or, after Purging, take about fifteen Grains of *Ceruse of Antimony* in *white Wine*, twice or thrice a Day.

CCLIII. A WHITLOW.

787. Apply a Poultis of *chew'd Bread*.
Shift it once a Day:
788. Or, a Plaister of *Ground Ivy* stampt:
789. Or, of *Smallage*.

CCLIV. Weakness in the ANKLES.

790. Hold them in *cold Water* a Quarter
of an Hour, Morning and Evening.

CCLV. WORMS.

791. Take a Spoonful of *Salt* in a Glafs
of *Water* every Morning:
792. Or, a Spoonful of *Juice of Spear-*
mint:
793. Or, a Glafs of *Onion Water*:
794. Or, a Tea Spoonful of *burnt Harts-*
born mixt with *Sugar*:
795. Or, mix two Drams of *Succotrine*
Aloes with four Ounces of *Treacle*.
Take a small *Nutmeg* of it every
Morning:
796. Or, of *Worm Seed* mixt with *Trea-*
cle, for six Mornings:

797. Or,

797. Or, a Dram of powder'd *Fern Root*, boil'd in *Mead*. This kills both the flat and the round Worms,

CCLVI. WOUNDS.

798. If small, apply *chew'd Bread*:

799. Or, Leaves of *Agrimony* beaten into a Poultis:

800. Or, Juice or Powder of *Yarrow*: J.

801. Or, Juice of *Celandine*:

802. Or, bind Leaves of *Ground Ivy* upon it:

803. Or, bruised *Hyssop*, with a little Sugar:

804. Or, *Wood Betony* bruised. This quickly heals even cut Veins, or Sinews; and draws out Thorns or Splinters:

805. Keep the Part in *cold Water* for an Hour, keeping the Wound closed with your Thumb. Then bind on the thin Skin of an *Egg Shell*, for Days, or Weeks, 'till it falls off of itself. Regard not tho' it Prick or Shoot for a Time.

CCLVII. IN-

CCLVII. INWARD WOUNDS.

806. Infuse *Yarrow* twelve Hours in warm Water. Take a Cup of this four Times a Day. I.

CCLVIII. PUTRID WOUNDS.

807. Wash them Morning and Evening with warm Decoction of *Agrimony*. If they heal too soon, and Matter gather underneath, apply a Poultis of the Leaves pounded, changing them once a Day, 'till well.

CCLIX. WOUNDED TENDONS.

808. Boil *Comfrey Roots* to a thick Mucilage, and apply this as a Poultis, changing it once a Day.



Cold.

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COLD-BATHING

Cures young Children of

CONVULSIONS,
Coughs,
Cutaneous Inflammations, Pimples
and Scabs,
Gravel,
Gripes,
Inflammations of the Ears; Navel,
or Mouth,
Rickets,
Suppression of Urine,
Vomiting,
Want of Sleep.

It prevents the Growth of Hereditary

Apoplexies,
Asthma's,
Blindness, Consumptions,

Deafness,
 Deliria,
 Gout,
 King's-Evil,
 Melancholy,
 Palfies, Rheumatism, Stone.

It cures every Nervous, and every Pa-
 ralytick Disorder: In particular,
 The Asthma, Ague of every Sort,
 Atrophy,
 Blindness,* Cancer,
 Chorea Sancti Viti, Chin-cough,
 Coagulated Blood after Bruises,*
 Consumption, Convulsions, Coughs,
 Complication of Distempers,
 Convulsive Pains,*
 Deafness,* Dropsy,
 Epilepsy,
 Fluor Albus, Violent Fevers;
 Gout, (running)
 Hectick Fevers, Hemicrania,
 Hysterick Pains,*
 Incubus, Inflammations,*
 Involuntary Stool, or Urine,*
 Lameness, (old) Leprosy, Lethargy,
 Loss of Appetite,* of Smell,*
 Speech,* Taste,*
 Nephritick Pains,

Palpitation of the Heart,
Pain in the Back, Joints,* Stomach,
Rheumatifms,* Rupture,
Suffocations, Sciatica,*
Surfeits, (at the beginning)
Scorbutick Pains,*
Swelling on the Joints,
Stone in the Kidneys,
Torpor of the Limbs, even when
the Use of them is lost,
Tetanus, Tympany,
Vertigo, Vigilia, Varicous Ulcers.

But in all Cafes, where the Nerves are obstructed, (such as are thofe mark'd thus*) you fhould go to Bed immediately after, and fweat.

'Tis often ufeul, to ufe the *Hot Bath* a few Days, before you ufe the *Cold*.

Wife Parents fhould dip their Children in Cold Water every Morning, 'till they are three Quarters old: and afterward, their Hands and their Feet.

N. B. No Child fhould ever be fwath'd tight. It lays the Foundation for many Difcafes.

Washing the Head every Morning in Cold Water, prevents Rheums, and cures Coughs, old Head-achs, and sore Eyes.

Water-drinking prevents Apoplexies, Asthmas, Convulsions, Gout, Hysterick Fits, Madness, Palsies, Stone, Trembling. To this Children should be bred up from their Cradles.

F I N I S.

