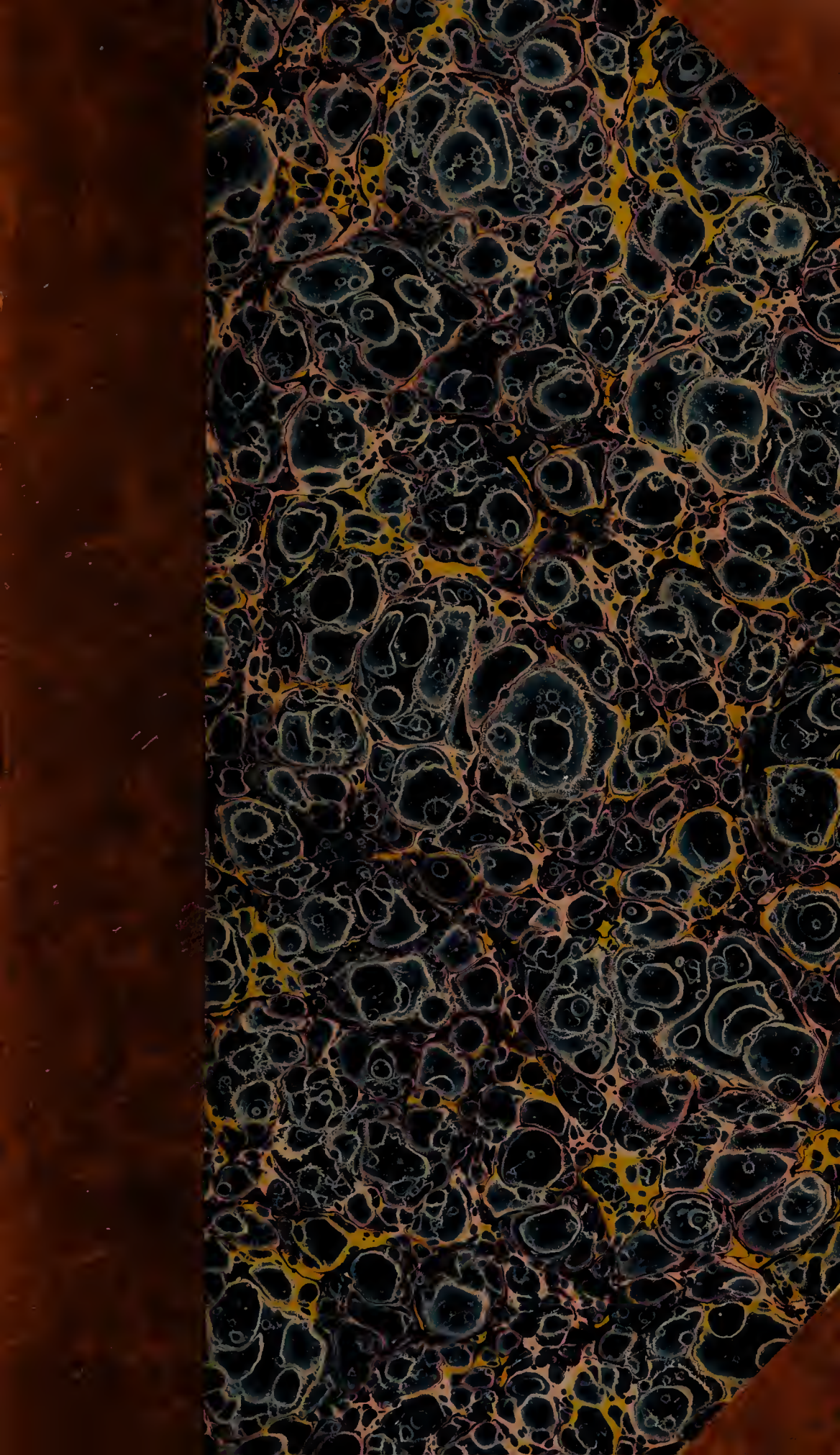
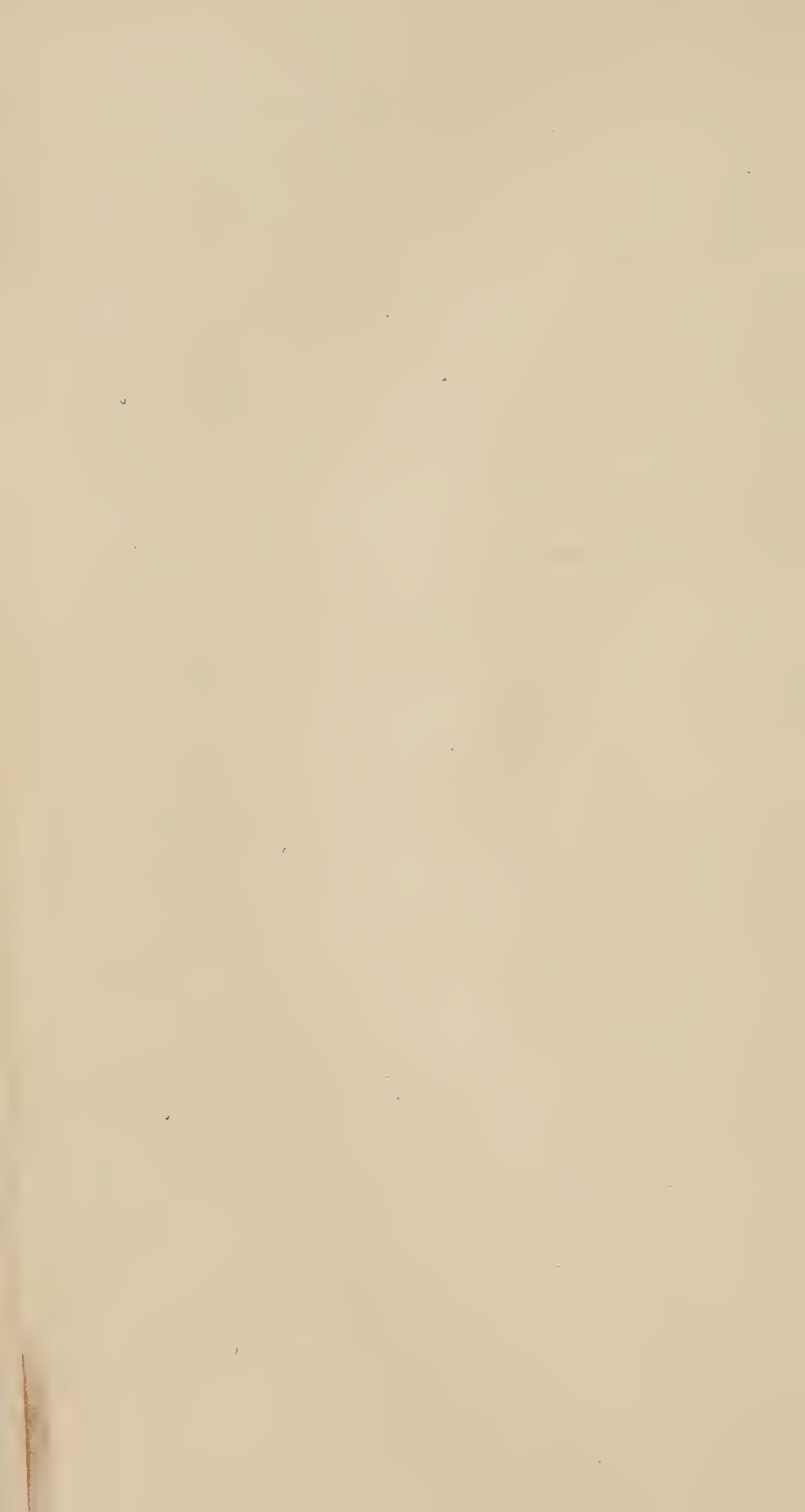




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St G Thorpe

1 Clarence Road
Gravesend

A present from Mr
Herdinge

John Wesley

1st edition

77646
Primitive Phyfick :

O R, A N

EASY and NATURAL

M E T H O D

O F

CURING most Diseases.



L O N D O N

Printed : and Sold by THOMAS TRYE, near
Gray's-Inn Gate, Holborn.

MDCCLXVII.



T H E

P R E F A C E.

1. **W**HEN Man came first out of the hands of the great Creator, 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 Sicknefs, Weaknefs, or Bodily Disorder. The Habitation wherein the Angelick Mind, the Divinæ Particulæ Auræ abode, altho' 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 in-

jure it. Heaven and Earth and all the Hosts of them were mild, benign and friendly to Human Nature. The entire Creation 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 rebel'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 Rebel against their Creator. The Sun and Moon shed unwholsom Influences from above; the Earth exhales poisonous Damps from beneath. The Beasts of the field, the Birds of
the

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, 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 thou shalt 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 exposed? 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 unto 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

A. 3 they

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

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 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 of 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 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

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 Poisson will not hurt you. Thus antient 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 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 obtain'd till that Time, came gradually to be inverted. Men
of

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 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 keep-
ing

ing 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 begun 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 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

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their

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 Phyfician. And thus both their Honour and Gain were fecured : A vast Majority of Mankind, being utterly cut off from helping either themselves or their Neighbours, or once daring to attempt it.

11. 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 Phyfick to its Antient Standard : Who 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 Myftery in it than this, “ Such a Medicine removes such a Pain.” These have demonftrably fhewn, That neither the Knowledge of Astrology, Astronomy, Natural Philosophy, nor even Anatomy itself, is ab-

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 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. *Cheyne*: Who doubtless would have communicated many more to the World, but for the Melancholy Reason he gave one of his Friends, that prest him with some Passages in his Works, which too much countenanced the Modern Practice, “ O Sir! We
B must

must do something to oblige the Faculty, or they will tear us in pieces."

13. Without any regard to this, without any Concern about the obliging or disobliging any man living, a mean Hand has made here some little Attempt, toward a plain and easy Way of curing most Diseases. I have only consulted herein, Experience, Common Sense, and the Common Interest of Mankind. And supposing they can be cured this easy Way, who wou'd desire to use any other? Who wou'd not wish to have a Physician always in his House; and one that attends without Fee or Reward? To be able (unless in some few complicated Cases) to prescribe to his Family, as well as himself?

14. If it be said, But what need is there of such an Attempt? I answer, 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

continue to do daily? From pining away in Sicknefs and Pain, either thro' the Ignorance or Knavery of Phyficians? 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, confidering how little to the purpose the far greater Part of them fpeak. But befide this, they are too dear for poor men to buy, and too hard for plain men to underftand. Do you fay, But there are enough of thefe Collections of Receipts. Where? I have not feen One yet, either in our own or any other Tongue, which contains only Safe and Cheap and Eafy Medicines. In all that have yet fallen into my hands, I find many Dear and many far-fetch'd Medicines; befide many of fo Dangerous a kind, as a prudent man wou'd never meddle with. And againft the greater Part of thofe Medicines there is a farther Objection; They confift of too many Ingredients. This

Common Method of compounding and decomposing 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 Disorder, 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 preserv'd it? This occasion'd that Caution of the great *Boerhaave*, against mixing things without evident Necessity,

sity, 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 easy to be procured at all times and in all places: But likewise be-
 I cause

cause 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 6 or 7 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,

“ 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 Quantity of the Food to the strength of our Digestion: To take always such a sort and such a Measure

sure 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 unwholesome.

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 wholesomest 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 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 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 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 Studios ought to have stated times for Exercise, at least Two or three

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. 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

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 its Return, by soft, cool, opening Diet.

2. Obstructed Perspiration (vulgarly called Catching 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 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.

M^r TH G Thompson, E. S.



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 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 Wrist 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 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, an Ounce of *Juice of Pellitory of Spain*, sweating after it. It cures the second, or third time of using.
- (N. B. It is proper to take a gentle Vomit before you use any of these Medicines.)

A TERTIAN AGUE.

13. Boil a handful of *Ribwort* in Whey. Drink this warm an hour before the fit comes, and lie down and sweat.
14. 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 Palsies, 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.

A QUARTAN AGUE.

15. Apply to the Suture of the Head, when the Fit is coming, *Wall July Flowers* beaten together leaves and flowers with a little Salt. Keep it on till the hot fit is over. Repeat this, if need be.

II. An ANASARCA, or FLESH-DROPSY.

16. Apply green *Dock-leaves* to the Joints, and the Soles of the Feet, changing it once a day :

17. Or, Fry *Rue* in Oil of *Wall-nuts*, and apply it hot as a Poultis to the Navel, changing it once a day.

III. St. ANTHONY'S FIRE.

18. Take a Pint of *Cold Water* twice a day :

19. Or, a Glafs of *Tar-Water* warm, in bed, every hour, washing the Part with the same.

Tar-

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.

20. Or, Take a Decoction of *Elder leaves*, as a sweat.

21. Or, of *Wild Thyme*, applying to the Part a Cloth 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.

22. Or, apply leaves of *Water-Dock* :

23. Or, *Venice-Treacle* :

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

25. 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.

IV. The APOPLEXY.

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

27. In the fit, Blow Powder of *White Hel-lebore* up the Nose, and fix a *Cupping Glass*, without scarifying, to the Nape of the Neck, and another to each Shoulder.
28. If the Fit be soon after a Meal, do not bleed, but *Vomit*.

V. The ASTHMA.

29. Take a Pint of *Cold Water* Every Night, as you lie down in Bed.
30. Or, a Pint of *Cold Water* every Morning, *washing* the Head therein immediately after, and using the *Cold Bath* once a Fortnight.
31. Or, half a Pint of *Tar-water* twice a Day.
32. Or, a Spoonful of *Nettle-juice*, mixt with clarified *Honey*.
33. Or, a Tea-spoonful of *Nitre* and as much *Sal Armoniack* in half a Pint of Water.
34. 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 Glass morning and evening.

35. Or, take an Ounce of *Quick-silver* every Morning, and a Spoonful of the *Gas* of *Sulphur*, in a large glass of Spring-water at Five in the Evening, and at bed-time till you are well. *I.*

36. For present Relief, Vomit with a quart or more of *warm Water*. The more you drink, the better.

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

VI. A Dry, or CONVULSIVE ASTHMA.

37. Use the *Cold Bath* thrice a Week.

38. Or, Beat fine *Saffron* small, and take eight or ten grains every Night.

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

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

VII. To cure BALDNESS.

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

VII. BLEEDING at the NOSE.

42. Apply to the Neck behind and on each Side, a Cloth dipt in *Cold Water*.
43. Or, Hold *Strawberry Root*, or *Cockle Root* under the Tongue.
44. Or, put into the Nose *Betony* stamp't with a little Salt.
45. Or, Steep a *linnen Rag* in *sharp Vinegar*, burn it, and blow the Ashes up the Nose with a Quill.

IX. BLEEDING of a WOUND.

46. Apply tops of *Nettles* bruised :
47. Or, Leaves of *All-heal* bruised. I.
48. Or, Spread the *Ashes* of a *Linnen Cloth* thick on another *Linnen Cloth*, and apply it.
49. Or, Strew on it the *Ashes* of a *Linnen rag*, dipt in *sharp Vinegar* and burnt.
50. Or, *Vine-leaves* dried and powder'd.
51. Or, Take ripe *Puff-balls*. Break them warily and save the Powder. Strew this on the Wound and bind it on.

X. SPITTING BLOOD.

52. Take half a Pint of Stew'd *Prunes*, at lying down, for two or three nights.

53. Or, a glafs of Decoction of *Onions*.
54. Or, four Spoonfuls of Juice of *Nettles* every morning : and a large Cup of Decoction of *Nettles* at night, for a Week.
55. Or, three spoonfuls of *Sage juice* in a little *Honey*. This prefently ftops either fputting or vomiting Blood.
56. Or, half a tea-fpoonful of *Barbadoes Tar* on a Lump of Loaf Sugar, at night. (It commonly cures at Once.)
57. Or, a fpoonful of Juice of *Betony* in a Cup of New Milk, for three or four Mornings.
58. Or half a Pint of Decoction of *St. John's Wort*, Morning and Evening.
59. Or, of *Ground-ivy*.
60. Or, of *Horse-tail* : (the Herb.) Or a Dram of the Root powder'd.

XI. VOMITING BLOOD.

61. Take three fpoonfuls of *Sage-juice* in *Honey* :
62. Or, two fpoonfuls of *Nettle-juice*. (This alfo diffolves Blood coagulated in the Stomach.)
63. Or, one of Juice of *Quinces* :
64. Or, a fpoonful of Juice or Syrup of *Horse-tail*.

XII. To resolve COAGULATED BLOOD.

65. Bind on the Part for some hours a Paste made of *Black Soap*, and crumbs of *White Bread*.
66. Or, grated Root of *Burdock* spread on a Rag: renew this twice a Day.

XIII. BOILS.

67. Apply a little *Venice Turpentine*.
68. Or, the leaves of *Arum* or *Wake-robin* :
69. Or, a little *Saffron* in a white-bread Poultis.

XIV: HARD BREASTS.

70. Boil *Turnips* well, squeeze out the Water, mash them, and mix them thoroughly with fresh Butter, and apply this warm to the breast, on a thick cloth, changing it Morning and Evening.

XV. A BRUISE.

71. Immediately apply *Treacle* spread on brown paper.
72. Or, *clarified Honey*.

73. Or.

73. Or, a Plaister of chopt *Parsley* mixt with Butter.

XVI. To prevent *Swelling* from a BRUISE.

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

XVII. To cure a *Swelling* from a BRUISE.

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

XVIII. BRUISES *exceedingly Swell'd*.

76. 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.

XIX. A BURN or SCALD.

77. Immediately plunge the Part into *Cold Water*. Keep it in an Hour, if it be not well before.

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

79. Or,

- 79. Or, apply a *Bruised Onion*.
- 80. Or, Tincture of *Myrrh*.
- 81. Or, bruised leaves of *Dwarf Elder* :
- 82. Or, *Elder Berries* stamp :
- 83. Or, a Rag dipt in *Rum* or *Spirits of Wine* :
- 84. Or, *Oil* and *Parsley* stamp together :
- 85. Or, apply *Oil*, and strew on it powder'd *Ginger* :
- 86. Or, Unslack'd *Lime*, mixt with *Honey*.

XX. A DEEP BURN OR SCALD.

- 87. Apply *black Varnish* with a Feather till it is well.
- 88. 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.

XXI. A CANCER.

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

(Generally

(Generally where Cold Bathing is necessary to cure a Disease, Water drinking is so, to prevent a Relapse.)

90. 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* throughly. Take off the Paring, beat the Pap well, spread it thick on Linnen, and lay it warm on the Sore, putting a Bladder over it. Change this every twelve or twenty four hours.

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

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

93. Or, live three Months on *Apples* and *Apple-water*.

94. Or, Take half a Dram of *Venice Soap* twice a Day.

XXII. A CANKER.

95. Apply red *Onions* bruised :

96. Or, make a Plaister of *Rock-Allum*, *Vinegar*, and *Honey*, equal Quantities, with *Wheat-flower*. Change it every
D twelve

twelve Hours. It cures in three or four Days.

97. 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.

XXIII. CANKER in the MOUTH:

98. 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.
99. Wash the Mouth often with a mixture of *Vinegar*, *Plantain-juice*, and *Rose-water* :
100. Or, with *Vinegar* and *Honey*, wherein half an Ounce of *Rock Allum* is boiled :
101. Or, take an Ounce of *Flower of Sulphur*, and half an Ounce of *Rock-Allum* finely powder'd. Mix these well together with pure *Honey*, and apply often.

XXIV. CHILLBLAINS.

102. Apply *Salt* and *Onions* pounded together.
103. Or, a *Poultis* of *roasted Onions* hot. Keep it on two or three Days, if not cured sooner.

104. Or, hot *Turnip-parings* (roasted) twice or thrice a Day.
105. Or, (if broke) Tincture of *Myrrh* in a little Water.

XXV. CHIN-COUGH.

106. Drink a Pint of *Cold Water* every Night.
107. Or, use the *Cold Bath* daily.
108. Or, rub the Feet thoroughly with *Hogs-lard*, before the Fire, at going to Bed, and keep the Child warm therein.
109. Or, give a spoonful of juice of *Penny-royal* mixt with brown *Sugar-candy*, twice a day.
110. Or, of *Colts-foot*.

XXVI. CHOLERA MORBUS, i. e. FLUX and VOMITING.

111. Drink two or three Quarts of *Cold Water*, if strong; of *Warm Water*, if weak.
112. Or, boil a Chicken an Hour in two Gallons of *Water*, and drink of this till the vomiting ceases.

XXVII. The CHOLICK.

- 113. Drink a Pint of *Cold Water*.
- 114. Or, a Quart of *Warm Water*.
- 115. Or, as largely as possible of *warm Tar-water* :
- 116. Or, a Pint of Water in which a *red hot Flint* is quenched.
- 117. Or, a Tea-spoonful of *Haws* dried and powder'd.
- 118. Or, from two Scruples to half a Dram of *Yellow peel* of Oranges powder'd, in a glass of Water.
- 119. Or thirty Drops of *Spirit* of *Turpentine* in Water.

XXVIII. CHOLICK in CHILDREN.

- 120. Give a Scruple of powder'd *Anniſeed* in their meat.

XXIX. A HYSTERICK CHOLICK.

- 121. Mrs. *Watts*, by using the *Cold Bath* two and twenty times in a Month, was intirely cured of an *Hysterick Cholick*, *Fits*, and convulsive *Motions*, continual *Sweatings* and *Vomitings*, wandering
Pains

Pains in her Limbs and Head, with total
Loss of Appetite.

122. In the Fit drink half a Pint of *Water*
with a little *Wheat flower* in it, and a
spoonful of *Vinegar*.

XXX. A STUBBORN CHOLICK.

123. Drink largely of *Camomile Tea*.
124. Or, of Decoction of *Mallow Leaves* :
125. Or, take from forty to an hundred
Drops of *Annise-seed Oil* in a little Sugar.
126. Or, half a Dram of *Mastick*, mixt
with the Yolk of a new-laid Egg twice
a Day.
127. Or, apply outwardly, a Bag of *Hot*
Oats.

XXXI. A NERVOUS CHOLICK.

128. Use the *Cold Bath*, daily for a Month :
129. Or, take an Ounce of *Quicksilver*,
daily for a Month.
130. Or, in Extremity, boil three Ounces
of *Burdock Seed* in Water, which give
as a Clyster.

XXXII. CHOFT HANDS.

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

132. Or, with *Soft Soap* mixt with *red Sand*.
133. Or, apply *Oil of Myrrh*.

XXXIII. A COLD.

134. Drink a Pint of *Cold Water* lying down in Bed:
135. Or, a Spoonful of *Treacle* in half a Pint of *Water*.

XXXIV. A COLD in the HEAD.

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

XXXV. A CONSUMPTION.

137. *Cold Bathing* has cured many deep Consumptions.
138. So has, the living wholly on *Apples* and *Apple-water*.
139. 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.
140. Drink nothing but *new Butter-milk*.

141. Or, boil two handfuls of *Sorrel* in a Pint of Whey. Strain it, and drink a Glafs thrice a Day.
142. Or, Take a spoonful of Syrup of *Fox-glove*, Morning and Evening.
143. Or, a Cup of Decoction of *great Daisy Flowers*.
144. Or, a Tea-spoonful of powder'd Root of *Arum* (or *Wake Robin*,) with as much powder'd *Brimstone*.
145. Or, every Morning cut up a little turf of fresh Earth, and, lying down, breathe into the hole for a Quarter of an hour.
146. " 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*.

XXXVI. CONVULSIONS.

147. Use the *Cold Bath*.
148. Or, take a Tea-spoonful of *Valerian Root* powder'd in a Cup of Water every Evening.

149. Or, a spoonful of *Syrup of Oak Moss*, morning and evening:

150. Or, half a Dram of *Misselto* powder'd, every six hours, drinking after it a Draught of strong Infusion thereof.

XXXVII. CONVULSIONS in Children.

151. Scrape *Piony-roots* fresh digged. Apply what you have scraped off to the Soles of the Feet. It helps immediately.

152. Or, Give the Child according to its age from two to seven grains of *Volatile Salt of Amber*, in Water.

XXXVIII. CONVULSIONS in the BOWELS of Children.

153. 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.

XXXIX. CORNS (to prevent).

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

XL. CORNS (to cure).

155. Apply a little Piece of *fresh Beef* every Morning.
156. Or, the *Yeast* of *Small Beer*, spread on a Rag.
157. Or, Boil the *Juice* of *Radishes*, till it is thick enough to spread as a Plaister. Shift it as it grows dry.
158. 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.
159. Or, apply fresh *Ivy leaves* daily, and in fifteen days, they will drop out.

XLI. COSTIVENESS.

160. Rise early every Morning.
161. 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.
162. Or, take a Decoction of *Tamarinds* in Whey.
163. Or, an Ounce of the Juice of *White Iris Root*, in Whey.

XLII. A COUGH.

164. Drink a Pint and half of *Cold Water* lying down in Bed.
165. 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.
166. Or, a Linctus of *Tar* mixt with *Honey*.

XLIII. AN ASTHMATICK COUGH.

167. 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.
168. Or, Drink half a Pint of *Tar-water* morning and evening.

XLIV. A CONSUMPTIVE COUGH.

169. Slit ten or twelve *Raisins* of the Sun, take out the Stones, and fill them with the small tender Tops of *Rue*. Take these early, every morning, fasting two or three hours after.

XLV. A CONVULSIVE COUGH.

170. Eat *preserv'd Walnuts*.
 171. Or, Boil a handful of *Bay leaves* in Milk, turn this with *White Wine*, and drink a Draught of the Whey often.

XLVI. AN INVETERATE COUGH.

172. Wash the Head in *Cold Water* every morning.
 173. Or, Use the *Cold Bath*. It seldom fails.
 174. Or, Take half a pint of Decoction of *Onions*, morning and evening.
 175. Or, a spoonful of Juice of *Onions* :
 176. Or, of Syrup of *Onions*.
 177. Or, a spoonful of Syrup of *Turnips* every three hours.
 178. Or, Stew *Turnips* in an Oven in their own Juice. Pour off the Liquor, and take a spoonful sweetened every four hours.
 179. 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.

180. 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.
181. Or, Take a spoonful of Syrup of *Horebound* morning and evening.
182. Or, Half a Pint of Decoction of *Horebound*.
183. Or, Put a Scruple of *Sperma Ceti* into the Yolk of a new laid Egg, and sup it up in the morning fasting.
184. Or, Take half a Pint of Decoction of *Wild Thyme*, sweetened with *Honey*, lying down in Bed.

XLVII. A PLEURITICK COUGH.

185. 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 glass every three hours.

XLVIII. A TICKLING COUGH.

186. Drink *Water* whiten'd with Oatmeal four times a day.

XLIX. VIOLENT COUGHING from a sharp
thin Rheum.

187. Work into old Conserve of *Roses*, as much as you can of pure *Olibanum*, 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.

L. The CRAMP (to prevent).

188. Tie your Garter tight under your knee at going to bed.

LI. To Cure.

189. Apply boil'd *Nettles* hot.

190. Or, Take half a pint of *Tar-water* morning and evening.

LII. A Cure.

191. 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.

LIII. DEAFNESS.

192. Use the *Cold Bath*.
 193. Or, Drop into the Ear three or four drops of *Onion-juice* at lying down, and stop it with a little Wool.
 194. Or, a tea-spoonful of *Salt-water*.
 195. Or, of Juice of *Ground-ivy*.
 196. Or, a little Juice of *Elder leaves*.

LIV. DEAFNESS from WAX.

197. Syringe the Ear with warm *Sage-tea*.
 198. Or, Put in *Wild Mint* bruised, with the Juice, changing it often.
 199. Or, Drop in *Penny-royal Water*, cold drawn, four or five Nights.

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

200. 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.

LVII.

LVI. A SETTLED DEAFNESS.

201. 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 Drops into the Ear, morning and evening, and stop it with black Wool.

LVII. To cause an easy DELIVERY.

202. Peel, slice, and fry a large white *Onion* in two or three spoonfuls of 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.

LVIII. The DIABETES.

203. 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.

204. 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.

LIX. The DROPSY.

205. Use the *Cold Bath* daily, after purging.

206. 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 Smoke, covering the Tub close, to keep in the Smoke. The Water will come out incredibly, and the Patient be cured.

207. Or, Abstain from all Drink for thirty days. To ease your Thirst hold often on your Tongue, a thin, small slice of toast-ed Bread, dipt in Brandy.

208. *Tar-water* drank twice a day has cur'd many.

209. Or, Mix a Pound of the *coarsest 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.

210. Or, Drink half a pint of *Sea water* morning and evening.

211. Or, Drink nothing else but a Decoc-
tion or Diet-drink of *Mountain Sage* (four
Pound to a Kilderkin).
212. Take a spoonful of the Juice of *Arti-
choke leaves*, morning and evening.
213. Or, half a pint of Decoction of *White
Briony*.
214. Or, of *Butchers Broom*, in-
termixing Purges.
215. Or, Boil two handfuls of *Elder Roots*
in a quart of Water. Strain it, and drink
a large Glas thrice a Day for thirty Days.

LX. The EAR-ACH.

216. Rub the Ear hard for a Quarter of an
hour.
217. Or, Apply to it a *hot Roll*.
218. Or, Put into it a *roasted Fig*, as hot as
may be.
219. Or, Blow the *Smoak* of *Tobacco* strongly
into it.
220. Or, Drop in Juice of *Goose grass*.
221. Or, of *Monks Rhubarb*.

LXI. EAR-ACH from COLD.

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

LXII. EAR-ACH from HEAT.

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

LXIII. EAR-ACH from WORMS.

224. Drop in *warm Milk* and it brings them out.
225. Or, Juice of *Wormwood*, which kills them.
226. Or, Oil of *bitter Almonds*.

LXIV. NOISE in the EARS.

227. Drop in Juice of *Onions*;
228. Or, Fill them with *bruis'd Hyssop*.

LXV. EYES-BLEAR'D.

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

LXVI. A BLOOD-SHOT EYE.

230. Apply Linnen Rags dipt in *cold Water* for two or three hours:
231. Or, Drop in Juice of *Clover*:

232. Or, *White Sugar-Candy*, finely powder'd.
233. Or, Apply boil'd *Hyssop*, as a Poultis.
234. Or, Mix half a Dram of well-powder'd Tutty, with an Ounce of *Rose water*. Drop this often into the Ear.

LXVII. A BRUISE in the EYE.

235. Apply as a Plaister *Conserve of Roses* :
236. Or, a Paste of *black Soap* and white bread Crums. But take Care it get not into the Eye.

LXVIII. BURNING EYES, or *Hot Rheum*.

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

LXIX. CLOUDS flying before the EYES.

238. Take a Dram of powder'd *Betony* every morning.

LXX. BLINDNESS.

239. Is often cured by *Cold Bathing*.

LXXI. DIM or MISTY SIGHT.

240. Wash the Eyes morning and evening with Decoction of *Betony*.

LXXII. EYES DIM or DECAY'D.

241. Use *Eye-bright* Tea daily :
242. Or, powder'd *Eye-bright*, both in meat and drink.

LXXIII. DULL SIGHT.

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

LXXIV. FILMS.

244. Dry *Zibethum Occidentale* slowly; Powder it fine, and blow it into the Eye twice or thrice a Day.
245. Mix Juice of *Ground-ivy* with a little *Honey*, and two or three Grains of *Bay Salt*. Drop it in morning and evening.

LXXV.

LXXV. HOT OR SHARP HUMOURS.

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

LXXVI. EYES INFLAM'D.

247. Apply as a Poultis boil'd, roasted or rotten *Apples* warm.
248. Or, *Wormwood Tops* with the Yolk of an Egg.
249. 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.
250. Or, Drop in often the Juice of *Eye-bright*.
251. Or, *Cinquefoil*.
252. Or, *Quick-grass*.

LXXVII. A LACHRYMAL FISTULA.

253. Apply a Poultis of fine leaves of *Rue*.
254. Or, Take a Dram of *Betony* leaves powder'd daily.

LXXVIII.

LXXVIII. PEARL in the EYE.

255. Apply a Drop of Juice of *Celandine* with a Feather thrice a day.
256. Or, of *three-leav'd Grass*. It commonly cures in seven days.

LXXIX. RHEUM in the EYE.

257. Drop in Juice of *Daisies* morning and evening.

LXXX. WHITE SPECKS in the EYE.

258. Put a Seed of *Clary* into the Eye, at going to Bed.
259. Or, a Drop of the Juice of *Fennel*.

LXXXI. SPOTS in the EYE.

260. Drop in a Drop of Juice of *Rue* morning and evening :
261. Or, of *Celandine* :
262. Or, of *Ground-ivy*.

LXXXII. SUFFUSION.

263. Drop in Juice of *Brook-lime* :
264. Or, of *Eye-bright*.

LXXXIII.

LXXXIII. INVOLUNTARY TEARS.

265. Wash the Eyes with Decoction of *Quince leaves* evening and morning.

LXXXIV. An excellent EYE-WATER.

266. Heat half an Ounce of *Lapis Calaminaris* 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 Bottle when you use it. It cures Soreness, Weakness, and most Diseases of the Eye. I have known it cure total Blindness.

LXXXV. Another.

267. 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.

LXXXVI. Another.

268. Boil very lightly one spoonful of *white Copperas* scrap'd, and three spoonfuls of *white Salt*, in three Pints of *Spring Water*. When cold, bottle it in large Vials without

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 preceding medicines. It takes away Redness, or any Soreness whatever. It cures Pearls, Pin and Web, Rheums, and often Blindness itself.

LXXXVII. The FALLING SICKNESS.

269. Use the *Cold Bath* for a Month daily.

270. Or, take a Tea-spoonful of *German-der*, gather'd in *May*, dried in the Shade, and powder'd, for nine Days, Morning and Evening.

271. Or, of *Piony Root* dried and grated fine.

272. Or, take a Spoonful of Juice of *Rue*, Morning and Evening, for a Month.

273. Or, of Juice of *Cinque-foil*.

274. Or, half a Pint of Decoction of *Lignum Guaiacum*, Morning and Evening :

275. Or, of *Tar-water* for three Months.

276. Or, use an *entire milk diet* for three Months.

277. Or, take the Quantity of a Nutmeg of Conserve of *White Piony Root*, daily for three Months :

278. Or, Infuse an Ounce of *Mustard Seed* in a Quart of *White Wine*, twenty four Hours, and take a Glas Morning and Evening :
279. In the Fit blow up the Nose a little powder'd *Ginger* :
280. Or, Leaves of *Assarabacca* powder'd :
281. To prevent a Relapse, take a Pill or two of powder'd *Toad* (See Art. 39.) before and after every new moon.

LXXXVIII. The FALLING of the
FUNDAMENT.

282. Apply a Cloth cover'd thick with *Brick-dust*.
283. 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.

LXXXIX. A FALLING down of the
WOMB.

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

XC. A FEVER.

285. Drink a Pint and half of *Cold Water* lying down in Bed :
286. Or a large glaſs of *Tar-water* warm, every hour.
287. 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.
288. Or, for change, uſe *Pippin Tea* ; Or, *Pippin Poſſet Drink* ; Or, *Wood Sorrel* ;
289. Or, *Plantane* :
290. Or, *Sorrel Tea* :
291. Or, Decoction of *Violet Leaves* :
292. Or, of *Strawberry Leaves*.

XCI. A BURNING FEVER.

293. Stamp a Handful of leaves of *Capri-folium* ; put fair Water to it, and uſe it cold as a Clyſter. It commonly cures in an Hour.

XCII. A CONTINUAL FEVER.

294. If not very violent, take a Dram of
I Sal

Sal Prunellæ, every four Hours, in warm water, till it abates.

XCI. A HECTICK FEVER.

295. Drink nothing but stale *Butter-milk*.

XCII. A STRONG HECTICK.

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

XCV. A HIGH FEVER

297. 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.

XCVI. AN INTERMITTING FEVER.

298. Take the Pills, as in Art. 9.

299. Or, drink warm *Lemonade* in the Beginning of every Fit, a little at a Time. It cures in a few Days.

XCVII. A FEVER with PAINS in the LIMBS.

300. Take twenty Drops of *Spirit of Harts-horn* in a Cup of Water, twice or thrice in twenty four Hours.

XCVIII. A RASH FEVER.

301. Drink every Hour a spoonful of Juice of *Ground Ivy*. It cures in twenty four Hours. Use the Decoction, when you have not the Juice.

XCIX. A SLOW FEVER:

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

C. A FISTULA.

303. Grind an Ounce of *Mercury Sublimate*, 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

keep it for Use close stopt. 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 yourself 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.

CI. A FLUX.

304. Wear *Wild Tansy* in the Shoes next the Skin.

305. Or, drink two or three Quarts of *Warm Water*.

306. Or, take a Dram of *Plantane Seed* bruised, morning and evening till it stops.

307. Or, the *leaves* of it boil'd in small Broth :

308. Or, three or four Ounces of its *Juice* :

309. Or, a small *Nutmeg* powder'd in the Yoke of an Egg.

310. Or, a Dram of the Seed of *Flix weed*, in two or three spoonfuls of Broth. I.

CII. A BLOODY FLUX.

311. Drink *cold Water* as largely as possible, taking nothing else till the Flux stops.
312. Or, a Pint of *Whey* made with a Lump of *Rock Allum* as hot as you can bear it.
313. Or, Take a large *Apple*, and at the Top pick out all the Core, and fill up the Place with a piece of *Hony-comb*; (the Hony being strain'd out.) Roast the Apple in Embers, and eat it, and this will stop the Flux immediately.
314. Or, A spoonful of juice of *Water-dock*, morning and evening.
315. 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.
316. Or, Decoction of *Primrose Leaves* morning and evening.
317. Or, grated *Rhubarb*, as much as lies on a Shilling, with halt as much grated *Nutmeg*, in a glass of White Wine, lying down, every other Night.

CIII.

CIII. The GOUT in the STOMACH.

318. " 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*.

CIV. GOUT in the FOOT or HAND.

319. Apply a raw, lean *Beef-stake*. Change it once in twelve Hours, till cured.

CV. The GOUT in any LIMB.

320. Rub the Part with *Warm Treacle*, and then bind on a Flannel smear'd therewith. Repeat, if need be, once in twelve Hours.

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

322. Or, at six in the evening, undress, and wrap yourself up in Blankets. 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

Then go into a Bed well warm'd, and sweat till Morning.

323. 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."
324. Or, Take thirty Drops of *Spirit of Hartshorn* thrice a day, in a Draught of *Bugbane Tea*. Keep warm after it.

CVI. The GRAVEL.

325. Drink largely of *warm Water* sweetened with *Honey*:
326. Or, of *Peach-leave Tea*,
327. Or, of *Pellitory of the Wall Tea*, so sweetened:
328. 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.

CVII. The HEAD-ACH.

329. Rub the Head a quarter of an hour:
330. Or, Apply *Rose leaves* mixt with the White of an Egg to the Forehead.
331. Or, Boil a handful of *Rosemary* in a Quart of Water. Put this in a Mug, and

and hold your Head (cover'd with a Napkin) over the Steam, as hot as you can bear. Repeat this till the Pain ceases.

332. Or, put a Leaf of *Wood Betony* up each Nostril.

333. Or, drop Juice of *Pimpernell* into the Ear.

334. Or, snuff up the Nose any *camphorated Spirits*,

335. Or, Juice of *Primrose Root* ;

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

337. Or, a little Juice of *Horse-radish*.

CVIII. A CHRONICAL HEAD-ACH.

338. Keep your Feet in *warm Water*, a quarter of an hour before you go to bed; for two or three Weeks.

339. Or, Wear tender *Hemlock leaves*, under the Feet, changing them daily :

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

341. Or, Take an Ounce of the Juice of *Primrose* leaves and roots, with as much Milk every morning.

CIX. AN INVETERATE HEAD-ACH.

342. Apply to the Head bruised *Cummin Seed*, fried with an Egg :

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

CX. HEAD-ACH from HEAT.

344. Apply to the Forehead Cloths dipt in cold Water for an hour.
345. Or, Beat *White Poppy Seed* to powder; mix this with Yolks of Eggs, and apply it to the Temples and Forehead.

CXI. A NERVOUS HEAD-ACH.

346. 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.

CXII. PERIODICAL HEAD-ACH.

347. Take a large tea-cup of strong *Carduus Tea* without Sugar, for six mornings.

CXIII. AN HEMICRANIA.

348. Use *Cold Bathing*.
349. Or, Apply to that Part of the Head, shaved, a Plaister that will stick, with a
hole

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.

CXIV. STOPPAGE in the HEAD.

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

CXV. The HEART-BURNING.

351. Drink a Pint of *cold Water*.

352. Or, Chew five or six *Pepper-Corns* a little. Then swallow them.

353. Or, Take six *Almonds* and twelve *raw Peas*, and eat them together.

CXVI. The HICCUP.

354. Swallow a Mouthful of *Water*, stopping the Mouth and Ears:

355. Or, Take any thing that makes you *sneeze*:

356. Or, a little candied *Ginger*:

357. Or, two or three preserved *Damsons*.

CXVII.

CXVII. HOARSENESS.

358. 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.
359. Or, Take a Pint of *cold Water* lying down.
360. Or, instead of Supper eat an *Apple*, and drink half a pint of *Water*.
361. Or, Swallow slowly Juice of *Radishes*:
362. Or, Take a spoonful of *Sage-juice*, morning and evening.

CXVIII. HYPOCHONDRIAC and HYSTERIC Disorders.

363. Use *Cold Bathing*.
364. Or, Take an Ounce of *Quicksilver* every morning.

CXIX. The JAUNDICE.

365. Wash the Hands and Feet with Decoction of *Dock Root*, 14 days, morning and evening.
366. Or, Wear leaves of *Celandine*, upon and under the Feet.

367. Or, Take as much as lies on a Shilling of *calcin'd Egg-shells*, three Mornings fasting and walk till you sweat.
368. Or, half a pint of *Tar-water* thrice a day:
369. Or, two or three spoonfuls of the Juice of *Quick-grass*, every morning.
370. Or, Drink a quarter of a pint of Decoction of *Dock Root*, morning and evening.
371. Or, half a pint of strong Decoction of *Strawberry leaves*; or, of *Nettles*.
372. Or, of Decoction of *Dandelion*; the whole Plant:
373. Or, half a pint of Decoction of *Monks Rhubarb*:
374. Or, “ Boil a large *Burr Root* in two Quarts of Water to three Pints. 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.”

CXX. The JAUNDICE in Children.

375. Take half an ounce of fine *Rhubarb* powder'd. Mix with it thoroughly, by long beating, two handfals of good well-cleanfed *Currants*. Of this give a Tea-spoonful every morning.

CXXI. The ILIAC PASSION.

376. Take a Decoction of the Seed of *Dill* in Oil and Water, and then a bit of Bread dipt in Water.
377. Or, Ounce by Ounce a Pound or a Pound and a half of *Quicksilver*.

CXXII. AN IMPOSTHUME.

378. 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, changing it every hour, till all the matter be come out, which it will be in three Times. *I*.

CXXIII. PAIN in the JOINTS.

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

CXXIV. The ITCH.

380. Wash the Parts affected with *Smiths Forge Water*.
381. Or, with a strong Decoction of *Chick-weed* morning and evening.

382. Or, of *Dock Root* for nine or ten days:
383. Or, of *Hyssop*, four or five days:
384. 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.
385. Or, Mix Powder of *White Hellebore* with Cream for three days. Anoint the Joints three mornings and evenings.
386. Or, Anoint thrice with *Garlick Root* mixt with *Hogs-lard*.
387. 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.
388. Or, Beat *Dock Roots* in a Mortar with sweet Butter: Anoint with this. It cures in five or six Times using.
389. 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.

CXXV. The KING's EVIL.

390. Drink daily for six Weeks, a strong Decoction of *Devil's Bit*.
391. Or, Use a strong Decoction of *Felony-wort*, as common Drink, for three Months.

392. Or, Infuse a handful of *Mountain Saxi-
frage* in a Quart of Water twenty-four
hours. Drink half a pint morning and
evening for three Months. It seldom
fails.
393. Or, of *Ground-ivy*:
394. Or, of Decoction of *Dead Nettles*:
395. Or, of *Colts-foot*: Mean time, apply
the Herb, beaten up with powder'd *Lin-
seed* and *Hogs-lard*, to the Sores, renewing
it twice a day.
396. Or, Beat Garden Snails with a little
Parsley to the Consistence of a Plaister.
Apply it to the Sores, changing it every
twenty-four hours:
397. Use *Lime-water* for common Drink.
398. 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 searse it, as before. Take of
this as much as lies on a Shilling in a
Glas of Water every morning fasting;
an hour before Breakfast, at Four in the
Afternoon, and at going to Bed.

CXXVI. STOPPAGE in the KIDNEYS.

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

CXXVII. The LEGS INFLAM'D.

400. Apply *Fullers Earth*, spread on Brown Paper.

401. Or, Rub them with warm Juice of *Plantain*.

CXXVIII. The LEPROSY.

402. Use the *Cold Bath*.

403. Or, Wash in the *Sea*, often and long.

404. Or, Wash the Parts with Juice of *Calamint*.

405. Or, Mix well, an Ounce of *Pomatum*, a Dram of powder'd *Brimstone*, and half an Ounce of *Sal Prunellæ* : and anoint the Parts so long as there is need.

406. Or, Add a Pint of Juice of *Houfeleek*, and half a pint of *Verjuice*, to a Pint and a half of Poffet-drink. Drink up this in twenty-four hours. It cures also the *Quinsy*, and all sorts of *white Swellings* on the Joints.

407. Or, Drink for a Month a Decoction of *Elm Bark*, morning and evening.

CXXIX. The LETHARGY.

408. Snuff strong *Vinegar* up the Nose,
409. Or, Powder of *White Hellebore* :
410. Or, Take half a pint of Decoction of *Savory*, morning and evening :
411. Or, of Infusion of *Water-Cresses*.

CXXX. LICE (to kill).

412. Sprinkle *Spanish Snuff* over the Head,
413. Or, Wash it with a Decoction of *Amaranth*.

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

414. Plunge him immediately into *Cold Water*,
415. Or, *Blow* strongly with Bellows down his Throat.

CXXXII. LUNACY.

416. Give a Decoction of *Agrimony* four times a day,

417. Or, of *Pimpernell*;
 418. Or, Juice of *Ground-ivy* three Ounces daily.
 419. 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.

CXXXIII. RAGING MADNESS.

420. Keep on the Head a Cap fill'd with *Snow*, for two or three Weeks:
 421. Or, Set the Patient with his Head under a Great *Water-Fall*, as long as his Strength will bear:
 422. Or, Let him eat nothing but *Apples* for a Month:
 423. Or, Give Juice and Decoction of *Hearts-ease* daily.

CXXXIV. The BITE of a MAD DOG.

424. Plunge into *cold Water*, and keep as long under it, as can be done without drowning.

425. Or, Apply as soon as possible, Juice of *Fig-tree* made into an Ointment with *Hogs-grease*.

426. Or, Apply Juice of *Dracuntia* mixt with *Vinegar*, outwardly, and drink of the same morning and evening, five or six Days.

CXXXV. The MEASLES.

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

CXXXVI. MENSES OBSTRUCTED.

428. Take half a pint of Decoction of *Penny-royal* every night at going to Bed.

429. Or, a spoonful of Juice or Syrup of *Brooklime*, morning and evening.

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

431. 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.

432. 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.

CXXXVII.

CXXXVII. MENSES NIMI.

433. Drink nothing but *cold Water*. At the Time drink a Glas of the coldest Water you can get, and apply a thick Cloth dipt in *cold Water*.
434. Or, Put the Feet into *cold Water*.
435. Or, Drink daily a quarter of a pint of Decoction of *Cinque-foil*:
436. Or, Use daily Decoction, Syrup, or Powder of *Horse-tail*.

CXXXVIII. To resolve COAGULATED MILK.

437. 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.

CXXXIX. To increase MILK.

438. Drink a Pint of *Water*, going to bed:
439. Or, Drink largely of Pottage made with *Lentils*.

CXL. To make MILK agree with the
STOMACH.

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

CXLI. An old stubborn PAIN in the
BACK.

441. Steep Root of *Water Fern* in Water,
till the Water become thick and clammy.
Then rub the Parts therewith morning
and evening.

CXLII. The PALSY.

442. Use the *Cold Bath*, rubbing and sweat-
ing after it.

443. 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*.

444. Or, Take *Tar-water*, morning and
evening:

445. Or, Boil *White* and *Red Sage*, a hand-
ful of each in a Quart of *white Wine*.
Strain and bottle it. Take a small Glass
morning

morning and evening. (This helps all Nervous Disorders.)

446. Or, Apply to the Parts boil'd *Sage leaves* hot: and drink Decoction of *Sage* morning and evening.
447. Or, Drink Decoction of *Wood Betony* morning and evening.
448. Or, of *Water-Dock*, applying the *boil'd Leaves*.

CXLIII. PALSÝ of the HANDS:

449. Wash them often in Decoction of *Sage* as hot as you can bear.
450. Or, Boil a handful of *Elder leaves*, and two or three spoonfuls of *Mustard seed* in a Quart of Water. Wash often in this, as hot as may be.

CXLIV. PALSÝ of the MOUTH.

451. After Purging well, chew *Mustard seed* often;
452. Or, *Pellitory of Spain*:
453. Or, Hold in your Mouth half an ounce of *Spirit of Lavender*.
454. Or, Gargle with Juice of *Wood sage*.

CXLV.

CXLV. The PALPITATION of the
HEART.

455. Drink a Pint of *Cold Water*.

456. Or, Apply outwardly *Balm Leaves* sprinkled with *Vinegar*.

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

CXLVI. The PILES, (to prevent.)

458. Wash the Parts often with *Cold Water*.

CXLVII. The PILES, (to cure.)

459. Apply warm *Treacle*.

460. Or, a *Tobacco Leaf* steeped in Water twenty four Hours.

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

462. Or, a bruised *Onion* skin'd : (It perfectly cures the dry Piles.)

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

CXLVIII. The INWARD PILES.

464. Drink largely of *Treacle* and *Water*.

465. A Spoonful of Juice of *Yarrow*, or of *Leeks*, drank three or four Mornings, cures Inward *bleeding* Piles.

CXLIX. The PLAGUE, (to prevent.)

466. Eat *Marigold Flowers* daily, as a Salad, with Oil and Vinegar.
467. Or, a little of the Tops of *Rue* with Bread and Butter, every Morning.
468. 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.

CL. The PLAGUE, (to cure.)

469. *Cold Water* alone, drank largely, has cured it :
470. Or, an Ounce or two of the Juice of *Marigolds* :

471. Or, take a Dram of *Angelica* powder'd every six hours. It is a strong Sweat.
- 472 Or, After bleeding fifty or sixty Ounces, drink very largely of *Water* sharpen'd with Spirit of *Vitriol* :

CLI. The PLEURISY.

473. Apply *Onions* roasted in the Embers, mixt with *Cream*.
474. 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*.
475. Or, Drink a Quart of *Cold Water*.
476. Or, A Glas of *Tar-water* warm every half hour.
477. Or, Of Decoction of *Nettles* : and apply the Herb hot, as a Poultis. *I*.
478. Or, Take a Dram of *Corn-poppies* powder'd in warm Water. *I*.
479. Or, of *Burdock Root*.
480. Or, take half a Dram of *Olibanum*, in warm water every four hours.
481. Or, from a Scruple to a Dram of powder'd *Olibanum*, in the Pulp of a roasted apple.

CLII.

CLII. A PRICK or CUT that festers.

482. Apply *Turpentine*.

CLIII. An easy PURGE.

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

484. Or, infuse from half a Dram to two Drams of *Damask Rose-leaves* dried, in half a Pint of warm *Water* for twelve hours.

485. 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.

CLIV. A Stronger PURGE.

486. Drink half a Pint of strong Decoction of *Dock root*.

487. Or, Two Ounces of the powder'd Root of *Monks Rhubarb*, with a Scruple of *Ginger*.

CLV. The QUINSY.

488. Apply a large white bread Toast, half an Inch thick, dipt in *Brandy* to the Crown of the Head till it dries.
489. Or, Drink a Quart of *Cold water* lying down in Bed.
490. Or, Swallow slowly Decoction of *House-leek* :
491. Or, *White Rose-water*, mixt with Syrup of *Mulberries*.
492. Or, Take a spoonful of the Juice of *Cinque-foil*, every two Hours.
493. Or, a glass of Decoction of *Water-dock*.

CLVI. The RHEUMATISM.

494. Use the *Cold Bath*, with Rubbing and Sweating.
495. Or, Rub in warm *Treacle*, and apply to the Part a brown Paper smear'd therewith.
496. Or, drink very largely of *warm Water* in Bed.
497. Or, *Tar-water*, morning and evening.
498. Or, Take Morning and Evening, as much

much *Lignum Guaiacum* powder'd, as lies on a Shilling.

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

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

501. Or, of Water in which two spoonfuls of scraped *Horse-radish* have been steep'd for twenty four hours.

502. 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.

503. Or, chew *Rhubarb* two hours a Day, and swallow your Spittle :

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

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

505. Wash the Child every Morning in *Cold Water*.

CLVIII. RING-WORMS.

506. Rub them with *Oil of Paper*.

507. Or, with Juice of *House-leek* :

508. Or, wash them with Decoction of *Soap-wort*.

CLIX. A RUPTURE.

509. Take *Agrimony*, *Spleen-wort*, *Solomon's Seal*, *Straw-berry Roots*, a handful 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 glass of this every Morning, and an Hour after drink another. It commonly cures in a Fort-night.

CLX. A FRESH RUPTURE.

510. Take Decoction of *Plantane Leaves* morning and evening.

CLXI. A RUPTURE IN CHILDREN.

511. Boil a Spoonful of *Eggs 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.

CLXII.

CLXII. A WINDY RUPTURE.

512. Warm *Cow-dung* well. Spread it thick on Leather, strowing some *Cummin-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.

CLXIII. A SCALD HEAD.

513. Anoint it with *Barbadoes Tar*.

CLXIV. The SCIATICA.

514. Use *Cold bathing*, and Sweat.

515. Or, apply Leaves of *Ranunculus* bruised, for six hours.

516. Or, Flannels dipt in *Stale Lie*, boil'd with Salt, as hot as you can bear, for an hour.

517. Or, Boil *Nettles* till soft. Foment with the Liquor; then apply the Herbs as a Poultis.

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

519. " Many have been cured in four or five days, only by drinking half a Pint of

of *Cold water* daily, in the Morning, and at four in the Afternoon."

520. Or, Boil *Calamint*, (otherwise called *Pepper-mint*.) Apply this as a Poultis, shifting it daily. Mean time drink a Decoction of it morning and evening.

CLXV. Inflammations or Swellings of the SCROTUM.

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

CLXVI. A SCORBUTICK ATROPHY.

522. Use *Cold Bathing*: Which also cures all

CLXVII. SCORBUTICK PAINS.

CLXVIII. SCORBUTICK SORES.

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

one Night, drink daily half a pint, new-milk warm, Fasting, and at Four in the Afternoon. Walk a little after it. In three Months, all the Sores will be dried up.

CLXIX. The SCURVY.

- 525. Live on *Turnips* for a Month :
- 526. Or, on an entire *Milk-diet*, for six Months.
- 527. Or, Take *Tar-water* morning and evening, for three Months.
- 528. Or, Infusion of *Horse-radish*.
- 529. Or, Decoction of *Fumitory* :
- 530. Or, of the Great *Water-Dock* :
- 531. Or, Infuse dried *Dock-Roots* in your common Drink.
- 532. Or, Use Infusion, or Powder of *Wall Rue*, morning and evening.

CLXX. SICKISHNESS in the MORNING.

- 533. Eat nothing after Six in the Evening.

CLXXI. SKIN RUBB'D OFF.

- 534. Apply pounded *Self-head*. It seldom needs repeating.

CLXXII.

CLXXII. SMALL POX.

535. Drink largely of *Toast and Water* :
 536. Or, Let your constant Drink be *Milk and Water*.
 537. The best Food is *Milk and Apples*.

CLXXIII. A SORE MOUTH.

538. Apply the White of an *Egg*, beat up with *Loaf Sugar*.
 539. Or, Gargle with Juice of *Cinquefoil* :

CLXXIV. A SORE THROAT.

540. Apply a Chin-stay of *roasted Figs*.
 541. Or, Take a Pint of *cold Water*, lying down in Bed.
 542. Or, Gargle with *Rose Water*, and Syrup of *Mulberries* :
 543. Or, Snuff a little *Honey* up the Nose.
 544. Or, Swallow slowly Juice of *Cinquefoil* :
 545. An old Sore Throat was cured by living wholly on *Apples* and *Apple-water*.

CLXXV.

CLXXV. To draw a SPLINTER.

546. Apply a Poultis of *chew'd Bread*.

547. Or, a little *Turpentine*.

CLXXVI. A SPRAIN.

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

549. Or, Apply Cloths dipt therein, four times doubled, for two Hours, changing them as they grow warm.

550. Or, Bathe it in good *Crab Verjuice*.

551. Or, Stoop it with one spoonful of *Brandy*, two of *Vinegar*, and four of *Water*.

552. Or, Boil *Bran* in *Wine Vinegar* to a Poultis. Apply this warm, and renew it once in twelve hours.

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

CLXXVII. A VENOMOUS STING.

554. Apply a little *Venice Treacle*:

555. Or, a Poultis of bruised *Plantain* and *Honey*:

556.

556. Or, Take inwardly, one Dram of *black Currant leaves* powder'd. It is an excellent Counter-poison.

CLXXVIII. The STING of a BEE.

557. Apply *Honey*.

CLXXIX. The STING of a NETTLE.

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

CLXXX. The STING of a WASP.

559. Rub the Part with bruised Leaves of *Houfeleek*.

560. Or, of *Water-cresses* :

561. Or, of *Rue*.

CLXXXI. The STING of a BEE or
WASP in the EYE.

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

CLXXXII. A STITCH in the SIDE.

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

CLXXXIII.

CLXXXIII. FREQUENT OR VIOLENT
STITCHES.

564. Drink Decoction of *Nettles*, and apply the Herbs hot.

565. 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.

CLXXXIV. ACCIDENTAL SICKNESS,
or PAIN in the STOMACH.

566. *Vomit* with a Quart or more of *Warm Water*. Do this twice or thrice successively.

CLXXXV. PAIN in the STOMACH
from BAD DIGESTION.

567. Take Fasting, or in the Fit, half a pint of *Camomile Tea*. Do this five or six Mornings.

CLXXXVI. COLDNESS of the STOMACH.

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

I CLXXXVII.

CLXXXVII. CHOLERICK, hot PAINS,
in the STOMACH.

569. Take half a pint of Decoction of *Ground-ivy*, with a Tea-spoonful of the Powder of it, five or six Mornings. I.

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

570. Swallow five or six Corns of *White Pepper*, for six or seven Mornings.

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

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

572. Or, Drink *warm Water* largely.

CXC. In the Fit.

573. 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.

CXXI. In a *Raging* Fit.

574. 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 in the most racking Pain:
575. Or, in Extremity, give a Clyster with
Oil of *Turpentine*.

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

576. Take Decoction of *Agrimony* morning
and evening:
577. Or, of *Camomile*:
578. 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 usually cures in
six Weeks.
579. Or, Dry and powder *Haws* fine. Take
a spoonful of this Powder in a Glass of
White Wine every Morning.

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

580. "Take morning and evening a Tea-
spoonful of *Onions* calcin'd into white
Ashes, in White Wine. An Ounce will
dissolve the Stone."

581. Or, Take a Tea-spoonful of *Violet Seed* powder'd, morning and evening. It both wastes the Stone, and brings it away.

582. Or, Make Tea of *Peach leaves* dried in the Sun, and drink two or three Dishes every morning.

583. 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.

CXCIV. The STONE in the KIDNEYS.

584. Use the *Cold Bath*,

585. Or, Drink half a pint of Water every morning,

586. Or, Decoction of *Speedwell* largely.

CXCV. STOPPAGE in the KIDNEYS.

587. Take a spoonful of Juice or Syrup of *Ground-ivy*, morning and evening :

588. Or, of *Pellitory of the Wall* :

589. Or, Juice of *Radishes* :

590. Or, half a pint of *Tar-water*.

CXCVI.

CXCVI. The STRANGURY.

591. Use the *Cold Bath* :
 592. Or, Drink largely of Decoction of
Turnips sweetened with *Honey* :
 593. Or, of Decoction of *Mallows* :
 594. Or, of Decoction of *Gromwell*, (either
 Seed or Leaves :)
 595. Or, of Decoction of *Red Nettle Seed* :
 596. Or, Take a Tea-spoonful of *calcin'd*
Egg-shells, morning and evening.

CXCVII. To stop PROFUSE SWEATING.

597. Drink largely of *cold Water*.

CXCVIII. SWELL'D FEET.

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

CXCIX. SWELL'D LEGS.

599. Bathe them every Morning in *cold*
Water, and take an easy *Purge* twice a
 Week :
 600. 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.

CC. A SWELL'D THROAT.

601. Gargle with Decoction of *Nettles* :

602. Or, of *Primrose leaves*.

CCI. A WHITE SWELLING (on the Joints).

603. Apply a Green *Colewort* with *red Veins*, bruising the Ribs : Renew this morning and evening.

604. 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.

605. Or, Apply a Poultis of *Wormwood* fried with *Hogs-lard*.

CCII. To dissolve WHITE OR HARD SWELLINGS.

606. 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.

CCIII.

CCIII. To fasten the TEETH.

607. Chew often Roots of *Brook-lime* :
608. Or, Gargle with Water in which *Al-lum* is dissolved.
609. Or, Gargle often with *Phyllyrea* leaves boil'd, with a little *Allum*, in *Forge-water*.

CCIV. To clean the TEETH.

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

CCV. To prevent the TOOTH-ACH.

611. Wash the Mouth with *cold Water* every Morning.
612. Or, Rub the Teeth often with *Tobacco Ashes*.

CCVI. To cure the TOOTH-ACH.

613. Rub the Cheek a quarter of an hour.
614. Or, Put a Clove of *Garlick* into the Ear :
615. Or, *Parsley* much bruised, with a little *Bay Salt*.
616. Or, a Piece of *Plantain Root*, fresh digg'd up, and wash'd. I.

617.

617. Or, Lay roasted Parings of *Turnip*, as hot as may be, behind the Ear.
618. Or, Put a Leaf of *Betony*, bruised, up the Nose.
619. Or, Lay bruised *Nettles* to the Cheek:
620. Or, Lay a Clove of *Garlick* on the Tooth.
621. Or, a Piece of the Root of *Masterwort*.
622. Or, Chew the Root of an *Iris*:
623. Or, Root of *Yarrow*:
624. Or, Gargle with Juice of *Monks Rhubarb*.
625. Or, with Decoction of *Mulberry leaves*.
626. Or, Put into the hollow Tooth, a little Cotton, dipt in *Lucatelli's Balsam*.

CCVII. PAIN in the TESTICLES.

627. Apply *Pellitory of the Wall* beaten up into a Poultis, changing it morning and evening.

CCVIII. To draw out THORNS, or BONES.

628. Apply *Primrose leaves* beaten into a Poultis.
629. Or, *Nettle Roots* and Salt.
630. Or, Turpentine spread on *Leather*.

CCIX.

CCIX. The THRUSH.

631. Mix Juice of *Celandine* (gather'd in *June* or *July*) 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*.

CCX. TORPOR (or Numbness) of the LIMBS.

632. Use the *Cold Bath*, with rubbing and sweating.

CCXI. The TYMPANY.

633. Use the *Cold Bath*, with Purges intermixt.

634. Or, Mix the Juice of *Leeks*, and of *Elder*. Take two or three spoonfuls of this morning and evening.

CCXII. The VERTIGO.

635. Use the *Cold Bath* for a Month.

636. Or, Drop Juice of *Pimpernell* into the Ear morning and evening.

637.

637. Or, Snuff up the Nose the Juice of *black or red Beets* :

638. Or, in a *May* morning, about Sunrise, snuff up daily the *Dew* that is on *Mallow Leaves*.

639. Or, Apply to the Top of the Head, shaven, a Plaister of Flour of *Brimstone*, and White of Eggs.

640. Or, Drink morning and evening half a pint of Decoction of *Primrose Root*. I.

641. Or, of *Sage*, washing also the Head therewith :

642. Or, Take every morning half a dram of *Mustard seed*.

643. Or, a Dram of *Colombine seed*, in *Sage Tea*,

644. Or, of *Southernwood*.

CCXIII. VIGILIA.

645. Apply to the Forehead for two hours, Cloths four Times doubled, and dipt in *cold Water*.

646. Or, Use the *Cold Bath*. It cures even in desperate Cases.

647. Or, Apply, to the Head, Leaves of *Water Lillies*.

648. Or, a Poultis of *Henbane* and *Poppy seeds* beaten together.

CCXIV.

CCXIV. Bite of a VIPER.

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

CCXV. To prevent the Bite of a VIPER.

650. Rub the Hands with the Juice of *Radishes*.

CCXVI. An ULCER.

651. Apply a Poultis of *Chew'd Bread*, changing it every twelve hours.

652. Or, dry and powder a *Walnut Leaf*, and strew it on, and lay another Walnut Leaf on that.

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

CCXVII. An INWARD ULCER.

654. Drink *Tar-water* morning and evening:

655. Or, Decoction of *Pimpernell*.

CCXVIII.

CCXVIII. ULCER in the BLADDER,
or KIDNEYS.

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

657. Or, Decoction, Powder, or Syrup of
Horse-tail.

CCXIX. A FISTULOUS ULCER.

658. Apply *Wood Betony* bruised, changing
it daily.

659. Or, Leaves of *Water-dock* bruised :

CCXX. A BLEEDING varicous ULCER
in the LEG.

660. Was cured only by constant *Cold bath-*
ing.

CCXXI. ULCER in the LUNGS.

661. Take a quarter of a Pint of Decoction
of *Horse-tail*, morning and evening.

CCXXII. A MALIGNANT ULCER.

662. Foment it daily with Juice of *Mer-*
cury.

663.

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

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

CCXXIII. A SCORBUTICK ULCER.

665. Apply boil'd *Brook-lime* as a Poultis.

CCXXIV. A STUBBORN ULCER.

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

CCXXV. An easy and safe VOMIT.

667. Boil half a handful of *Artichoke Leaves* in a quart of Water. The more you drink of warm Water after it the better:

668. Or, a Dram and half of *Primrose Root* powder'd. 'Tis best if gathered in *August*.

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

CCXXVI. An excellent VOMIT for a
palled STOMACH.

670. 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.

CCXXVII. To stop VOMITING.

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

672. Or, apply a large *Onion* slit, to the Pit of the Stomach:

673. Or, A Bag of *Saffron*:

674. Or, Take a spoonful of *Lemon-juice*, and six Grains of Salt of *Wormwood*:

675. Or, Infuse an Ounce of *Quick-silver* in a large Glass full of Water for twenty four hours. Then drink the Water. I.

CCXXVIII. BLOODY URINE.

676. Take a Quarter of a Pint of *Sheeps-Milk* twice a Day:

677. Or, half a Pint of Decoction of *Agri-mony*:

678.

678. Or, of Decoction of *Calamint*, or *Yarrow* :

679. Or, of Decoction (or Syrup, or Powder) of *Horse-tail*.

CCXXIX. URINE by Drops with HEAT and PAIN.

680. Drink nothing but *Lemonade*.

681. 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.

CCXXX. INVOLUNTARY URINE.

682. Use the *Cold Bath* :

683. Or, Take a Tea-spoonful of powder'd *Agrimony* in a little Water, morning and evening :

684. Or, Half a pint of *Lime-water* :

685. Or, a quarter of a pint of *Allom Posset* drink, every Night.

CCXXXI. SHARP URINE.

686. Take two spoonfuls of fresh Juice of *Ground-ivy*.

CCXXXII. SUPPRESSION of URINE.

687. Drink largely of warm *Lemonade* :
 688. Or, Take a spoonful of Juice of *Le-
mons*, sweeten'd with Syrup of *Violets* :
 689. Or, a spoonful of Juice of *Radishes* :
 690. Or, two spoonfuls of Juice of *Onions* :
 691. Or, from two Scruples to a Dram of
 calcin'd *Egg-shells*, in a Glas of white
 Wine.
 692. Or, from half a Dram to a Dram of
 powder'd *Ivy*.

CCXXXIII. UVULA inflamed.

693. Gargle with a Decoction of beaten
Hemp-seed :
 694. Or, with a Decoction of *Dandelion*.

CCXXXIV. UVULA relax'd.

695. Bruise the Veins of a *Cabbage-leaf*, and
 lay it hot, on the Crown of the Head.
 Repeat, if needed, in two hours. I.
 696. Or, gargle with Decoction of *Water-
dock* :
 697. Or, of *wild Tansy*.
 698. Or, with an Infusion of *Mustard-seed*.

CCXXXV. WARTS.

699. Rub them daily with a *Rub* :

700. Or, with Juice of *Dandelion* :
 701. Or, of *Marigold Flowers*.
 702. Or, Water in which *Sal Armoniac* is
 dissolv'd.

CCXXXVI. The WHITES.

703. Take daily three spoonfuls of Juice of
Cinquefoil, morning and evening.
 704. Or, a Tea-spoonful of *Lavender Cot-*
ton Leaves powder'd.
 705. Or, after purging, take about fifteen
 grains of *Ceruse of Antimony* in white
 Wine, twice or thrice a day.

CCXXXVII. A WHITLOW.

706. Apply a Poultis of *Chew'd Bread*.
 Shift it once a Day.
 707. Or, a Plaister of *Ground-ivy* stamp't.

CCXXXVIII. Weakness in the ANKLES.

708. Hold them in *cold Water* a quarter of
 an Hour, morning and evening.

CCXXXIX. WORMS.

709. Take a spoonful of *Salt* in a glass of
 water every Morning :

710. Or, A spoonful of Juice of *Spear-mint*. I.
711. Or, a glass of *Onion water*.
712. Or, a Tea-spoonful of *burnt Hartshorn* mixt with Sugar :
713. Or, of *Worm-seed* mixt with *Treacle*, for six mornings.
714. Or, a Dram of powder'd *Fern Root*, boil'd in Mead. This kills both the flat and the round worms.

CXL. WOUNDS.

715. If small, apply *chew'd Bread*;
716. Or, Leaves of *Agrimony* beaten into a Poultis ;
717. Or, Juice or Powder of *Yarrow* ; I.
718. Or, Juice of *Celandine*.
719. Or, bind leaves of *Ground-ivy* upon it.
720. Or, bruised *Hyssop*, with a little Sugar ;
721. Or, *Wood Betony* bruised. This quickly heals even cut Veins, or Sinews ; and draws out Thorns or Splinters.
722. 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 though it prick or shoot for a Time.

CCXLI. INWARD WOUNDS.

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

CCXLII. PUTRID WOUNDS.

724. 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.

CCXLIII. WOUNDED TENDONS.

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

COLD-

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,

Melan-

Melancholy,
Palsies, Rheumatism, Stone.

It cures every Nervous, and every Paralytick 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

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 Cases, where the Nerves are
 obstructed, (such as are those mark'd thus*)
 you should go to bed immediately after,
 and sweat.

'Tis often useful, to use the Hot Bath a
 few days, before you use the Cold.

Wise Parents should dip their Children in
 Cold Water every Morning, till they are
 3 quarters old: and afterward, their hands
 and their feet.

N. B. No Child should ever be swath'd
 tight. It lays the foundation for many Dis-
 eases.

Washing

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.



