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SCARBOROUGH







Sir Charles Scarborough's
Practical Method

A S U S E D

For the CURE of the

P L A G U E

In *L O N D O N*, in 1665.

Price Six-Pence.

Printed by J. G. ...

P. J. A. ...

Practical Method

A S U S E D

For the C U R E of the

P L A G U E

In L O N D O N, in 1665.

B Y

Sir Charles Scarborough, Knt.

Physician to His Royal Highness
the Duke of Y O R K.

With some R E M A R K S upon the present
P L A G U E in F R A N C E.

L O N D O N :

Printed for B. LINTOT, at the *Cross-Keys* between
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Practical Method

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1841

1841





A

Practical Method,

AS USED

For the Cure of the PLAGUE
in London, in 1665.



THE Plague, which at present rages in *France*; and has almost depopulated Three of its finest Provinces, *viz. Provence, Languedoc, and Dauphiné*, has, with Reason, given an Alarm to the greatest Part of *Europe*; and the rather, in that it continues still its dreadful Effects, notwithstanding the Winter-Season.

Which to consider well, with all its deplorable Circumstances, gives me a Retrospection

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into Times past, and evidently shews, by many convincing Proofs, this terrible Contagion before us, is the heavy Rod of an over-ruling Power, to chastise these People for their former barbarous Persecutions.

For, from *Pontius Pilate* the Governor of *Jerusalem*, and our Saviour's Judge, a Native of *Vienne* in *Dauphiné*, (whose House they still show to Strangers, at present possess'd by private Families) they have continued down almost to these present Times, to crucify their Christian Brethren.

The *Waldenses*, and *Albigenses*, were the first of these Provinces that suffer'd for the Truth and Purity of their Doctrine; and tho', at Times, they had destroy'd above a Million of them, yet there still arose others, to promote and ripen those early Seeds of Reformation; whose Opinions, after some Ages, were brought into *England* by *John Wickliff*, thro' the Affinity between the Kings of *England* and the Earls of *Tholouse*, and the Neighbourhood of their Territories to *Guienne*, then in *English* Hands.

The following Persecutions in these Southern Parts of *France*, were under *Charles* the Ninth; where, in a few Days, they destroy'd a Hundred Thousand People: At what Time, the said King founded, and richly endow'd, an Hospital in the City of *Arles*, (one of the present infected Places in *Provence*) in Consideration of their active Services,

Services, and treacherous Barbarity in that Massacre.

But not to be thought too prolix, in the Enumeration of such Instances of the same Kind, during their Civil Wars in those Parts : I will only add that late and terrible Persecution, during the latter Part of the late *Lewis's* Reign ; when he sent his Mission of Dragoons against the *Camisars*, commanded by the *Mareschals de Villars*, and *Berwick* ; whose infamous Villanies, and unheard-of Cruelties, back'd by the scoffing Insolencies of Jesuits, and other Priests, has not been parallel'd in any Age.

I have here premised these foregoing Transactions, because I would not incur the Censure of Atheism, by ascribing too much this Pestilential Distemper to Second Causes, as some Physicians have already done in their late Books upon the same Subject ; and I hope I may be the rather excused, in that I have not by more particular Recitals of all those other remote Regards I am acquainted with, drawn this Treatise, as I might have done, out into the needless Lengths of some Writers.

These Provinces in the *Southern* Parts of *France*, which are infected by the Plague, and at present lye miserably Waste, for want of People to manure and dress the Ground ; gives me Occasion to publish some small Description of that Paradise of *Europe* : Whose
natural

natural warm Climate, (a better Fence in Winter, than Cloaths or Fire,) has so often done Wonders, in cherishing and restoring the decaying Natures of our Consumptive *English*.

The Air is so mild, that 'tis seldom or never observed to be subject to Frosts ; but the Advantages of their Situation are considerably lessened, by the boisterousness of the Winds that reign in it : And besides, the Country is generally so Mountainous, that the one half of it is not cultivated ; and for the Ground that remains, is so full of Stones, that a Man would be tempted to believe they had been brought thither on Purpose, to surround their Fields with Stone-Walls, which are almost every where Three Foot High.

But to make Amends for the Inconveniency of that Part of the Country, which is neither proper for Corn, or Pasturage, it produces the best Wines of *France*, and great Store of such excellent Olives, that the Oil of them is esteemed the sweetest in *Europe*. The Wines are of several Sorts : In *Dauphiné*, the White-Wines, called *Condrieu*, and *Gannetin*, the last a very pale and thin White-Wine, much like to the *Verde* of *Florence*, sweet, and of a very pleasant Flavour : The Red Wine, are *Camp de Perdris*, and *Costé Bruslee*, of very good Taste, and hot upon the Stomach : But above all, the most esteemed, is the *Hermitage* upon the *Rhosne*.

The

The Wines of *Provence* and *Languedoc*, are most commonly Red, and not inferior to *Burgundy*; but the most excellent Wines for Strength and Flavour, are the Red and White *St. Laurence*, a Town between *Toulon* and *Nice*; and the *Frontiniac* of *Vic*, *Mirabel*, and *Frontiniac*, Three Towns near the Sea, in *Languedoc*, where this Wine is made.

These Two last Provinces abound in *Ortolans*, *Quails*, *Becfigs*, *Red-legged Partridges*, and some *Francolines*, a Species of the former; for they have both the same Cry, and Colour of Feathers, only the Wings of the latter are spotted Black and White, their Legs are somewhat smaller, and they exceed the others in their agreeableness of Taste.

Their Fruits of most Esteem, are the large Grapes of *Provence*, which the People have a Secret to preserve 'till *May*; and bring Baskets full of them every Day to the Market: And the delicious *Muscat* Grapes of *Languedoc*, than which, one cannot imagine any Thing of a more delicious Taste. The Vineyards are very Orchards, and all the most tender Fruits with us, are there Standards: As *Figs* of both Sorts, *Apricocks*, *Peaches*, *Nectorins*, *Prunes de Brigniol* or *Prunellos*, *Jujubs*, *Almond* and *Pomgranat-Trees*. And in the Canton of *Hires*, *Orange* and *Citron-Trees*, are brought up with as little Care and Industry, as *Oaks*, and *Chestnut-Trees* in other Places: Also *Cherries*, *Pipins* and *Pears* there,

there, are in a far greater Perfection than with us, or in any Parts else of *France*, besides that once happy Climate.

These Provinces may boast of an Autumn in the midst of Winter; for the Woods are filled with Laurel and Myrtles, *Lentiscus's* and *Phylarea's*, in as great Abundance, as Hazel and Thorn with us: Jasmins, Cistus's, and Rosemary, and a Hundred other sweet-smelling Woody Shrubs, growing every where in the Fields; and the tall Cypress's grow of themselves, to Sixty and a Hundred Foot high; and are also Tonsil at Pleasure, for the most beautiful Walks imaginable. The very Fields are most excellent and well furnished *Parterr's* of Flowers, and are naturally Kitching Gardens of themselves: Nor is this the sole Reason why these Provinces may boast of an *Autumn* in the midst of Winter, for the *Arbut* Trees are not only ever Green, but continue to bear Fruit 'till *Lent*.

To these may be added, that there is nothing wanting to that present unfortunate Countries, for the Delight and Support of human Life, but an universal Anti-pestilential Remedy; to which some Physicians of *Montpelier* have pretended, but none, as yet, have been real Masters of.

I know that the learned in Physick, have ever exploded such an universal Remedy; and what hath long obtained among them,

is very difficult to erace ; yet I will be bold to aver, that it is not impracticable, but that ſuch a Medicine may be ſo compoſed out of Volatile Salts, and ſome generous and noble Drugs, (which, by the Increate and Decrease of ſuch proper Doſes, as may fit every Age, Sex, and Conſtitution) as will overcome this Herculean Diſtemper.

This Contagion, which, at the beginning, crept from the Shipping into *Marseilles*, ſoon changed its firſt ſlow and languid Pace, into a horrible Slaughter ; and though the City was almoſt drained by her Funerals, yet there was not the leaſt Appearance of a Relax, until the approach of the Winter ; at what Time it declined leiſurely by Degrees, as it had gradually made its firſt Advances. The Multitudes, which have ſince fled from the City, and carried the Infection along with them into the adjacent Towns, have been the Occaſion of its ſpreading its Cruelties, ſince the Spring, into the neighbouring Countries, where it, at preſent, rages with equal Fury : So that now all hopes is loſt, that this Peſtilence will ceaſe, 'till there is want of Subjects to act upon.

But I will ſtop here, though it is not eaſy to retire from ſo copious a Subject ; that as it affordeth ſo much Matter, ſo upon many Accounts, raiſeth a Heat of Thought, that is not eaſily governed. I will now lead you to a Scene that giveth leſs Diſorder : It is that

of the Plague in *London*, in 1665; wherein *Sir Charles Scarborough*, that celebrated Physician, acted his Part, in a Measure of Knowledge, far above the common Practitioners of the Town, and more than could be expected from a Person of his Rank; whose great Performances in the Cure of the Duke of *York*, had kindled that Esteem for him in *France* and *Italy*, and other Catholick Countries, that they accounted him among the peculiar Blessings of the Age.

This Plague, which the eminent Doctor *Sydenham* calls, in his Practice of Cures, by the Name of a Mortal Fever; discovered at first its Malignity among the poorer Sort of People, in *St. Giles's in the Fields*, towards the latter end of the Year 1664: At what Time that Contagion was thought to be brought in thither from *Dantzick*, by the Sale of some Pillows, and other Bedding, that were belonging to a Master of a Ship, who died of that Pestilential Distemper in the Voyage. For though that Part of the World lies between Fifty and Sixty Degrees of *Northern* Latitude, and a frozen Climate; yet as it borders upon the *Turks*, it is seldom free from such Infections.

There are others, who espouse a contrary Opinion, and give an Account that these Pestilential Effluvia, were first imported to us from *Holland*, by the Means of a Spaniel Dog, brought over from thence in an infected

fect'd Ship; which Notion of its Origin, seems more the Effect of a deluded Imagination and Conjecture, than any solid Truth.

But a further Recital of such strange Conceits as these, which the Populace had broached out of their own Heads, concerning the Rise of this Sickness, being foreign to my Design; I will therefore endeavour to set Things in as clear a Light as I can, without prying too far into the secret Purposes of the Almighty, when he intends to punish us for our Good.

The Influences of Cælestial Bodies, and hidden Causes, are well known to be superior to all other natural Things; which when they carry with them a malignant Train of Steams, contrary to our Natures, they excite putrid and irregular Distemperatures, throughout the whole human Frame; by which they exercise their cruel Power over Mankind. The further off such Impressions are made, the greater do they denote the future Calamity will be; and when a Pestilence appears, with such Forewarnings as this of ours, with a terrible blazing Comet; what less Miseries and Desolations could be expected, than the ensuing Slaughter and Conflagration, that had almost destroy'd our Metropolis. Some Persons of Thought did not so much regard it; yet the Prevalency it had upon the Minds of the common People,

stirred up such tumultuous Disorders in the Blood, and other animal Juices, as much promoted the Increase of the Disease.

But to be more particular in Things of greater Moment: His Royal Highness, then Lord High-Admiral, (with Prince *Rupert*) setting Sail the Ninth of *November*, 1664, with the Fleet against the *Hollanders*, gave our Physician, *Sir Charles*, Leisure to attend some Patients in this Pestilential Distemper: Whom in the first Assaults of that Contagion, were taken with frequent Shiverings, Pains of the Back and Loins, the Pulse small, frequent and unequal; cold without, and hot within, heavy, weary, and lumpish; the Appetite lost, with Vomiting; Some were at the first Sleepy, but in the height of the Fever, watchful, raving, and restless; they had great Pains in the Head, Thirsty, Bitterness in the Mouth, and the Tongue sometimes inflamed and Black; the Urine in some thick and stinking, in others inclining to be Red, like those that are well: Some were afflicted with Blanes, Bubo's behind the Ears, under the Arm-holes, or else in the Groins: others with Carbuncles, black, blue, livid, or reddish Spots, with a Circle round them: So from the diversity of the Cause, there arose various Symptoms; but in all, the Faculties of the Body were disturbed, and their whole Actions perverted.

To find out the Subject Cause of this *Venenum Terroris*, a Disease most notorious for its Cruelty, Malignity, and dubious Event; generated here with us, by Foreign Assistance, and where-ever it diffuses its Contagion, it invades the very Capital of the Soul, and stifles the animal Spirits.

Most Physicians will have the Heart to be the chief Seat or Subject of this Contagious Distemper, from whence all preternatural Heat is communicated to the rest of the Body; and this, they say, is demonstrable from the Pulse, which proceedeth from the Action of the Heart, and the pulsifick Faculty, and fiery Spirits, mix'd with the arterious Blood.

Sir *George Ent*, and Dr. *Sydenham*, place the Seat of this Disease in the Blood: For as in Wine and Milk, we observe strange Disturbances and Fermentations, Why may there not happen the same in the Mass of Blood? Nor are the animal Spirits to be excluded. The secondary and more general Subject of this Pestilential Fever, are all the Parts, in that the Disease, by the help of the Arteries, invadeth the whole Body.

There are almost as many Opinions as Physicians, concerning the Cause of this terrible Disease; tho', for the Generality, they agree in the Description of it: Which is, That it is a continual Epidemick Fever, that privately and lurkingly seizeth upon Human Kind;

Kind ; which , with a malign Inflammation, putrifies and coagulates the whole Mass of Blood, and thereby destroys the Animal Spirits , mortifies the Parts within and without, whereby the Vital Flame being extinguish'd, unexpected Death suddenly ensues.

Helmont will not allow the Plague to have its Seat in the Blood ; but says, it is in the Vital Spirits, occasion'd by infectious Air suck'd in, which passing thro' the Pores of the *Diaphragma* to the Stomach, and not being able to go any further, leaves there its fatal Impression to Death.

Paracelsus is of the Opinion, that this Distemper takes its Original from the malignant Rays of the Stars ; and as that Contagion proceeds from the Influence of the Heavens, the secret Virtues of Herbs, Roots, Metals and Minerals, signify nothing ; but the Cure is to be perform'd by heavenly Influence, astronomically apply'd. We have, in Authors, frequent Citations of these famous Medicines , as well as those of *Helmont* ; but they contribute little to us , only that they excite us to follow Nature ; no general Rule being extant, whereby such Medicines may be obtain'd.

Sylvius will have the Cause to be of this Pestilential Disease, from a too great Fluidity of the Blood , occasion'd by a sharp, Volatil Salt : From which Volatil Salt , he deduc-

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deduceth all the Malignancy that attends it.

Willis says, that the Cause of this contagious Sickness proceeds from the Coagulation of the Blood and nervous Juice; like Milk turn'd sowre, that has had an Acid pour'd upon it; whence the Parts of it, thrown into a Fermentation, immediately curdles, grows black and corrupted, and, if not presently evacuated, by obstructing the Circulation, brings Death.

Our Author, *Sir Charles*, derives the Original Cause of this Evil from Maternal Nourishments, and the Ignorance of Midwives; who, before they tye, and cut the Navel-string of the Child, ought to drive up (with the Finger and the Thumb) the loose, unconverted Menstrual Blood of the Mother, from the Root of the Navel, that is newly come in by the Spring: For tho' such Menstrual Blood be not nocent in the Womb, because it then becomes its natural Nourishment, as being converted therein to the Child's Substance and Juice, by its universal Distribution thro' the Body; yet when the Child is born to the free Air, and requireth Nourishment by the Mouth; then what came in by the Navel, and was not (before its Birth) converted into the essential Juice of the Child, must lie rotting there, and, as a Ferment of Putrefaction, break out into some higher and universal Ferment-

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Fermentation of the Humours, when other Circumstances do make the whole ripe for it.

In some, these Corporeal Evils manifest their Cruelty when the Child is very young, by one Sign or other, evident to the Sense ; as, by Vomiting, Looseness, Restlessness, or Convulsions : Sometimes by Acrimonies, external, or otherwise ; by which their Lives are quickly cut off, if they be not help'd with Remedies, that can fortify the natural Powers to resist these Maladies. And that general Opinion, that Physick is not proper for Children, hath, in all Probability, destroy'd many, that might have otherwise been preserved : For such Maladies, how violent soever they may seem, are seldom mortal, if the internal Powers are strengthen'd by proper Medicines ; because the Spirit in them is not so vitiated, as to nourish the Disease.

As to those of riper Years, these putrid Ferments lye hid and harmless for a long Time in their Bodies ; they not being always alone sufficient to disturb the Mixture of the Blood, so as to make an Effervescence, until such Time as they are stirred up by the violent Heat of the Air, or other Accidents, to an Ebullition, and then a Coagulation, whereby the Plague, and other Contagious Diseases, are generated.

The Proof of which, manifests its self according to the Temper of Climates: When we consider how the hot and dry Seasons in *Agypt* and *Turkey*, exerts its Fury in this Pestilential Venom, and that by the Variation of Degrees in our more moderate Climates in *Europe*, these endemial Mischiefs turn only to what we call the Small-Pox, and Measles, by infecting some Part of the Humours, whose Turgescency growing troublesome to Nature, is driven out to the Surface of the Skin, without great Hazard of Life, if fit Remedies are timely applied.

For further Illustration hereof, it may be observed, that if the Vicidity of Poyson will lye hid for a long Time in the Body, before it exerts its Force: And as so much is evident, from that famous prepared Powder, called *La Pouder de Succession* of Madam *Brunwillier's*, with which she, Madam *de Voisin*, and others of their Accomplices, poisoned formerly so many Persons in *France*, to any limited Time, (not exceeding Five Years) before it would show its Spite: Why might not therefore these maternal Impurities lie lurking the same in the Blood and Juices, under a Putrefactive Vicidity for Years, before it manifests its Contagious Venom.

This Novelty in Opinion of our Author's, which he seems to erect upon a rational Foundation, may possibly, at first Sight,

meet with some Disregard ; however, I doubt not, but by a tract of Time, and further Observation, it will gain such Credit in the World, as will give Praise to him, as his Merits deserve.

But I will put an end to these Controversies about the Seat and Cause of a Pestilence, and other contagious Diseases, which have from Antiquity, to these present Times, been warmly debated : It being more necessary to change the Consideration into an Enquiry of our Author's Prescriptions, and in what Method he treated the Sick, during the late Visitation in *London*.

In the beginning of the said Plague, he says, that he used all the known Antipestifential Medicines, both of ancient and modern Physicians, which he found would provoke Sweats; to throw out the Infectious Venom as soon as possible ; to which all must have a Regard, that will save Life, as to a sacred Refuge. Yet no Alexipharmicks would prevail, without the help of Cloaths ; where a great Burning generally was, before the Sweats appeared. By reason, therefore, Nature being tired by such a forcible way of acting, could not be enough assisted to the extirpation of that Contagion, so as to dissolve Buboes without Maturation, or ripen Blanes, or Carbuncles, but by a great Length of Time, and such Struggles in Nature, that

too often ended in Death; although, at that Time, the Distemper was not come to the Height of its Malignity: Whereupon perceiving this, and not thinking it answerable to true Practice, any longer to administer according to a written Rule, he had Recourse to some generous Remedies of his own Composition; whose Prevalency and Effects, might manifest themselves with greater Vigor, and by a universal Disposition, be more essential to true Healing. I would not have the World judge, that Specificks are altogether useles; because I am well assured, that the Sacred Art consisteth in finding out, and rightly applying the same: Yet in such a Manner, that they suit to Parts, and the Operations thereof, so that the sad, the merry, the cold, and hot Constitutions, may thence reap an equal Benefit; which is not so difficult to accomplish. For if a Specifick be fermented with a Universal, by this Means it is made more general, and will not have a regard to Constitutions, but the offending Matter in the Operations thereof.

Under all the various Manifestations of this dreadful Disease, he generally used one and the same Method of Cure, excepting where there was very great Danger. When they were first taken Sick, he ordered them to go presently to Bed, and lay on them no more Cloaths, than they usually did in time

of Health ; then he gave them half a Spoonful of his *Tinctura Pestilentialis*, in a Glass of Sack or White Port, persuading them to lie still ; which, if they did, Sweats presently followed. And for their Supports therein, they were allowed an Hour or Two after the said Dose was given, thin Mutton, or Chicken Broth to drink ; Mace-Ale, Posset-Drink, or a thin Caudle, with a little White Port-Wine in it : And to refresh the declining Spirits, they sometimes took Five or Six Times a Day, from Forty to Fifty Drops of his Tincture of Coral, impregnated with Saffron, in a Glass of White-Port, or other generous Wine.

Where great Thirst was concomitant with the Distemper, he used Oil of Sulphur, Oil of Vitriol, or Golden Oil of Salt ; and often all the Three Oils, equally mixed together, to a pleasing Acidity in all they drunk.

This Alexipharmick Dose, is to be repeated Night and Morning, 'till you find the Malignity of the Distemper abated : After which, Sweat still every Third or Fourth Day, as you see Occasion ; and this must be done for some Time, lest the morbifick Matter should revive, and the Disease return again.

And because that changing Linnen is dangerous, and has been fatal to many, it is safer to let the Shift dry leisurely upon their Bodies,
only

only keep the Face wiped in the Sweat with a warm Cloth.

To some, upon the first Assault, he gave them his *Aqua Alexiteria* an Ounce, *Tinctura Pestilentialis* Sixty Drops, mix'd for a Dose. At Bed-time, of his *Orvietan*; and in all their Drink Oil of Sulphur to a grateful Sharpness. They continued the Use of these Medicines for Ten Days, and were cured.

To others, he prescribed immediately this. Take the *Orvietan*, and his *Pulvis Pestilentialis*, of each half a Dram, which Sweats them well. The next Morning they took Sixty Drops of Tincture of Antimony, in an Ounce of *Aqua Alexiteria*; and their Drink made pleasantly Acid, with Oil of Vitriol. They continued the Use of these Remedies for a few Days, and were made well.

To such as were Sick of this Disease, and taken at first with a great Vomiting, he ordered them presently almost a Quart of *Carduus Poffet-Drink*, which gave them Five or Six Vomits more; then at Bed-time, he gave them of his *Pulvis Pestilentialis*, Two Scruples, drinking after it an Ounce of the *Aqua Alexiteria*; and every Morning Fasting, they took the Tincture of Coral, with Saffron Thirty Drops, *Tinctura Pestilentialis*, Fifteen Drops, *Aqua Alexiteria*, an Ounce and half, mix'd for a Draught.

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When he was sent for to Children, he usually ordered them at first his *Aqua Alexiteria*, Three Drams ; *Tinctura Pestilentialis*, with Tinctures of Coral and Antimony, of each Eight Drops ; in an Ounce of *Canary*, or *White Port Wine*. At Night, going to Bed, a Quarter of a Spoonful, in a Glass of Wine, of his *Tinctura Pestilentialis* : And if they complain'd of Faintness, or Sickness at Heart, they took now and then this Cordial :

℞ *Aqua Alexiteria*, Half an Ounce ; Tincture of Coral, Ten Drops : Mix for a Dose.

Upon the taking of these Antipestilential Remedies, the Sweats for the first Twelve, or Twenty four Hours, were like Drops of Water for Largeness ; yet was there not any Depression of Spirit, but more Ease, and greater Liveliness ; and the Continuation of the same Sweats was pleasant and refreshing : By which means, often, Buboes dissolved, and in the Third Day (at farthest) the Malignity was separated. But when Blanes and Carbuncles appear'd, their Sweats were not altogether so great, nor so continual : But usually, on the Third Day, the Blanes and Carbuncles open'd, and their Escars were divided from the living Flesh :

and Digestion so follow'd into Matter, that, in a little Time, (comparatively to that where other Medicines were used) perfect Health ensued.

However, after all this Success, yet sometimes ill Accidents would happen, thro' the Irregularities of Patients, or else the Carelessness and Mismanagements of their Attendants, altho' the Medicines had been rightly administer'd. For some Persons, upon the using these Remedies, after they had lain in great Sweats for Twenty four Hours, more or less, and thereby had found themselves seemingly well, and free from all Disturbances, or Sense of the Pestilential Venom; yet, by wilfully rising out of their Beds whilst their Sweats continued largely upon them, have given such Checks to Nature, as inferr'd on themselves sudden Death. And, to this, our Author further observes, that all such of that Disease, who did rise out of Bed before the Third Day, or, at least, before their Sweats were wholly ceased, (which were excited by the Use of his Medicines) did hardly ever recover.

Others were destroy'd by Errors of Nurses, and such as attended the Sick, in laying on too many Cloaths, whilst they were in their Sweats; whereby Violence being offer'd to Nature, and the Spirits oppress'd, they

they languish'd under the Burthen; and were no longer, by any Means, capable of Help.

Again; such Persons who liv'd to Excess in their Eating and Drinking, and were seized with this Pestilential Distemper, were generally taken at first with great Vomitings and Loosenesses; which they were wont rather to impute to their inordinate Living, than to the Power of the Plague then raging; and so sought out for no other Remedies, than such as were thought proper for those Diseases, and not the Plague, of which they died. Whereas, on the contrary, those that liv'd temperate, and were observing of themselves, so as to use immediately the proper Means, upon the first Sense of their being assaulted by that Venom, and follow'd the Directions before given; very rarely miscarry'd. Nay, even such whole Families that were infected, have all escap'd, by duly observing the Orders above prescrib'd.

And, lastly, to add to this Scene of Misery; it has been observ'd, That when Spots have appear'd, of what Kind soever they were, the Nurses and Tenders of the Sick, as soon as they perceiv'd them, were struck with such a terrible Amazement and Apprehension; insomuch, that thereby giving over their Patients for dead, they have left off
all

all their former Care in Attendance ; altho', at the same Time, these Spots were not the direct Signs of Mortality.

This pernicious Practice, as it was owing to an Error in Judgment among the Common People, so it concerns us to remove this Mistake, by making it appear, that all these Pestilential Eruptions are not endued with equal Conditions of Potency ; nor are they all alike such sure Pledges of Death, as the Vulgar would make them to be.

In order then to know the true Tokens, and the Degrees of Malignity in their Venom ; our Author advises, to have a Regard to their different Colour and Hardness ; and says, that in the late Sickness, such whose Spots being prick'd, had a quick Sensibility, and that went no deeper than the Skin, he very seldom fail'd the Curing. But those whose Tokens had a round Circle, dark blue and green, like the Colours in the Rainbow, with a Crimson Mark in the Middle thereof, and a Hardness that distinguish'd it self from the other Flesh ; such Spots, he owns, he could never subdue, by any Remedies whatsoever ; and thinks them rightly call'd Tokens, as they were in that Plague the infallible Token of sudden Death.

The General Remedies being then thus provided, the External Helps are next to

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be consider'd : And as Carbuncles are always attended with dangerous Symptoms, therefore they ought to be handled with greater Diligence ; and with all Speed imaginable they are to be ripen'd, and their Caustick Acrimony to be corrected, lest they should spread further.

To which Purpose, besides internal Antidotes during the whole Cure, our Author made use of Scarification, with deep Gashes ; and afterwards fomented a while the Part with warm Water, in which Nitre had been dissolv'd, that the Blood might not clod in the Sore : After which, he apply'd this Cataplasim :

℞ Barley-flower, green Scabious and Rue bruised, and a little Bay-Salt, with the Yolks of Eggs, as many as will make them into the Consistence of a Paste : Spread it on a Piece of Leather, and apply it.

But if these Remedies will not do, then he advises, presently to make use of the Actual Cautery, until, in all the Parts, there be a Sense of Pain : Afterwards remove the Escar, or Crust, (if possible) in Twenty four Hours, with this Ointment :

℞ Gum *Elemi*, Turpentine, Goose-grease, Honey, of each Half an Ounce ; Wood-Soot ;

Soot, Three Drams ; Yolk of one Egg ; Mithridate, Two Drams ; Oyl of Scorpions, enough to make an Ointment.

The Ulcer must be heal'd up with Emplaister *de Minio*, or some other Kind of healing and drying Plaister : But let it not be heal'd too fast, for fear the poisonous Matter being not wholly evacuated, should cause either the Return of the Disease, or Death.

As concerning Buboës, our Author says little of them ; because (where his *Recipe's* were used) they seldom ever ripen'd, but dissolv'd : Except where Patients were ungovernable in their Sweats, and thereby gave Occasion to the Maturation thereof ; which when happening, he then apply'd this Cataplasim :

℞ Ointment of Mucilages, *Basilicon* the greater, Melilot Compound, of each alike Parts ; Oyl of Lilies, a sufficient Quantity : Melt these together, and, with a little Bean-Flower, make them into the Consistence of a Cataplasim.

This will speedily ripen, and break the Buboës ; which when they are ready, you must not stay for their breaking of themselves, but cause them to be open'd in a de-

pending Part with a Lancet, and let them run plentifully.

Then, at each Dressing, wash the Ulcer with this Lotion, warm :

℞ White Wine, and *Aqua Prunella*, wherein Turpentine hath been wash'd, *Mel Rosarum* ; of each, equal Parts : Make an Injection.

In which dip a short Tent, it being arm'd with *Basilicon* ; and so apply it, with a *Diacbalon* Plaister *cum Gummis* over all.

During the whole Cure, he prescrib'd *Alexipharmicks* Night and Morning ; *viz.* his *Tinctura Pestilentialis*, Half a Spoonful, (and so in Proportion, a lesser Dose, according to Age and Sex) to defend the Body, and drive the Malignity out, lest otherwise its infectious Atoms might be sent to the Heart, and kill the Patient.

Having thus come to a Conclusion of this transient View (we have herein given you of our Author's Method of Practice ; it remains now, that we give you here the *Recipe's* themselves, whose Virtues were so extremely cry'd up, for the vast Benefit the Publick found from them, during the late fatal Times.

The *Tinctura Pestilentialis*.

℞ *Virginian* Snake-Root, Three Ounces
Winters-bark, Two Ounces ; *Contragery*
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Cinnamon and Cubebs, of each an Ounce ; *Jamaica* Pepper, Six Drams ; Ivy Berries, Half an Ounce ; choice *Theban* Opium, Two Drams ; *Chèrmes* Berries, Saffron, Cochineel, and Ginger, of each a Dram : Reduce into a gross Powder what are to be bruised ; and pour thereon rectify'd Spirit of Wine, a Quart nitrated with an Ounce of Spirit of Nitre *Dulcis*. Digest Twenty Days, shaking it two or three Times a Day ; then let it settle, and decant the clear Tincture ; in which dissolve Camphire, (by grinding in a little of the said Tincture) Half an Ounce : Mix all well together, and keep it in a Glass close stop't for Use.

The Dose of this Tincture.

As a Preservative, take a Quarter of a Spoonful, or something less of it, in the Morning, fasting, a little before Dinner ; and, if you please, last at Night, going to Bed. Curatively, in the Plague, or other malign Fevers, the Sick being in Bed, give it from a Quarter of a Spoonful, to Half a Spoonful, (according to Age and Sex) in a Glass of Sack, or White *Port* ; which reiterate Morning and Night, till well.

The Aqua Alexiteria.

℞ Mithridate, Nine Ounces ; *Virginia* Snake-Root, an Ounce ; *Conrayerva*, *Zedoary*, *Winters-Bark*, Cinnamon, Bay-berries, Six Drams ;

Drams ; Mace, Cloves, Nutmegs, Cardamoms, Juniper-Berries, *Jamaica* Pepper, Ginger, of each Three Drams ; Saffron, Cochineel, Limon-Peels, Orange-Peels, of each Two Drams ; Rue, Rosemary, Bawm, Mint, Peniroyal, Sage, Savory, Mother of Thyme, and Lavender-Flowers, Angelica, of each a good Pugil ; Spirit of Wine Three Pints ; bruise what are to be bruised, and digest all together for a Fortnight, then put thereto White-Wine Two Quarts ; Distil all in an Alembick, with a Refrigeratory, and draw off Three Pints of Spirit, which reserve ; then change the Receiver, and draw off a Quart more, which with treble refined Sugar, make into a Syrup, to which put thereunto the first distilled Spirit, and let them stand until they are clear.

This Water may be given from half a Spoonful, to Two Spoonfuls, upon any emergent Occasion : As, in the Morning, a little before Dinner, and at Night going to Bed.

Pulvis Pestilentialis.

℞ Bezoar Mineral, *Virginian* Snake-Root, and *Bezoar Animal*, which is Powder of dried Vipers, of each Two Ounces : Cochineel, Saffron, *Volatil Sal-Almoniack*, of each half an Ounce ; Camphire, and *Volatil Salt* of Hartshorn, of each Two Drams ; all being reduced into a subtil Powder, mix them well
together.

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together, then keep them close in a Glass,
with a Glass Stopper for Use.

You may give this Powder Morning and
Night: The common Dose to be given, is
from Twelve Grains, to Twenty Four or
Thirty, according to the Strength and Abi-
lity of the Patient. These Doses are to be
taken a-Bed: But if you give it oftner, then
the Dose is, from Five to Ten Grains: Take
it in some proper Syrup, and let the Sick
drink a Dram of *Aqua Alexiteria* after it.

Tincture of Coral.

℞ Tincture of Coral Six Ounces, Saffron
Two Drains; mix together, and digest for
Ten Days, shaking the Bottle Twice or Thrice
a Day, then let it settle, and decant of the
clear for Use.

This may be taken from Ten Drops, to
Thirty, Forty, or Sixty, as the Sick is in
Years and Strength: Give it in White Port,
Sherry, or Canary, or in any proper Cordial-
Water; and that Three, Four, Five or Six
Times a Day, as you see Occasion.

Electuarium Orvietanum.

℞ Choice Opium Six Drains, make it into
an Extract with Spirit of Wine, then dissolve
it again in White-Wine Vinegar, and evapo-
rate it to a middle Consistence: Take solid
Extracts

Extracts of *Virginian Snake-Root*, half an Ounce, *Zedoary* and *Contrayerva*, of each Two Drams, Juice of *Alkermes* half an Ounce; dissolve them in so much Spirit of Wine, as may make them into a thin Electuary. To which add *Winters-Cinnamon*, *Elecampane*, *Bay-berries*, *Indian Spikenard*, *White-Poppy Seed*, *Volatil Sal-Armoniack*, *Myrrh*, *Ginger*, *Cochineel* and *Saffron*, of each Two Drams: *Coral* half an Ounce, *Musk* and *Ambergrise*, of each Seven Grains and half; make all into a subtil Powder, which mix with *Bezoar Mineral*, *Bezoar Solara*, and fresh Powder of *Vipers*, of each Two Drams. Then take *Chymical Oils* of *Cloves*, *Sassafras*, *Rosemary*, *Lavender*, *Lemons*, *Juniper*, *Amber*, *Caraways*, *Cinamon*, and *Wormwood*, of each a Dram; which Oils put into a large *China Cup*, big enough to contain the whole Medicine: Dissolve therein (by Grinding) *Camphire* half an Ounce; put thereto Oil of *Nutmegs*, by Expression, *Balsam of Mecha*, *Elixir of Vipers*, of each Two Drams. Lastly, take clarified *Honey*, a Pound and half, and put to it the dissolved *Opium*, *Alkermes*, and the other Extracts; then sprinkle in the Powders, stirring them well over a gentle Heat; when done, then let them cool, and put them all together into the *China Cup*, with the *Camphire* and *Chymical Oils*, where, with a *Glass Pestle*, let them be perfectly united together, and completed for an Electuary.

In the giving this Medicine, you are to consider the Age and Strength of the Patient; the Dose is from Ten Grains, or half a Scruple, to half a Dram, or a Dram, as you see Occasion.

Take it dissolved in Sack, White Port, or some other convenient Vehicle; as the *Aqua Alexiteria*, or some such like. When the Sick takes it for the Plague, or any malignant Fever, let them be in their naked Bed, that they may Sweat well upon it, and so continue for Five or Six Hours; after which they will lie in a kind of breathing Sweat, at which Time moisten their Mouth with the Juice of an Orange, or some other pleasant Cordial, made gratefully Acid, with some few Drops of Oils of Sulphur, Vitriol and Salt, mixed equally alike together.

As these General Dispositions of Medicines here treated of are singularly useful, to keep Practitioners from Error; so their Universal Tendency have herein sufficiently manifested their Efficacy upon this Distemper, beyond the Imagination of any that have not proved them; for they most sensibly act on the Diseased Part. And although they have not had a sufficient Prevalency to Cure all in this Disease; yet by strengthening the vital Faculties, and removing Part of the Evil: Nature, by this Assistance, is better enabled to act in her own Defence, and by little and little, over-

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come the Venom of the Distemper, which would otherwise end in Death.

For Nature is that we ought chiefly to regard ; to help her where she is weak, to enliven her where she is dull and low, and to pacify her, when by Ferment enraged. Whosoever can accomplish this, shall find the most desperate Maladies fly before him : But Diligence, and a sound discerning Judgment, assisted with Patience, and an uncommon Zeal to do Good, are the only Essentials to reach these Deeps, and to discover such Methods in Physick, as are proper to extirpate those Exorbitances. Those that have trodden this Path, have been very few, and what they have written, rather stirs up Desire, than satisfies : How much more then ought we to regard our Author? That has given us here Remedies, as are impressed with a Divine Seal, capable to extirpate the Characters of these Pestilential Venoms, or at least to subvert their Acts ; having a natural Faculty to remove only every occasional Matter, and weaken not, which otherwise would extinguish Life,

After these Observations, it remains that we now say somewhat concerning the Use of Bleeding and Purging ; whose pretended Virtues have, for some Time, been so highly cried up, in all malignant Distempers, by the present Book-Doctors of this Age ; whose Pride, and an overweening Conceit, has kept them hitherto from searching into the Mystery

of true Practice. For they conclude, if they administer according to a written Rule, set out by any they esteem able, (let the Success be what it will) 'tis justifiable, because answerable to what was directed; they themselves being Judges; tho' it be contrary to Nature in all Respects: But were the one more minded, and the *Recipe's* of Doctors less, we should soon see a happier Effect in the Cure of these Diseases.

Our Author (as they are Revulsive Remedies, which calls from the Circumference to the Center) looks upon them highly opposite to the Nature of this Distemper, and therefore contrary to the true Indication of Cure. For, he says, let any one but observe the Progress of Contagious Diseases, and he must necessarily discern, that by Bleeding, or any Purging Remedy, tho' but a Clyster, (because Nature endeavours to make Separation another way, by the Skin) doth notably hinder the then needful and necessary Expulsions. Besides which, the Heat, that is the effectual Cause of thrusting forth Buboës and Blanes, being by such Practice diminish'd; the Vital Potency must thereby grow weak and languid, and, for want of sufficient Strength to drive out the universal Defædation, Nature's Contest with the Disease must cease, by Nature's being overcome.

Altho', at present, these Things may sound harsh to the Ears of some, yet being true, and

having Nature for their Foundation, they will, perhaps, outlive the Enemies of the same, and in another Age be as generally receiv'd, as now they are deny'd in these Apostate Times.

But we will desist from further Controversy, because we will proceed to Matters of less Dispute, and, like faithful Ministers of Nature, set forth the Helps which the former famous Physicians (Dr. *Linaker*, Chief Physician to *Hen. VII.* and *Hen. VIII.* and Dr. *Turner*, Chief Physician to *Q. Elizabeth*) made use of, against such common and grievous Calamities. And we are the rather willing to take notice of them, by reason they are so conformable to the present Rules of our *Galenists*, and their Cold-Still-Water Practice: Tho', with Submission to these Great Men, we cannot easily come into a Belief, that any Advantages are to be had from them, much more a Cure. For, to put the Hazard of Life upon such idle and mean Remedies, as some of our great Physicians did in that terrible Time of Destruction, in the late Visitation, was no other than a Sort of Madness; seeing so many Potent Extracts, Chymical Oyls, Volatil Salts, and Quintessences of generous and prevalent Drugs, were, at the same Time, made use of by others, to great Cures, and lasting Fame.

*Dr. Linaker's Celebrated Antipestilential
P O W D E R.*

℞ Aloes Succotrine, Cinnamon, and Myrrh,
each Three Drams ; Cloves, Mace, *Lignum*
loes, Mastick, and Bole-Armoniack, of each
Half a Dram : Let them be reduc'd into a sub-
l Powder, for Use. Take of this a Twopenny
Weight every Morning, in a Glas of White-
Wine, or *Taragon* Water, till well.

For Buboes and Carbuncles.

℞ Elder-Leaves, red Bramble-Leaves, alike
Quantity ; which, with Mustard-feed, reduce
into a PASTE, for a Plaister to lay upon the
Sore, to both draw and heal.

Dr. Turner's Famous Antipest. Electuary.

℞ Ivy-berries, in Powder, Two Scruples ;
Mithridate, Half a Dram : Mix for a Dose, to
be taken in a Glas of White-Wine, Night and
Morning, till well.

For Buboes and Carbuncles.

℞ Scabious green, Two Handfuls ; Hogs
Lard salted, Two Ounces ; with the Yolk of
an Egg : Make it into the Consistence of a
Cataplasm ; which spread upon Leather, and
apply to the Sore. Or,

℞ Black Snails, and Leven'd Bread, a suffi-
cient Quantity ; which bring into the Consi-
stence of a Poultice, for a Plaister to apply
upon the Sore.

Now,

Now, to conclude ; it may not be improper to take notice, that altho' there are innumerable other Preparations to be met with, in the Writings of several Physicians, for this Distemper ; yet, to discharge here my Duty, I have only mention'd these few of our own Progenitors ; by whose Dignity from their Authors, tho' they seem'd to be the Parents to all others, yet we do not find that their Effects were of sufficient Force to drive out the venomous *Miasmata*, in Answer to the Expectations of those many that confided too much in them : For as the Terrestréity of their Medicines was not separated by Chymistry from their spiritual Parts, they must be unfit to be administred in any Case, so far as Communication of Strength was needful. And to add to this, that altho' under the Notion of Antiquity, the Vulgar have ever reverenc'd our Ancestors for their Art, yet these, by their *Récipe's*, were really but the Infancy of the World ; and that it is our Age then, which, by following long after theirs, is indeed the true Antiquity : Why therefore must we dote still upon their Childhood Inventions ; and not rather, having these Advantages, (which Beginners must needs have wanted) proceed and grow old in the Medicinal Understanding, as well as in Time ?

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