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O. R., T H E

Galenic A R T

O f P R E S E R V I N G

Old Men's Healths,

E X P L A I N ' D :

In Twenty CHAPTERS.

To which is added an APPENDIX, concerning the Use of Oyls and Uction, in the Prevention and Cure of some Diseases. As also a Method, from a Florentine Physician, of curing Convulsions and Epilepsies, by external Operation.

By Sir JOHN FLOYER, Kt. of Lichfield, M. D.

Pugnandum tanquam contra morbum, sic contra Senectutem. Cicero de Senectute.

Calida lavatio & pueris & Senibus apta est vinum dilutius tueris, Senibus meracius. Cels. de re Medic. lib. 2.

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THE
P R E F A C E
T O T H E

A R T of Preserving *Old MEN's* Healths, in which the Method of Knowing their Constitutions is described, and the Diseases observed in Old Men, with the Method of their Cure, by Tastes contrary to the *Cacochymia's*.

Every Man is a Fool, or becomes a Physician, when he arrives to 40 or 50 Years of Age, by observing what Air, Diet, Exercise, Evacu-
ations, Sleep, Passions, agree best with his
a 2 natural

natural Constitution, and what have most injured it.

A moderate Use of these Things preserves our present Healths, and prevents the Increase of the Cacochymia's, which are the Causes of Diseases.

'Tis necessary for every old Man to know his natural Constitution, whether hot or cold; and this he cannot know easily, without his Knowledge of the Pulse of the most healthful Persons, which in a Minute runs from 70 to 75 Beats, in a Morning fasting; all Numbers above 75, shew hot Constitutions, and all lower Numbers the colder. This is the most certain Method; tho' by the Evacuations of Cholera, Salt Serum, or Atrabilis, we know all the sorts of hot Tempers; and by the Evacuations of a slimy Pituita, or four Humours, or watery Serum, we know all the kinds of the cold Constitutions. As to the moist or dry Tempers, this depends on the Fulness or Defect of a sweet Nutriment, and due Quantity of Humours to fill the Canals of the Solids; and the old Man may observe, that by a constant use of a hot Diet, an acquisitious hot Temper of hot Humours may be acquired, and by a cold the contrary; and if we thus distinguish our Constitutions,

P R E F A C E.

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we may easily know how to alter them nearer to the best Temper and Pulse.

The Galenist had no better Way to know a moderate healthy Temperament, than by conjecturing by the feeling of the Fleshy Habit of the Body, whether very hot or very cold ; and they mistake the Temperament of the Parts which were solid, and did not know that they had their Temperament from the Circulating Blood, which gives the Hot and Cold Qualities to the Solids. The dry and moist Tempers depend also on the Quantity of Humours ; but they did not know the Circulation, which is the Vital Faculty, which produces the Respiration, and the Digestion and Mixture of Humours, and the several Secretions ; thro' the Glands of the Liver, the Bile ; thro' the Glands of the Brain, the Animal Spirits ; thro' the Glands of the Primæ Viæ, the Saliva and pancreatic Juice, and Mucus of the Stomach and Guts ; thro' the Glands of

the Skin and Kidneys, the salt Serum; thro' the conglomerate Glands a nutritious Serum; the Semen thro' the Glands of the Testicles.

The sanguine Constitution is the most sweet and healthy Temper of our Blood, which then abounds in Quantity; and by these cool Tastes we distinguish the cold Constitutions, viz. the watery, the slimy, the sour; and these are the hot Cacochymia's, the bitter acrid, the salt, the acid, acrid, the Atrabilis: And if we thus sensibly distinguish all Constitutions, we must cure all the Cold Tastes by the Hot Regimen, and the Hot Tastes by the Cold Regimen.

The Melancholic Humour is called the Splenetic, or the Decay'd State, or Fœces of the Blood: In cold Tempers, 'tis sour, like the Tartar in our Wines; in hot Tempers it more resembles the foetid Spirits of Tartar, or Spirit of Salt, or Vitriol.

The

The Melancholic Humour is black, and is evacuated by Spits, Hepatic Flux, black Urine and Vomits, or the Lympha of the Eyes, or Sweat, and it tinctures the Skin black. It is originally bred by Obstructions, and the Blood stagnates in the Vessels of the Mesentery or Spleen, and that occasions the Melancholic Winds, and all Acids turn the Blood black, which is called Melancholic, viz. the Blood it self is either sour, or acid, or acrid; it naturally runs off in bleeding Piles.

All Hot Humours, as the bitter, acrid Bile, the Salso Acid Serum, the vitriolic acid Taste in Blood, and putrid Humours, are bred by violent Circulation, and the Cold by a slow and weak one, all which are known by the Pulse: Therefore the Art of preserving Health, requires that Use of the Non-natural Things mentioned, which will reduce our Pulse to their natural numbers, in a Minute 75, and then no Cacochymia will

a 4

abound

abound or increase to hinder any natural Action, which then becomes a Disease: And then we cure the Quantity of a Cacochymia by Evacuations, and its Quality by a Taste of such Medicines, as are contrary to the Tastes of the hot or cold Cacochymia's.

To prevent a Disease, has the same Indications as to cure: that is, the Cause must be prevented which would produce it. The Causes which produce Diseases, are the Fulness or Emptiness of the Vessels; and this is known by full or empty Vessels, and their great and low Pulses.

The Second Cause of Diseases, is the hot and cold Qualities of the Blood rarified or condensed, by an Ebullition or Fermentation, or Putredo of Humours; and this is known by a quick and frequent Pulse, or if slow, rare, declares the cold Temper of the Blood; so in Lethargies the Pulse is slow from the Abundance of Serum in the Head.

The Sickness of Humours is the 4th Cause of Diseases, as Inflammations in the Parts by obstructing the Motion of the Blood in the Vessels or Glands, with Pain; and this is known by a hard and frequent Pulse.

Evacuations make the Pulse small and soft: They who observe their Pulses in Plethora's, or Marasmus, in Feverish Ebullitions, in Inflammations and hot Pains, or the cold Windiness, in Hæmorrhagies the Pulse is great and empty, on stop of the Menses, quick and frequent, but more full; they will find that the Cause, which alters the Pulse, is the Cause of the Disease, and there are as many Diseases as Causes which alter the Pulse, and the same hinder the Animal Actions.

The Circulation thro' the Head, is the Animal Faculty, the Plenty of the Spirits moves the Heart vigorously to project the Blood thro' the Arteries, and the Respiratory

tory Muscles *accelerate its return to the Heart* : And the Cacochymia mix'd with the nerveous Lympha produce all the Diseases in the Brain : The cool Caco-chymia's produce Oblivion and Fatuity by condensing the Spirits, and slow Motion of the Circulation moves the Pulsation of the Cephalic Membranes weakly, but if the Humours be sizy, they stop the Circulation in the Brain, and occasion Apoplexies, and in the Medulla Oblongata, Palsies.

The bilious Cacochymia's causes the *Vigiliae*, and if also sizy, they inflame the Membranes, and produce the Phrenitis and Deliria ; and then the violent Motion or Pulsation of the Membranes gives the furious strong irregular Motion to the Animal Spirits ; and some of the melancholly black blood mixing with the Spirits, gives some Darknes to the natural Luminosity of the Spirits, or clogs their Motion, or confines them continually to some particular

lar

lar Idea, with Fear and Sollicitude about it : But if the corrosive or windy Atrabilis be seperated by the Glands with its lumineuse Lympha, they cause the Epileptic Explosions, or Convulsions, when the Nerves are irritated by a Fullness of it.

Hipp. Aphorism. Lib. 3. These are the Diseases which commonly happen in Old Age : Difficulty of Breath, Coughs, Strangury, Difury, Nephritic Pain, and the Rheumatick Pains of the Limbs ; Dysenteries, Ill Habit of the Body, Fluxes of Humidities from the Eyes and Nose, Giddiness, from 40 to 60 Apoplexies, Watching, dull Sight, and Hearing.

Itching TENESMUS : *The Itching is through the Want of Perspiration ; in the Tenesmus, Hippocrates commends emollient Glysters, and Baths of Emollients ; in Dysenteries, Whey or Milk in which Hot Stones or Iron is quenched ;*
in

in Leprosies, Aqua Calcis mixed with Milk or Whey; for the Strangury warm Baths, lenitive Purges, cool Diuretics; for the GOUT, Coolers, a Glyster, Purges, Whey, Asses Milk; for the Sciatica, lenitive Purges, and warm Baths, Asses Milk, a strong Purge. To help Expectoration, he commends Oxymel; For Pains of the Hip and Back, bleeding in Vena Poplitidis or Malleoli Externa; the Splenetics who are pituitous require hot Medicines, but the biliose cool ones; in Ileon, Glysters and warm Baths; cold Water in a Causus; Vomits help Expectoration when sweet Tastes and Oyls cannot: Water Drinking and thin Diet hinder Impossthumations: Warm Baths agree better in Pleurifies than in the Phrenitis; Bleeding cures the Vertigo, if done in the Neck, the Forehead, or Nose; in the Lethargy use a Vomit; in the Gutta Serena, on the Synciput, a Trepan to let out the Water; in the Opthalmy bleed, purge, cup, Water-drinking, and warm Baths: A Vomit for a Diarrhæa,

rhæa, and it also takes away Costiveness. We must not purge strongly the lienose, the hoarse dry Coughs, Asthmatics, Icteric, in the Strangury, in Hæmorrhagies, and weak Digestion, nor in Beginning of Inflammations : These Collections may be useful to old Men, as they fall into Diseases ; but Hippocrates's Character of warm Baths deserves their chief Attention.

Temperate Baths of warm Water allay Pains, maturate and expectorate the Spit, and ease the Breathing ; they help Lassitude, by mollifying the Limbs and Skin ; they promote Urine, and take away the Heaviness in the Head ; they extenuate if used fasting and cool, and heat and moisten after Meat, and warm Baths are reckoned as part of the Diætics, or warm Regimen.

*If the English Nation understood the true Use of warm Baths and the cold, they would, like the old Romans, make
Baths*

Baths in their Houses, and thereby more effectually cure all Cacochymia's, the common Causes of Diseases, than 'tis possible to effect by inward Medicines alone: They would help our Digestions, promote or stop the Circulation or Secretion of Humours, by rarifying or condensing of them, and 'till such Conveniencies can be got, I have proposed the Perfusions of warm Water once in a Week to help all Animal Actions, tho' in a weaker Degree than moderate warm Baths.

For feeding lean old Men, Bathe 'till the Flesh swells, and not 'till it sinks; these relax the Solids, and attract the Fluids into the solid Canals.

The Indications of Cure are usually taken from the natural Temperament, the Cause of the Disease, and the Strength; and since the Nature of the Pulse shews all these, by a vehement or strong great Pulse, we know the Strength; by its Numbers the great Recess from the moderate natural Pulse: By comparing the Cause and the Strength, we proportion our Medicines, and predict the Events: But without external as well as internal Medicines, we can effect few Cures: Therefore a Bathing Vessel, as well as a Pulse-Watch, is necessary for infirm old Men.

I first describe the Causes of Old Age, then how to preserve the present Health by the six Non-Naturals, and by what Regimen and Medicinal Tastes the Cacochymia's may be cured, that they may breed no Disease.

Many old Men die of Fevers intermitting, and they are distinguished according to the biliose, pituitose, or melancholic Constitutions: Therefore these may be prevented by curing those Cacochymia's. The old Writers prescribed Bleeding ad animi Deliquium, and Water-drinking after the Concoction of the viscid Humours, which make continent Fevers; but these turn'd into the Intermittents, when part of the colliquated Humours circulate thro' the Primæ Viæ, they become the Ferment of every Fit. Old Men die in the cold Fit, or by Translation of the Viscidities to the Head. All Obstructions in the circulating Vessels or the Glands produce symptomatic Fevers, such are Inflammations, Gout, and Defluxions, Stop of natural Excretions, or the Secretions in the Liver, Spleen, conglobate Glands, and Brain; and warm Baths help all Secretions, but are not convenient in Fluxes, nor in Hæmorrhagies, tho' they may revel from the inward Parts to the outward.

A Diary Fever is cured by bathing three Days at the End of the Fits, and thin Diet with Friction and Unction.

Salt Baths, as Sea-water, heat and dry us. This Revulsion I find prescribed in Galen, Bleeding or Scarification on the Ancles; for the Asthma, Plague, old Sciatica, Pains, Inflammation of the Eyes, old Womens Diseases; but we ought to renew the bleeding in Vena Poplitidis, and the Terebration through the Ribs in Dropsies of the Breast, and Empyema's; and the Scarification in Dropsies, and bleed in great Cases to 2 or 3 pounds: and help the Suppression of the Menses by warm Baths, after bleeding in the Foot, and Hierapicra with Cinnamon added to it.

An old Man's Body is like a Plant dried by the Sun; its Fibres are stiff, and Juices decayed, and less than in Youth, and they cannot prepare new Nutriment to repair the decay'd Solids and Fluids.

The Lord Verulam, in his History of Life and Death, compares the Body of Young and Old Men; and gives us these Decays of the Old, which I will range under the Decays of the Solids, or fluid Humours, or Spirits.

*The Alteration in the Solids are a dry and wrinkled Skin about the Forehead and Eyes,
hard*

hard Flesh, the Viscera are dry and obstructed; and this weakens the Digestion and Secretions, the Decay or Want of Teeth, white Hairs, or Baldness: Siccidity preceeds Coldness in old Men, and the Degrees of it may be known by the Dryness of the Skin.

The Alteration in the Humours, which are more phlegmatic, and melancholic, and the Blood colder than in their Youth, (but in some above the moderate healthful Degree) the crude watery Serum abounds, and that makes them more subject to chronical Diseases, and less to acute; the Pulse is obscure, and slower than in Youth, Wounds and Ulcers heal slowly, Paleness in the Face or settled, Red, many Catarrhes, Obesity, which succeeds the Decay of Heat from the oily part of the Chyle coagulated; all the Faults of the Humours may be known by the Pulse and Urine's Colour or Contents.

*The Alteration of the Spirits is seen in their weak Strength, slow Motion, stooping of the Body, and trembling *Seni tardior Venus*; few Animal Spirits, which makes their senses dull or deficient; our decay'd Animal Actions and weak Pulse, discover the want of Spirits.*

For the Decays of the Solids, we can find no Help like warm Baths and Unctions ; for the Decays of the Humours, the Cure of the Cacochymia is necessary ; and for the want of Animal Spirits, the nutritive and cordial Diet : The Motion of the Spirits is stopt by Sleep, Rest, and governing the Affections, by Water-drinking, thin Diet, cold Air, Fasting, or a spare Diet, and cold Cloaths ; drink Water at Bed-time to procure sleep ; Opiates divert the Spirits by extatic Dreams ; all Smells suddenly refresh the Spirits ; Aromatics and Wines inflame them. These Things destroy the Spirits ; Vehement Affections, profuse Feasts, Venus immoderata, Labore ardui, Studia intensa, and much Business ; but Joy, Hope, Contemplation, and remembering the Actions in Youth, expand them.

For the Prolongation of Life, the Lord Bacon advises to exclude the Air, which depredates the Humours by cool Cloathing, cold Baths, and those of Chalybeate Water, and by Oils ; and the Irish live long who anoint themselves with salt Butter, and they used Indusia Crocata ; and for Itch, strew Sulphur Vivum on a Shirt, and boyl it in Water, and dry it ; and Hippocrates advised cyled Shirts in the Summer. Lord Bacon advises Oyl Olive or Almonds, with Salt, for

Lon-

Longevity every Morning with Linnen or a Sponge; an oyled Shirt is most convenient; and we may best use Unction without Bathing, for Unction in the Winter prevents the Cold; but we must not mix hot Aromatics with the Oyls, only Roses or Myrtles, and use not these till Cathartics have been used, and in Bodies who perspire too much: Unction must always be used with warm Baths ordinarily.

There is no true Method of prolonging our Lives, but by a right Use of the Six Non Naturals, by which we may repair our decaying Spirits, renew the nutritious Humours, and soften and relax the dry and obstructed Solids: All the Medicines of Gold, Gems, and Decoctions of Wood, or ever green Plants, are Delusions; and the Medicina Statica is impracticable. The Balneum Aqua Dulcis tepidæ is useful to feed and cool old Men with Unction; Cold Bathing not Heetical Persons; Lavatio Corporis in frigida bona ad longitudinem vitæ, Lord Bacon. The best Diet is of sweet Tastes, and the least nutritive have an Acidity, Saltness, Acrimony, and Bitterness mixt. These make good Medicines for decayed Stomachs, especially the bitter and Styptics in Wine or Brandy, and the Stomach must be purged by Aloetics; and Steel Wines may be used against Obstructions Spring and Fall; but the use of oyley Medicines seem necessary inwardly for the Dryness of the Visce-

ra, such as this, bitter Almonds blanched 2 ounces, Honey 4 ounces, mix them by pounding, or Soap, with Hepatics in Pills, with Rhubarb, Crem Tartari, or oyl of bitter Almonds, and Syrup of horehound and Sugar. Bartolet prepared a Tincture of Steel, with oyl olive, for the melancholic; Emulsion of bitter Almonds may be used, or a distilled Water with Brandy, or Rataphia Cakes. The Galenists used bitter Almonds very much in the Jaundice and intermitting Fevers: It supplied their want of the Bark, having something of its Taste, so have Peach Kernels. The Kernel bitter Tastes, such as bitter Almonds, may be infused in brandy or wine 4 ounces to a quart. This Taste is wanting in practisers; the most agreeable and effectual bitter; the best Cordials are volatile Salts, aromatic oyls, Saffron, Ambergrease; bathing the Feet often makes the best Revulsion from the Head; a tenth part of Niter, with common Salt mixt, cools all Humours, and hot Spirits, and so do Opiates, the Circulation is best preserved by Exercise and Friction, and the Industria Setosa.

Old Men must eat no Flesh Suppers, but use any Varieties at dinner they can digest, and use a small Table-drink of 3 or 4 Strike of Malt constantly, broths, wine, milk, eggs, nourish old Men best.

The Lord Bacon has truly observed, that repeated gentle Purges conduce more to Longevity than Exerciscs and Sweating, by which the nutritious Humours and Spirits are much evacuated; and the Purges carry off the phlegmatic humours, and stimulate all the secretory Vessels; to cleanse all the Viscera, the Terebinthines are most commended by the old Writers.

A Pulse Watch may easily be made by making the Minute-Finger large, and to run round the plate.


The bathing Vessel may be so small as a wooden Cistern for wine bottles, to hold so much warm water as will cover both Feet to the Ancles. For hot Tempers put into it a handful of these herbs, any one of them, mallows, dandelyon, or fumitory; for cold Constitutions, wormwood, chamomile, elder; in Cephalick Cases, Sage, Rue, Lavender, bayes; in pectoral maladies, Fennil, Dill, Coltsfoot, strew a handful of any of these in the bottom of the Vessel, then pour on them boyling water; to a bason full of which add a Washball, or 2 or 3 spoonfuls of oyl, after the body is rubbed by brushes, use the water all over to cleanse the Skin, then use the perfusion of the warm water in the Vessel, and stand in it to receive the water; then dry the Body, and go to bed at
Night:

Night : This may be done before the Fire, and within the Compass of a skreen to prevent Cold.

Celsus recommends warm baths for children and old men ; and I am credibly informed that in Turkey the Lues Gallica is prevented by warm bathing. The Fabrick of their baths may be found in the Turkish History, and they will prevent and cure many Diseases.

The most tender persons may use these persusions in the Spring and Autumn, and not in the Winter ; and by degrees use warm water after Friction and Uction before a Fire, 'till they have got safely into a constant practice.



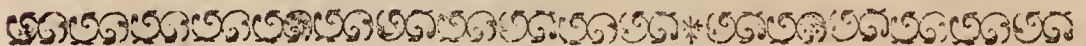


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E R R A T A.

In Page 8, Line 13, read *bibunt minus neunt.* P. 14. l. 3. r. *sine*, instead of *sane*.
P. 16. l. 12, r. 2 l. at dinner. P. 18. l. 1. *praesidia non consumantur.* P. 22. l. 6.
r. *Crem of Tartar.* i. 13, r. *the Pulse rises by stopping the Evacuations, which being
retained stimulate the Heart.* l. 19, r. *lutum*, instead of *Lutum.* P. 33, l. 27, r.
twice, instead of *twice.* P. 34. l. 21, r. *boni sucoi sobrie sumptui.* P. 43, l. 19. r.
and warm Water. P. 45, l. 7, r. *of each two drams.* P. 46. l. 11. r. *Ol. ligni Abo-
cij.* P. 51. l. 1. *Coakes*, instead of *Calkes.* P. 64. l. 3, r. *deobstruct*, instead of *do
obstruct.* P. 68. l. 10. r. *Lycnis Bitters.* l. 27 r. *Lamium Bitters.* P. 78, l. 10.
Cibus imminutus. P. 90. l. 21, r. *ampboris.* P. 96, l. 10. r. *Oribasius*, instead of
Cribasmi. l. 16. r. *quinetiam quoad appetitiones.* l. 18. r. *integris*, instead of *inter-
vos.* l. 21, r. *saepenumero.* l. 25, r. *In usu.* P. 97. l. 12, r. *in Liquor.* l. 21, r. *ne-
cessarij.* p. 22, r. *athletici.* P. 98. l. 8. r. *dilutius.* p. 9. r. *prodeu in iis qui.* Pag.
99. l. 4. r. *de Venenis.* P. 101, l. 9. r. *Colaturæ*, instead of *colatæ.* and l. 10, r. *mortu*,
instead of *morta.* P. 107 l. 26. r. *Kimmel*, instead of *Kimmel.* P. 108. l. 12 & 13,
r. *cucurbitulis.* l. 16. *inipertiri.* P. 110. l. 11. r. *Telephus.* l. 21, r. *ibtro*, instead
of *nitra.* Pag. 118, l. 16, r. *perunpant.* P. 121, l. 2. r. *also.* l. 3, r. *natron*, instead
of *natura.* l. 27, 28, r. *Ol. Caprinum.* Pag. 125, l. 25, 26, r. and in *Celsus*, and in
the Arabians, &c. Pag. 128. l. 15. r. *saepius*, instead of *sapius.*



THE
ART

OF PRESERVING

Old Men's Healths.



CHAP. I.

*The Decays of the Solid and Fluid Parts
in OLD AGE, and the Causes which
produce them.*



H O S E we esteem to be Well, who are in no Pain, and perform all the Actions of Life, which some can do till the Fiftieth, Sixtieth, or Seventieth Year, of their Ages; but when they leave off all Employments, they must take care of themselves, in Eating, Exercise,
A Friction,

Frication, Bathing, Passions, Evacuations, &c. In Health our Diet is in due quantity, and quality, and well digested, distributed into the Veins, and well circulated in the circulatory Vessels, till it has produced the Secretion of those Humours which are natural; such is Choler, serose and slimy Lympha's, Semen, and Animal Spirits; and when the circulation has expelled the excrementitious Humours, the Urine, which is to be evacuated by the Kidneys, and some of the same Salt *Lympha*, but a little more *Volatile*, must be discharged and perspired by the cutaneous Glands, and expiration of the Air; and the Solid Fœces by Stool.

W H E N all these natural Actions are performed naturally, both our Solid and Fluid Humours are in perfect Health; but when the Solids are preternaturally affected, with Heat, Cold, Dryness, or humidity, we first observe our declination from a Healthful State; very Old Men have their Skins dry, wrinkled, or hard, or Schirous; some feel in the Flesh a Hectical Heat and Dryness; others are Cold and Dry, or Humid; and some Old Men have a Hectical Pulse, which is small, quick, and frequent, their Urines are high colour'd and thick, they Sleep and Eat little, and are thin, and hot in their Flesh, violent in their Passions, and vehement in their Motions; their Bloods
are

are choleric or salt, with sandy Urine and sharp Stools; and scurfy Scales on their Skin, with itching. Other old Men are fat, and of a florid Countenance; these have greater and fuller Pulses, the Urine of a moderate Colour and Thickness; they eat and sleep well, and are most healthful of all Old Men, and live long, if they avoid all Excesses, and use moderate Diet, and exercise: The Animal Humours produce the Heat, or Coldness, Dryness or Humidity in the solid Parts, according to their natural Tempers and Circulation thro' the Vessels: They also occasion the Schirrosity or Petrification of the solid Parts, by their Viscidity, and their Siziness is a lesser Degree of Viscidity, and occasions all Inflammations; they fill the solid Parts with too much Serous, and slimy *Lympha*, if the old Men are cold and humid, which makes the Body pale and swelled: Their Digestion's weak, their Pulse rare and slow, their Minds are dull, and Motions weak, and they sleep much, and are injured by Cold, and are subject to Distinctions, *Epiphora*, Coughs, Gripes, Looseness.

THE cold and dry old Men are shortest Livers, because their natural Heat and Circulation is decayed; they want Nutriment, which makes them dry, and the natural Heat decays for want of a brisk Circulation.

A L L Animal Humours decay by being evaporated, like the Arifaction in Plants, and this is the Eff ct of a too hot *Regimen*.

A U T U M N and Winter are most injurious to old Men, whose Heat is weak, and then the Circulation and Pulses are most stopt. In *Spring* and *Summer* they are the most healthful. This is the hot *Regimen*; by our Pulses we know, that hot Air, hot Baths, hot Cloaths, hot Meats, such as are acrid, bitter, salt, foetid, aromatic, fermented Liquors, hot brandy Spirits, resinous Wines, Tobacco, hot Fires, violent Exercise, hot Passion of Anger, Joy, Revenge, many Cares, much Study, constant *Vigilia*, hot Snuffs, much Friction with hot Oyl, much Fasting, soft hot Beds, drinking hot Teas and Coffee, the Stop of natural Excretions by Sweat, Urine, Stools, *Semen*, *Menses*; all these Things are an Excess in the hot *Regimen*; they accelerate the Pulse, and hasten old Age, in the thin hectical, old Men. The florid and fat old Men are of a sanguine Constitution, and preserve that Temper, by avoiding all Excesses in the hot and cold *Regimen*: They are most healthful, and I reckon them in the middle of the acrid, choleric, and salt Tempers, which abound in the thin hot old Men, and the pituitous and serous Humors and Slim, which

which appear in the cold, fat, pale, old Men.

The cold old dry Men seem to me the melancholic Tempers, when their Pulses are slow, and the acid four Humours prevail; but these melancholic Tempers are very inconstant, and have quick Pulses sometimes, when the bitter Cholera prevails over the four or acid, the *Atrabilis* being a Mixture of bitter, acrid Cholera, with acid sharp Particles, or *Tartar Volatilised*.

THIS is the cold *Regimen*. By the deficient Pulse we know, that cold Air, cold Baths, cold Diet, which is Water-drinking, and Fruits, slimy Herbs, much Rest and Sleep, many Evacuations by Urine, Stools, Sweat, Bleeding, cold Cloaths, cold Beds, cooling Passions of Fear and Sadness, unfermented Liquors, sink the Numbers of the Pulse, and of these the cold *Regimen* is made to cure hot *Cacochymias*.

IN the first Degree of Heat the Pulse is great, in the second quicker, in the third more frequent.

IN the first Degree of Coldness, the Pulse becomes rare, in the second more slow, in the third small.

THE Bodies of old Men are cold, because their Circulation is weak, as well as their Digestion; for which Reason they breed much phlegmatic *Lympha* in their Stomach, Nose, Mouth, Lungs, Eyes, from the Cru-

6 The Art of Preserving

dity of their Chyle, and much pale Urine, for want of Perspiration.

THE Pulse of old Men is small, because their Spirits are weak, and the Blood little rarified, and their weak Strength depends on the paucity of animal Spirits.

THE Body is consumed by external, as well as internal Causes; the thin and soft Skin is injured most by external Causes, such is the Air, and Change of Season, and Weather; the hard Skin and fleshy Bodies suffer most by the internal Causes, the *Plethora*, and the *Cacochymia's*, Inflammations, Fevers; but some are ill, not from an ill State of Humours, but from some Excess in the *Non-Naturals*. Fat and humid Bodies decay for want of the hot Regimen, and the thin hot old Men for want of the cold Regimen.

LUXURY, Slothfulness, dull and weaken the Body, but Labour and Temperance strengthen it, and prolong the Youth, that they may late grow old.

STUDIES deprave the Digestion, and Abstinence and Satiety spoil it.

HOT Constitutions are more healthful in Youth; they soon breed Teeth, speak and increase; they are subject to biliose Diseases 'till their Declination; they soon grow old.

THEY who are of hot and humid Tempers, are subject to Defluxions, and Fevers, and a *Putredo*, Hæmorrhagies in Youth, but

a moist Temper, preserves from old Age, according to the old Rule, *Qui maxime humidus, maxime longævi.*

An Inequality of Temper in some parts depends on Defluxions, Inflammations, Pains, such are *Raucedo*, *Gravedo*, or Rheumatism; an ill use of the Non-naturals, to the Stomach, Head, Skin, alters the natural Tempers by Defluxions, but they do not make the Temper humid, or to want drying Medicines.

THE *Tartarious* Diet of Fruits, the mucilaginous and farinaceous, or leguminous, and oily and fat Tastes are difficultly digested by old Men. The Fibres of Beef, Swine's Flesh, old Creatures, are tough and hard of Digestion. Styptick red Wines are not so agreeable as Sack. From the Salt and viscid Humours old Men have Scales, itching, *Vitiligo* in their Skin, and *Alopecia*, Strangury from the Salt Urine, and running Pains in the Limbs, and the *Atrophy* of their Bodies, Gout, Stone, *Diarrhæa*, sharp *Catarrhs*, Wrinkles, and Dryness in the Skin. Obstructions are made on the Liver, Spleen, Glands, by slimy crude *Chyle* and its *Lympha*; and these produce Jaundice, Swelling of the Glands, Stoppage in the Kidneys. From viscid fizy Humours all Inflammations, Pleurisy, *Angina*, Peripneumonia, Apoplexy, Palsy, Head-Aches, are produced.

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IF the Digestion be abolished, Dropsies, Atrophy, Lienteries ; if diminished, Cachexies, Cholicks, Dropfical Tumours arise ; but if the Digestions run too high, Fevers, Scurvies, Inflammations, Leprosies, Cancers, are produced.

SANCTORIUS'S Aphorisms.

84. *Interimunt Senes, coitus, corporis, actualis frigiditas, potio plus justo, cœnare ut juvenes plus debito Irasci & exerceri.*
85. *Senes ætatem decrepitam non attingunt ob diminutas expultrices, hinc cum plus ibunt minus merunt, & minus solito perspirant, remedio est ut ablatio respondeat additioni.*
82. *Senes ob frequentia sputamina vitam protrahunt, retenta ut incapacia coctionis vel digestionis impediunt perspirationem, unde suffocatio & mors.*
83. *Senectus est revera agritudo, sed diu protrahitur, si corpus reddatur perspirabile.*
79. *Majus pondus accelerat senectutem.*
80. *Fibræ seni duræ, & ut tales non possunt renovari amplius, unde mors.*

Old Men's Healths, &c. 9

Exercitium animi & corporis violentum reddit corpora levioris ponderis efficit velocem senectutem, & mortem, præmaturam minatur.

Pag. 107 *A nimio exercitio Fibræ fiunt duræ unde senectus, quæ est universalis fibrarum durities, hæc condensando meatus calorem suffocat, mollities aperiendo longævitatem facit.*

This is Dr. Lister's Axiom in his Comment on Sanct. pag. 46. *Uni perspirabili promovendo incumbat, si vitam diu prolongare sanus velit.* This is his Advice to old Men.

Senibus propter cordis musculorum imbecillitatem secunda, & tertia concoctio tardiores sunt, perspiratio inclinatur in Stomachum & intestina & concoquens, septicus vapor fit, unde senes edaces sunt.

Lister p. 52. *Ponderis diminutio per inediam vires corporis labefactat, senectutem mortemque accelerat, propter minimorum vasorum Flacciditatem. Octogenarii edaces sunt, pag. 114.*



C H A P. II.

Concerning the Right Use of Air, Diet, Exercise, Baths, Unctions, Friction, Evacuation, Passions, Sleep, Watching, for preserving our present Healths.

G A L E N says, He was subject to many Infirmities in his Youth, but by his Art of preserving Health, he lived free from all Diseases the rest of his Life, but an *Ephemera*, and so he preserved all his Senses; and he declares, that He is the best Physician for old Men, who knows the Medicines that will moisten and warm them. *Gal. lib. 5. de tuenda Sanitate.*

T H E Non Naturals alter the Pulse by altering the Blood and Animal Spirits.

1. H O T Air rarifies them, and stimulates the Heart to a greater and quick Circulation.

2. C O L D Air makes the Pulse more rare, small, slow, by condensing the Blood and Spirits, thus by the right Use of hot and cool Air, we must keep the Pulse as near 70 Beats in a Minute as we can. By this Rule a good Constitution is preserved by a moderate Use of all the Non-Naturals; and we correct the morbid State by a contrary

Re-

Regimen to that which altered the Health; and the Knowledge of the healthful Pulse, discovers all Irregularities, when it runs too fast, or slow, or intermits.

3. MODERATE hot Baths raise the Pulse, but immoderate hot sink it, and make it small and languid. Immoderate cold Baths make the Pulse slow, rare, small; but a moderate Use strengthens the Spirits, the Pulse, and all Motions. Tepid Baths cool and moisten; but if their Heat be equal to our Bloods, they only feed and moisten; if hotter than our Bloods, they heat and do not moisten. By cold Baths we eat more, and digest better, thirst less, the Body grows more fleshy, and Muscles stronger, the Spirits more brisk, the Skin becomes more hard and thick; they stop all profuse Evacuations, too much Perspiration and hectical Sweats. Bathing after Meats feeds, but is injurious in Obstructions of the Liver.

Frictions with Oyl, and Baths of fresh Water warmed and after Exercise, feed.

Thus by Bathing we may prevent every Excess in Heat, Cold, Dryness, and Moisture, and cure any Excess by contrary Baths: The preventing Diseases, and curing small Degrees, belong to the Hygeine, after Watching, Sadness, Anger, Friction with Oyl, and temperate Baths, and Quiet, we cure these Passions, and regulate

gulate all our Pulses Excess, or Defect in Numbers, Strength, Magnitude ; and by them we must be directed when to use hot, cold, or tepid Baths.

Tepid Baths cure all Dryness from *Vener*, Cares, Anger, Sollicitude, Watching, Fasting, Labour ; which Things all old Men ought to avoid. *Refrigerat in jejuno Balneum, calida lavitio pueris, & senibus apta* : These are true Axioms.

4. OLD Mens Bodys are generally dry, for want of sufficient Nutriment ; and for that Reason we prescribe them a nutritious Diet, to moisten them ; we nourish the Body after all Evacuations, and cure Thirst by Drink ; but impure Bodies are injured the more they are nourished.

Old Men must eat nothing that is viscid. Flower Meats, Cheese, Roots, Herbs, Pork, breed a viscid Nutriment ; but Wine heats and promotes the Secretion in old Men.

The Indication from the cold Temper in old Men, is to cleanse the Serous and viscid Humours, to which *Cacochymia's*, their weak Digestions and Circulations make them subject. When the Pulse runs too low in Numbers, Strength, Magnitude, we must use the hot Tastes in Diet ; and when the Pulse runs too fast, the cooler *Regimen*.

Bread well fermented and baked is the best mealy Diet ; very old Men live
much

much on Milk, small Ale, Sack, Eggs and Broths.

Old Men must avoid great Varieties of Meat, great Quantities, the best Diet is moderate as to Heat, and moderately strong Drinks, of an agreeable sweet Taste, neither acrid, salt, sharp, fætid, or aromatic, or putrid, nor too strong Liquors; for these are hot Tastes in our Diet, and heat and dry; and the cold Tastes in Diet stop the Circulation, Secretion, and weaken the Digestion in the Stomach, and are these mucilaginous Herbs, Fruits, Cucumbers, Acids, Vinegar, Verjuice, Sorrel, watry Tastes, fair Water, Milk, Whey, Cyder and Water, is proper for hot Constitutions in Summer, and many prescribe one part of Nitre, with ten of common Salt with all our Meats. All Acerbs and Styptics are cool Tastes. Children and old Men bear fasting very ill, it weakens their Spirits, abates their Heat, dries their Bodies, hinders their Sleep, binds their Bodies; therefore all thin old Men ought to eat little, and three times in a Day, and half a Pint of stronger Liquors at Night promotes their Sleep. Old Men must be differently nourished; the thin and hot by the Diet of cold Tastes; the fat and humid by the Diet of hot Tastes and stronger Liquors.

A great Quantity of Meat oppresses the Blood and Spirits, and makes the Pulse unequal; but a moderate Quantity makes
the

the Pulse great, quick, frequent. *Quantum edendum noveris si pluribus diebus observaveris corpus a somno sane molestia ad idem pondus reduci.* Sanctorius.

WE know the Acrids by the Taste in Mustard Seeds. The corrosive Tastes are the greatest Degrees of Acrids, such as are in Garlick and Onions. We discern the aromack Tastes by Cloves and Cinnamon; the bitter by Hopped Drinks and Wormwood; the pungent or vinous Tastes in all high fermented Liquors, the very sweet in Honey and Sugar, and sweet Fruits, which are apt to ferment; the fætid Tastes appear in Cheese and flesh Meats; stale, salt Diet Heats also, such are Anchovies, Pickles; but the Acidity of Vinegars tempers their Acrimony.

THE Tastes of our Diet discover the Vertues of all Alteratives in our Medicines. The hot Alteratives are of some of these Tastes, acrid, corrosive, bitter, aromatic, very sweet and pungent, such as strong Wines and Malt Liquors; the odorous, the fætid, volatile and lixivial Salts, and Oyls chymical, which are either fætid, aromatic, or of a Salt burnt, lixivial Taste; the burnt Calces of Minerals or Animals, retain some Smoak or fiery Particles. Nauseous purging Tastes irritate the Circulation by Vomiting, and purging in moderate Doses; and some of these

these we mix with our Diet to heat and accelerate the Circulation.

THE cool Qualities of the Alteratives we find in these Tastes; the watery, as Water-drinking, distilled Waters; *adly*, slimy Mucilages, such as watery Gums, Acerbs and Stypticks, and Austeres, Sloes, and Oak Bark, Acids, Juice of Lemons, Citrons and Spirits; Opiates, and violent Evacuations by Sweat, Urine, *Menses*, Bleeding, and Fasting, Looseness, sink the Pulse; all physical, hot or cool Alteratives mixed with Diet, are most agreeable to our Stomachs: Wine, Malt Liquors, Broths, Brandy, are the hot Vehicles of our Medicines; and Water, Milk, Whey, Wine and Water, Emulsions, Infusions, Ptisans, are the cooler Vehicles proper for hot Constitutions, and to temper hot Medicines; by all the hot Tastes we help the Secretion thro' the Liver, Spleen, Kidneys, and other Glands; and by the cool Tastes we stop all Fluxes. Old Mens Diet must be directed against phlegmatic Secretions stopt, or Cholera, viscid *Serum*, or the salt corrosive *Lympha's*, suppressed or obstructed. Friction supplies the Want of Exercise, and it raises the Pulse 7 or 8 Beats in a Minute. Exercise ought to precede Eating and Friction. Exercise and Friction, with Oyl in a Morning, and a Perfusion with warm Water, where warm Baths cannot be had,

had, feed much. No diseased part must be exercised, and when the upper Parts are unsound, we must labour with the lower : That Exercise for old Men is best to which they are used. Moderate Exercise and Baths preserve the Circulation, and irritate all the Secretions, as well as Expulsion of Excrements. Dry Meats to dry Bodies, and the moist agree best with the moist in Health, and nourish most.

THE Diet of old Men may be *l.* 4. *1 l.* in a Morning, *1 l.* at Dinner, *1 l.* at Supper for one Day : But the pituitous ought to fast in a Morning. But my Diet is now not above *3 l.* and a half ; the Circulation and Perspiration are defective in old Men.

5. THE Pulse is accelerated, and is made quicker and greater by moderate Exercise ; but becomes less and languid by the Immoderate. That is good Exercise, when the Breath and Pulse are accelerated, the Heat is increased, the Flesh is hardened, the Perspiration and other Secretions promoted ; but if the Spirits be weak, less Friction and Exercise must be used, *Seni expedire mane oleo ungi & fricari*, and after that gentle walking, or Gestation in a Coach, without Lassitude, and a warm Bath to cleanse off the Oyl, and for want of that, warm Water may be poured on the whole Body to cleanse and soften, and warm it. Riding is the best Gestation

Gestation for old Men. All sort of Work are Exercises, but these are too violent, Digging, Plowing, Sawing, carrying Burdens, Ringing, Mowing, Hunting, cleaving Wood, Pounding, Racing, Travelling, Dancing, driving a Chariot.

THESE are gentle Exercises, Sailing, pruning Trees, Riding, bowling, Billiards, Nine Pins, Fishing, Walking, some of these we must use if suitable to the Strength; and these may be used fasting after Friction: For Women, Dancing, Walking, Riding, Spinning, Housewifery.

To soften the hard Skin, and relax the Tense, requires Oyl and temperate Baths, Quiet, gentle Friction and Motion, very gentle after Bathings.

THE Friction with Oyl, helps Lassitude, and discusses Humours rarified by Exercise.

LEATHER is softened by Oyls, and that prevents its cracking, and breaking; so Oyl softens the Skin which is like Leather; it helps to facilitate the Motion of the Limbs, it defends from Cold, eases Pains, and tempers corrosive Humours.

HOT Oyls of Radish, Dill, and Orris, help Perspiration, especially, if chymical Oyls be added: *Frictio dura astringit, mollis solvit, multa minuit mediocris auget carnem.*

Prodest interdum balneo, interdum aquis frigidis uti, modo ungi, modo idipsum negligere. We must use neither Baths, Exercise, Uction, nor Friction, but as they are necessary for regulating the Pulse, and indicated by some Irregularities in it, and *in secunda valetudine adversæ præsidia consumantur.*

FOR hot Tempers, we must abstain from much Exercise, but we anoint a little with Oyl, that is moderate, and be bathed in a temperate Bath, and to sleep after Bathing. Bathing helps Sleep ; the cold and moist Constitutions have Defluxions ; abstain therefore from Baths, but use hot Oyntments, Acrids, Exercise. The Jews used Oyl and Washing, *Ezek. 16. v. 9. Deuteronom. 28. v. 40. Mich. 6. v. 15 The Want of Oyl is a Curse ;* and the Gospel says, *The Face may be anointed as well as the Head and Feet.* Since old Age contracts the Skin, Oyls are necessary in cold Countries for old Men.

Pollio preserved his Health inwardly by *Mulfum*, and outwardly by Oyl.

OYL mixed with warm Water cools.

THE Body is made moist by omitting Labour that was formerly used, by frequent Baths, full Diet, much Drink, walking ; but our Bodies are dried by more Exercise, Hunger, Uction, without Water.

BEAT Salt with Oyl to make it fluid; and that *Ætius* prescribes at the end of the Fits of the Gout, and Oyl of Scorpions in the Plague, Stone and Pains.

UNCTION is necessary with warm Baths for dry Bodies: We first use Friction, then Uction, and after that a tepid Bath, for an Hour, then if need be, repeat the Uction; use tepid Baths, Sleep, and a soft Bed to nourish. We use Friction and Uction in a Morning against Cold, or Lassitude.

Frequent warm Baths, soft Friction with Oyl, produce a Laxity in the Skin; but dry Friction, cold Baths, and styptic Oyls, cure it.

COLD Baths moderately used, feed, by stopping Evacuations. To a Person who had been very fat, but by continual profuse Sweats was reduced to a Skeleton, I advised cold Bathing in a Tub, by which he became fat again, recovered his Appetite and Strength, in such a degree, that I could not know him, who had only seen him at *Walshall*, very lean, extremely tender, always sitting near the Fire.

I HAVE observed, that any Disorders after cold Baths, require Bleeding:

I HAVE observed, that after cold Bathing, if the Person be put to Bed, he may be easily sweat by Spirit of *Sal Armoniack*: 40 Drops in warm Ale; and by this Method the

swelling of dropfical inflamed Legs, may be prevented, and much Urine procured by that Spirit, after cold bathing, and putting them to Bed.

MANY Specifics will have greater Effects, if given in hot, or after cold Baths.

IF any Person dislikes Oyl or Washballs, he may only use Castle Soap, and make a Lather with warm Water, and wash the whole Body once in a Month.

SOAP is a Composition of Oyl Olive, Starch, Lime Water, a Lixivium of Pot Ashes boiled together : These Things shew its discussing and detergent Nature ; and this may be made more cooling by Nitre, more smoothing by more Oyl or Suet, or more aromatic or acrid by adding such Tastes.

AFTER hot bathing, Oyls are used to hinder too much Perspiration. Wine and Oyl, and Salt, used with Friction, cleanse and discuss, and help Lassitude ; if any Method can cure the Tenderness of some thin Skins, it must be Uction, which will make them insensible of the Air, such are stiptic or thick Oyls.

6. THE Passions alter the Circulation. In Anger, Hatred, Envy, the Pulse is great and vehement. In Joy, great, rare, slow. In Sadness the Pulse is rare and slow and languid. Fear and Despondency make the Pulse inordinate

dinate, unequal. Immoderate Passions make the Pulse languid. Studies spend the Animal Spirits; in Melancholics the Pulse is obscure, contracted, inconstant, unequal, deficient, slow, rare; Modesty and Shame stop the Circulation, as appears by the Flushing in the Face. Immoderate Cares and Passions, especially Sorrow, hasten old Age. Envy, Ambition, Covetousness, Anger, do decay the Body; but Hope, Love, Joy, are Prolongers of our Lives by their Influence on the Humours.

It is necessary to conquer the vicious Passions which attend old Age; for which end I know not a better Discourse on them, than Mr. *RICHARD STEEL*'s concerning old Age, its Virtues and Vices, he truly affirms, *That a chearful Heart, a sober Diet, and moderate Exercise, may defer old Age for a Time.* The vigorous old Age lasts 'till 70, and begins at 50; the decrepit after 70. — Eccl. ch. 30. v. 22. *The Joyfulness of a Man prolongeth his Days, v. 24. Envy and Wrath shorten the Life, Carefulness bringeth Age before the Time, v. 25. A chearful and good Heart will have a Care of his Meat and Drink.*

7. The Stop of Perspiration, Veneries, Stools, Urine, raise the Pulse; but all those Evacuations sink the Pulse: All Secretions must be helped by a *Stimulus* of a Taste

like as the Secretion ; bitter Acrids resemble Choler, and help its Secretion ; Salts promote Urine, which has a salt Taſt, and *Vitriolics* or *Styptics* were accounted good Splenetics ; the odoriferous Fœtids, reſemble the Animal Spirits. *Crem* or *Tartar* and Honey, or Oyl and Honey, are uſed for being bound inwardly. *Lotions* of the Feet are proper for the *Vigiliæ*.

LABOUR, little Diet, little Drink bind the Body, and the binding is leaſt injurious to old Men. Some old Men have Stools once in a Week. The Pulſe riſes by ſtopping the Heart. All Evacuations, which being retained ſtimulate.

ALL fort of *Cacochymia's*, may be evacuated by Sweats, which are ſometime ſalt and ſmell ſour. In the Jaundice, they are bitter, *Litum vel virus olet*, and the fœtid putredinous Vapours evaporate that way in putrid or peſtilential Fevers.

Innoxia Venus Solis calidis & humidis Senibus.

IN colder Conſtitutions theſe gentle Purgatives, are ſuitable to old Men, and neceſſary to carry off the ſerous or viſcid Humours, *Elixir Salutis*, *Tinct. Sacra*, *Scotch Pills*, *Pil Ruffi* ; and in the hot Conſtitutions a *Tinct.* of Rhubarb or to chew it ; and a Doſe of theſe being taken at Night ; and half an Ounce of *Epsom* or *Glauber's* Salt, or *Crem*

mor Tartari in the Morning to evacuate Cholera, but no strong Purges agree with old Men.

O Y L moistens the Excrements, and skins of the Guts in old Men, who are subject to Costiveness : The peristaltic Motion is decayed, and wants a Stimulus also.

SWEATING may be helped by taking 30 Drops of Spirit of Harts-Horn in a Glass of fair Water going to Bed, for Pains or Rheums.

8. SLEEP makes the Pulse slower, and more natural in the Morning ; long waking spends the Spirits, and makes the Pulse small and rare. Old Men may sleep longer to compose the Passions, 10 Hours, or 7 in the lean old Men.

BATHING helps much against the *Vigilia*, by promoting the Perspiration of Humours; and a Glass of Wine, or small Ale in the Evening, pushes the Circulation towards the Brain, and allays the violent Motions of the Spirits, which occasion the *Vigilia*. If we observe the Heat of the Urine as it is made at Night, it will feel very hot ; but if we observe the same in the Morning, it feels very temperate, all the hot Particles perspire before Morning.

ALL Diseases hasten old Age, as well as Intemperance and too much Labour.

MOST old Men are subject to some chro-
nical Diseases, which seized them in their
Youth, or declining Age. By a proper Re-
gimen we prevent their Increase ; but
their Cure belong to Physick ; but a *Caco-
chymia* not fixed, is only the antecedent
Cause ; and this may be attempted by the
Non-Naturals, by which the old Doctors
more certainly cured Diseases, than we can
by our Specifics ; few of these would be
necessary if we used the proper Regimen
in all the Fits, and to prevent their Re-
turns.

WHEN we find the hot Regimen is ne-
cessary, then we may use hot Specificks,
and with the cold Regimen the cooler Spe-
cificks : So in hot thin Bodies, the cooler
Regimen, and cooler Specifics agree best
in the Gout and Stone ; but in the fat
and cooler Constitutions hotter Medicines,
and the hotter Regimen. The same Observa-
tion holds in all other Diseases ; the hot
Regimen and Specificks agree with the cold
Constitutions affected by any Disease, and
the cooler Regimen and Specifics in hot
Constitutions ; for that must be respected by
all Practisers in the Choice of the Specifics,
as well as the *Cacochymia*, which is the
Cause of the Disease.

MEN of all Constitutions grow old, there-
fore they are subject to different Diseases,

according to their different Constitutions, and *Cacochymia's* ; and Medicines suited to their Constitutions, and proper to each *Cacochymia*, must be used to palliate and prevent the Increase of them; no one Method can be used to all old Men to preserve their Healths, they want these following Regimens.

1. THE extenuating Regimen against a *Plethora*, in fat old Men.

2. THE restorative Regimen for thin consumptive Bodies.

3. THE digestive Regimen for crude slimy Humours, and Obstructions, called the attenuating Diet.

4. THE cooling Diet and Regimen against the bitter, acrid Temper of Humours, which produce Fluxes, *Ephemera's*, *Nidorous Ructus*, Thirst, Want of Appetite, intermitting Fevers.

5. THE diluting Regimen against fizy Humours and Salt, to prevent Inflammations and Pains, Pleurisy, Ophthalmy, Gout, Stone, Strangury, Scurvey, Appoplexy.

3. THE

6. THE Cephalic Regimen against the Irregularity of the Motions of the Spirits in Hypochondriacs, and Hysterics, and Convulsions, *Vertigo*.

7. THE binding Regimen against all Fluxes of Serum, or Hæmorrhages.

8. THE vulnerary Diet and Regimen against Ulcers of the Kidneys or Lungs.

9. THE Diet and Regimen against the *Lepra*, *Herpes*, *Itch*.

10. THE Regimen in the *Asthma*.

Plato by his Temperance spun out Life to Fourscore Years, and *Galen* to above Seventy Years; and *Seneca* concludes, that there is no way to retard old Age like a frugal Sobriety. *Prov.* 10. v. 27. *The Fear of the Lord prolongeth Days, but the Years of the Wicked shall be shortned: He that feareth God, and walketh in his Ways, shall see his Childrens Children, Psal.* 128. Thus we find that Piety and Sobriety are the best Preservatives of our Lives. *Galen* advises Sobriety, Temperance, Tranquility. *Hippocrates* lived to 90 Years, and his chief Art of preserving Health, was to eat moderately, and to use due Exercise.



C H A P. III.

The Extenuating Regimen against the Fulness of Humours in a Plethora of the Sanguine Old Men.

THE Signs of a *Plethora*, full Veins, Increase of Flesh, a sanguine ruddy Face, the Pulse strong and full, the Urine high coloured, the Breath pursey, the Appetite great, much Drinking, Sleepiness, Want of Exercise.

I. AVOID all nourishing Diet, sweet Liquors, Ale, Milk, young Animals, much Eating and Drinking ; eat but once in a Day ; use Exercise, violent and quick, as running, fast oft, the drinking cold Water, or hot Tea's, Coffee, extenuate : We must promote Perspiration by very hot Baths, or *Hum-burns*, after much Friction and Exercise, and discussing Oyls, or *Smegmata*, which are of acrid or salt Tastes ; rise early in a Morning, sleep little, use Meats of little Nourishment, cold Baths, do not agree with Fat, so well as Lean Bodies ; Ringing, Rowing, Pounding, Digging, Mowing, Plowing, Drawing a Roller, Sawing, bowling, cleav-

cleaving Wood, are proper Exercise for such *Plethorics*, if their Strength will bear it.

MORE ought to be evacuated every Day, then is taken in Diet, but Health requires an Equality, sensibly and insensibly we evacuate every Day, the whole Weight of our Diet by next Morning, and are near the same Weight every Morning.

2. WE must evacuate often by Stools, Urine, Sweats, and then alter the Sweetness of Chyle, or evacuate it by these Tastes.

1. BY Acids in our Diet, Vinegar, sharp Wines, Rhenish, old Hock, Cyder and Water mix'd, Stale-beer; drink Verjuice and Water in a Morning, or a Spoonful of Elder Vinegar.

2. USE Bitters in Diet, Hopt and Wormwood Drink, Pine 1 l. in 4 Gallons of Drink, or Ashkeys in the same. Mum, Tea, Coffee, Olives, Capers, Rataphia's, bitter Almonds.

3. USE Acrids, as Mustard Wine, or swallow the Seeds whole, or 1 l. in 4 Gal. of Ale.

4. THE acrid aromatics, selery, Parsley, Fennil in Broth, Diatripipereon, Daucus Seed an ounce and half to every Gallon of Ale or Mead.

5. THE salt Diet, as Pickles, salt Meats and salt Fish.

6. USE the Diet which nourishes least, Fish, Birds, the slimy *Olera*, Cabbage Turneps, dry, roasted,

roasted, broyled, smoaked or spiced Meats, styptic Wines.

7. USE Chalybeate or Bath-water, or the nitrous purging Waters, aluminous Baths, or sulphureous.

8. WE prescribe Cares, Watching, Venerry, hot Baths, with nitrous or salt *Smegmata*, such is Nitre dissolved in a Lixivium, or the acrid or aromatic *Sapo's* hereafter described. Use Friction with Brushes, Sponge, Camlet; the Washballs may be dissolved in warm Water, in which Lavender, Sage, Rosemary, Angelica or Chamomile are boyled, and make a Perfusion and Ablution of the whole Body, Oyl and Salt discufs; but the purging Salts in Washballs are better.

By a Bath of Tepid Water, a Pound and half, perspires in an Hour's Time, and Perspiration continues long afterwards. *Keil*.

WARM Baths extenuate if used fasting; and if Salt be added, cures Watching little Sleep, or very long, much Exercise, Evacuations, Acids, or austere Things; eat once in a Day, drink Wine in a Morning. This is from *Celsus*.

A VEHEMENT and great Pulse is a Sign of great Strength in old Men, and will admit of bleeding, tho' above 70.

OLD Women ought to bleed after 50, in the Gout, Rheumatism, Epilepsy, and Melancholic

lancholic Vertiginous inflamed Lungs or Eyes, and Hæmorrhages; we bleed to prevent these and all great Diseases: Nothing prevents Apoplexies more, than frequent bleeding, and purging, and Water drinking.

THE fleshy old Men, with florid Faces, incline to the hot Constitutions; but the very fat must be accounted to the cold Tempers, if they look pale.



C H A P. IV.

The Restorative Regimen for thin consumptive Bodies.

I. **A**VOID Abstinence, and all the extenuating Diet, Acrids, Aromaticks, bitters, salt, acerbe, slimy and watery Tastes. Stop all Evacuations, giving Suck, Venery, Sweats in the Night; use cold Bathing; avoid insolation, hot Baths, much Friction, and all great Exercises; indulge Sleep, Quiet, the Passion of Love, Joy, Cheerfulness. Cacochymical Bodies do not feed, before they are purged; we use moderate Exercise and Rest; the Air must be cool, and our Diet cool; use long Sleep and Serenity of Mind, sweet Meats, fat Flesh; eat 3 times in a Day, lie on a soft Bed, use moderate Diversion, be warm clad, Riding, Gestation, and Navigation are most proper, swimming in the Sea, Travel to change the Air: If there be any Evacuation of the Nutritious Juices, or the Effervescencies in Fevers, the Obstructions in the Lungs by sily Blood, or in any of the glandulous Viscera, Liver, Spleen, Kidneys, Pancreas, Lacteal or Lymphatic Glands; they occasion or produce

a Consumption : And these Causes must be removed by their proper Regimen.

WE must use all Meats of an easy Digestion, and which affords Plenty of sweet Chyle.

1. A MILK Diet ; Womans, Asses, Cow's Milk, distilled Milks for Drink, the Yolk of an Egg with Rose Water 3 Spoonfuls, mix it with half a Pint of Cow's Milk, Sugar of Roses and Nutmeg ; take it for a Month, fasting ; eat Crumbs of Bread steeped in Milk, and seasoned with Sugar, Rose Water, and Almond Milk ; use a Decoction of Snails or Cray Fish in Barley Water, and mix them with Milk ; boyl 4 Sheeps Trotters dressed in a Quart of Milk, take half a Pint in the Morning and Afternoon.

2, THE Flesh of young Animals and their Broth, Chicken, Veal, Lamb, Pig, all mucilaginous Jellys, and Gravies of Meat, fresh Eggs with Wine and Water, and Nutmeg and Sugar, the Feet of Pigs or Calves, Partridge, Capons, Mutton, Turkey ; distill a Water from Swine's Blood ; the sweet Tastes, Shell-Fish nourish, Crabs, Lobsters, Cray-Fish, Tortoise, boyl Cock-stones in Milk ; the Thighs of Frogs cool, boyl Frogs in Capon Broth, make mucilaginous Broths of Fish, or Capons, with Crayfish, Cocks and Snails, Frogs and Veal, or Swine's Flesh ;
give

give nourishing Glifters of Broths, Sack, and the Yolks of Egge, or Milk.

THE Diet of sweet Fruits, as Figs, Dates, Raifins, sweet Wines, as Malaga, Canary, Ale, Ptyfans of Liquorish, Raifins, Barley, mix'd with Milk, distilled Water with Muscadine, Milk, Raifins, Currants, Liquorish, Dates, Figs, Cinnamon, Nutmegs.

4. THE Mealy Diet, white Bread, Puddings of Rice. Greates, butter'd Wheate, Barley boyled in Chicken Broth, or Barley Broth and Chicken Broths mixed.

5. THE Oily Diet, Chocolate, Emulfions, fat Meats, Cream; eat much Butter, take Oyl oft.

6 WE excite the Appetite by Acid and Acrids, and *Vitriolic* Waters, or the *Nitrous* Waters.

7. BATH three times in a Day, and use Affe's Milk, for thin Bodies, and anoint and rub, but leave off the Baths when the Body fwells; give Milk after the first and second Bath, and let six Hours be distant; after the third take Broths, or Water-Gruel; if the Pulse be high, no Wine is proper 'till it is slow and rar; many Gestations and Frictions, and Meat, may be repeated twice a day with Tepid Baths.

USE a Bath of warm Water, in which sweet Almonds and Barley, of each a Pound and half, are boyled.

A COLD Immersion helps the hectic Heat ; we bathe after Meat, if the whole Body be emaciated ; but if a part be, we rub, foment, apply Pication and Uñction.

A BATH may be made of Sheep's Head and Feet, or Sheeps Trotters only.

USE Tepid Baths twice a Day ; gentle Friction nourish ; Baths of Oyl and Water relax the Skin, which is dry, for which Oyl of Roses, *Nymphea*, Almonds, Ung. Rosar, *Castile* Soap, Mucilage of Tragacanth, of each an ounce, with Oyl of Almonds, and Powder of Linseed, make Balls, to be used with Decoction of Mallows and Linseed.

THIS is *Baglivius's* Observation on Old Age. *In his Medicina solidorum xx. mors naturalis venit ob ariditatem, & exiccationem solidorum, & salsedinem, atque vappiditatem liquidorum, solidis medetur Balneum tepide, liquidis vero in sensibilis perspiratio, & cibus bonifucci solutio aqua bilis assumtas, atque quantum naturæ tenor in Senecture relaxatus exposcit, pag. 17.*

Calefacit unctio, aq. salsa magisque si calida est, omnia salsa amara, carnosæ ; si post cibum balneum, vinum austerum ; Refrigerat in Fejunio Balneum & somnus, nisi nimis longus, & omnia acida, aqua quam frigidissima, oleum si aquæ admisceatur ; humidum corpus efficit, labor, frequens balneum, cibus plenior,

plenior, multa potio, post hæc ambulatio, siccant vigiliæ; modica exercitatio, fames, unctio, sine aqua. This is *Celsus's* Direction, for the Use of Baths and Unction.

NAVIGATION is commended to consumptive Persons, and going into a thicker Air, such as *Alexandria*, the *Tabiæ* are near *Vesuvius*.

GALEN.) *Qui hectica febricitantes ad Balnea accedunt, nisi in frigidam demissi sunt nihil juvantur. Hujus rei causa est, ad imbecilla corpora, inventa sunt balnea, que ea precalefaciunt, atque ad frigidum solium preparant.*

IN great Weakness use Perfusion with warm Water, then with tepid; 'tis cold Baths that agree with Hectics, unless the Lungs be inflamed, or a putrid Fever be joined with it.

GALEN's Baths had four Rooms; the first was warm to undress in; the second had the warm Water; the third the cold; the fourth in which they dried the Sweat, for that continued after the cold one, and then they went to Bed.

IN Fevers 'till the Declination, and in a *Putredo*, Inflammation, or Infirmity of any Part, they abstained from the Bath.

WARM Baths are proper for the Defluxions on the Belly, but injurious in Hæmorrhagies. *Galen.*

C H A P. V.

Concerning the Cooling Diet and Regimen against the Bitter, Acrid, or Choleric Temper of Humours, which produce Nidorous Ructus, Thirst, Want of Appetite, Ephemera's, Defluxions, Intermitting Fevers, Choleric Fluxes.

THE Signs of Choleric Humours are Yellowish Complexions, Yellow Vomits or Stools, high coloured Urine, Thirst, Want of Appetite, nidorous *Ructus*, Watching, Anger, great Burnings, great quick frequent Pulses; the Agreement of the cool Regimen: This Humour is produced by an over Digestion in the Stomach, and by a Circulation which runs too quick.

I. WE must avoid all the hot Diet of bitter, acrid, salt, aromatic and vinose Tastes; and the very Sweet, which is too apt to ferment, such as Honey, Sugar; and the putrid, as Cheese, potted Salt Meats, salt Fish, fryed Meats, Cares, Watching, Anger, Fasting, which excite a violent Circulation; all Excretions or Secretions suppressed, have the Nature of Ferments; Gravies and much Flesh Meats, breed rancid and salt Blood, because

cause of their natural armoniac Salt, and aptness to Putrifaction ; Oyls and fat Meats turn rancid on such Stomachs ; Tobacco, Brandy, and strong Drinks, raise the Digestion too much ; Teas, Coffee, heat and dry, and accelerate the Circulation, as Tobacco does ; and violent Exercise, much Friction does the same : The hot Passions of Anger, Hatred, Revenge, much Cares or Study, quicken the Circulation too much, as an *Ephemera* does.

2. WE must abate the Quantity of Choleric Humours by Vomiting, Purging Waters, Rhubarb, Dock Ale, Whey-drinking with *Cremor Tartari*, Sena, Diet Drink, *Scotch Pills*.

3. WE must help the Secretion of Choler by the Liver, by the gentle Bitters, Dandelyon, Fumitory, Sorrel Borage, Liverwort boyled in Broths, or distilled in Milk, or the Juices of Dandelyon, Fumitory, Brookelime, Watercreses, Wood-Sorrel in Whey, or Liverwort in Gill Drink, with Orange Pills.

4. WE must use a proper Diet for Choleric Humours, Small Beer, Wine and Water, Cyder and Water, skim Milk, and Barley Water mix'd, Toast and Water for ordinary Drink, Whey, Buttermilk in a Morning.

THE Mealy Diet is of Puddings, Flummery, Panadoes, Water-Gruel, Barley-Broth, Rice.

BOILED Meats, or raw roasted, the crude *Olera*, Lettice, Spinage, Purslane, Sallads, Melons, Cucumbers, Pompions.

THE leguminous Diet of Peas, Beans, Lupins.

5. WE must dilute the acrid and bitter Humours by Chalybeate Waters, mild sulphureous, as *Buxton* or *Bristol* Waters, Asses Milk, drinking *Sarsa* and *China* Decoctions, drinking Whey, a Pint in a Morning for six Weeks : Emulsions of the cold Seeds.

6. ALL Slimes temper the Heat and Acrimony of Humours, and their Evacuations ; Broth, with Borrage, Sago, distilled Waters from Lettice, Purslane, Snails, and Frogs, or boyl Frogs in Broths, or Snails ; the *Dutch* swallow small Frogs alive for their Hectics ; take the Decoction of *Althea* Roots with Milk, Gum-tragacanth in Lozenges, the Juice of Borrage, with Wood-Sorrel, Dandelyon, Fumitory Juices, clarified, and taken in Small-Beer, with Bread and Butter in a Morning ; Liquorish Infusion cold with Milk, Decoct. of Barley-water, 2 Pints Gum Tragac 2 Drams, Syr. of Marshmallows, 3 ounces.

7. THE *Tartareous* Diet of acid and acerb Fruits, Plumbs, Cherries, Barberries, Apples,

Apples, Strawberries, Currants, Raspberries, &c. Sorrel Juice, in Sauces, Juice of Oranges, Lemmons, or Citrons squeezed into fair Water, and drank in a Morning fasting, Lemonades with Wine, Decoction of Tamarinds, or chew them as preserved, Rob, or Jellys of Fruits preserved and dissolved in Water, or their Syrups, Vinegar in Sauces, *Cremor Tartari* eat with Meat instead of Salt, acid Spirits of Sulphur, Spir-nitri or *Vitrioli Dulcis* in Broths, cold roasted Apples in Water, Oxymels Morning and Night in water, or the old *Posca*, Vinegar and Water, Verjuice and Water, or Syrup of Verjuice with it : Eat Flummery, *Gas Sulphuris* in Water after Meals ; Water-Gruel with Whit-wine, Juice of Lemon and Sugar for Breakfast.

8. STYPTICS, acerb or austere, depress the Fermentation and Heat of Humours, as Houseleek or Plantain in Posset Drinks, or Cinquefoyle Tormentil, Bistort, Burnet boyled in Chicken-broth, or Posset-Drink, or in the *Decoctum Album*, or Sorrel-Roots 3 Ounces ; in barley-water boyled 4 Pints, add to every Glas *Spiritus Nitri Dulcis* 20 drops, Syrup of Quinces 1 Ounce.

9. THE falso-Acids cool and are diuretic, as *Sal Prunell* half a dram, in broth. Salt-Peter may be used instead of common Salt, or half a Scruple in Vine.

10. OPIATES stop the Circulation. Boyl 3 Poppy Heads in VWater or Posset-Drink, and sweeten it, or make an Infusion, like Tea, of 2 Drams of red Poppy Flowers, or the white.

11. AVOID all violent Motions of Body or Mind, by Cares and Passions, hot Air, hot Baths, Stoppage of Pores, or other Evacuations. Tepid Baths perspire all hot Fumes, but repeated cold Baths most effectually extinguish the Heat and Ebullition of Humours.

VVE may vomit with warm VWater and *Carduus* oft, and purge once in a Month; use little Exercise, and that gentle, such as Riding Gestation; no Friction is convenient, unless very gentle to feed, and with Oyl of Violets or Lillies, Oyl of Almonds, Neats-foot Oyl, and Nitre. Take Castile-Soap 6 Ounces, *Sal-Prunell* 1 Ounce, *Unguent. Rosar.* or *Palmarum* washed in Vinegar 3 Ounces, Oyl of Almonds 3 Ounces, Oatmeal or Linseed Powdered q. s. make VVashballs for the whole Body, and wash it with Milk and VWater warmed, or Decoction of Violet Leaves and Mallows, or Fumitory. Salt-Peter may be added, which cools most in warm VWater, or *Sal Mirabile* in the same.



C H A P. VI.

The Diluting Diet and Regimen against Inflammations, and all Rheumatic Hot Pains, which are produced by sizy Humours.

I. **I**N this *Cacochymia* the Blood is sizy, the Urine thick and high coloured, the Flesh hot, the Pulse high, quick, frequent and hard; Pleurifies, Peripneumonia's, Angina, Ophthalmies, Rheumatism, Hemicrania, Long Coughs, Pains, Palsies, Apoplexies, Lethargies, Consumptions, have sizy Humours, and thick Spits, and white Tongue, as in all Inflammations.

WE must abstain from all the hot Regimen, fermented and hot Diet, violent Exercise, much sweating, viscid Meats, and Flesh Meats, hot Baths, strong Drinks, strong Acrids. Cooling too often after Exercise, and violent Passions, increase the viscid or siziness of Humours.

2. **T**HE feverish Ebullition of Humours is stopt by a thin cool Diet of Whey, Water-

ter-drinking, by the acerb tartareous Plants, Plaintain in Broths, Tinct. of Roses, Conserve of Cynosbati, Tamorinds, Spirit of *Vitriol* in *Pectoral* Drinks, *Opiates*.

3. THE viscid Humours must be diluted, by a serose Diet, Asses Milk, Whey, distilled Milk, Mineral Waters at last, Milk Potage, Water-Gruel, Emulsions; drink Whey 14 Days; then Chicken Broths, Decoction of China and Buglosse, at the Declination of the Pains.

4. THE first thing required to abate the Pains is bleeding, and cleansing the Stomach by gentle Vomits from fizy Humours, and keeping the body open by cool Glisters; all Purgers increase the Fever and Pains, 'till all the fizy Humour is digested and putrified, which it will not be under 21 Days, and so long we must abstain from fermented Liquors, and Flesh Meats, and after repeated Bleedings for three Weeks, and a cool Regimen, we may use Sudorifics and Diuretics; hot, or cold Baths. I have used a Posset Drink of Gill, Dandelyon, Fumitory, Brook-lime, Wood-Sorrel, to cleanse the Blood of its viscid Fœces, when the Urine plentifully precipitates the viscid Humours; a Posset-Drink of Horse-dung, and Spirit of *Sal Armoniac*, and Wood Drinks, help the Perspiration. Gentle Bitters, Acrids,

crids, Aromatics in our Diet, and Steel by quickening the Circulation, help the Secretion of Siziness, after it is putrified, but no Medicine can dissolve it, not Quick-Silver itself: Steel Waters at last cool and dilute, and Asses or Cow's Milk, thin the hot Humours, and nourish.

Mercurius Dulcis is a Styptic Cooler, and by mixing with the fizy *Limpha's*, it makes them apt to be secreted with it, if it be given at Night, with Rosin of Jalap, or before another Purge, 10 Grains with Conserve of Hips 1 Dram, Pulvis e Chelis Composit. 1 Scruple, *Diacod.* q. s. and in the Morning give half an ounce of Glauber's Salt dissolved in Milk-water 4 Ounces, Syrup of Violets or Cloves 6 drams. This kind of attenuating Diet, will help the Obstructions in the circulating Vessels, Exercise, Friction, with hot Oyls, and Water, but cold Baths more certainly strengthen the Limbs, and repel the Tumours.

ALL hot burning Pains, are from fizy Humours, with a Pulsation; the Itching from Saltness; the pungent burning from corrosive Humours, and all these to be cured by the cold Regimen: But the heavy Pains, the tense, wandring, require the attenuating Diet, against ferous, pituitous, windy Humours: The nervine Pains, such as is in Hysterics and Hypochondriacs are cured by

by hot or cold Baths, according to the Constitution of Humours.

5. VVE allay all Pains by Narcotics inwardly and outwardly ; 3, 4, or 5 Poppy Heads in Decoction is equal to a Grain of *Laudanum*, or we may make Emulsions with the Seeds, or use the *Diacodium* to 1 Ounce, or an Ounce and half in Cowslip VWater, Syrup of Lettice, or Hounds Tongue, are Anodines, and stop Defluxions ; *Sydenham's Laudanum* is best, because we mix with it Acids, as 5 Drops of Spirit of *Sulphur per Campanum* in hot Distempers, or Spirit of *Sal Armoniac* 20 drops, to 20 drops of the *Laudanum* in cold *Cacochymia's*, or where sweating is necessary, in Pains or Convulsions.

No Baths, Exercise, or Uction are necessary in the Beginning of Pains, or Inflammations, 'till the Humours are evacuated and corrected : Take *Opium* 2 Ounces, Cinnamon Cloves of each 2 Drams, Saffron 1 Ounce, infuse all in a Pint of Sack, strain it, the dose 20 or 30 Drops for easing Pains or stopping all Fluxes, and procuring Sleep : If the first Dose has no Effect, use half as much after three Hours. No charitable Body ought to want this.

THIS Stitch Water is much commended in all Pains ; mix Horse Dung thick with a Gallon of Ale ; add Anniseeds, Mustard-
Seeds,

Seeds, and Ginger of each, 4 Ounces, common Treacle a Pound, distill them.

Castile Soap and Hogs Grease, each half a Pound, Mustard-seeds 4 Ounces, Niter 2 Ounces, or Oyl of *Tartar* 2 Ounces, Oyl of Amber and Spike of each 2 Drams, *Bals. Gilead* and *Peruv* 2 Drams; make Balls, use them with a Decoction of Nettles, or Cabbage, or Horse Radish: This is proper in weak paralytic Cases after Rheumatisms.

COLD Baths and drinking Water best prevent all Inflammations and Rheumatisms, and Pains; and these Washballs, *Castile*-Soap, Sheeps Suet of each 1 Pound, *Sacch. Saturni* dissolved in Oyl of Roses 1 Ounce, *Camphire* 1 dram, Yellow Saunders 2 Ounces; make Balls to be used with a Decoction of Chickweed, or Elder, with *Salt Peter*.

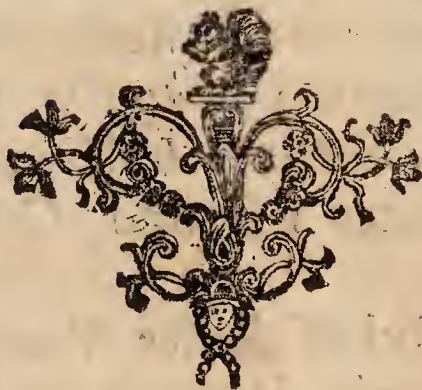
FOR any outward Inflammation after Evacuations sufficient, apply this *Lotion*. Take of *Sacch. Saturni* half an Ounce, Elder Flower Water 1 Pound, *Camphire* half a dram.

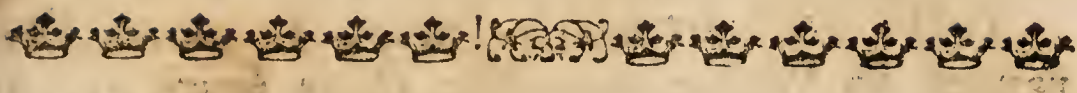
IF we use Oyl of Roses, Violets or *Nymphaea*, we must mix Vinegar with them, and use them warm with a *Stillicidium* of warm Water.

A *Stillicidium* on the Head of the phrenetic for the Space of an Hour, is much commended, and used twice in a Day; so tepid Baths discuss the Relicks of hot Inflammations, and Pains, after bleeding, cupping.

THE fizy Skin is the Chyle coagulated, or the *Serum* inspissated by Heat; and this obstructs the Blood Vessels; when 'tis putrified, it passes the Glands by Urine, Stools, Sweats.

FOR *Pustules* hot and burning. Take *Castile Soap* 2 ounces; *Ung. Album*, 1 ounce, *Campir*, a Scruple; *Sachar. Saturni* 2 Drams; *Sulphur*, 2 Drams; with Whites of Eggs; make Balls, add Flowers of Benjamin, half a Dram; *Ligni Rhodii* 10 Drops; misce.





C H A P. VII.

The Antiscorbutic Diet and Regimen for Salt or Corrosive Lympha's or Serum.

TH E Signs of it are Thirst, salt Spit-
tle, lixivial Urine, a lean Habit of
Body, scorbutic Spots in the Skin, with
Lassitude, Scales on the Joints, Ulcers in
the Mouth, thick florid Blood.

1. WE must avoid salt Diet, Sea Air,
brackish Drinks of Sea-Water, and all the
hot Regimen, which produces Choler, and
acid Humours, for Saltness is made of
them; and the Saltness must be evacuated
by purging Water, *Epsom Salt*.

2. THE proper Diet is small Liquors,
Milk, Mealy and the leguminous Diet, the
Olera, mucilaginous, acid, acerb, watery;
young slimy Animals, Pig, Veal, Chickens,
Lamb.

3. THE Saltness and Rancidity of the
Blood is best corrected.

I. BY

1. BY acid or acerb Juices, Lemons, Oranges in Water, or mix them with acrid Juices, as Water-creffes, Scurvey-Grafs, and give them in all our Drinks; boyl Barberies in Clarified Whey, Juice of Brooklime, Water-creffes, Oranges of each 2 Ounces; make a Poffet Drink with Milk; take white Wine 4 Pound, 8 Lemons sliced, boyl them half an Hour, let them stand together, give 4 Ounces three times in a Day; continue this three Weeks; drink Verjuice and Water in a Morning, or acid Syrup 3 Spoonfuls in Water.

2. THE Acerbs stop the Ebullition and Fluxes, spotted Arfesmart, Plantain, Sorrel, Houseleek; any of these may be boyled in Poffet-Drink or Whey, Cider and Water for Drink, or Bonel; wash the Mouth with Vinegar; eat Melons and all Fruits.

3. BY the mucilaginous Juices, Juice of Fitches, Fumitory in Wine; 12 Handfuls of Fumiterry in 4 Gallons of Ale; distill Water from green Corn, or its Juice in Tansies, Broom Beer, Lettice, Spinage, Purflane, Cichory.

4. BY watery Liquors we dilute the Saltnefs, Steel Waters, Toast and Water, Tea's, Whey with antiscorbutic Juices, Decoction
of

of Harts-Horn, or Ivory, or China for Drinks, Mead, Milk Meats, Water-Gruels.

5. AUSTERES stop the high Ebullition, and quick Circulation; Tamarisk and Ash-Bark, with Polypody Roots and Harts-Tongue, Liverwort, Gill, or put a pound of Pine-Tops to infuse in 6 Gallons of Ale, or boyl the Wood and Leaves in six Gallons.

6. USE Friction, with Baths of warm Water to discufs hot Humours; use Cupping for the Faults in the Skin: Use these wash-balls, Castile Soap, Axungia of each four ounces, Salt Peter an ounce; Oyl of bitter Almonds, Oyl of *Tartar per Deliquium* of each 2 ounces; make Balls with Bean-Meal, or Powder of Mustard Seeds, Ol. Lign. Rhod. four Drops.

IN the hot Scurvey, with Soap, Suet, Tartar, Niter, Salt, mix them with Vinegar and water, whites of Eggs, Camphire, dissolved in Hungary water, a Dram, Tincture of Benjamin half an ounce oyl of Juniper Berries half a Dram.

THIS is for Tetter and red Faces; Castile Soap a Pound, Allum 2 ounces, Sacch. Saturni one ounce, Camphire 2 drams, mix with the white of an Egg and Flower, and oyl

of bitter Almonds ; dip it in Vinegar as you use it, part one, and water three Parts.

7. BY the acrid Antiscorbutics, we dissolve the thick Blood, such is Scurvy-grass, 2 parts, Juice of Lemons one part, in all our Drinks, a pound of antiscorbutic Juice to every Gallon of Beer, Spirit of *Sal Armoniac* or Scurvy-Grass in Milk.

THE Diet or Regimen against the Stone, which is a Mixture of falso-acid, and viscid, and earthy Parts.

The Signs are Sand in the Urine, Pain in the Back, Sickness in the Stomach, Stop of Urine, or pale Urine, Cholical Pains, great Slyme Sticks to the Pot.

1. WE must avoid fenny or petrifying waters, and all the rough, and hard, and turbid Drinks, and sharp Wine, slimy Meats, and all the mucilaginous and acid Tastes, and Salt, which combine to make a Stone ; avoid all the hot Diet, and the salt, vinose Aromatics, and putrid Meats and Drinks.

2. THE Diet must be directed against Viscidity, Heat, and Saltness, and we must use the diluting Diet, waters of Sulphur, or Steel, Niter, Asses Milk, Whey.

3. WE

3. WE must purge Choler, and salt, and viscid Humours, by the bitter, nitrous Waters, Aloetick Pills, and vomit up the Viscidities Spring and Fall.

4. WE must drive off the Sand by Diluters, and watery Liquors, which correct the salt and viscid Humours, and deterge without Heating; drink Water every Morning with Nutmeg, or Tea sweetned with Honey, clarified by boyling; wine and water, Cyder and Ale, a Pint of hot Tea's in a Morning, fasting 'till Dinner, plain Flesh Diet is best: Small Ale of four or six strike of Malt dried with Straw for common Drink, that with Calkes inflame much.

5. Diuretics; eat Pistachios, Tupentine every Morning a dram, dissolved with the Yolk of an Egg in Wine; Pine Leaves or Juniper Berries in Ale, Daucus Seeds in Mead, distilled Milks with Radish, Mallows, Beancods, Parsley, Arsmart, Arsmart in Tea.

The acrid, and corrosives, are the greatest Diuretics; Butter'd Onions, Leek Pottage, Asparagras, Hop-Tops, Nettle-Pottage, Garlick, or Onion, or Mustard Seed in wine; take white wine and Ale, of each half a

pound ; the Juice of a Lemon, 2 Yolks of Eggs, sweeten it with Honey as a Caudle.

Saxifrage. Ashkeys, Peach Kernels, Daucus Seeds of each 2 ounces, boylin 4 Gallons of Ale, with Lemons and white wine make a Posset-drink ; sweeten it with Syrup of Althea.

6. IN the Fits of the Stone, eat Selery in Soupes ; the Passages must be made slippery by Oyl, Butter, Castile Soap Pills, Sperma-cæti, half churned Milk ; 3 Spoonfuls of Oyl, with white wine and Juice of Lemmon and Sugar, or Althea-posset drink ; with three Spoonfuls of Oyl, Pills of Castle Soap and Spar, and Oyl of Turpentine.

Take white wine, the Juice of two Lemmons, with equal quantity of Milk ; make a Posset-drink to the Liquor strained ; add Sperma-cæti half an ounce for 4 Doses Morning and Night, or mix *Lucatellus's Balsam*, or *Sperma-cæti*.

Take white wine a Pint, Castile Soap half an ounce scraped ; set it on the Fire ; add two Yolks of Eggs, and Sugar, and Nutmeg ; stir it well for 4 doses ; lay a Poultice of Soap and Toast to the pained Place, or Onions fry'd with Butter ; make a Tea of Arsmart, or boyl it in Ale, if the water stops ; or steep 4 ounces in *Aqua vitæ* a quart ; add Althea Roots 2 ounces, Liqueorish,

rish, Sena, Figgs, of each an ounce, Nutmeg 2 drams.

Bleeding in the Foot, and Semicupium, and Turpentine Clysters help much in the Fits, and opiates.

7. FOR Preservation drink Water, Juice of Lemons and Sugar in a Morning ; use Water-drinking, Milk, Sobriety, and gentle Exercise, and frequent Purges ; eat of Melons and Pompions and other Fruit ; abstain from sharp Wines, Venery, Idleness, soft Beds : Navigation is esteemed the best Exercise by *Aritæus*, for the Stone, and he commends Uction.

Take Castile Soap, Sperma-cæti, of each 2 ounces, Oyl of Scorpions, *Gilead Balsam* of each an ounce, Oyl of bitter Almonds, and oyl of *Tartar per Deliquium* of each an ounce, with Bean Flower q. s. make Balls ; use it with a Decoction of Mallows, Pelitory, Chamomile, as a Lotion ; a Bath of Oyl is very good, or Sheep's Head and Feet.



C H A P. VIII.

*The Diet and Regimen against the Gout,
its chalky Concretions, and Pains, and
weak Joints.*

I. **T**HE Effervescence in the Fit, must be allay'd for 14 Days by a thin Diet, proper for Fevers, Water-Gruels, Sack Posset Drink, Chicken Broths, Sarsa Drinks; Vomit in the Beginning of the Fit, but not after it is got into the Limbs; and we may bleed upon extraordinary Symptoms, and give Glysters; and the salt and viscid Humours must be helped thro' the Glands of the Joints, and their *Lymphatics* by gentle Sudorifics; Spirits of Harts-horn 25 Drops for four or five Nights to promote Sweating and Urine, by which way the podagric Matter is best discharged; the Fever is but symptomatical from the Pain and Tumour; no very cold Things can agree, where the Matter is to be digested before its Expulsion, nor no very hot Method is suitable to the Fever; but we must avoid Flesh Meat, and fermented Liquors at the beginning of the Fit; but as the Pain and Effervescence ceases, we may purge and sweat off
the

the Relicks. At the latter end of the Fit, use Salt and Oyl, a Soap Plaister with Camphir, or Allum, the Yolk of an Egg, and Barm. Cold Baths in the Sea strengthen much, and Oakbark and Salt boiled, or Salt and Urine, or Niter, Allum, Salt and Vinegar, mixed with Oyl of Elder.

2. FOR preventing the Gout Fits, we must use the Regimen against Salt and viscid Humours, which are apt to petrify : And *Ægineta* advises to abstain from Wine all their Lives ; or to drink Water with it, Bath Waters in the Winter dilute, and so does Asses Milk, Decoctions of Sarsa : And the the third part of Meats and Drinks ought to be abated. These are most useful Directions ; eat and drink little ; promote Urine and Sweats ; vomit, bleed and purge before the *Æquinoctials*, and Winter Solstice ; avoid all violent Exercise, and the hot Passions, Suppression of *Menses*, or Hæmorrhoids, or Sweats, or Urine ; use no acrid, salt, or aromatic Diet, or of Bitters, or very acrid, as Garlick, Onions, Pepper, and windy Meats, and the viscid ; Surfeits and a sedentary Life, much Venery ; for Eunuchs have not the Gout, nor are ever bald. In the Summer, bathe the Feet in Sea-water, or Salt and Water heated in the Winter ; chew Rhubarb a Scruple at Night before the
Changes

Changes of the Moon, and drink Toast and Water.

Sweating prevents the Gout in ferous Constitution ; but where there is much Heat and Viscidity, that is not convenient ; to sweat in a bathing Room a few Days may prevent a Fit.

Trallianus commends a Bath of warm Water for the Gouty at Night, rather than in the Morning ; but the Bath must be temperate ; before the Bathing pour cold Water on the Feet ; anoint the body all over with a *Hydroleum*, after the Body has sweat a little by the Air of the Room, and then go into the Bath to sweat, then go into the cold water ; but first let it run on the Feet, and in the Summer swim in the cold Bath, and let cold water a third time be thrown on the Feet.

To bathe thee Feet in Vinegar, in which Penny-royal, Sage, Calamint, and Lavender are boyled, allays the Pain and Swelling ; but the Gout differs according to the Constitution, and so requires contrary Topics ; Slymes, Meal, Acids, are proper for the biliose Gout, and a Cabbage Leaf or Green Hat Case may be applied ; but in the pituitous, Aromatics, or Dungs of Animals, Cowdung boyled in *Posca* with Barley Meal, an Irrigation of hot Sea-water, or a Perfusion may be made with Sponges, in the hottest Gouts ;

Gouts ; a Sponge may be applied with hot *Posca* ; for Pain of the hot Gout, Linseed boyled in Milk for a Cataplasm : In the cold Gout, anoint the Part with Spirit of *Sal Armoniac* with a Feather, and give the same inwardly many Nights ; or black Soap, Wood Soot, the Yolk of an Egg. Against the Gout these Washballs may be useful ; Castile Soap, *Axungia Porcina* of each half a Pound, *Sal Armoniac*, Niter, Salt, Bean Meal ; make Balls, use them with a Decoction of Plantain and Elder.

FOR the Tophi ; Castile Soap, *Axungia Porcina*, of each half a Pound ; Niter, Oyl of Turpentine, and Oyl of *Tartar per Deliquium* of each 2 ounces, Cinnaber of Antimony half an ounce ; mix, make Balls, use them with a *Lixivium*. This is *Alpinus's* Method for curing a Fit of the Gout ; give Glysters or gentle Purges, then put the Person into a sweating Chair, which must be heated by a Decoction sprinkled on hot Stones ; after an Hour, remove him to his Bed, and sweat there 3 Hours ; let old Men sweat once in a Day, others twice. This sweating must be repeated 7 or 8 times, and this prevents the Disease. The Decoction is 3 ounces of the Roots of a Reed, dry orris Roots half an ounce, Calamint 2 handfuls ; boyl in 6 Pints of water ; give half a Pint at first going into the *Laconicum*, and sprinkle

kle it on the hot Stones. The Ashes of Rosemary or Lavender sprinkled in the Sack, discusses the Relicts of the Gout. *Vid. Tabernius.*

INFUSE Gentian, Orange Peels, and Rhubarb each an ounce, in Canary a Quart, or *Aquavita*; give 2 ounces at Night upon Changes of the Moon, or Seasons of the Year.

IF Gouty People do not bleed (not in the Fits, for that hinders the *Crisis*) in the *Spring* and *Fall*, they become lame, apoplectic, or consumptive; if lean, their Bloods being sizy, as in Rheumatisms; but when their Digestion fails, and the gouty Matter affects the Stomach, and reaches not the Limbs for want of a due Circulation, we must help that by Steel and Bitters out of the Fits, Friction and warm Baths; nothing can contract the relaxed Flesh and Membranes after the Fits, like cold Bathing, which repel also the Relicts or Tumours. Gouty Persons destroy their Digestions by eating too little out of their Fits.

C H A P. IX.

The Digestive Regimen, against crude, slimy, tartareous and serose Humours, and Obstructions, commonly called the attenuating Diet.

BY the digestive Diet, the Chyle and Blood are rarified, and their weak or obstructed Motions excited and restored; and this is the hot *Regimen*.

WE know the slimy or pituitous *Cacochymia* by the pale Urine, and its white Sediment, by the slow small Pulse, the Stomach is windy, the Blood serose, the Habit of the Body pale and cool; there is no Appetite, or Thirst, but much Phl gm is evacuated by Vomits, Stools, Spitting, and œdematous Tumours, appear.

1. WE must evacuate the slimy Humours by Vomiting after Meats, by aloetic Purgers, by Sudorifics, and Diuretics.

2. USE no more of the Mealy Diet. than Bread well fermented and baked; drink
more

more pure Wine; use Meat dry roasted, broyled or baked, and high peppered, and salted or smoaked; a dry Diet of small Birds; use all Acrids with our Meats and Drinks, Horse Radish, Scurvey-Grafs, Garlick in Sauces, and diet Drinks, 12 Cloves of Garlick in a Pint of Wine; Mustard-seed unbruised, half a pound, to three pints of Wine, buttered Onions, Leek Pottage; all sorts of Aromatics are useful, peppered Meats, scraped Ginger in Sherry, or the preserved; Hyppocras Wines of Cinnamon half an ounce, Ginger, Cloves, Cardamoms, Mint, of each three Drams, four Pints of Wine with Sugar half a pound, and take it with three Drops of Spirit of Salt; Digestive Powders of the Carminatives, with wine and water after Meals; chew Cardamoms, or Cubebs candy'd; give Tincture of Pepper with *Sal Volatile Oleosum*, in Drinks, Juniper Ale, Sage Betony, Rosemary in Teas, with Spirit of Lavender Drops 20 in 2 Dishes; eat Sceleri, cordial Lozenges, Tincture of Saffron in Tea.

WE may use Bitters in wine or Beer as wormwood, and take *Elixir Proprietatis* in it, or Spirit of Scurvey-grafs with it, or wine of *Gentian*, *Zedoary*, and Orange-Peel of each an ounce, in two pints of wine, and make a Tincture with Brandy, and mix 3 Drops to 6 of *Elixir Vitrioli* with every Dose;

Dose; drink Mum at Night; make a Diet Drink of Broom Ashes, Wormwood, and Steel Filings an ounce to each Gallon, Tea of Gentian, Buckbean, or Centaury, Tea of Dwarf Elder, Woodfage, Marrubium; boyl Centuary or Carduus in Ale, or four pounds of Hops in every Hoghead; take Gentian Zedoary, Rhubarb, and Hiera-picra of each an ounce in 2 pints of Wine; eat bitter Almonds; drink a Glafs of Sack every Morning.

Turpentine a Dram with Sugar, and dissolved in Wine by the Yolk of an Egg as a Diuretic, Spirit of *Sal Armoniac* half a dram in wine, as a Sudorific, many Nights.

ALL salt Tastes are useful, Sack and Oysters, Anchovies, Herring, salt Fish, Gravies, and all sorts of Pickles, Lixivia, or Lime-water, in which *Guaiacum* and *Sassaparilla* are infused; Drinks brewed with Salt or nitrous waters at *Epsom*; drink clear Urine, or Cow-piss, to purge.

THE Diet of Fœtids, old Cheese, potted Meats, dried Fish; drink of Sulphur-waters as the Bath, which best agree with cold *Cacochymia*'s, and Viper wines, or its Powder.

WE must avoid all slimy Diet of Fish, Milk Meats, Malt Liquors, Mealy Diet, Pye-crusts, legumens, young Animals, and their Extremities.

THE Moorish Diet of ducks, woodcocks, &c. the glandulous Viscera, Veal, Goats-Flesh, fat Meats, variety or too great Quantity of Meats; Butter and Oyl are hard of digestion.

FASTING spends the Phlegm much, as well as great Exercise digests or evacuates it.

Walking, Running, strong Exercise, Digging, Sawing, Ringing, &c. and much Friction, is necessary to help the Circulation. Rub with two Brushes your Legs and Thighs every Morning, and the Arms and Body, as oft as you are shifted, must be rubbed by a Servant, and the Head may be rubbed also.

HOT Oyls and hot Baths help the Digestion, and Circulation, and Secretions of slimy Humours, if used fasting, before Dinner, with Friction; such Oyls are warm as Wormwood, Orris, Oyl of Mustard Seed expressed, or use acrid, or bitter, or aromatic, or salt wash balls, and *Lotions* of the whole, by Decoction of Herbs of the same Tastes, Angelica, Lavender, Wormwood, Mint, Sage, Bays, or Rosemary.

TAKE Castile Soap, Sheep Suet of each a pound, Orris Roots powdered 2 ounces, Niter an ounce, Oyl of Tartar 2 ounces, Oyl of Cloves a dram, mix'd with 4 ounces of Oyl of Olive, adding wheat Flower q. f. make Balls by pounding and rolling them up; with one of these make a Lather in some of the Decoctions; use it to the whole Body once in a week; or a *Lotion* of the whole Body, may be made with Tansy, Chamomile, Agrimony, Carduus boyled in water, with these are bitter wash-balls; Castile Soap, wormwood, or Horehound, boyled in Sheep's suet of each a pound; Oyl of wallnuts, or bitter Almonds four ounces; Oyl of Orange Peels a dram, *Sal Amarum Catharticum* an ounce, of Lupin or Bean Meal q. f.

THESE are acrid washballs. Castile Soap, Sheep's Suet, of each a pound, Mustard Seed 4 ounces, oyl of Pepper or Tincture a dram, *Sal Armoniac* an ounce, Oyl of Tartar 2 ounces: Make Balls, use them with a decoction of Turneps, or Scurvey Grass.

Obstructions are by viscid hot Humours, as well as the slimy; Vomits, Bleeding, Purging, accelerate the Motion, as well as hot Baths; Exercise, Friction, Sternutatories, acrid *Lotions* and washballs, drops 30 of Spirit of *Sal Armoniac* to 60, will effectually produce

produce Sweats, if taken in water at Bed-time; a dissolution of hot Gums to an ounce in a pint of Juleps most effectual do obstruct; and we may depend on Steel and bitter wines.





C H A P. X.

The Cephalic Regimen, and the Diet against Windy and Vitriolic Humours, in Hypochondriacs and Hysterics

THIS must be distinguished into the choleric, and the acid, or four Constitutions; sometimes the Choler prevails in the maniac and phrenetic, other times the Acidities abound in cold Melancholics.

The Signs of these *Cacochymia*'s are four Belches, the Stomach or Belly pained; black Humours are evacuated by Vomits, Stools, Urine, black Spitts, all which are Blood which stagnates in the Belly, and there putrifies: They eat too much, and are without Thirst; the Urine is commonly pale and copious, the Blood is black from Acidities, mix'd, or its slow Motion, the Face of a lead Colour, the Habit lean, the Pulse rare, slow, intermitting, much spitting, unreasonable Fears, Sadness, Fainting, Pains in the Spleen, Palpitation of the Heart in old Diseases, Hæmorrhoids, Varices, Quartanes, Vertigo, Head-aches, Restlessness, Peevishness, Fear, Noise in the Ears,

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Formication in the Limbs, ridiculous Dreams and Fancies, near Madness.

Melancholly is produced by a Fervor of Humours, and is a Mixture of bitter acrid Choler, and acid Vitriolic Humours, (the Blood naturally tastes sweet, salt, vitriolic) the Blood is stopt in its Circulation through the *Porta*, where it becomes the Matter of black Excretions, or in some Glands. We know the hot Melancholics by their foetid *Ructus* and *Crepitus*, burning Heats, Thirst, and then the Humours are salt, viscid, vitriolic and putrid, and breed the *Lepra*, and Cancers, or Gangreens.

1. We must avoid very hot Diet and fermenting Liquors, all black Flesh of Hares, Venison, water Fowls, Sea-Fish, Fen-waters, Fasting, smoaked and salt Meats, salt acid Liquors, Milk Meats Curdle, Slimy Meats obstruct, windy Meats ferment ; Study, Anger, Cares, dissipate the Spirits; the binding of the Body is injurious, and the stop of other Evacuations; a sedentary Life, sweet Things, as Honey, Sugar, ferments; Cheese is too viscid and hot.

2. The most proper Diet is of Flesh Meats, Wine and Water ; the Bread with Bran binds least, the Leaven disagrees.

In the hot Hypochondriacs, a cool Diet agrees best, and the moistening, Milk, Broths, boyled Meats, watery Drink; the Choleric and Hypochondriac Acidities must oft be evacuated by Vomits, and gentle cool Purges, as Purging-waters. *Galen* cured such Hypochondriacs by warm Baths, and a moistening Diet, without any other Medicine.

1. WE dilute the viscid salt Humours by Whey, Water-drinking, cool Glysters, Baths of warm Water, Asses Milk, Spaw-waters, *Bristol Waters*, distilled Milk, *China Decoctions*, Bochet of Coriander, Anniseed, Cinnamon.

2. THE Acidity of Humours may be precipitated by Lime-water, Oyster-shells, or Crabs Eyes, Chalk, some *Lixivia*, in the cold Hypochondriacs.

3. THE Grumosity of Humours must be dissolved by antiscorbutic Acrids; boyl Milk a Quart, Juice of Oranges and Scurvy-Grass of each 4 ounces, take half a pint in a Morning.

By the Terebinthines, which are bitterish Acrids and Styptics.

By Broom Bitters; a pound of Broom in Ale 4 Gallons.

By Strong Bitters; Wormwood and Juniper-berries in Ale, or 4 Handfuls of each boyled in Whey 2 Quarts; Dock Ale, with Scurvy-Grafs, and Oranges, Dandelyon and Dock Roots of each half a pound, Monk's Rhubarb 4 ounces, water-creffes, Gill, Pine-Tops, of each 2 handfuls in Ale 6 Gallons.

Ashbark boyled in Ale.

By the Lychmi Bitters; Gentian, Centaury in wine.

By the Corrosives, Aron, Arsmart, Celandine distilled with Milk; to every Quart add Aq. Rhaph. Composit. 4 ounces, Syrup of Elderberries or Scurvygrafs 3 ounces, Spirit of Scurvy-grafs half an ounce.

By Steel wine, or Tinctures.

By Volatile Salt, Sal Volatile with Tinctures of Guaiacum, Saffaphras, made with it.

By all aromatic or foetid Cordials, Saffron, Aloetic Purgers, Tinctura Sacra, Ruffi Pills.

4. Where the blood is hot, these are the cool Detergers in Obstructions.

The Dock and Cichoraceous Bitters.

The Lamice Bitters; Gill, woodfage, Ground-pine a Pound to 4 Gallons, Horehound or Germander, are of the same Virtue.

The falso-Acids, Niter, Sal Prunellæ, Sal Armoniac, in water and sugar.

The leguminous bitters, as Fumitory Juyce, in whey.

All hot windy Pains are cured by cold baths, oxycrate outwardly, and opiates inwardly, but bleeding and purging must precede.

And some sub-Acids are commended, Spirit of Nitri Dulcis, Gas Sulphuris, Acetum Scylliticum, one Spoonful at Night.

Ætius.

In the Fury of Spirits, we use these A-cerbs to depress them : Spirit of Vitriol, Allum, in water, with Syrup of Citrons or Borage.

The body must be kept constantly open, by Oyl or Oxymels 2 ounces in a Morning ; at Night Oxymel Scylliticum a dram in wine and water, or mix that with Syrup of Violets, and oyl of Almonds, and Sugar ; a dram of the Oxymel to each ounce of the Mixture ; Purging salt in water Gruel, stewed Prunes and Sena, an ounce to a Pint of the Liquor. Diaspoliticum, with equal quantity of Niter, sweeten the Tea with Honey boyled and skummed ; Purging, disorders the Spirits without an Opiate.

We use baths of steeled waters, or decoction of steel Filings, and Tartar after

vomiting and purging, and bleeding 8 ounces in hot Constitutions.

Lixivial Fomentations cure scorbutic Spots.

We use cold Baths for erratic Pains, Convulsions, Vermiculations in the Skin, beating in the Flesh, universal Debility, Lassitude, Itching, Stinging, Stupors, Epilepsies, hysteric Fits, which depend on hot windy Spirits, which water drinking and cold Baths compress, being rarified Serum; the sharp Sourness is only the Effect of rarified and over heated Liquors, like that of Vinegar from wine; the Nidorous Ructus is like stinking Fish, and fryed Oyl, and Acids agree with these.

The Maniacs must bleed, *ad animi Deliquium*, and purge; drink whey, use baths of warm water, or Irrigations of the same on the Head, and Opiates to procure Sleep; drink water, and all the thin cool diet.

At the first, bleed in the Arm a pound, in the Neck as much, and afterwards in the Foot a pound, and use Opiates 'till the Fervor of Humours is abated, and after the tepid bath the Head must be washed in cold water, and a great stay in cold baths will stop all their Furies, and make them sleep; the bath of warm water, and the *Stillicidium* must be used for an Hour, twice in a Day before eating.

The Phrenetic, after bleeding, Glisters, Opiates, may use a temperate warm bath, and Uction, and at latter end wine for a Cordial; but 'tis more proper to give warm water than cold, in all inward Inflammations, as *Trallian* observes; we must use a *Stillidium* of warm Water twice in a day for an Hour, a Decoction of Mallows and Gill, may be applied on the Head, and Oyl of sweet Almonds.

The lower Parts will admit of Friction.

Emulsions; Barley-water, and all the cold and moist thin Diet, with *Sal Prunellæ*, Spirit of Vitriol as are used in Fevers are necessary; but no actual cold Things, where Perspiration is wanting: Abstain from wine in the beginning, and Anger, during the Inflammation, and then we may anoint the Head with *Rosaceum* and Vinegar, at first, sometimes pouring warm water on the Head.

The Cure of Melancholics by *Alpinus* was thus.

Give for Diet Water-Gruel, Barley-broths, fresh Eggs, Chickens, Veal, and their Broths, all boyled, no roasted; drink Barley-water with Syrup of Borage, or Violets, or Whey with the same, or Whey 3 pints, Syrup of Roses, 3 ounces to purge: Bleed 2 or 3 times in the Foot, or by Leeches; after the body has been sufficiently evacuated, he prescribes

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a Bath of warm Water, tepid, twice in a Day, and a *Stillicidium* of the same on the Head, for an Hour's Time before Meat.

The Melancholic Delirium is from *Atrabilis*, and requires a cold Diet, cool Baths, and gentle Evacuations ; the Perspiration is helped by the tepid Baths, and the Stagnation of black Blood in the Hypochondria, and perspires the hot Vapours, which affect the animal Spirits.

For the Acid Ructus, use Wormwood infused in Water, and externally a *Stillicidium* on the Stomach, and Nardinum, or Oyl of Mint and Cinnamon ; in the hot, we foment with Mint, Wormwood, Cummin-seeds boyled in Vinegar, and a little Allum is added.

Gestation, Walking, Hunting, Travelling, are convenient, and Friction of the whole with Hydroleum, the Head shaved and anointed with Rosaceum and Vinegar.

The most acrid Things are put into the *Smegmata*, which the old Physicians sprinkled on the Body, rubbed them in, and irrigated the Body with warm water ; such were Mustard-feed, Niter, Pyrethrum, Castoreum, Oyl, in which wild Cucumber Roots are boyled, Orrice, Pumice, burnt Shells, *Juncus Odoratus* ; but I like some
of

of these made in Balls with Castile Soap and fine Suets.

These aromatic Balls are more useful: Castile Soap, Oyntment of Orange Flowers, of each four ounces, Species Diambraë half an ounce, Oyl of bitter Almonds 2 ounces, to which add Oyl of Rhodium, Oyl of Cloves of each a Scruple, mix and pound all with wheat Flower q. f. These may be dissolved in a Decoction of Angelica, Penny-Royal, Rosemary, Lavender.

In cancerous Tumours we use the Diet for the viscid and vitriolic Humours, or cool Diet with bleeding and purging; Steel-waters, Asses Milk, Wood Drinks, Whey, vulnerary Drinks, tepid Baths, and the cold.

Asses Milk, and a warm Bath cure the dry and hot Constitutions, which occasion an habitual Watching.

Natural Melancholly is of a sweet and acerb Taste, like Tartar. *Bilis-atra*, is of an acrid acid Taste, and very hot like Vinegar, and Corrodes. This is made in Hysterics and Hypochondriacs by a violent Circulation in sanguineous Tempers, 'tis only Stagnation of Blood in the Veins of the Mesentery, by Suppression of the Hæmorrhoides, or Menfes. In Phrenetics, the *Bilis-flava*, becomes very acrid and black, as in Choleric Constitutions. Adustion of Humours is by

a violent Circulation and excessive Heat or Putrifaction : Old Men are much subject to these melancholic Humours ; and acrid corrosive Saltness happen in scorbutic old Men, by Evaporation of the Serum, and long Digestion of the circulating Blood.

It seems to me that more Maniacs may be cured, if the Publick Hospitals had some Baths, both moderately hot and cold ; and this Hint I give to those who Erect or Govern such Noble and Publick Charities.





C H A P. XI.

*The Binding Diet and Regimen in
Fluxes.*

THIS stops the violent Motion of Humours, the Blood's Circulation and Secretions of Serum, Choler, Urine, Sweats thro' their Glands.

1. The Effervescence of Humours must be abated by a thin Diet, as in Fevers by Acids, Posca, Tincture of Roses, or Acerbs, Serum de sedo, Syrup of Oak-bark ; and proper Evacuations and Corrections must be used for the *Cacochymia*, which is expelled.

2. We must use those Meats which are of a slymy, thick Consistence, the farinaceous, as Bread toasted or dried, Rice Meats, Flower of Wheat in Milk, Starch boyled in Milk, dry Bisket, Puddings, boyled Rice, Rose-water, Sugar Almond Milk.

The viscid Meats are hard Eggs, Jellies of Calves Feet with Hartshorn, new Cheese, Decoction of Horns, *Priapus*, *Icthyocolla*,
Snails

Snails in Broth, or Fish, Whites of Eggs dissolved in Water, a new raw Egg prescribed by *Avicen*, for all Fluxes, slimy *Olera*, Comphrey, Purslane, Lettice, Buglosse, and Powder of Comphrey with steeled Milk.

2. A dry Diet, of Birds, hard Meats, dry roasted, or broyled, Bread twice baked, drink little, but Wine and Water, Milk and Water, Rice Water.

3. Acerbs, Quinces preserved, Medlars, Services, Sloes, Blackberries dried to Powder, unripe Mulberries, Grains of Pomegranates, Myrtles, Bilberries, unripe Grapes, Craneberries in Tarts.

4. Austeres, Juice of Plaintain 2 ounces in Broths, Decoction of Balaustians, Pomegranate Peels in Claret and Water, or Burnet, Horse-tail, Oak-bark, or Slow tree Bark, in Beer, or boyl the Barks with Cinnamon in *Decoctum Album*, or Milk and Water, Acorns powdered, with Claret; eat small Nuts, drink steel Liquors, *Bristol* Waters, which have an evident Stypticity; drink Smiths-water, Cypress-Nuts, or Pine boyled in Claret, Infusion of Conserve of Roses in Water, Smith-Dust 2 ounces, boyled in a Quart of Water, and drink it with Claret; Wine and Water binds.

Eat

Eat but once in a Day of one thing, and avoid Variety of Meats and Drinks.

Vinose Styptics, Wines may be made of Bilberries, Blackberries, Mulberries, or Syrup of Sloes, or any acerb Fruits, may be mixed with Claret, or a Scruple of Allum with burnt Claret.

Aromatic Styptics and Sugar, Mint, Cinnamon, Coriander Seeds, boyled in Water, and mixed with Claret, Decoction of Mastick sweetned.

The Milk Diet, Cows or Affes steeled, or Milk and Water chalybeated for Drink; Flints quenched in any Liquor will give it a Roughness.

Boyl Oak Bark 4 ounces, Cinnamon an ounce in six pints of Milk and Water for Drink.

Buttermilk set by all Night with Sugar of Roses half an ounce, Bole a dram; drink Milk Morning and Night with Conserve of Roses, Tincture of Roses, and Diacodium at Night.

The cold Immersions stop Hæmorrhagies, Whites, Vomitings, Defluxions, binding Glysters in Looseness, styptic Injections, cold Air, Rest and Sleep, Fear and Sadness, sprinkling of cold water, stop the violent Motions, cold Epithemes, with Vinegar and Niter.

Opiates most effectually stop all Fluxes joined with an acid Spirit. And if a Fever attend

attend Fluxes, the *Cortex* is necessary with an *Opiate*.

Cold Baths stop all Fluxes of Night Sweats.

In Fluxes with Fevers, give the Tincture of the *Cortex* in Spirit of Wine. *Vide Linder.*

Melior est in sene astrictior alvus.

Alvum astringit labor, sedile, creta figularis corpori illita, cibus minimatus, semel in die assumptu, & exigua portio, quies, vomitus.





C H A P. XII.

*The Vulnerary Diet and Regimen against
Ulcers of the Kidneys, Lungs, &c.*

1. **W**E use a thin Diet against Inflammations, or any other *Cacochymia* which produces them.

2 We must cleanse the Ulcer by sweet Tastes, Hydromels, in which Gill, Agrimony, Scabious, Orris, Balsamita, Avens, Enula Campana are boyled; or use Mulsum and Honey, or Butter, Honey, and Turpentine, and Nutmeg; *Lucatellus's Balsam* and Myrrh, Decoction of Barley a Quart, Honey 3 ounces.

3. Cleanse the Ulcer by Mineral Waters, Chalybeat and Sulphur water, or whey with Veronica, Scabiosa, Agrimony, by Wood-Drinks, distilled Milks, with Vulneraries.

4. To cleanse, a dram of Turpentine beat with the Yolk of an Egg in Wine, Pine-Kernels in Emulsions, Juniper or Pine-Shavings

vings in Ale, Tar Pills, with Liquorish Powder, Fryar's Balsam, or Gilead Balsam, 2 drams, mixed with a pint of Syrup of Balsam, Herb-Robert, or St. Johnswort, boyled in Poffet-drink, or in Teas, Dove's Foot in the same.

5. Cleanse by Acrids, Aromatics, Corrosives or Bitters, in very slimy Ulcers, Decoction of *Guaiacum*, with *Enula Campana*, Liquorish and Raisins.

From Palemoses, boyled in Milk, Mustard-seed and Honey, Syrup of Turneps, or Garlic.

Nettle-seeds and Honey, Orris Ale, Pennyroyal, Hyssop and Betony in Ptyfans.

Myrrh, Honey and Nutmeg, Emulsion of bitter Almonds, bitter Teas, *Elixir Proprietatis*, with Gill, Tea, Pine Kernels and Honey.

6. By salt Tastes, Lime-water, and Milk, drinking Urine as soon as made.

The Ulcer must be healed by,

1. Gummosse Tastes, Decoction of Comphrey in Broths, Decoction of Snails in Pectoral Drink, Worm Broths, Jelly Broths, Resin, Nutmeg and Honey, Frankincense roasted in an Apple, Wax and *Gum Arabick*
in

in a Quince, Eggs with their Whites dissolved in Water, Milk and Starch, all the farinaceous Diet, Rice Milk, Puddings, Milk half a pint, *Bole Arm.* a Dram, Sugar of Roses half an ounce, steeled Milk.

2. By styptic Tastes, we must cicatrize, Strawberry Leaves and Roots boyled in Broths, Bistort and Agrimony in Posset-drink, Claret and Chalybeat-waters, Bole, or *Terra Sigillata* in all our Drinks or Milks, Decoction of Mastick, with Syrup of Quinces, Decoction of Sanders with Vulneraries, Plantain 2 ounces in Chicken-broth, Decoction of Oak Bark in Lime-water.

Cold Baths heal Ulcers outwardly and strengthen all the solid Parts.

Rest and Sleep, and Serenity of Mind, procure the sooner healing.

Irish Slate, *Sperma-cæti*, *Venice Treacle*, of each a dram in Pills.



C H A P. XIII.

*The Diet and Regimen for Itch, Lepra,
or Herpes, Morphew.*

1. **W**E must avoid all the Diet, which promotes Putrifaction, fermented Liquors; the hot Tastes in Diet; the salt Diet, Cheese, Gravies, potted Meats, Cares, Passions, excessive Labour, Variety, Fulness of Flesh, Meats, Eggs, Sea Fish, are apt to putrify; Stop of Excretions, binding of the body, make the Breath to stink.

2. We must use all the Diet against Putrifaction of Humours, and against Saltness.

1. Acids given in the Morning, Syrup of Vinegar and Water; wash the Mouth with Vinegar; use Elder Flower, or Clove Flower, or Rue Vinegar; Gas Sulphuris, in wormwood wine, or Spirit of Vitriol, Elixir Vitrioli, Sorrel or Lemon in Sauces; or sulphurate all our Liquors; all acerb Fruits are proper; Lettice and Vinegar, Melons, Cucumbers.

1. Note, That in no unfermented Liquors, any Worms can be discerned, such is Juice of Lemons.

2. Salso-

2. Salfo-Acids prevent or cure Putrifaction. Salt-Peter, and common Salt in Broths, Spirit of Salt in the same, vitriolated, lixivial or volatile Salts, mixed Salts, Sal Prunellæ a Dram, Sal Volatile or fixed Salt as much, or half the quantity.

3. Styptics stop Putrifaction, Cinquefoyl, Meadow-sweet, Plantain, Bole.

4. Bitters, cleanse putrid Humours, as Scordium in Posset Drink, Myrrhe in Wine, Carduus, Rue, Centaury boyled in Ale.

5. Strong Acrids, Mustard, Garlick, Rue, Scurveygrafs, are most effectual against Putrifaction; but volatile and fixt Salts not only prevent the Dissolution of Humours, but cure all animal Poisons, by perspiring their volatile Parts, and preserving the Mixture of the Blood, and its Serum. Salt of Harts-horn half a dram, black-cherry water 4 ounces for Viper-poysons.

6. The Loss of Spirits is repaired by Saffron, or Kermes in Wine, aromatic Hippocras Wines, strong broth, brandy Spirits, Mace Ale, Sack Posset-drink, volatile Spirits, Sal Volatile in all Liquors.

1. We dilute the Salt and Viscidity by watery Liquors, sulphurate, nitrous, chalybeate waters, wood Drinks, Whey with Juice of Herbs, or Sal Prunellæ a Scruple, Cremor Tartari, Sal mirabile of each a dram, wine and water, Cyder and water.

Decoction of Ivory, Asses Milk, Decoction of Snails or Frogs, Cucumbers or buglosse; boyl Fumitory, brooklime, water-creffes in Milk; add 2 or 3 spoonfuls of Vinegar; make a Poffet-drink, use all the cool Olera, and Fruits.

For a scald Head drink purging-waters in poffet drink, and apply the Curd to the Head, or Allum half a pound, boyl it with Sage 2 handfuls, to bathe and heal the scald Head.

The putrid Humours are best purged off by Merc. dulcis, Jalapp Resin, of each ten Grains, frequent Bleeding and Purging, Issues, Baths of warm Water.

Vipers Flesh cause violent Sweats, and the Wood-drink with Spirit of Harts-horn will sweat off all putrid Humours.

Tepid hot Baths remove the dry Scales, but cold Baths check the Patrifaction of Humours, and their Effervescencies

Salivation evacuates all salt and viscid and putrid Humours, in the Pox, and Leprosy, and Ulcers, under which Operation we may use Mace Ale and Broths; we may manage

the

the Salivation with Safety and Ease, if ten Grains of Calomel, are given at a time.

The sudorific Diet expels the Mercury, and then we eat Meat well roasted, Birds, and drink only Wood-drink.

The use of hot Baths and syringing prevents Infection after Coition.

For Spots of the Face and Skin, Pustules and Scabs, Castile Soap 2 ounces, Spermæti one ounce, Fuller's Earth an ounce, black and white Hellebor of each 2 drams, Oyl of *Tartar per Deliquium* 2 ounces, Oyl of Elder q. f.

For the Vitiligo; Castile Soap 2 ounces, Sulph. vivum one ounce, Verdigrease, or Mercurius Dulcis, or Vitriol, a dram; Camphire a scruple, oyl of Tart q. f. make Balls, which may be moistened in Vinegar, and the Place gently rubbed at Night, and wash it off in the Morning

For a Red Face, take Gas Sulph. after eating; eat little; wash the Face with water and salt, or mix Sulph. Vivum, Allium, Ceruss, ana in Aq. vitæ to wash, of each an ounce in Aq. Vitæ a pint.

For Itching Mercurius Dulcis a dram, Pomatum one ounce; mix them. Rub the itching Parts with Salt, Sulphur, Vinegar, before the bath of warm Water.

Putrifaction is a Solution of the Mixture in our Blood; in the beginning the blood

is rarified ; in the next degree a fætid Oyl expires, and at last a Coagulation is made. Thus all external Poysons work, and Infection in malignant Fevers, Pox, Scurvey ; Heat and Moisture promote Putrifaction, and Stagnation of Humours ; Cold, Dryness, prevents Putrifaction, and volatile and lixivial Salts and Bitters, as Myrrhe, and Acrids promote the Circulation ; Acids and Styptics cool and preserve the Consistence ; Allum preserves Water from Putrifaction ; Sugar preserves Fruits from Putrifaction. The *Indians* use it instead of Salt, and have no Scurvy, which common Salt occasions, and that promotes the Fermentation in Vegetables ; we preserve Things in Oyl, and Vinegar and Salt, and in Brandy, and by phur Fumes.

Quivis Spiritus volatilis corrosivus est alcali volatile ; therefore Vinegar corrects the Poyson of Plants ; the more any Particles are rarified, they become more sharp ; the making of Vinegar is by a long continued Heat, which rarifies the Acidities.

And Fermentation rarifies the oily, and makes a burning Oyl and acid ; *Testacea* cure a volatile acid, fixt Salts, the middle state of Acids.

The Ashes, the most corrosive, as burnt Oyster-shells ; the Putrifaction in Fevers is evident by the putrid Odor of the Breath, Sweats, Urine, Stools.





C H A P. XIV.

The Cordial Regimen, to support the Circulation.

WHEN the Spirits do not flow into the Heart and Muscles of the Breast, the Circulation fails ; and when the Blood wants a due Rarification and Heat, it will not vigorously irritate the Auricles and Ventricles of the Heart to their Contractions.

1. We must avoid Fasting, great Evacuations, Hæmorrhagies, Venery, Watching, Excessive Labour, Pains, hot Baths, violent Passions of Fear, Joy, Smoak, Fumes, irregular Motions of Spirits in Convulsions, which stop the Circulation ; the viscid Saburra in the Stomach, putrid Humours in Fevers, Ulcers, Worms, affect the Stomach as well as Surfeits.

2. By the Cordial Diet we excite the Motion of Spirits.

1. By

1. By aromatic Acrids, Hippocrasse wines, Aqua Mirabilis, Brandy, Oyl of Cloves and Cinnamon in Lozenges; Baln-water 12 ounces, Spirit of Citrons 3 ounces, Syrup of Raspberries 2 ounces, Sal volatile Oleosum, Tincture of Lavender Composit. of each a dram, Confect. Alcher a dram and half; or Black-cherry-water 12 ounces, Spirit of Lillies of the Valley 3 ounces, Syrup of Cloves an ounce, Tincture of Saffron half an ounce. Distil 40 or 50 Parings of Oranges, with a Gallon of Sack; or Clove Gillyflowers, or Orange Flowers half an ounce in a quart of Sack.

2. The most odoriferous, are the strongest Cordials, and all foetid Smells, Tincture of Ambergrease, with Spirit of Citrons; Sugar half a pound, Confection Alcherin: an ounce, Ambergrease and oyl of Cinnamon of each half a scruple, make Lozenges. Tincture of Saffron, Castor, Sal volatile oleosum, Laud-liquid of each a dram. Vehement Spirits cannot be composed without *Laudanum*.

3. In all Evacuations, use the Restorative Diet, the Yolk of an Egg with Canary, and 2 or 3 Grains of Ambergrease; strong Madera, Jelly-broths, March-drink, highly hopped,

4. Use

4. Use the Diet against *Vitriolic Cacoehymia*, Worms, Pains, sizy Blood, malignant Fevers, pituitous *Cacoehymia*.

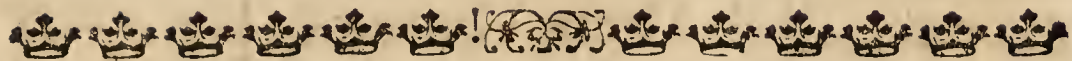
5. The cool Cordials prevent the Effervescencies, and refresh the Spirits by grateful Smells. Borage, Balm, Burnet, Avens Roots, Omphacium preserves from fainting in Fevers.

6. The styptic Aromatics stop Fluxes, Meadow-sweet, Roses; distil Cinnamon 4 ounces, with 2 quarts of Sack or Brandy.

Use Friction, sprinkle cold Water in the Face, drink Wine if there be no Inflammation, use cool Air, Cheerfulness, grateful Smells, or the foetid, volatile Salts, Snuff; apply hot Plaisters to the Feet; cold Baths strengthen the Fainty.

Vomits cure the Faintness in Hypochondriacs. *Celsus* says, nothing excites the Lethargic like cold Water. *Itaque per unctum oleo multo corpus, tribus at 4 ompboris, totum per caput perfundendum.* Dry Cupping to the Head and Heart helps the Circulation; apply Mustard-seed, Castor, Rue, boyled in Vinegar to the Head.

An Irrigation of cold Water on the Head cools in the *Phrenitis*.



CHAP. XV.

The Regimen in the Asthma.

THE Pulse rises before the *Asthma* Fits, and falls after them; but the Weight does not increase before the Fits, but falls three pound by them.

Before the Fit, a cool Diet is most convenient, and also in the Fit, because it is a symptomatical Fever; depending on the Obstructions of the *Bronchia*. After the Fits, a more plentiful Diet is necessary, to repair the Loss of Weight and Nutriment: Use no Vomits or Purges in the Fits.

For preventing the Fits, use a dry Air, without ill Smells of Sulphur, Pitch, Tallow, Dust.

We must use moderate Exercise for an Hour before Dinner and Supper in a Coach, or Horseback, or Walking; and in a Morning use Friction on the Legs and Thighs, where the Circulation begins first to stop by the Fits, and they then feel Cold. This is a revulsive Friction, but use a general Friction once in a Week.

The

The Diet must be against the ferous or viscid *Cacochymia* ; for the first drink little ; eat only Flesh Meats, Centaury Tea, bitter Wines, or Elder-wine ; avoid all Roots, and Peas, Beans, and the *Olera* ; and all windy Drinks, Milk Meats, Cheese, drinking waters ; use Coffee and Tea after Dinner three Hours to help Digestion.

In the hot Asthmatics, with thich or fizy Blood, bleed often ; avoid Oysters, Cheese, Pye crusts, strong malt Liquor, Claret, and hot wines ; Elder wine or Sack and water, Toast and water all Summer.

Use Bread of Wheat and Rye, or Wheat with much Bran in it.

Pound Apples, and put water on them for Drink, or Cyder and water in the Summer.

Avoid all hot Acrids, and Aromatics in Diet ; Brandy Spirits, fermented Liquors, full Meals.

The Viscidity of the Phlegm will admit of no mucilaginous Diet, such as Fish, legumens, Milk, mealy Meats ; but it requires much diluting by our Sulphur-waters, *Bath, Buxton.*

A small Mead is very useful ; avoid all Evening Drinking, and Suppers, and all Styp-tics, such as Claret, and drinking betwixt Meals.

Liquorish-water and Wood-drinks are useful ; we purge once in a Month with Stomach

mach Pills; Glauber's Salt, *Elixir Salutis*, and cold Bathing is useful in the Summer.

In the Fit of the *Asthma*, 'tis best to fast for the first day; eat nothing solid; drink wine and water; at Night take oyl of Almonds, *Diacodium*, and add Oxy-mel Scylliticum a dram, to each ounce of the Mixture with Sugar Candy; continue a thin Diet till the Fit goes off; use no Motion, but sit still in a Chair, which is usually 3 Days or 5, Pectoral Drinks a pint, Sal Prunellæ 2 drams, are useful; and thin Emulsions with Sal Prunellæ.

Drink a Glas of water in a Morning with 20 drops of Spirits of Harts-horn to help the Expectoration after the Fits, and as much in the Evening; the use of Snuff helps Expectoration, as well as rideing; much Bread binds the Body.

Wash the Head every Morning, rise early, use Mustard-seed Snuff, or Tobacco powder'd.

This is the Medicine I use to put off the returning of the Fits: Gum Ammoniack 1 ounce dissolvat. in Aqua flor. Sambuci 1 l. colatur; adde Oxy-melit. Scyllitici 2 ounces, dos. cochl. j. hora somni: This must be long used in the Winter, and repeat the Quantity 3 times; but in warm Weather bleeding is necessary, and Monthly Purges, and drinking no Malt Liquors, but Elder wine and water; Cinnamon or Anniseed water 2 ounces, Oxy-mel

mel Scilliticum one ounce, Dose one spoonful
in the Fits.

To prevent the Fits, a scruple of Flowers
of Sulphur in Pills, with Butter, or in wine.

Purging Wine. Take Roots of Orris an
ounce, Elecampane, Squills, of each half
an ounce, Horehound a handful, Elder-bark
an ounce, Sena an ounce and half, Agaric
2 drams, Ginger a dram, infuse in wine 2
quarts.

Take Honey at Night boyled in small
Ale to help Expectoration.



C H A P. XVI.

The Regimen in the Decay of the Sensitive Organs, and Intellectual, as Loss of Memory.

IF the Memory decays in cold and moist Constitutions, it requires hot and drying Remedies and Diet; warm Diet of Acrids, Aromatics, Bitters, warm Baths and warm oyls, such as *Unguentum Nardinum* Heat, and discuss the Humidities with Friction by others; purge with *Hiera-picra*, use Oyl, Niter, Pepper, Castoreum, with bathing; and inwardly Garlick, *Serpillum* in white wine, volatile oily Salts, and foetid Cephalics, Tincture of Castor, *Sal Volatile*, *Oleofum*, Spirit of Lavender, *Tinctura Martis*, with bitter wines: These things irritate the Spirits, Snuff of Primrose-Roots and Sugarcandy, *ana*, Castor and white Hellebore, warm Perriwigs, and Caps; frequent Combing of the Head.

If the Memory decays by old Age, Dryness or Evacuations, a nutritive Diet, Asses Milk and Chocolate, &c.

If

If from Heat, avoid hot Diet and Wine; use moistening Diet, temperate hot Baths, and the cold at last, with oyl of Roses and water, cool Diet, wine and water, Fish; vomit and purge off Choler, and bleed, little Exercise, but slow and soft Frictions; abstain from Venery, Cares, Watching, Fasting, Studies.

Lib. X. This is a Quotation from *Agathinus* *In cribasmi vix verbis exequi possum quantum utilitatis ex frigida lavatione percipiatur, qui frigida lavantur, etiamsi senio prope modum confecti sunt, corpore tamen constanti & compacto & colore, florido comperias, & omnino multum virilitatis & tenoris præ se ferant, quinetiam apre ad appetitiones, concoctiones pertinent, firma, sensusque, plerumque intervos & exquisitos, & uno verbo naturales actiones vitæ constitutos habent.*

Sæpinumero a cæna cum agræ propter æstum in somnum delabor, in frigidam descendere consuevi, & mirabile est quam jucundam noctem transigam.

In usæ frigide habenda est ratio crurium, ne frigida in eas influat, quum enim frigida lavatio ad omnia sit multo quam cæteræ dietæ utilior, quomodo meatus auditorii tantum cum noxa contingat certe nescio.

In the Melancholic, use Steel 2 drams, infused in a Gallon of water ; take a pint, or a quart every Morning ; or Filings an ounce infused in 4 ounces of Juice of Oranges, add wine a quart, dose 3 ounces every Morning.

To help Digestion, take 4 Orange Peels or six sliced, Gentian six drams, Serpentaria 2 drams, Cochineel one dram, Brandy one pint ; let them stand cool for 14 Days, dose one or two Tea spoonfuls twice a Day in quor or Water.

I cannot omit that *Regimen*, which *Celsus* recommends for healthful Persons.

Ignavia corpus hebetat, labor firmat ; illa maturam Senectutem, hic longam adolescentiam reddit, prodest etiam Balneo, interdum aquis frigidis uti, modo ungi, modo ipsum negligere ; bis die potius quam semel cibum capere, nullum cibi genu fugere quo populus utatur, exercitationes & cibi necessaria, sed athleticè superflui.

Exercitatio semper ante cædere cibum debet, ejus finis sudor, aut lassitudo, exercitacionem recte sequitur unctio, aut balneum, ubi expletus est aliquis facilius concoquit, si quicquid assumpsit portione aquæ frigide includit.

— Scire autem licet integrum corpus esse, quam quotidie mane urina alba, dein rufa est, illud concoquere, hoc concipisse significat.

Celsus Lib. 2. Capiti nil æque prodest atque aqua frigida, atque is cui hoc infirmum, per æstatem id bene largo canali quotidie debet. Aliquandiu subjicere : bibere vinum dilutus, usus frigida aquæ prodest in quo lippitudine gravedine, destillationibus, laborant, caput aqua frigida perfundenda, & os frigida fovendum est, precipue ubi austri gravius Cælum reddiderunt.

Cold Water drank in a Morning abates too much Perspiration, but makes the Stomach sick.

Too much cold Water, used after warm Baths, externally, is observed by old Writers to produce a Nausea.

Men imprisoned die for want of Exercise, and Bathing, and Uction, as Galen observed.

A Shirt may be held over the Smoak of Amber, and so worn to raise the Spirits, and Amber may be smoaked with Tobacco.

C H A P. XVII.

Some Receipts for Old Mens Diseases.

A Receipt against four Drinks in Summer, and acid Humours, from Linder, de Venemi.

IN a Crucible melt Niter, and inflame it ; and after its Detonation, let it dissolve *per Deliquium*; use it in Beer ; it has the Nature of a *Sal Alkali*, and may be used in Summer. We use Ginger Powder or Burnt Oyster-shells to a Vessel of four Drink, and for some four Humours.

Mustard-seed and Honey cured the Stoppage of the Lungs by much Phlegm in an old Man.

For the Gout ; take Snake Roots 2 ounces, Rhubarb an ounce ; Cochineal, Saffron, of each 2 drams, an Orange Peel, infuse in Brandy a Quart, Dose Cochlear 2, vel 3, at Bed-time.

For the Stone ; take Turpentine an ounce, Sugar half an ounce, Dose a Dram, twice or thrice a Week ; and it may be mixt with the Yolk of an Egg and Wine ; or thin Honey boyled to a Syrup, half a pint in a pint of water ; add *Sal Prunellæ* half an ounce,

Turpentine beat with the Yolk of an Egg an ounce, Nutmeg a dram. Dose a Spoonful or two Morning and Night.

These are *Hippocrates's* Directions for Cure and Prevention ; Moderate Exercise and Diet, Purging with black Hellebore, bleeding in the *Vena Poplitis*, Diuretics, emollient and attenuating, Whey 2 quarts, Juice of Lemons 4 ounces, Clarifie with the White of an Egg ; add Sugar 4 ounces, Dose half a pint.

Thin Rheum ; mix Olibanum, Sugar-candy, Pap of an Apple, or Olibanum, Venice Treacle.

Ophthalmics, *Oculorum vitia omnia sanari aloe convenit*. Pliny. Aloes, Tutty, Sugar of each half an ounce in Wine and Rose-water of each half a pint, or Vitriol 4 Grains in 4 ounces of Rose-water.

Liquorish, Orris Roots, Elacampana, Squills of each an ounce ; infuse in Spirit of Wine a pint, with Cloves, Benjamin and Saffron of each a dram, decant and add Sugar a pound, set it on the Fire, and burn it to a Syrup ; mix oyl of Sulphur to a grateful Acidity : This is *Oleum Sacchari compositum* commended in the *Asthma* ; but if the same Ingredients were infused in water, and made into a Syrup with Sugar, and oyl of Sulphur added, a dram, it would agree best with hot Tempers.

Obstructions ; take Steel prepared with Sulphur 6 drams, Rhubarb, Hiera-picra,

Salt of Tartar, Gum Ammoniacum of each 2 drams, with Syrup of Horehound; make Pills; dose a scruple at Night.

Dropsy; take Jalapp, 2 drams; Salt of Tartar, Ammoniacum, Aloes, of each a dram, Oxymel Scylliticum q. s. fiant Pilul. Dose a scruple every Day.

Obscure Sight; take Crocus Metallor: a dram, Aq; Chelidon six ounces, Colatæ, tres vel 4 Guttas tepidas infunde sine morfa validissime abstergit.

In the Lues, or Defluxions, take Guaiacum, a pound, infused in wine 12 pints 4 days, in a close Vessel, for ordinary drink; or make a Syrup by boyling the same quantity in water, adding Sugar and Juice of Lemons in hot Tempers. Guaiacum may be infused cold in the same quantity of Lime Water, with Liquorish and Coriander Seeds of each an ounce and half, and may be drank with Milk.

Cramp; take Ung. Popul. 2 parts, oyl of Spike 1 part, anoint, use rubbing with Flesh Brushes every Night.

Cholic; take Rhubarb 2 ounces, Gentian 4 ounces Anniseed water a quart, infuse, dose 2 spoonfulls.

Sharp Urine, take Mallow Leaves 2 handfuls, Gum Arabic 2 drams, Boil in Barley-water 3 pints, with Almonds and cold Seeds, make an Emulsion, sweeten it with Syrup of Marshmallows 3 ounces.

For crude slimy Humours in very old Men ; vomit with a scruple of Hypecacuanha once in a Month ; purge with Tinctura sacra 2 ounces every Week ; drink only Sack Whey ; use Bath-waters outwardly and inwardly with wine, which is strong ; use Diospoliticum, or Diatrion Piperium with Honey, or Turpentine Pills, Tincture of Steel in bitter Wines, and at Night some Drops of Balsamum Polychrestum, in any Syrup.

To cause Retention of Urine ; take Pæony Roots an ounce, Amber, Corall, Gum Troganth of each 2 drams ; dose half a dram in Claret.

Suppression of Urine ; a Spoonful of Mustard-seed unbruised in white-wine, or 2 Spoonfuls of Juice of Onions in wine.

For Ulcers, boyl Lime-water a Gallon, with Oak-bark half a pound, use it outwardly.

Tetters ; Flower of Brimstone, burnt Allom, Ginger, Fresh Butter.

Running of the Eyes ; take White wine a pint ; white Vitriol a dram, mix and filter ; add Honey 2 ounces.

Red Eyes ; Brandy and Frog-spawn Water : I wash them with my own Urine.

To cool and repel hot Humours ; take Rose-water 2 ounces, to this add any of these, Rhafis's, white Troches a dram, or Calamine levigated half a dram, or Tutty
half

half a dram, or white Vitriol and Sugar of Lead of each 5 Grains. *Quinsy.*

Piles ; take Populeon an ounce, Sugar of Lead a dram, Opium a scruple, oyl of Amber, Balsam of Sulphur Annifat. of each ten drops.

Deafness ; oyl of bitter Almonds, a dram ; oyl of Amber 3 drops : I cut a Quil like a Scoop, and gently put it in the Ear, and by turning it round, draw out the Wax ; this presently relieves me.

Pains of the Hæmorrhoids ; receive the Fume of Olibanum, Mastick, Aloes, Myrrh, equal parts of each, from hot Coals, or anoint with burnt Oyster-shells and Honey, or fryed Leeks and Butter.

Apoplexy ; Cupping Glafs, without Scarification to the Neck, and 2 to the Shoulders, or the top of the Head after sufficient Evacuations by bleeding, and Vomits or Glysters.

Chilblains ; a roasted Turnep as a Poultis, foment with Urine.

A Detergent Ophthalmic ; take Aloes 2 drams, Fenil water 8 ounces, Sugar-candy 2 drams, Camphire half a dram, to cleanse and cool ; add Sacch. Saturni a scruple, to Aloes, a dram, in Rose-water 4 ounces.

Piles ; take Flower of Brimstone an ounce, Sugar 3 ounces, Gum Tragac; dissolved in O-

range Flower-water ; make Troches ; Dose 3 in a day ; they keep the Body open.

Mouth-water to fasten the Teeth ; Myrrh, Allum, of each a dram, Bole 2 drams ; infuse in Claret a Pint ; or Lime-water a pint, crude and burnt Allum of each a dram, Orris Roots 2 drams, infuse and strain ; add Orange-flower-water 2 ounces, or Terra Japonica half an ounce, in Claret a pint.

In Decay of Natural Heat ; Olibanum 2 ounces, Myrrh an ounce, Honey a pound, Saffron a dram, Nutmeg Number j, mix.

Tachenius, de Morborum Principe, advises the Ashes of Rosemary, Lavender, Rue, Betony, to be sprinkled in the Linen Socks to discuss the remaining Tumours after the Gout ; and the same sprinkling Ashes cures the Fætor of the sweating Feet. This promotes the Diaphoresis, and dries the Humors. Spirit of Vitriol cures the podagric Pain of the Scapula, being anointed on it ; and the Fomentation of Vinegar does the same ; in cold Gouts, Spiritus Vini, Camphorat, Sal Armoniac, and Salt of Tartar dissolved in Water ; or Urine and Ashes mixt, or Spirit of Wine and of Sal Armoniac mixed and anointed with a Feather, or Aq. Spermatis Ranarum half a pint, Spirit of Sal Armoniac an ounce.

Milk Diet ; Sugar will hinder its curdling ; fair Water its turning to Choler, it
may

may be taken to 4 pints 4 times in a Day; Bread may be eaten with it at Noon; take often *Scotch Pills* at Night, because the Milk binds.

Stone; take oyl of Almonds, Juice of Lemmons Aqua-vitæ or white-wine, Sugar, mix them; drink Honey dissolved in Juniper-water, Aq. Rhapsani Composit.

For swelled Legs; mix Amber half an ounce with a Quart of Vinegar, pour it on a red hot Brick or Stone, receive the Fume.

Scorbutic Pains; take an ounce of oyl of Turpentine, volatile Salt a dram, mix.

Tumors; Emplastrum Diasaponis, with Sulphur Balsam, Terebinthinate, mixed.





C H A P. XVIII.

*Concerning the Perfusions of warm Water
on the Skins of Old Men.*

THE Perfusion is necessary to soften the hard, to moisten the dry Skin of old Men; and since their Perspiration is defective, or the Serous Perspirable acrid, thick, which is also falso-acid, it occasions Itching, and divers branny Scurfs, and a general Contraction of the Pores by its Rugosity.

In the Skin are Veins, Arteries, and Nerves, and Glands, Lymphatics; they are relaxed by warm Water, and their Humors rarified by it, and their circular Motion is promoted; besides these Vessels, the Skin consists of a Network of Fibers, which relaxes, and are contracted by Heat, Cold, Moisture, Driness; the excretory Vessels of the Glands end in the Skin, and the Serum is made more fluxile, and the Orifices more open by warm Water, and the Secretion thro' the cutaneous Glands is promoted by warm Baths or Perfusions.

These

These cleanse away much dried *Sordes*, which adheres to the Skins of old Men; they nourish the solid Parts, warm the Blood and Nerves, and help all the inward Secretions by Urine, Stools, Spit; all these Benefits may be procured by Perfusion with warm Water: After the Body is rubbed by a Flesh Brush, and washed by a proper Washball of Castile Soap two parts, bitter Almonds one part, mixed with Water in a Basin, and rubbed all over the Body; at last use the Perfusion of warm Water, or Hydroleum, to smooth the Rugosities of the Skin. I rather prefer this Perfusion of Water as sufficient for the purpose mentioned, and at last perfuse with tepid Water, to defend and contract the Network Fibres against the Injuries of the Air.

Hot Baths are proper for Diseases, but they evacuate too much Nutriment from old Bodies, and weaken their Spirits; therefore Perfusion of warm Water, and proper *Smegmata*, are sufficient for the common Regimen of old Men's Healths.

It will be necessary to stand in a wooden Kinnel before the Fire, first to be rubbed all over, then washed with the Soap Lather, and at last to be washed with Water as hot as our Urine is, and then with tepid Water; and by this Method many Diseases may be prevented; and I must confess, that the Cure
of

of Children, old Men, and Womens Diseases, may be sooner done by hot and cold Baths, than by inward Medicines. Vide *my Advice to a young Physician*.

Lancisus makes this Remark on the innumerable blood Vessels of the Skin, described in *Eustachius's Tables*.

Quam copiosa esse debeat in homine sano insensilis perspiratio, & quale emolumentum agris accedat ex sudore, iidem propterea admonentur ut sæpius frictionibus, cucurbitulus, fotibus, balneisque utantur, hæc enim valde possunt universo sanguini, tum motum, tum fluiditatem, tum vel maxime depurationem inipertivi.

Note, The blood Vessels in the Skin arise from those in the Muscles under it; and if the Blood moves faster in the Skin, it will move so in the Muscles: But the Blood ordinarily moves slowest in the Skin, which in Cachexies looks pale.

Innumerable Nerves appear to be inserted into the Skin, in *Eustachius's Tables*, and by their Contraction of the Fibrous Network, which appears in all dried Skins, or by their Relaxation, the Perspiration is altered, and Diseases with Fevers or Cachexies may be occasioned; but the Perspiration may be soon restored by warm Water and Friction,

Friction, and proper Cephalics may be boyled in the Water, and they may immediately act on the *Papillæ Nervosæ* in the Skin, in the cure of merveous Diseases.

If we use this Perfusion at Night, and go into a warm Bed, that will promote Sweating; if in a Morning once in a Month, that will preserve the ordinary Perspiration, and Softness of the Skin, and cleanse the Sordes from the Pores.

Sanctorius in primam fen. pag. 388. observes, That external Cold makes the inward Parts stronger. He quotes this Aphorism from Hippocrates. Æstate media frigida perfusia in carnosio calorem revocat ad intus, & convulsionem tollit: This Experiment he mentions, In doloribus colicis & nephriticis, in ipsa cardialgia frigida perfusionem, si habitus sit carnosus maxime juvare.

Thus the Perfusion of cold water may be used sometimes for a Cure, but not constantly practised, lest it stop Perspiration too much in old Persons.

We know the Perspiration is too little, by the Heaviness of the Head, Sleepiness, Lassitude, Oscitation, Nausea; by Coldness and Horror, and after aluminous Baths; but we know we perspire too much by Leanness, Weakness, binding of the Body, high coloured Urine, great Appetite, and after Labour, and thin Diet: A healthful
Per.

Perpiration is when we return to the same weight every Morning; and then we feel more lightfome.

Galen, in his 5th Book, *de tuenda Sanitate*, concerning the *Gerontocomia*, mentions two old Physicians Method: *Antiochus*, of 80 Years, who bathed every Day; every day he walked 3 *Stadia* to visit his Patients before Breakfast, and eat a Dinner of fresh Fish.

Telepticus was near 100 Years, used bathing twice or thrice in a Month, used less Exercise, because of his Age; he eat Fowl, and Broth, and Fish sometimes.

Both these PHYSICIANS agreed in these things, they used Friction, before Breakfast. *Prius alvo dejecta*; they used Honey boyled or raw for Breakfast, rarely with Bread; *Hora tertia*, and dined at the 7th Hour.

Ex cinere nitra & cimolia veteres fecerunt lixivii genus; quo in Balneis sordes eluerunt: cum nitro & cimolia terra smegma optimum. Aëtius.

A strong Brine cleanses the Face from Itch and Scurf; our own Urine does the same, and clears the Eyes of old Men.



C H A P. XIX.

The Use of Cold Baths, is profitable in many Chronical Diseases.

1. **I**N all Hæmorrhagies to prevent them, and especially in the Fluxes of Blood betwixt 40 and 50, in old Women.

2. In the fizy Blood, as Rheumatifms, Inflammations, Lumbago, Head-ach, Sciatica.

3. In windy Diseases, Hypochondriacs, Hyfterics, the Bite of a mad Dog, Mania, Convulsions, Tympany.

4. To strengthen the solid Parts, Rickets.

5. In Fluxes, Fluor Albus, Abortion, Coughs.

6. 'Tis a Diuretic in Stone, Strangury.

7. It quenches Thirst, helps the Digestion, increases the Appetite.

The cold Baths disagree with fat Persons, unsound Viscera, Fits of the Gout, cold
Con-

112 *The Art of Preserving*

Constitutions, Gripes, Inflammations of the Lungs, during Defluxions; use them from *June* to *September*, and bleed and purge before cold Baths, and use them fasting, and two or three times in a Week.

Drinking of Waters at *Buxton*, and bathing there, agree very well with old Men for their Gravel, or *Diabetes*, or consumptive Coughs, and Pain in their Limbs; but the quantity must not exceed 2 pounds, nor under one pound, before they bathe in the Morning; nothing stops Night Sweats, but bathing, in a temperate Bath, cooler than the Blood.

Drinking steel Water in *June* or *July* for a Month, renews the Appetite lost, and cures the Scurvy and Gravel in old Men, who are lean and hot.

Galen advises temperate warm Baths to *Hectical Marcors*, to moisten the Dryness, whether from Heat or Cold: *Hoc mirabile habent balnea, quod & calidas & frigidas siccitates juvant: non sitientibus sitim accendant, & sitientibus eandem tollant. Galen de Marcore.*

But if the *Hectical Marcor*, be joined with Inflammations, Erysipelas, or intermitting Fevers; these Diseases must first be cured before Bathing.

After Concoction in Fevers, *Galen* prescribed a warm Bath, or Water-drinking.

We

We may bring Persons to the use of cold Baths, by bathing them in a Tub, in which a Pail of hot Water is mixed with the Cold.

This is my Method of dipping Infants at their Baptism in *Lichfield*. Take his Neck behind in the Right Hand, and hold the Left under his Ham; then let him dip under Water with his Body and Face sideways, and lift him up again immediately. I can testify by two Experiments I made, that the Children so dipt received no Injury, but were very lively, healthy and hardy ever since; the last was dipt in *March* 1723, and was able to bear his Weight at 3 quarters old: But how can we dip according to the Rubrick, if only Marble Basons be built in our Churches? The Affusion of Water is fairly represented by the Picture in the Common Prayer-Book, in *St. John Baptist's Day*, the Water is poured on the Head, and all the Body, but so our Saviour was not Baptised.



C H A P. XX.

Divers Pulses of old Persons in the Morning.

JULY, a Woman aged 75, her Pulse was 75; 76 another Day. A Man aged 64, his Pulse was 84, and 86.

Many old Mens Pulses intermits, and in one of 80 Years, I observed the Mynrus Pulsation.

In some the Pulse is very great and strong at 68 Years, if full of Flesh and ruddy.

<i>My Pulse.</i>		<i>Morning Weight.</i>
<i>Jun.</i> 27	76	176 $\frac{1}{2}$.
28	80	176 $\frac{1}{2}$.
29	77	176
30	76	175 $\frac{1}{4}$
<i>July</i> 3d.	77	175
4	79	175 $\frac{1}{2}$.
5	74	174 $\frac{1}{2}$.
6	80	173 $\frac{1}{4}$
14	82	143
15	90	174 $\frac{1}{2}$.
18	85	173 $\frac{1}{2}$
<i>Aug.</i> 10.	80	172

Lost by Urine in the Night a pound, by Perspiration three quarters, the Thermometer ten degrees above temperate. very cool and rainy, not so heavy as usual.

Whosoever will keep an Account of the quantity of Urine in 24 Hours, will observe it best by a Glass on which a Paper is marked at every quarter of a pound, and the quantity is from one pound to three in temperate old Persons, when the Perspiration is little; by this we may know also when the *Serum* abounds, and by a moderate Colour and Thickness we know a good Digestion, and by a high Colour a violent Circulation and Digestion, and by a pale Colour the weak Circulation and Digestion; the Urine alters by Diet, Exercise, Evacuations, Sleep, Passions, Seasons of the Year, and Changes of Weather; and we may make many useful Aphorisms by the Observation of the Urine in Health and Diseases; Urine tastes bitterish from Cholera, salt from the Armoniac Salt; the Contents are from the Mixture of the *Serum* or Chyle, disturbed by an Effervescence or their Crudity.

The Pulses of old Men, decrepit, are more rare, slow and languid, than in their middle Age, and therefore they want a warmer Regimen.

If the Pulse beats commonly above 75, those old Men must use the cool Regimen; if under 75, they must use the hot.

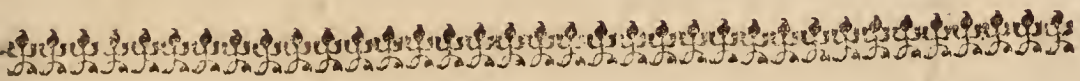
In old Men there is a dry Body, but that Siccity of Nutriment may be joined with too much Heat, or too much Coldness, which is known by the Pulse; where there are mixed Humours, the Method is to be mixed.

FINIS.





A P P E N D I X.



Some Collections and Observations, relating to Oyls and Uction, in the Prevention and Cure of many Diseases.

John d' Laet tells us, That in *Virginia* they make Oyl of Acorns, with which they anoint their Limbs ; the Colour of it is a clear Yellow, when made at the Oyl Mill, as I observed ; 'tis of a sweet Taste, a little styptic, and may be used in a *Linctus*, or Glysters for a *Dysentery*, or made into a *Balsam* with Sulphur : It burns like a Candle in a Tea Lamp, without any Offence in Smell. The *Indians* dry their Acorns on the Fire to make them keep ; then they steep and boyl them in Water before they express their Oyl. Vid. *John d' Laet*.

Pomet says, the Inhabitants of *Province* make an Oyl of Acorns, but he did never see it.

it. I find Acorns long kept do not yield so much Oil as the new Acorns, they are first grounded, then heated, and pounded as the Linseed is, and about a Pint may be expressed from a Strike, and it may be used as Sallad Oyl. The *Pulvis lateralis* in *Bates*, is made of Acorns; and given for the Cholick and Stitches; our Countrymen grate on a Grater an Acorn for the same Uses; the oyl is much better, on which the Virtue of that Powder depends.

By the use of Oyls outwardly, and the painting the Skin, the *Indians* preserve themselves both from Heat and Cold. This the *Indians* do in *Virginia*; *In flumine primum frigido lavant Infantes, deinde perunigunt, pinguntque, ut cutem adversus frigus pariter atque æstum indurent*, Joh. de Laet.

In Baths the Northern and Southern Nations use Uñction.

Herodotus, Lib. 4. observes, that the *Scythians* do not use Bathing, (I suppose the extreám Coldness of the Air makes that unpleasant, or dangerous, tho' the *Muscovites* now use hot Stoves, and rub their Bodies with Snow or Ice after them) but the *Scythian* Women pour Water on themselves, and then anoint their Bodies with some sort of

of Turpentine, which makes their Bodies Sweet and clean.

Herodotus, Lib. 1. says, the *Babylonians* anointed all their Bodies, and yet they wore Linnen next their Skins as we do; and *Susanna* used to wash herself in her Garden, and sent her Maids for Oyl and Washballs; and the reason of her washing was, because it was hot; therefore at *Babylon* Oyls, and some sort of *Smegmata*, were used with cold Bathing: The *Aethiopians* lived to 120 by their Bathing in a Spring, which made their Bodies as smooth as if they were anointed with Oyl; but *Cambyse's* Embassadors offered them an Alabaster Pot of Oyntment, *Herod. Lib. 3.*

Aristotle, in his Problems, commends both hot and cold Baths, Sect. 24. Water warm'd by Sun only moistens the Skin, but hot Baths digest and dry the Cold, stop and contract it. He observes that some Oyntments will promote Sweat, and that they make the Sweat more foetid if mixed with it: but other Oyntments are not offensive; all the old Oils and Oyntments in *Dioscorides* may be read.

Alpinus describes the bathing of the *Aegyptians* in tepid Baths, but they use no

cold ones in that hot Country ; they used also Frictions by their Hands, Linnen, Camlet ; and after they used Soap all over their Bodies, and washed it off with warm Water.

Herodotus, Lib 2. says, the *Ægyptians* use the Oyl of *Ricinus* against Gnats ; and this Practice may be useful in our Fen Countries against Pumerfes ; they make that Oyl by Frying and Expression ; our oyl of Hempseed may have the same Effect, and Preparation, 'tis anodyne and discussing.

Bontius observes, that in *Java* the Inhabitants make an Oyntment of Curcuma, Saunders, and Camphire infused in oyl of Roses, by which they preserve themselves from the excessive Heats near the *Æquator*.

Alpinus, in his Account of the *Medicina Ægyptiorum*, writes, in malignant Fevers, and in the Small Pox, when they do not come forth readily, the *Ægyptians* use Unction.

In malignant Fevers, after Glysters, cool Laxatives, and scarrifying of the Legs, *ad inunctionem totius corporis accedunt, cute leniter perfricata atque postea calida inunctione inuncta naturæ ad cutim expressionem eo auxilio*

auxilio maxime adjuvantes, inunctionem vero ex olea amygdalarum amararum, cum nitro rubro quod natura appellant, parant.

In pueris variolis vel punctiōibus affectis, hac lenitione nullum remedium securius, vel præstantius habent : We may safely try this Method.

We may prepare by Infusion oyl of Roses, Lillies, Jasmin, Orange Flowers or Peels, and Lilly of the Valley, Elder Flowers, Lavender Tops, or Rosemary, white *Narcissus* Flower, Junquills, Woodbine Flowers, Angelica Roots, Claryflowers, Flowers of Chamomile, *Oleum Nardinum*, *Ol. Anethinum*, oyl of Myrtle, Water Lillies, Violets; or to a pound of any of these Oyls; we may add any aromatic chymical oyl from ten to 60 Drops; as Rosemary, Cloves, Cinnamon, Mint, Oranges, and of Rhodium.

Infuse 2 ounces of any aromatic Flowers in a quart of oyl; change the same quantity of Flowers three times, and infuse not above 3 days any aromatic, least it smell fætid.

We mix Vinegar and Oyl of Roses to cool, and add Niter; avoid hot Oyls in Distillations, and hot Heads; but *Ol. Caprinum* is proper to anoint, and then deterge it :

it : But in the *Ecclesiastes*, 'tis said, Ch. 9. ver. 8. *Let thy Head lack no Oyntment*; and the *Uction* of the Head is mentioned in Scripture, but of this we have no Experience, whether it will preserve the Head from Baldness, and the Feet from Corns, or the Hair from Lice and Dandriffs.

Oyl of Eggs is proper for smoothing the Skin, and its Chaps, Tettars, Pains, Ulcers, and Spots : Oyl Olive may be made pleasant with *Cyperus*, *Calamus aromaticus*, *Lign. Aloes*, Bay Leaves; infuse all Oyls in a Vessel of Water three Hours.

The Fats of Animals may be washed in Rose Water, or that of Orange Flower, such is Hens or Capons Grease for Chops in the Skin.

Oyls have been made by Expression from Juniper, Chesnuts, Small Nuts, Beech Nuts, and Ivy-berries, Pistaches, the Kernels of Pine Apples, Cherries, Plumbs, Seed of Gourds, Cowcubers, Melons, Pyony, Henbane, and Poppy Seeds; some Seeds are heated in a Frying-pan, then steeped in Wine or boyled in Water to help the Expression; Seeds of Angelica, Apples and Pears, yeild Oyl, and an Oyl may be made out of all our Corn.

The oil of Oats is thus described ; hull white Oats half a peck, then boil the Oats in AllumPoffet-drink, (Allum half a pound, Milk 6 pound) boyl till the Oats break, and be soft as Pap ; draw off the Liquor in a Colender, and put the Oats into a Frying Pan ; hold them over a gentle Fire so long as the Smoak ascends up ; but when it runs only on the Edges of the Pan, then put the Oats into a clean Bag of Linnen, and press out the Oyl, which keep stopt.

This Oyl smooths the Skin for Itch, Scabs, Pustules ; for the Stone, give it with White-wine and Nutmeg ; it feeds the Body, and makes it strong ; it is good for Horses, their Glanders and Mourning of the Chine, and outwardly for the Farcy, and hide-bound.

Thus Oyl is made of other Seeds and Grains, of Wheat, Barley, and before the Expression heat the Ingredients, or the Plates very much ; and if they be dry, they must be boyled or sprinkled with Water or Wine. Vide *Ol. Tritici* in *Bates's Dispensatory*, for Chaps, Ulcers, Kibes, Tettars, Scurf, Dandriff.

Oyl may be made of clarified Butter in *May* ; melt it and pour it into Water three times ;

times ; this will continue sweet a long time.

The Juice or Sap of Birch-tree, will make a good Lotion to cleanse the Skin, and cure its Infections.

The Juice of the Elm-Tree, makes the Face clear, and shining, and smooth.

The Decoction of Ash or Birch-bark and Wood being bitter, will make a Bath for Obstructions ; and Elm-bark a mucilaginous Bath ; poplar, withy, Oak, Beech, Maple, are fit only for a Decoction for styptic Baths, in lax dropical Habits, and in Fluxes.

Oleum Populi nigrae is of a good Smell ; *Ol. Omphacinum* is used cold, but all other oils hot after Exercise, or hot Bath to moisten the Body, when dried, by Astriction, cold, or sharp hot Humours, for which sweet Oyls are best.

Palladius prescribes the anointing of the shorn Sheep with Oyl and Wine three days, in his Book *de re Rustica* ; and *Cato*, *de re rustica* prescribes the Uction of Beeves. *Varro*, Lib. 2 mentions the oyling of Horses, when first used ; *Mediocriter exercendum, & cum sudorint perungendum oleo*. This Hint may be useful to running Horses ; and since the old *Athletæ* always used Uctions, they

they may be useful to Foot Races or Cock Fights.

All the hot resinous Particles, as well as acrid pungent Salts, will pass thro' the Pores of the Skin into the Blood; for which reason all the Body must be anointed, after a hot moderate Bath, and after Friction, or with it, as *Avicenna* observed, *Colorem & odorem unguenti quod fuit illitum lotia referunt: id autem qui resina se aliqua inunxerit, ita esse experietur.*

The true Reason why warm Baths are disused, is the trusting to chymical Medicines, which are believed will perform every Evacuation, and with hot Baths, Unctions will always be properly used. Let all young Physicians read *Hippocrates* and *Galen*, and they will observe that proper Baths and Unctions were always prescribed, as well as Internals in most Diseases; read all the learned Commentators on our ancient Writers, and they within a hundred Years and less prescribed the same Baths and Unctions; are not the same described in *Aegineta*, *Tralianus*, *Aetius*, and in *Celsus* the *Arabian*, &c. therefore all the learned Doctors both in *Greece* and *Rome*, approved of them; but our Moderns have too much neglected

glected the use of them, and mention little of them since the time of *Riverius*.

St. *John*, used to bathe at *Ephesus*, and went out when he saw *Cernithus* there. *Iren.* Lib. 3.

I remember about 20 Years since I caused an oyl to be expressed out of Mustard Seed at the oyl Mills, with which I anointed my Body all over, after I had used Friction with Brushes before a Fire, and then washed the oyl off with warm Water: This I did many Mornings, and afterwards I found my Limbs more strong and fleshy, and this cured the scorbutic Itching in the Skin.

Tho' warm Baths and Unctions have been much abused by Luxury, yet none can deny that they have a true physical use, and have been approved 2000 Years by all the learned Physicians.

The *Persians* used Unctions luxuriously, without Bathing, as *Herodotus* affirms; because there is great want of Water in *Persia*, they use Well-water for want of Rivers and Springs, as *Tavernier* mentions; and he says, they have no good Oyl: Their want of Rivers and Springs was the Occasion of the *Persians* Worship of them, and they would not anciently spit or urine unto them. I tried

I tried the Neats-foot oyl, by anointing all the Body, and then washing it off; it plumps up the Skin, and makes it smooth, and is proper for Consumptions, and cures Pains and Weakness, if anointed Morning and Evening; its Effects will be greater by adding oyl of Lavender, Amber, Rosemary, or Oranges, and Camphire, any convenient Quantity.

Linseed Oyl gives an ill Smell to the Body, and I thought therefore how to contrive Wash-balls, proper for each *Cacochymia*, many of which I tried with warm Water.

I much admire, Sir *Theodore Mayberne's* Unction for the Gout, *viz.* oyl of Wall-flowers a pound; decrepitated Salt ground small and *Venice* Soap of each 4 ounces; for Unction every Night, putting on Linnen Socks, or made into Washballs, with more Salt and Soap, Bean Meal; and dissolved in warm or cold Water.

I tried both oiling all the Body, and many Washball with cold Bathing, but found that unuseful, to contract and relax at the same time: The Chymists have furnished us with distilled oyls; they are now used in Glysters, and too sparingly externally, since a dram

dram of their oyl has more Virtue than a pound of old Oyntments ; and these may well be used in wash-balls, and mixed with Oyntments.

The oyntments which witches use are made of soporiferous Medicines ; Henbane, Hemlock, Mandrake, Tobacco, opium, Solanum ; and these give their deluding Dreams ; but by these we may be convinced of the great Effects of Uñction, and that they affect both Blood and Spirits.

Augustus was subject to Distillations, and therefore used hot Baths rarely. *Frigidis curari coactus* ; but yet *Suetonius* says, *Ungebatur sapius, & sudabat ad flammam, deinde perfundebatur egelida aqua, vel sole multo calefacta* ; (the *egelida* is *tepida*) : He used Sea-water, and the *Albulæ* like our *Buxton*, a tepid sulphureous Bath for his Nerves. I mention this Remark of *Suetonius*, to shew that *Augustus* used Uñction and Perfusion of warm water, and that a Physician must be consulted whether a cold Bath or hot must be used ; and whether a tepid, or moderate hot, or very hot, is most proper for the Disease ; and what sort of oyl for Uñction, or washballs, may have the greatest Success with the Perfusion or warm Bath : Let none think warm Baths and Uñctions

ctions a disagreeable Practice; *nam Veteres non nisi loti & uncti discumbebant*: If they used these for Luxury, let us use them for our Healths, and Cleanliness, and for Prevention of Diseases.



I sent a little while since, what I had read, with my Thoughts, concerning *Epilepsies*, in a Letter to a Surgeon in *London*, which, as it may give some Hints to others to make Tryal of this Method, I here insert it, *verbatim*.



S I R, *Lichfield, April 6. 1724.*

I Cannot but be much concerned at the great Number who die of Convulsions every Week in *London*; and amongst those Numbers, I suppose there are many *Epileptic* Children, and heartily wish some Medicine or Method could be found, which might save some.

For that end I cannot but communicate to you what I read in *Tranconius*, a *Florentine* Phy-

Physician, in his Book *de Cura Morborum Pueri*, He observes, that most of the Epileptic Children died in *Florence*, and that there they for Preservation burnt the *Occipitium* with a hot Iron, by which means many were preserved, and they died *quibus ipsa inusto non administratur* : He imputes the Disease to an abundant or corrupt Serosity in the Brain, which is to be evacuated ; but I will transcribe the following Words from his Book, by which he clearly expresses his Cure.

*Nulli tuta magis evacuatio cogitari valet,
 & quæ facilius ab infantili ætate toleretur,
 quam eaque per derivationem ad vicinia ef-
 ficitur, per inustum occipitium, quod præsi-
 dium a magno illo Celso celebratur, ut in suo
 de comitiali morbo legitur. Præsidium hoc
 siquidem non absque methodo & ratione, tum
 ad præservandum quemadmodum etiam ad
 curandum celebratur : & in hac præcipue
 florentissima Florentiæ urbe in qua cum fami-
 liaris adeo & endemicus fere sit infantilis hic
 morbus, pauci existunt puerili quibus cum
 jam mensem agerent & decrescente luna ad
 præservationem occipitium non inarratur. Hoc
 præsidio noxiæ humiditatis fit evacuatio, & a
 toto cerebro derivatio, & eidem contempera-
 mentum & robur præstatur : omni ingenio
 I 2 igitur*

igitur curetur, & apertum teneatur emissarium donec infans caninos dentes perforaverit.

And for the preventing the Convulsions in Dentition, this Author writes thus.

Si in capite pueri pustulas non efflavescere contingat a dentium perforatione, ut epilepticum convulsionem præcaveamus, occipitii inustio præ cæteris presidiis celebranda est.

You may easily discern the Reason of this Practice, when ulcerous Pustules do break out on the Head on Dentition; they secure the Child from Convulsions; and when they do not, this artificial Evacuation diverts or evacuates the acrid Humours from the Nerves.

I question not but Caustics, Blisters, raminculus Flammeus, Cupping, may something help in the *Occipitium*; but you, who know how to make the Inustion by a small hot Iron, may sometimes try the Effects of that, whether more considerable than other Evacuations; and I suppose bleeding by
Leeches

Leeches and Purging ought to precede all Topics.

Tranconius writ in 1592. *de custodienda Puerorum Sanitate* : He much recommends to Nurses to wash their Children with White-wine and water to strengthen the parts, if flaccid ; and he says, the old Writers mixed salt Water and wine. I cannot but impute this Frequency of Convulsions, as well as Rickets in *London* to the neglect of dipping in Baptism ; and since cold Bathing effectually cures the Rickets, I believed that would have had some good Effect on the Epileptic Children.

Cold Bathing presses on all Parts alike, and therefore makes an equal Distribution of Blood and Humours ; and as it stops the Secretion thro' the external Glands, so it may that Defluxion through the Glands of the Brain, and cure the Effervescence that forces the Secretions of acrid Humours into the Nerves, for that is the immediate Cause of Convulsions.

In *Celsus* you may observe he bled, in *Talo* of both Feet a little. This is a proper Revulsion : He purged with black Hellebor ;

lebor; he prescribes long Walks, and Friction about 200 times in a warm Place after it; but the Head and Belly are not to be rubbed. In the Morning *Caput multa aqua frigida perfundatur*; the Walking and Friction to be performed twice in a day; the Head being shaved may have an Uction of oyl, Niter and Vinegar, and then make a Perfusion of salt Water; give Castor a dram, and water in a Morning, and drink only boyled water: All hot things must be avoided; Wine, Baths, the Sun; but these are his last Remedies; after bleeding, in both Feet a little, he advises *Occipitium incidere, & cucurbitulas admovere, ferro candente in occipitio quoque & infra, qua summa vertebra cum capite committitur ad urere duobus locis, ut per ea perniciosus humor evadat.*

The incurable Epileptics may be relieved by much Exercise, Friction, Water-drinking, a moderate Diet, and Abstinence from those Accidents which produce the Fits.

This Advice in *Celsus* is for Men, but *Tranconius* for Children. Medicines can do little. But more may be expected from Chyrurgery and cold Baths; if you make any

any successful Tryals, pray give me some Account of them, by which you will much oblige

Your very Humble Servant,

John Floyer.

F I N I S.





The following Manuscripts, (of Mine)
are left in the Library of Queen's-
College, in OXFORD, &c.

I. **A** Dvice to a Young Physician, in Two
Parts.

II. Vegetable, Animal, and Mineral Me-
dicines, distributed into Classes, by their
Physical Tastes, in Two Parts.

III. The Third Part of the Pulse Watch.

IV. The Fourth Part of the Pulse Watch.

V. An Essay on Air, Uction, Friction,
Exercise.



