



A
T R E A T I S E
O N T H E
Various KINDS and QUALITIES
O F
F O O D S :

W I T H
Aphorisms of H E A L T H ;
O R ,
R U L E S

To preserve the B O D Y to a

Good Old Age.

To which is added,

A Compendious Discourse
O F T H E
D I S E A S E S o f C H I L D R E N .

By *WILLIAM FORSTER*,
Practitioner in P H Y S I C K *and* C H I R U R G E R Y .

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P R E F A C E.

AN Animal Body would be little better than a Clod of Earth, were it not for the vast Variety of Action it is enabled to perform; and this it does by Means of an infinite Number of small contractile Fibres, which in every Contraction and Distraction, which are Millions in a Day, by their Attrition one against another, file off from one another vast Numbers of little separable Parts, by which the Fibres daily grow weaker, and would soon be unfit to perform their Function, were they not as constantly repaired as they

are diminished. And whenever the Fibres are in a State of Relaxation, their Pores being opened, then are they in the fittest Condition to have new Matter, by the Force of the circulating Humours impacted to them; and in this Condition are the Fibres when the Animal is asleep: So that as waking is the Time of spending, so is sleeping the Time of recruiting. Hence, by the bye, we may observe the Necessity of Sleeping.

Now 'tis our Food, whether fluid or solid, that furnishes us with this Supply; and all that is necessary to qualify it for this Purpose, is only that it be by the Force of the Stomach and Lungs, divided into Parts small enough to enter the Poruli of the decay'd Fibres.

Hence we may deduce the Necessity both of taking in Food, and also of the Circulation of the Blood; for if either of these were wanting, there would be no Means left of repairing the Loss the Fibres sustain by their daily Contraction.

Now that we might not neglect a Supply so necessary to the Preservation of our Bodies, the bountiful Author of our Being and Happiness, hath furnished us with two Appetites; the one to Solids, which is called Hunger; the other to Fluids, which is called Thirst: What they are, is better known by Experience, than by the best Definition; and as they are astimulous to the gratifying of Nature's Cravings, so would they be the surest Guides both as to the Quantity and Quality of what we either eat or drink, were it not that most Men have vitiated and debauched them by Irregularity and Excess.

And in general, so much may we eat or drink, till Hunger and Thirst be no longer troublesome to us; for whenever we exceed these Bounds, we sow the Seeds of various Distempers; but yet, as *Hippocrates* tells us, “ the Consequences of a slender Diet, are
“ more fatal than of one that is more plentiful; for the Damage of a more full Diet,
“ is soon remedied, either by Exercise, or
“ gentle Evacuations; but the Decay of
“ Strength,

“ Strength, the natural Consequence of too
“ spare a Diet, is not so easily repaired.”

Tho’ People, who live of a spare Diet, are unfit for the Fatigue of Business, or any hard Labour; yet such People, if their Exercise be not too great, live longer than those of a robust Constitution; and it is observed, that Men of a pale Complexion, live longer than those who have one more florid, and with a low Pulse, than with one that is strong; the Reason is plain, for the Humours of the last Sort are more volatile, and so more susceptible of any Impression from external Agents: Their Solids also being more tense and rigid, will upon all Occasions make their Vibrations more quick and strong, and so dispose the Body to all Sorts of inflammatory Distempers; besides, being more subject to break by their greater Tensity, they will be liable to a more speedy Decay by their greater Motion.

The Healthful require more Food than the Sickly, as the Strong do more than the Weak; for the more we nourish distemper’d
Bodies,

Bodies, the more Damage we do them, and yet some Distempers require a nourishing Diet, as the Hypochondriacal Disease, a beginning Dropsy, and in all Cases where the Pulse is preternaturally weak and slow, provided Exercise be not neglected at the same Time; a spare Diet is more proper in acute Diseases than Chronical, and it must be more slender when the Disease is at the Height. As to the Quantity, take the following Rules.

The Quantity is always too much when it so distends the Stomach; as *First*, To cause Uneasiness, and then by pressing upon the Diaphragm, and the descending Trunk of the *Arteria Magna*, and the ascending Trunk of the *Vena Cava*, to give a Difficulty of Breathing, and obstruct the Passage of the Blood thro' these Vessels, and thereby forcing a greater Quantity than ordinary into the Head, so distends the Arteries, as in a great Measure to obstruct the Passage of the Spirits thro' the contiguous Nerves, by which the Man becomes listless and sleepy.

Secondly.

Secondly, A Man in perfect Health ought always to rise from the Table with some Appetite. And *Thirdly*, If either the Body or Mind be less fit for Action after eating, than before; that is, if the Man be less fit, either for Labour or Study, he hath exceeded in the Quantity.

Tho' compounded Food be very delicious, and better fitted to gratify the Cravings of a luxurious Appetite; yet it is seldom or never so wholesome as that which is more simple, provided it be of easy Digestion: For the different Degrees of Cohesion there are in the Ingredients of made Dishes, must needs make the Digestion, or in other Words, the Dissolution of our Food into such Parts as are small enough to enter the Lacteals, more difficult.

Hunger, as all uneasy Passions do, puts all the Body into a contracted State, as Eating on the contrary relaxes it, and the Relaxation is always proportionable to the Pleasure of Eating, and this in Proportion to the Hunger; so that those who fast till
they

they be the most hungry, as their Vessels are thereby the most contracted, so will they upon eating be the most relaxed.

And 'tis certain, that upon this greater Relaxation, when the Stomach is cramm'd with Meat, 'tis less fit for Digestion; for the Force of the Stomach upon a little, is greater than it is upon a greater Quantity of Food, and therefore a great Quantity is more difficultly digested than a little, and the Fibres being weaker by Relaxation, is even unable to digest a moderate Quantity; and for this Reason it is, that a healthful Man ought to rise from the Table with some Appetite.

Thus, by the supposed Relaxation, the Digestion being weaker, the Chyle will be more viscous, the Motion of it, thro' the Duodenum slower, and the Orifices of the Lacteals wider; upon all which Accounts, a more viscid Chyle will be carried into the Mass of Blood than what is fit for Nourishment.

This greater Quantity of Food, when 'tis well warmed in the Stomach, will swell and rarify itself, and that the more too, because the relaxed Fibres of the Stomach are not able to resist it, and so cause a windy Distention of the Stomach with some Uneasiness; whereby Perspiration is suppressed as well as by an empty Stomach, which is more or less inconvenient, tho' Custom may make it undiscernable.

Therefore eating much at a Time, and but once a Day, may shorten a Man's Life; for a great Quantity of Chyle being poured into the Mass of Blood at once, and that but seldom, must needs make a great Alteration in the Body, and put the Instruments of Sanguification more upon the stretch, than when a little Quantity is poured in more frequently.

The Time of Eating ought to be such, that the former Food may be digested before more be eaten; and it should be also at such distance from Bed-time, that Digestion be nearly finished before we sleep; for the Preparation

paration of our Food by the Stomach, and the Application of it to nourish the Body, are Actions so vastly different, that they are inconsistent one with another; Digestion is performed with Contraction, as Nutrition is by Relaxation, so that the Food should be digested before the Fibres be relaxed, in order to their Nourishment; besides, sleeping immediatly after eating, as it makes a more viscid Chyle, so does it derive more of it than ordinary into the Mass of Blood, thro' the enlarged Orifices of the Lacteals, and will produce all the ill Effects that we may expect from the Blood when too viscid.

As to the most seasonable Times of Eating in general, they are about three Hours after rising in the Morning, and about four before going to Bed, as appears by comparing several Aphorisms of *Sanctorius*, viz. 57 Sect. 1. “He who takes his Refection during the
“Hours of greater Perspiration, such as are
“those of the Morning, is highly injured;
“because presently after Meat, Perspiration
“is extremely diverted.” And *Aphor.* 28.
Sect.

Secl. 4. “ Sleep about four Hours after Meat
“ is best; for then Nature is least employed
“ about the first Concoction; it better re-
“ cruits what was lost, and more promotes
“ Perspiration.”

The Body upon waking, being put into a contracted State, if there be any Remains of the last Meal, either in the Stomach, or not sufficiently attenuated in the Veins and Arteries, or adhering to the Orifices of the excretory Vessels, will, if not disturbed by eating or drinking, so increase the Celerity of the Blood's Motion, and the vibrating Force of all the Vessels, as both to digest the remaining Food, attenuate that which is too viscid, and expel that which lies at the Orifices of the Glands; and when these Ends are once compassed, then 'tis the fittest Time to eat again, and this commonly happens about three Hours after rising, Perspiration (being the most plentiful two Hours after sleeping) ought by no Means to be diverted by eating: So that we ought not to eat till after this Time; tho' 'tis true that the Difference of Constitutions, together with the different
Way

Way of Living some have from others, make some Alteration in this Respect.

If we go to Bed before our Meat be digested, the Stomach will be disturb'd in the Performance of its Office by that general Relaxation that will happen upon sleeping, whence Crudities will be heaped up in the Body, and cause various Disorders.

The Times of Eating should be different to those that drink a Bottle every Night; for their Victuals ought nearly to be digested before they drink, or else their Suppers ought to be very slight, and of such Food as will easily digest.

Gluttony, in regard to its frequency, and pernicious Effects, ought to be placed foremost of all the Antecedents to both Acute and Chronic Diseases. The bad Consequences of this Vice are so very obvious and plain, that they have been remarked in every Age to produce Legions of Illnesses. *Solomon* admonishes us thus: "Be not greedy in thy Banquets, and give not thy self over
" to

“ to Meat; for in much Meat there is Sick-
 “ ness, and Greediness will turn to Choler:
 “ Many have died thro’ Fulness, but he
 “ that is temperate lengthens his Life.”
Hippocrates also cautions us against Excess
 after a very particular Manner: “ He that
 “ studies his Health, says he, must not
 “ over-fill himself with Meat, nor be idle
 “ and lazy;” and *Sanctorius*, in his admirable
 Aphorisms, takes a deal of Pains to discover
 to us the fatal Effects of Gluttony:
 “ They need not fear any Distemper who
 “ diligently take care that they be not
 “ over-charged with Crudities.”

Proper Food, or Aliment, is requisite to
 Health; for since there are continual and
 considerable Expences from the Blood, it
 follows that the Body cannot long subsist,
 or be in Health without proportionable
 Supplies of Nutriment.

But Care must be taken that it be not too
 strong (*i. e.* whose Parts are not easily re-
 duced into a chylous Substance, by the dis-
 solvent Fluids) ’twill oppress the Stomach,
 create

create Loathings, and become a crude indigested Mass, and will fill the Blood with a viscid or acrid Chyle, and disorder the Head, sink the Spirits, and obstruct the excretory Passages, and cause a Repletion, and may bring on various Diseases; and therefore it is of pernicious Consequence to sick People.

There is a great Variety of Foods for the Supply of our Occasions; but as the several Sorts of them have different Qualities, so they tend to produce different Effects on those that feed on them, according to their peculiar Properties, and the Quantities of them that are ingested; which Effects, by immoderate or too long Use of any particular Kind, may bring on some Disease or other.

*Alnwick, Nov. 18,
1737.*





A
T R E A T I S E
O N
F O O D S, &c.

Of the Various Kinds and Qualities
of FOOD or ALIMENT.



MOST Sorts of Food or Aliment may be reduced to one or other of the following Classes; viz. 1. The SALINE. 2. The ACID and ACESCENT. 3. The ALKALESCENT. 4. The VISCIOUS and GLUTINOUS. 5. The OLEAGINOUS. 6. The ACRID AROMATICK. 7. The SPIRITUOUS. And, 8. The AQUEOUS.

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1. The

1. The SALINE FOOD (*e. g.* Salted Beef, Pork, Hams, Tongues, pickled Salmon, Herrings, &c.) too much used, will excite Thirst, produce a Saline Acrimony in the Animal Fluids, hinder Nutrition, whet and wear the Solids, occasion gnawing Pains, and a scorbutick Habit of Body: They that live on Salt Food, should make Water their Drink, which easily dilutes the Salt, and renders them passable thro' the Excretory Vessels.

2. The ACID and ACESCENT FOODS (*e. g.* Acid and Acescent Herbs, Summer Fruits, Vinegar, Milk, Bread, &c.) if used too much, will too much increase the Appetite, and at the same time enervate the Bile, divide or dissolve the Blood's red Globules into lesser, render its Colour pale, diminish the Attrition of the Fluids, sink the natural Heat below its healthful Standard, and make the Action of the Heart and Arteries become less strong. Summer Fruits taken to Excess, by dissolving as it were the Fluids, often produce Diarrhoeas and Fevers with Loosenesses.

3. The ALKALESCENT FOODS (such as are the Alkalescent Vegetables, *e. g.* Cabbages, Coleworts, Onions, Leeks, Garlic, Asparagus, &c. and all Sorts of Flesh and Fish) if used too much will produce
an

an Alkalescent Quality in the Animal Fluids, and thereby may occasion ardent, inflammatory, or putrid Fevers, as other incidental Causes shall mix with that Alkaline Quality, and determine it to the Production of this or that Sort of Fevers.

4. The **VISCOUS** and **GLUTINOUS** FOODS, are those Sorts, which being dissolved in Water can make a sticking Mass, a Jelly or Glue; such are Pease, Rice, Meal of Oats, Wheat, &c. most Sorts of Fish, the Feet of Calves, Sheep, Horns of Deer, &c. if used too much, will produce a viscous or glutinous Quality in the Fluids, and thereby Obstructions in the capillary Vessels and Glands, and a Diminution of some of the Excretions, and those Distempers which result from such Obstructions, and diminished Evacuations.

5. **OLEAGINOUS** FOODS (by which I mean Butter, Oil, all fat Flesh, and all Seeds and Kernels of Nuts, which contain Oil) if used too much, will weaken the Appetite, abate the dissolvent Virtue of the Liquids secreted by the salival Glands, and Glands of the Stomach, and so hinder Digestion, that is, the Solution of the Aliment and Comminution of its Parts: Hence therefore Obstructions of the small Vessels, Nausea's, Inflammations, and many other Disorders,

ders, may arise in the Stomach and Intestines, and other Parts of the Body.

6. The **HOT ACRID FOODS** (by which I mean all Foods highly seasoned with Aromatics, such as Pepper, Nutmegs, Cloves, Ginger, Mustard, Cresses, Thyme, Savory, Garlick, &c.) if too much used, will too much stimulate the Solids, and quicken the Pulse; too much augment the Discharge by insensible Perspiration, hinder Nutrition, and so occasion Leanness; they will lessen the necessary Humidity of the Fibres, and make them rigid, and the animal Fluids too thick, and bring on Fevers.

7. **SPIRITUOUS LIQUORS**, may have the Nature of Aliment, as they contribute to repair the Expences of the Blood, and Waste of the animal Spirits: This Sort includes all Strong-Beer, Wines, Brandy, distilled Spirits, &c. all which contain a Plenty of sulphureous, volatile, oily Particles; and if too much used will destroy the Appetite, and hinder the Digestion of Food, by diminishing the Secretion of that Humour thro' the Glands of the Stomach, which should incite the Sense of Hunger, and dissolve or digest the Aliment: Continual Excess in such Liquors will contract the Fibres of the Vessels and Glands, dissipate the Humidity, produce Obstructions and Tumours,
and

and so may burst some lymphatick Vessels, and bring on Dropsies.

8. **AQUEOUS LIQUORS** (by which I mean Spring and River Water, and the Infusions of Green or Bohea Tea, of Baum or Mallow Leaves, and such like Diluents) how harmless soever they may appear; yet if used too much, may render the Fluids too thin, relax the Fibres of the Vessels, lessen their contractile Force, and weaken the Nerves, and thereby introduce those Distempers, which naturally follow such Effects.

But let it be remembred, that all these Qualities of Food, when Moderation and Propriety is observed in the Use of them, will prove beneficial to the Body; and the ill Consequences mentioned, do only follow the Excess and Abuse of them.

For Salt, in a just Proportion, only incides viscous Humours, and deterges and scours the Fibres, and moderately stimulates the Solids.

Acids, in a moderate Quantity, only dissolves viscid Humours, keep our Fluids from growing too thick, and the vital Heat from rising too high, and alkaline Humours from increasing too much.

Alkalescent Foods, used moderately, will only prevent a morbid Acidity of the Stomach and animal Fluids, and preserve them in a due Consistence.

The Viscous and Glutinous Foods, used only when, and so long as needful, tend only to repair the Expences of the Blood, and the Waste of the Solids; to maintain the Flexibility of the Fibres and Vessels, and to bring acrimonious Humours into a softer Quality.

The Oleaginous Foods, temperately used, will only supply the Want of this Sort of Matter in the Body, prevent a Rigidity in the Fibres, and maintain the easy Vibration of the Solids, and the due Course of the Fluids.

Aromatics, prudently used, do only attenuate the Fluids in a due Measure, maintain the insensible Perspiration, and the needful Vigour of the vital, natural, and animal Functions.

Spirituos Liqueurs; as, Wine, Strong-Waters, &c. discreetly taken only when really wanted, do maintain the Tone of the Solids, the Circulation of the Fluids, and the Secretion of the nervous, as well as other Liquids.

And

And Aqueous Liquors, taken only in just Quantities, will only in a due Measure, dilute the Animal Fluids, promote Nutrition, and both the Secretions and Excretions.

But to know the Circumstances, which render this or that Sort of Food particularly suitable, and needful; this requires the Skill and Direction of a prudent Physician for Persons afflicted with any Sort of Sicknefs.

We may from what has been observed concerning the several Sorts of Aliment, deduce the following Corollaries relating to the Use of them; *viz.*

Corol. 1. That for Children who are subject to Acidity in their Stomachs, and Fluids, the Broths made of Flesh and other Alkalescent Foods, are proper and needful.

Corol. 2. That adult Persons, who are under or subject to an acid Acrimony, should feed on Alkalescent Food.

Corol. 3. That Persons who are lean, and have a thin and poor Blood, should live much on the Viscous and Glutinous Foods.

Corol.

Corol. 4. That Persons whose Fibres are rigid, should use Oleaginous Food, and Aqueous Liquors.

Corol. 5. That Persons who have lax Fibres, and weak Nerves, should moderately use the Glutinous, and Aromatick Foods, and Spirituous Liquors.

Corol. 6. That Persons who lead sedentary Lives, should prudently use the Alkalescent Food, and Spirituous Liquors.

Corol. 7. That Persons subject to Fevers, whose Fluids are too thick, should use the Acid and Acescent Foods, and Aqueous Liquors.

Corol. 8. That Persons afflicted with a Saline Acrimony, and the Scurvy, should use Aqueous Liquors.

Corol. 9. That no Persons should always live on any one Sort of Food, but sometimes use one, and sometimes another; because each Sort is needful, and will be beneficial if used when occasion requires.

From what has been said, we may easily perceive that morbid Qualities, and manifold Diseases, may be produced in human Bodies, mainly by living too long upon,

upon, or using too much, any one Kind of Aliment: Particularly,

First, That a Saline Acrimony, and Scurvy, may be produced by feeding too much on Saline Foods.

Secondly, That the Animal Fluids may be made too thin, and their Contexture dissolved, by too much Use of the Acid and Acescent Foods.

Thirdly, That an Alkaline Quality may be introduced into our Fluids, and Fevers of divers Kinds brought on, by an immoderate Use of Alkalescent Foods.

Fourthly, That the Animal Fluids may be render'd too thick, viscid, and glutinous, by too much Use of the Viscous and Glutinous Foods.

Fifthly, That the Appetite may be weaken'd, the Digestion of Aliment hinder'd, and Obstructions with the Distempers consequent to them, be produced by a too liberal Use of Oleaginous Foods.

Sixthly, That the Animal Fluids may be made too thick, and a hot Acrimony, and Inflammatory Fevers, be produced by an excessive Use of hot Acrid Foods.

D

Seventhly,

Seventhly, That the Vessels may be made rigid, Nutrition hinder'd, Obstructions, Tumours, Fevers, and Dropsies produced by an intemperate Use of Spirituous Liquors.

Eighthly, That too great a Thinness of the Fluids, a Laxity of the Vessels, and a Weakness of the Nerves, may be brought on by too much Use of Aqueous Liquors.

As to the Quantity of Food in general, I must observe, *1st*, That if it be too much in Quantity, it will oppress the Stomach, compress its Vessels, hinder Digestion, and become a crude Chyle, and produce the Effects which follow the using a Food too strong in Quality.

2^{dly}, If it be too little in Quantity, it will leave the Body destitute of necessary Recruits, and consequently in a feeble languishing Condition.

B A R L E Y.

What is used in the Shops is called French Barley, having been formerly brought from France, and is nothing but common Barley decorticated, and the Ends taken off in a Mill; and if the Mill be set finer, and it be ground smaller, it is called Pearl Barley.

It is of a cooling, mollifying, and cleansing Nature: The Decoction of it, or *Aqua Hordei*, is of great Use in all Kinds of Fevers and Inflammatory Distempers; it quenches Thirst, sheaths Acrimony, and lubricates the Passages in the Cholick and Nephritick Pains, and cools the Heat of Urine: Barley Broth is esteemed the best Nourishment in Acute Diseases. In Bread it is laxative; and it is probable that a Change from Wheat Bread to this, would in most corpulent Constitutions reduce their great Bulks, and cleanse the secretory Passages.

O A T S,

Are hot and drying, and Oatmeal is of great Use both in Health and Sickneſs, being a wholesome and cleansing Food: Water-Gruel made thereof being much used in all Kinds of Distempers; and Flummery, or Scotch Sowins, is a fine light Food and easily digested; but a thick Hasty-Pudding is too hot for many Children, especially those of a florid Complexion: It will inflame and thicken their Blood, and occasion the Itch, Boils, and other Breakings out. Oats fried and put into a Bag, and applied to the Side, are good to ease external Pleuritick Pains, but ought not to be used in a true Pleurisy where the Patient spills Blood.

G A R D E N B E A N S,

Are frequently eaten for Food in the Summer-Time, while they are young, being a pleasant and grateful Dish, and tho' somewhat windy, are not more so than most other Pulse. The Bean-Meal or Flour is commended by some for the Bloody Flux. 'Tis frequently made use of in outward Applications, in Cataplasms against Inflammations, and to dissolve Swellings. Horse-Beans are used outwardly to the same Purpose.

P E A S E,

When green, are a pleasant, grateful, nourishing Food, but somewhat flatulent and windy, as well as when dry; and are good to sweeten the Blood, and correct a salt scorbutick Illness, either eaten raw or boil'd: They contain a soft Oil, without any spicy Quality; therefore are very demulcent, and temper Acrimony. So do the Beans.

R I C E,

Is sown in *Italy*, *Turky*, and the *East-Indies*; and we have as good from *Carolina*, as from any Part of the World.

Rice is so much in Esteem in the Eastern Countries, that it is the principal Corn they use. 'Tis a wholesome, nourishing, and strengthening Grain, restraining and good for those who have a Slipperiness in their Bowels, or are inclinable to a Flux or Looseness, and proper for the Consumptive, and such as are subject to Hemorrhages.

S A G O,

Is a whitish-brown, round, granulated Substance, about the Bigness of Pearl Barley; of little Smell or Taste: It is gotten from the inward Pith of a Species of a Palm-Tree. The Fecula of the Pith of the Tree granulated, is what is called *Sago*.

It is accounted very nourishing, and restorative, and good for weakly consumptive People, and those who are recovering from Fits of Sickness; as also for all Kinds of Fluxes and Loosenesses.

W H E A T,

Is most generally used, and the best Grain we have in *England*; the Bread made of it being more pleasant and nourishing than any other Grain. It is more used for Food than Medicine; tho' a Poultice made of it boiled in Milk, eases Pains and ripens Tumours.
Bran

Bran is sometimes made use of in Cataplasms, and applied hot in Bags for Pains in the Sides. Rye is less nourishing than Wheat, and apt to cause Gripings in those not used to eat it. The Meal in Cataplasms is good against Inflammations and Tumours.

B R E A D.

As it is the most universal, so 'tis the most nourishing of any Sort of Vegetable Food; and 'tis more or less so, according to the Grain it is made of, the different Way of preparing it, and the Time of keeping it before it be eaten. That made of Wheat is most nourishing, especially if it be well freed from the Bran; but then 'tis digested more difficultly, and inclines them that eat it to be costive; but if it be mixed either with Rye or Bran, it loosens the Belly: Few Stomachs can digest it unfermented, tho' some hard Labourers continually eat it so. The better our Bread is fermented, the easier it is to be digested; for a great deal of that is done by Fermentation, which otherwise might have been done by Trituration; for as Digestion is nothing else but the Reduction of our Food into Parts small enough to enter the Lacteals, so the Work of Fermentation is only an intimate Division of the fermenting Mass, whereby the Cohesion of its Parts is lessened, and so becomes less viscid,
and

and easier converted into Chyle in the Stomach. 'Tis also more difficult to digest Bread that is new, than that which is a Day old, for the very same Reason, the new being much more viscid than the old; and 'tis upon this Account, that Panados and Puddings, made of Bread, agree better with weak Stomachs, than such as are made of Meal.

H O N E Y.

That which is whitest and hardest is most preferred; but the browner and smooother Sort is best in Medicine, because it is not so apt to candy, which deforms and spoils it: Besides, *Lemery*, in his *Chymistry*, says it is more spirituous; which very well agrees with its keeping more fluid. *Schroder's* Authority also justifies the Choice of *Monf. Lemery*, for he prefers the *Mel Flavum*, and next to that the *Mel Album*.

The medicinal Virtues of Honey, are many and great; it is very penetrating and deterging, and is therefore good in all Obstructions from viscid and tough Humours: In Stuffings of the Breast 'tis of great Efficacy, and wonderfully promotes Expectoration: 'Tis of great Service in all Disorders from Phlegm, and for cold Constitutions; but in thin and hot Habits, it is not good: It does great Service to such as are troubled
in

in a Morning with thick tough Phlegm, either eaten over Night upon a Toast, or dissolved in any warm Liquor. 'Tis used in Chirurgery to cleanse foul Ulcers.

M I L K,

Is of a cooling, nourishing Nature, requires scarce any Digestion, having already been prepared in the Stomach and Bowels, and passed through the Lungs of the Animal it is taken from, and consists partly of the natural Juices of that Animal, and the concocted Juices of Grass, and other opening Herbs; by which Means it is balsamick, corrects Acrimony, and restrains too quick a Circulation; so is good in Consumptions: If Cow's Milk be apt to render the Body costive, it may be conveniently mixed with a little Honey, or, for consumptive People, be exchanged for Asses Milk, which is more light and opening, and less apt to curdle. Breast-Milk, in Consumptions, is preferable to any other; especially if the Nurse be of a healthy Constitution, and feeds on a proper cooling Diet.

B U T T E R.

By the Texture and Nature of its Substance, it tends to relax the Solids, and supplies

plies the Juices with Particles light and adhesive: Upon the first Account, it may be good in dry and costive Constitutions; but must be hurtful in lax, moist, and corpulent ones. By the Levity and Tenacity of its Parts, it is also very apt to stop in the Glans and Capillaries, whereby it fouls the Vessels, but particularly the small Glands of the Skin: Hence it is apt to produce Blotches, and all cutaneous Deformities. And such young Children as have had much Butter in their Diet, have been observed to grow weakly, corpulent, big-belly'd, very subject to breakings-out, and to breed Lice; but upon restraining them from it, they have out-grown all these Inconveniences. Oil of Olives is much of the same Nature as Butter, and is used in Countries which abound with it for the same Purpose.

B U T T E R - M I L K,

Cools, moistens, and nourishes; 'tis good in a Catarrh, and stubborn Horseness, and an excellent Remedy in Consumptions, and Hectick Fevers, Inflammations, and Ulcers of the Kidnies, and the Muriatick Scurvy. To those troubled with great and uneasy Sweats, give it a little sourish, but the fresh and sweet Milk nourishes most.

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CHEESE,

C H E E S E,

Is somewhat of the same Nature as the Butter, consisting of light, rough, viscid Parts, which, for the same Reason as given before, will occasion Obstructions, with their Consequences: But in this respect, Cheese is not so liable to these Inconveniences as the other, because of the subtil Acid which it has from the Runnet, that gives it a warm biting Taste, and makes it more easy of Digestion and Comminution. That is the wholsomest which is the strongest of the Runnet; tho' indeed all the Sorts tend to Viscidity, and are therefore bad in all Cases which arise from such a State of Blood; but particularly, Disorders of the Breast, as Asthmas and Pleurifies.

W H E Y.

By taking away the Curd from the Milk; the most viscid and grumous Part is gone, and the Whey which remains is thereby left thinner, and fitter to pass the several Strainers of the Body; and for this Reason, it is very good to drink in large Quantities, to rinse the Viscera, and particularly the Kidnies, by which it is very apt to pass off. It is a great Cooler and Sweetner of the Blood; and Agrimony or Fumitory infused in it,

is a good Medicine against the Scorbutick Itch, &c. Of all Drinks, Whey is the most relaxing and diluting; so are warm Water, and Decoctions of mealy Substances, Panados, or Bread boiled in Water, and Robs or Jellies of Garden-Fruits in Water, mere diluting, dissolves and carries off Salts. Hence we may learn how to manage Persons under Fevers, where the Pulse is strong and quick, the Heat of the Body, and the Thirst, very great, the Blood too thick, and the Excretions too little.

E G G S,

Are of good Nourishment, and warm, but subject not to pass well thro' the Stomach with some People; which may arise from their softening and relaxing the Membranes; and also their Tenacity and Difficulty of Commintion, especially if they are made hard. The best Way of remedying this Inconveniency, is with Vinegar and Pepper; because such Things astringe the Coats of the Stomach, and make them perform their Attrition more forcibly, whereby Digestion is sooner performed. Eggs are the most nourishing of all Animal Food, and most indigestible, because no body can take and digest the same Quantity of them as of other Food.

PARSNIPS,

Are a pleasant Root, and of good Nourishment: They are useful in Phlegmatick Cholicks, and correct Acids, and thought to be Provokers to Venery, if much used. Carrots are nourishing, and good in Nephritical Cases, and Anti-Acid.

TURNIPS,

Tho' somewhat windy, are cooling and cleansing, of wholesome Nourishment, and easy of Digestion to weak Constitutions; and the Liquor pressed out of them, when boiled, is good in Hecticks, Obstructions, and Tubercles of the Lungs: A Syrup made with Slices of Turnips, and brown Sugar-Candy, *stratum super stratum*, baked in an Oven, is a good Pectoral, and proper for Coughs and Consumptions: They are diuretick, and cleanse the Kidnies and Ureters, and are much eaten with all Sorts of Flesh; for they help to attenuate and divide those Parts, which otherwise would make the Juices of too tough and gross a Consistence, to pass readily thro' the Vessels in Circulation.

CABBAGE and COLEWORTS.

The Ancients had a mighty Opinion of their Virtues. They are soft and dimulcent,

cent, without any Acidity, nutritive and relaxing. The Juice of red Cabbage baked in an Oven, and mix'd with Honey, is an excellent Pectoral, and good in Asthmas, and will help to discharge the Matter of an Imposthume. The Leaves of Cabbage are sometimes applied to Blisters after they are cut, instead of Melilot Plaister; as also to Sores, to cool them and repress the Inflammation.

A P P L E S.

Their Qualities may be known by their Taste. The Pearmain and Pippin are the best. Those are most wholesome which are most acid or austere, because that maintains the due Tensivity of the Fibres, and prevents their corrupting with the Animal Juices. Apples cool and refresh us in the Summer-time, when the Heat evaporates much of the Animal Moisture. They are cooling, lenitive, pectoral, cordial, and cheer the Spirits; and are excellent for scorbutick and splenitick Patients of a hot Constitution, and apt to be costive. Apples and Milk are good in Consumptions; and boiled in Milk and Water, and strain'd off and drunk, is the best Julep in the Small-Pox.

P E A R S,

Have most of the same Qualities of Apples, and some Kinds of them, by their high Flavour,

vour, seem to be more cordial than Apples. The Catherine, and other sweet Pears, are apt to corrupt in the Stomach, and occasion Surfeits.

P L U M B S and P R U N E S.

The best Plumbs, or Prunes, being formerly brought from *Damascus*, the Fruit has kept the Name of Damask Prunes ever since. They are now brought over dry in great Quantities from *France*, being a larger and sweeter Plumb than the common Damson.

Sweet Plumbs are laxative and nourishing, but those of the austere Kind are astringent. Prunes are cooling and moistning, rendring the Body loose and soluble; they assuage Thirst, and mitigate the Heat and Acrimony of the Bile.

C H E R R I E S.

The Black are cordial and cephalick, and useful in all Diseases of the Head and Nerves, as Epilepsies, Palsies, and the like. The Red Cherries are cooling and laxative, they quench Thirst, are grateful to the Stomach, and whet the Appetite. The Gum is accounted lithontriptick, and good for the Stone and Gravel.

A P R I C O C K S,

Are a fine cooling nourishing Fruit, and if not too ripe, agreeably astringe and strengthen the Stomach. They are frequently preserved with Sugar; and of the Kernels infused in Brandy, is made a famous Cordial, called *Ratiffia*: But the bitter Almonds being to be had much cheaper, this Liquor is frequently made with them.

P E A C H E S.

They are cooling and nourishing, cordial and pectoral, grateful to the Palate, and more nourishing than the Apricock; but are apt to putrify in the Stomach, and cause Surfeits. The Nectarine is of the same Kind.

G O O S E B E R R I E S,

When ripe, are a grateful, cooling, lenient Fruit, and very wholesome, if eat in Moderation, creating an Appetite, and quenching Thirst; when green they are more acid, cooling, and astringent. There is a fine pleasant Wine, which many make of the Fruit, little inferior to some foreign Wines.

C U R R A N T S.

The Red and White are the best, agreeably acid, and accounted as wholesome Fruit as any
we

we have of our own Growth. They greatly assuage Thirst, cool and fortify the Stomach, help Digestion, and are good in spitting of Blood. They may indeed be eat in too great Quantities; otherwise no Harm can be received from them. The Jelly, or Rob, of Currants mixed with Water, is a most excellent Drink in bilious Fevers.

R A S P B E R R I E S.

They have a pleasant grateful Smell and Taste, are cordial, and strengthen the Stomach, stay Vomiting, are somewhat restraining, and accounted good to prevent Abortion. The Syrup made of them is good against Vomiting and Looseness of the Belly, and is much used in Gargarisms.

S T R A W B E R R I E S,

By their fragrant Smell, seem to be cordial, and are grateful to the Stomach, especially eaten with Wine and Sugar. The Juice of Strawberries and Lemons, in Spring-Water, is an excellent Drink in ardent and bilious Fevers. They are commended, by some Authors, for Fluxes and the Jaundice. The Leaves are frequently made use of in Gargarisms for sore Mouths, and Ulcers in the Gums.



Of E X O T I C K S.

O R A N G E S.

THE Orange-Tree grows in Plenty in *Italy, Spain, and Portugal*, and bears Flowers and Fruit all the Year; but the Fruit is chiefly gathered in *October*.

The Juice of Oranges is used as Sauce to whet the Appetite. It is cooling and cordial, good to quench Thirst, and serviceable in Burning Fevers: 'Tis an excellent Remedy against the Hot Scurvy, being frequently mix'd among other Antiscorbuticks. The China-Oranges are more relaxing than the Seville; but the China-Orange is only eaten for Pleasure, the Seville being used in Physick. The Peel or Bark is cordial and stomachick, warms and strengthens the Stomach, prevents Nauseas and Vomiting, and helps the Flatulent Cholick.

L E M O N S.

Their Juice is more cooling than that of Oranges, and very grateful to the Stomach; it quenches Thirst, prevents Putrifaction, and is useful in both Burning and Malignant
F
Fevers

Fevers and Diarrheas: 'Tis good for the Stone and Stoppage of Urine from a viscous Blood, and excellent to take off Nauseas, and stop Vomiting, which proceeds from a Redundance of Choler; strengthens the Stomach, and helps Digestion. The Peel is a very agreeable bitter Aromatick, good to warm and strengthen the Stomach; and it gives a grateful Flavour to Infusions or Tinctures.

A L M O N D S.

Sweet Almonds are of a soft, sweet, grateful Taste, and are cooling, healing, and nourishing. They are much prescribed in Emulsions in the Common Practice, and are good in all Disorders from Cholerick and Acrimonious Humours: They cool and cleanse the Kidnies and Urinary Passages, and give Ease in Cholick Pains, and all Irritations of the Bowels.

Oil of Almonds is an useful and excellent Medicine, and of great Service in Affections of the Lungs, as Coughs, Shortness of Breath, Soreness of the Stomach, and Pleuritick Pains. In the Stone, Gravel, and all Diseases of the Kidnies and Bladder, it is of singular Use; by its softning and lubricating Quality, it relaxes and stretches the Passages, so as to favour the Expulsion of small Stones, gritty Matter, &c. and also blunts
and

and obtunds the sharp Points which irritate the Membranes: It corrects the bilious Salts in the Stomach and Bowels, and is of great Service in the Cholick, and helps a costive Habit of Body: 'Tis very useful for Childrens Gripes, and to purge them gently, mix'd with any opening Syrup. The Oil of Bitter Almonds is used outwardly as a Cosmetick; dropp'd into the Ears, is good to soften the hardned Wax, and for Deafness; and is put among Anodyne Liniments.

C H E S N U T S.

They are not so smooth and emollient as the Almonds, but have somewhat of a Roughness and Astringency in their Composition, which occasions sometimes a Load at the Stomach, if too many be eat of them at a time; but these Inconveniencies are prevented by roasting them. They afford a good Nourishment, and are proper in Female-Weaknesses.

F I G S.

The dry Figs come chiefly from *Spain* and *Portugal*, being first cured; by dipping them in scalding-hot Lye, made of the Ashes of the Cuttings of the Tree, and afterwards carefully drying them in the Sun, they are put into Barrels to be kept for Use.

Figs are deterfive, vulnerary, extremely emollient, and great Subduers of Acrimony; very useful in Asthmas, Coughs, Hoarsenesses, and all Diseases of the Breast and Lungs: They are a good Ingredient in Pectoral Decoctions, because they very much promote Expectoration, and are therefore good in all Difficulties of Breathing. By relaxing the Urinary Passages, they are diuretick, and good to cleanse those Parts of Gravel and sandy Concretions, and are useful in bloody Urine, and to drive out the Small-Pox and Measles. Outwardly applied, they are suppurating and cleansing, good for Inflammations, Swellings, and Pestilential Buboës. Some use them, being only toasted by the Fire, for Imposthumations in the Ears and Gums.

W A L N U T S,

Are ripe in *September*: They are much of the Nature of Almonds, and good in all the same Intentions; are cordial, anti-hysterick, and gently sudorifick; and eaten in the Morning, are of great Use to prevent Infection in the Time of Pestilential Distempers. The Leaves of the Walnut-Tree are detergent and vulnerary. The Bark is a strong Emetick.

T A M A R I N D S.

The Tamarind-Tree grows both in the *East* and *West-Indies*, and in *Egypt*. The

Tamarinds brought from the *East-Indies* are darker and drier, but contain more Pulp, being prepared without Sugar, and fitter to put into Medicine; those from the *West-Indies* are redder, have less Pulp, and are preserved with Sugar, and so pleasanter to be eaten as they are.

Tamarinds are acid, pleasant, and cooling, and gently relax the Bowels; they carry off cholerick Humours, and correct the bilious Heat in the Stomach and Bowels; they allay Thirst, moisten and cool the Mouth, by sucking; and gradually swallowing them, are good in Burning Fevers, promote Urine, and help the Jaundice.

R A I S I N S,

Are dried Grapes: The Raisins of the Sun are made after this Manner; they cut the Stalks of the Branches, they design for that Use, almost in two in the Middle, and by that Means hinder the Sap from coming to them in any Quantity; and let them hang thus on the Branches, till by Defect of Nourishment, and the Heat of the Sun, they are sufficiently cured; when they are put up into Casks for Use.

The Malaga-Raisins are managed another Way; they dip the Branches of ripe Grapes
in

in a boiling-hot Lye, made of the Ashes of Vine-Stalks, taking them out presently; and then lay them on Boards in the Sun to dry, and afterwards they are pack'd up in Frails.

Raisins are a grateful Fruit, and are cordial, pectoral, opening, and deterfive; they promote Expectoration, are good in Catarrhs and Coughs, and cleanse the Viscera, and particularly the Kidnies and Urinary Passages. The Currants are of a like Nature, from a smaller Sort of Grape; they are opening and pectoral, good in Coughs and Consumptions.

Raisins of the Sun are pleasanter to the Palate than Malaga, quench Thirst, and deoppilate more than they, by reason of a delicate tartarous Acidity, mix'd with the Sweet; and so are better in Thirsty Fevers and Splanchnick Cases. But the Malaga in crassate, obtund, and maturate more than the former, by Reason of their mucilaginous Sweetness; and therefore are preferable to them in Diseases in the Breast and Lungs.





OF DRINK.

WINE,

IS generally the most agreeable to the Stomach of any Kind of fermented Liquor whatever, both on Account of its Clearness, and of the Tartar contained in it; Tartar, or some of its Preparations, being more agreeable to the Stomach, in all its Disorders, than any other Medicine; for these Reasons it is, that French Wines, especially those of *Burgundy* and *Champaign*, are preferable to those of *Portugal*, *Spain*, or any of the Sweet Wines, except when we would drink them as a Cordial, in little Quantities. These last, tho' they taste much stronger, and oppress the Stomach, and disorder the Head more than the other, do yet afford much less Spirit by Distillation; their Fermentation being more imperfect, their oily Parts are unconverted into Spirits, which appears by distilling them, for they afford more Oil than the others; and 'tis this half-fermented Oil that makes them more difficultly digested, more nourishing, and fitter for Men of a dry Constitution.

This

This is the most proper Place to say something of Fermentation.

In all Heterogeneous Fluids, the constituent Parts of which are not fitted to associate and cohere, so as to form what we can call an uniform Homogeneous Fluid; the heavier may be accounted as solid Bodies immersed in a Fluid, specially lighter; and the lighter Parts, as such Bodies in a Fluid, specially heavier.

Now Fermentation is only a violent Agitation in any Liquor, whereby the Cohesion of the Parts is altered; and those which are too heavy to swim in the Liquor, sink to the Bottom; and such as are too light, are forced up to the Top.

The fermented Liquors, mostly in use in this Kingdom, are Wine, Beer, and Ale; and there is this common to them all, when they are thoroughly fermented, *viz.* that they heat, intoxicate, force Urine, assuage Hunger, create Thirst, and stupify, and promote Perspiration, when taken in great Quantities. These fermented Liquors contain a great deal of *Sal Volatile Oleosum* in them, by which they become agreeable to the Stomach, by making a gentle Titillation upon our sensible Fibres and Membranes, and cause an universal Relaxation thro' the whole Animal System.

System. The Blood will, by this Means, freely circulate; the Diameter of all the Arteries being enlarged, a larger Cylinder of Blood will pass thro' them; and therefore will move with greater Celerity, and consequently increase the Quantity of perspirable Matter and Urine, as also Heat and Thirst.

Moreover, this *Sal Volatile Oleosum* of fermented Liquors, entering into the Mass of Blood, dissolves, rarifies, and expands it, whereby all the forementioned Effects are more easily brought about; and when the Rarification is excessive great, the distended Arteries intercept the Passage of so many Spirits into the Heart, as to render it unable to contract itself with Force enough to drive the circulating Blood to the Extremity of the Body; for which Reason, People that are very drunk are pale. Hence we may infer the Necessity of letting Blood in this Case, both when the Pulse is almost insensible, and the extreme Parts cold. In this drunken Condition a vast Quantity of Blood is thrown into the Brain, and those Parts nearest the Heart, whereby the Tone of their Fibres are destroyed (especially if Drunkenness be often repeated) and become so weak as not to be able to carry on the Circulation of the Humours; for which Reason, hard Drinkers will be stupid, and subject to Apoplexies, Palsies, Vertigos, Loss

of Memory, trembling of the Hands, Loss of Appetite, a bad Digestion, and Tumours of the Liver, Spleen, or Mesentery; from whence proceed the Jaundice and Dropsy, the common Fate of most great Drinkers.

Now since these Distempers are the Effects of Drunkenness, and brought about after the Manner assigned, we may hence learn what Sort of Strong-Drink is the safest to be drank in great Quantities. It must be such as is clear and transparent, and has a dry Pungency upon the Tongue, by which Means it will best pass off by Urine and Perspiration; it should also be such as has the least relaxing Property; for which Reason, the gentle Stipticity there, is in Claret, and renders it generally the most wholesome to be drank plentifully, of any Strong-Liquor whatsoever. The great Quantity of Tartar contained in it, prevents it both from relaxing the Stomach, and rarifying the Blood so much as other Spirituous Liquors; yet the White Wines will agree better with some bilious Constitutions, and those subject to be costive.

Though Excess in Strong-Liquors be so prejudicial, yet the moderate Use of them are often of great Advantage, when our Spirits are almost exhausted by violent Exercise, or hard Labour; or sunk by Pains, Sicknes,

Sickness, or Peturbation of Mind. How comforting is a Glass of some grateful Spirituous Liquor? It blunts the Sense of Pain, exhilarates the drooping Spirits, banishes Melancholy, satisfies Hunger, when Victuals are not to be had; 'tis useful in all Distempers where the Pulse is low, where the Blood abounds with Serum, where Perspiration is suppressed, and where the Passions of the Mind are violent; for which Reason the Hypochondriack, the Hydropick, and such who have newly taken Cold by a Suppression of Perspiration, ought to drink Strong-Drink in a moderate Quantity.

A L E,

Is more fitter for Men of a dry Constitution than Wine, being more soft, smooth, and slippery, and consequently more nourishing, and fitter to relax the too tense and dry Fibres in such a Constitution. But in general, the nearer our Malt-Drink approaches to the Nature of Wine, the better it is; therefore it should be made of clear Water that will bear Soap, be well hopp'd that it may keep till all the gross viscid Parts are fallen to the Bottom of the Vessel. It should have a dry Taste, without Sourness, and be transparent, and should sparkle in a Glass. That Hopping of Drink is necessary, is evident from this, that without

Hops, we must either drink our Beer and Ale new, ropy, and half fermented, or else old and stale; both which are very prejudicial to our Health. Hops are a grateful Bitter, and beneficial in the Stone, tho' they as well as all other Bitters, are improper for Persons of a hot and bilious Constitution.

Middling Ale brewed of the best Malt, boiled, fermented, and depurated according to Art, that hath no ill Smack, that is pale, sparkling, fine, fresh, and not upon the Fret, is a most comfortable and wholesome Drink: For it cools and moistens the parched Membranes of the Stomach; scoureth salt, acrid, bitter, and slimy Filth from off the *Villa* and Glands, and turns it over the *Pylorus*: Then it deterges and opens the Mouths of the Lacteals, dilutes the Blood, cleanseth the Emunctories and minutest Passages, and helps the whole Mass to circulate freely, and duly to nourish and cherish the Parts, and to throw off the Recrements by Urine, and (where there is an Aptitude) by Sweat and Spittle.

Yet in Rawness, Windiness, Weakness, and Sourness of the Stomach and Intestines, occasions Belching, Vomiting, Loosness, Cholick: Also, in Catarrhs, Coughs, Wandring Pains, Dropsies, Hypochondriacal Disorders, and

and such Effects as arise from great Irritability of the Fibres and Nerves, and Colliquation of the Blood and Humours: In these Cases, the best Ale, by Reason of its Coolness, Detergency, pricking, cutting, and springy Particles, is not proper; but the thick, heavy, hard, sour, old, and strong, are very mischievous.

The sweeter, softer, and thicker Ale is, the more it supplieth, filleth, and nourisheth; the smarter and saltier, the more it openeth and detergeth. In some particular Constitutions, Ale may be more diuretick than Beer, because Ale is more smooth, softening, and relaxing; and therefore where Urine is to be promoted by enlarging the Passages, that is most likely to do it; and this is mostly the Case of thin dry Constitutions: But where the Promotion of Urine is to be made by attenuating and breaking the Juices, and rendering them more fluid, it is certainly best answered by the Drinks which are well hopp'd. New thick Ale, not well hopp'd, stuffs the Vessels with Slime and Viscidity, makes the Body unwieldy and corpulent, and paves the Way for Chachexies, the Jaundice, Asthmas, and Dropsies. The Urinary Passages which new Ale is supposed to clear, it will by Degrees fill with slimy Matter, which viscous Matter will at last harden into a Stone.

WATER,

WATER,

Is the principal Ingredient in all our Drinkables, and the purer or less mix'd we find it, either with Vegetable, Mineral, or Earthy Particles, the better it is. Its Purity is best known by its Transparency, its Fluxility, Insipidness, and Lightness; for there is no Mixture but what will alter it in some of these Respects; and as that Water is the wholesomest, which has the least Number of foreign Particles mix'd with it, so there is none but what has some; and 'tis from this Mixture that it is liable to sink and decay upon its Stagnation; for these Particles being of different Gravities, some will subside whilst others emerge, and by their contrary Motions, so break and divide themselves, as some of them to become specially lighter than the Air, and in their Elevation strike the Nostrils with an ungrateful Smell, which, when spent in the Air, and the rest of the solid Matter that was contained in the Water settled in its proper Place, the Water becomes sweet again, as we know by Experience. Rain-Water is the freest from Mineral Particles, but well stock'd with Vegetable, which is the Reason that it so soon putrifies, otherwise it would be the most wholesome of any: But Spring-Water, tho' it be heavier than Rain-Water, yet being less apt to putrify, is certainly fitter for Common Use, provided it will

will bear Soap, and the Fountain run with a strong Current.

From what hath been said, it appears, of what dangerous Consequence the Stagnation of our Water would be, and how kind Providence hath been to us by the attractive Force of the Sun and Moon, to make so violent an Agitation in the Sea-Water twice in every twenty-five Hours, as we observe upon the Flowing of the Tides: And Tempests, tho' prejudicial to the Mariners, yet seems necessary for the better Obtainment of this End; for without Storms and Tides, the Ocean in a little Time would be so corrupted, as both to poison the Fish, and also infect the Air with such Quantities of putrified Effluvia, as in a little Time would kill the Land-Animals also.

Water is fittest for Use, after it hath stood some time in a cool Place to settle; the earthy mineral Particles will some of them fall to the Bottom of the Vessel, and the Water become more clear and light.

It should not be much boiled before Use, for the making of Coffee and Tea; for tho' boiling may promote the Separation of any Heterogeneous Matter from the Water, if it stand some while after to settle; yet by evaporating the lightest, and therefore the best
Part

Part of it, what remains must be so much the worse; and most Water may be boiled till it have a saltish Taste.

Water is so necessary to our Subsistence, that we could not live a Moment without it; 'tis this Element that furnisheth all the Fluid Part of our Humours, without which they could not circulate, and that dissolveth all the Salts in the Blood, whereby some are carried to their proper Places within the Body, and others to proper Emunctories for their Expulsion from it. It serves to prepare our Food, and then for a Vehicle to convey both it and Medicines out of the Stomach, into every little Meander of the Body, both for Health and Nourishment.

In all Cases wherein too many Salts abound in the Blood, such as the Itch, Scurvy, Leprosy, &c. unfermented Liquors are the most proper; as they also are for such who are subject to Inflammatory Distempers, as Plurisies, Rheumatisms, or the like. When we design to relax by Water-drinking, we should take it warm, with the Infusion of some Drug or other in it, to increase its relaxing Virtue, such as the Roots of Sarsa, Liquorice, Althea, &c.

Water-drinking is proper in all Chronical Distempers in which there is an Effervescence

vescence of the Humours, such as the Gout, Defluxions, Head-achs, Epilepsies, Dull-sight, Asthmas, Hysterical Illness, Melancholy, and Bilious Hemorrhages. Nothing is less flatulent than Water, having less Air contained in its Pores than any other Liquor we usually drink, as Small-Beer, Made-Wines, and Ale, have this most: For which Reason they are so offensive to weak Stomachs; for being heated in the Stomach, the Air contained in them unfolds its Spring, and forces its Way through the upper Orifice in Belching, if the Fibres of the Stomach be not very strong: Besides this, these windy Liquors convey greater Quantities of Air into the Mass of Blood; which will so rarify and expand it, as to produce all those Disorders that Water-drinking is so proper to prevent.

If you place in the Receiver of the Air-Pump a Glass with Small-Beer, another with Ale, a third with Claret, and a fourth with Water, and withdraw the Air some Degrees with the Air-Pump, the Beer will boil; remove it a little more, the Ale will follow the same explosive Motion, and the Red Wine last; but the Water will continue all the Time free from any intestine Motion, which demonstrates that it contains of Air, included in its Interstices, the least Quantity.

For nothing causes the Boiling in the other Fluids, but the Force of the Air included in their Vacuola's endeavouring to disengage itself upon the Pressure of the Atmosphere, taken off from the Surface of these Liquors.

C O F F E E,

Grows on a low shrubby Tree, or Bush, in *Arabia Felix*, which has sweet odoriferous Flowers, like Jessamin Flowers; they come forth at the setting on of the Leaves, and are succeeded by Berries. Of these Berries roasted, is made the celebrated Liquor called Coffee.

Coffee and Tea are now become the general Entertainment of the Ladies, and most People of Fashion drink great Quantities of them, and, without doubt, very often to their Prejudice. The Water is very prejudicial to some, as the Bitterness of the Coffee and Tea is to others; for none who are of a lax Habit of Body can bear much Water-drinking, or of a robust and tense Habit, many Bitters: So that they who will drink these Liquors should both adapt the Strength and Quantity to their Constitutions.

Fat, moist, phlegmatick People, may drink their Coffee very strong, with an empty Stomach,

mach, without either Sugar, Milk, or Butter; for the more the Fibres are irritated by it, the more strongly will they contract, and thereby the Stomach will cleanse itself from all offensive and superfluous Phlegm; then being admitted into the Mass of Blood, will, by increasing its Motion, lessen its Humidity; it will also become an universal Stimulus, and so recover the Tone of the Fibres, too much relaxed in such a Constitution; and it will be helpful against Catarrhs, Defluxions, and Head-achs, and strengthen the Stomach; 'tis a great Antihypnotick, and useful to be taken after hard Drinking.

But Persons of a thin, dry, and hot Constitution, should either totally abstain from it, or drink it weak, with Milk and Sugar, upon a full Stomach; for 'tis very prejudicial to Persons of this Constitution, when they take it too strong; it dries their solid Parts, expends the Serum of the Blood, gives Palpitations of the Heart, Trembling of the Hands, Palsy, Oppression of the Breast, Syncope, Asthmas, and Vapours, and prevents Sleep.

T E A,

Grows in *China*: They gather the Leaves from the Shrubs always in dry Sun-shiny
H 2 Weather,

Weather, and put them into a Pan made of Cast Iron, clean and red-hot, but placed obliquely, wherein they are stirred about and shaken together till they shrivel up, and are crisp, and then they are laid on Matts and fann'd with Fans to cool them, and so put into Tubs or Canisters. We have two Sorts of Tea, *viz.* the Green and Bohea, but both gathered from the same Kind of Plant, and only differ in the Age of the Leaves, the Time of Gathering, or Way of Curing.

The Bohea is often coloured with some Infusion of another Plant, or Japan Earth, to give it the Softness and Heaviness on the Stomach it has, whereby 'tis often spoiled, and wants the natural Simplicity of Green-Tea.

What has been said of Coffee is mostly applicable to Tea, saving that this makes not so strong an Irritation upon the Fibres as Coffee does. It is acescent, as appears by its Effects upon Stomachs troubled with Acidity: So that Tea is an Infusion of a Plant acescent, and moderately astringent in warm Water.

As a Watry-Liquor, 'tis diluting, and stimulating, by its Salts: By its astringent Quality, it moderates the relaxing Quality
of

of Warm-Water; and Water endued with any saline stimulating Substance, is very penetrating, and goes into the most inward Re-cesses of the circulating Juices, and refresheth the Brain and animal Spirits; but by its styptick and stimulating Quality, it affects the Nerves, often occasioning Tremors; by its Heat, it promotes Perspiration; by its watry Quality, it dissolves what is viscid in the Stomach, and so may help Digestion; but drinking too great Quantities of it, may relax and weaken the Tone of the Stomach, be hurtful in many Cases, and to most People. Milk abates some of the fore-mentioned Qualities, making it more soft and nutritious.

GREEN-TEA,

May, to good Purpose, be used in those Distillations of Humours which are called Catarrhs; from whence proceed Heaviness of the Head, Noise in the Ears, Redness of the Eyes, Thin-running at the Nose, Shortness of Breath, and Palpitation of the Heart; 'tis also useful for weak Stomachs, and in want of Digestion, and proper for Weakness of the Joints, the Rheumatism, and the Gout; it is good to take off the ill Effects of hard Drinking, and will enable a Person to continue a long Time without Sleep:
It

It is very serviceable after Surfeits, by gradually helping off the viscid Remains which nauseate and sicken the Stomach, and by drawing up the Fibres again to their due Tone; and is sometimes given in large Quantities, as an Emetick to deterge Slime from the Membranes of the Stomach.

BOHEA-TEA,

By Experience, is found to be of a softening nourishing Quality, and is therefore much in Esteem for a Breakfast with Milk. It very sensibly satisfies Hunger, and affords a fine Balsamick Nourishment, and is therefore very proper in Consumptions and Ulcerations of the Lungs: But the Green-Tea is a better Breakfast for those who feed high, and have little Exercise, to cleanse the alimentary Passages, and wash off the scorbutick and urinous Salts; as also to promote Digestion after a full Meal.

Tea, especially the Bohea, is a great Enemy to the Hypochondriack, and Hysterick, and those of weak Nerves, and brings on such Persons, Lowness of Spirits and Tremors, if used too often, or in great Quantities; therefore such ought to abstain from it. But this Caution I must observe, that they that find it

it agreeable to the Constitution, may continue to drink it; while those that perceive it to flatten the Spirits, and infer Vapours, ought to refrain its Use: The grand Intention of all Diet, whether Solids or Liquids, being to support Health, and a good Constitution, not to impair those invaluable Blessings.

C H O C O L A T E.

The Nuts grow in *Jamaica* in the *West-Indies*, and in *Curacao* in *New-Spain*; they are about as big as an Almond, but rounder and thicker, and cover'd with a thin Shell, under which lies the Nut, of a dark-reddish brown Colour, and of an oily and somewhat bitterish Taste. Of these roasted and separated from the Shells, is made Chocolate.

Chocolate is very nourishing, restorative, and fattening; it is very oily and soft, and cannot but afford a suitable Nourishment to weakly and decaying Constitutions, especially if the Stomach is not too far impaired to receive and digest it. Its Oil seems to be both Alimentary and Anodyne. This Oil, combined with its own Salt and Sugar, makes it saponaceous and cleansing, by which Quality it often excites Appetite, and helps
Dige-

Digestion; it lubricates and sheaths acrid, salt, and sharp Humours in the Bowels, and therefore is good in the Cholick and Gravel. The *Indians* make Bread of it.





Of SUGAR.

SUGAR.

THE Sugar-Cane grows in both the *Indies*, and is a Kind of Reed, arising to be six or seven Foot high, full of Knots or Joints, at each of which grow two long narrow Leaves, of a bluish-green Colour. The Inside of the Stalk is full of a soft spongy juicy Pith, of a very sweet Taste. Of the Juice of this Cane, Sugar is made, which at first is brown and coarse, called *Muscovade*; this, by often refining, is brought to different Degrees of Whiteness. The Sugar-Candy is made by boiling the Syrup of Sugar to a high Consistence, and setting it to chrySTALLIZE; and according to the Fineness of the Syrup, the Candy will be White or Brown.

The medicinal Effects of Sugar vary something, according to its different Degrees of Fineness; the brownest is most sweet, be-
 I cause

cause there is most of an oily Nature in its Composition, which makes it more adhesive to, and abide longer upon the Palate; it is also more opening, and therefore best to use in Purging Syrups, and in Clysters. These coarse Sugars are so gross and viscid, that if much used they foul the Glands, particularly those of the Skin, and occasion many scorbutick Symptoms. The finer Sugar has more of a binding Quality; but the finest of all, has a deterfive one, and is therefore useful where Phlegm abounds; for it cuts and attenuates viscid Humours, and promotes Expectoration. Of the drossy Part of the Sugar, called *Molosses*, or Treacle, is made a Spirit, or Brandy, which comes near in Taste and Virtue to French Brandy.





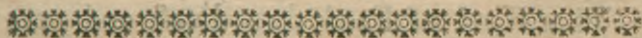
Aphorisms of HEALTH;

OR,

R U L E S

To preserve the B O D Y to a

Good Old Age.



I.

IT is not good to eat too much, or fast too long, or do any thing that is preternatural.

II.

Whoever eats or drinks too much, will be sick.

I 2

III.

III.

If thou art dull and heavy after Meat; 'tis a Sign thou hast exceeded the due Measure; for Meat and Drink ought to refresh the Body, and make it chearful, not to dull and oppress it.

IV.

If thou findest these ill Symptoms, consider whether too much Meat or Drink occasions it, or both, and abate by little and little, till thou findest the Inconveniency removed.

V.

Pass not immediately from a disorder'd Life to a strict and precise one, but by Degrees abate the Excess; for ill Customs arrive by Degrees, and so must be wore off.

VI.

That Kind of Food does digest and perspire best of all, and conveniently nourishes, whose Weight is not felt in the Stomach.

VII.

Plentiful Feeding is more hurtful in a sedentary and idle Person, than in one that is employed; for the Entrails are made heavy by Rest, but are eased of their Weight by Exercise.

VIII.

VIII.

If the Meat does thee no Harm, it matters little what it be; but all Sorts of Food must be avoided that does Prejudice, tho' it please the Taste never so well.

IX.

If thou can'st but find out every Day what Quantity of Meat is convenient for thee, thou wilt know how to preserve thy Vigour and Life a long Time.

X.

That is the most healthful Proportion of Meat, when, after eating, the Body performs whatever it has to do with the same Agility as if it was fasting.

XI.

After Diet is obtained, the Appetite will require no more than Nature hath Need of; it will desire as Nature desires.

XII.

Three Inconveniencies are consequent to Mens Feeding on Variety of Meats; there is an Excess of Eating, the Concoction is less, and the Prespiration less.

XIII.

XIII.

That Person who eats more than is requisite, is nourished less than is requisite; and the Strength of Nature will, by that Means, be impaired.

XIV.

To eat immediately after immoderate Exercise of Body or Mind, is hurtful; for the wearied Body perspires with some Difficulty.

XV.

Old Men can fast easily, Men of ripe Age can fast almost as much; but young People and Children can hardly fast at all.

XVI.

Let ancient People eat Panado made of Bread and Flesh-Broth, which is of light Digestion: An Egg now and then, will do well.

XVII.

It is safer for aged Persons to eat thrice in a Day, than twice, or to eat much at once; for it much obstructs Perspiration.

XVIII.

Growing Persons have a great deal of natural Heat, which requires a great deal of Nourishment, else the Body will pine.

XIX.

XIX.

Purging Stools shew intemperate Feeding. Too full a Meal hinders Perspiration, fills the Guts with Wind, and causes Gripes.

XX.

The more you feed foul Bodies, the more you hurt your selves.

XXI.

No Man will fall into any Disease, if he carefully provide that he be not troubled with Crudities.

XXII.

Strong Men, and those that labour hard, require more Food than Women, the Weak, the Unactive, and the Aged.

XXIII.

He that studies much, ought not eat so much as those that work hard, his Digestion being not so good.

XXIV.

The near Quantity and Quality being found out, it is safest to be kept to.

XXV.

XXV.

Excess of all other Things whatever, as well as in Meat and Drink, are to be avoided; excessive Heats and Colds, violent Exercise, late Hours and Women, unwholsome Air, violent Winds, and the Passions.

XXVI.

Youth, Age, and the Sick, require a different Quantity.

XXVII.

And so do those of different Complexions, for that which is too much for a Phlegmatick Man, is not sufficient for the Cholerick.

XXVIII.

The Measure of the Food ought to be proportionable to the Quality and Condition of the Stomach, because the Stomach is to digest it.

XXIX.

The Quantity that is sufficient, the Stomach can perfectly concoct, and answers to the due Nourishment of the Body.

XXX.

Hence it appears, we may eat a greater Quantity of some Viands, than of others of a more hard Digestion.

XXXI.

XXXI.

He who goes to Supper with a disturbed Mind, digests much less than another, who is undisturbed and chearful.

XXXII.

In a cold Body, Honey is good, because it nourishes and perspires; in a hot, it is hurtful, because it turns into Choler.

XXXIII.

There are too Things extremely prejudicial to good Health, *viz.* to give up the Body wholly to Slothfulness, and to eat before the Concoction of what had been eaten before.

XXXIV.

Nothing more obstructs Perspiration, than for a Man to drink while the Chyle is preparing.

XXXV.

If Excess in Drinking makes the Eyes, as it were, full of Tears, it is a Sign the Body has not perspired as much as it should have done.

XXXVI.

The best Liquor for weak and studious People, is Wine diluted with Water; which strengthens the Digestion, and promotes Perspiration.

XXXVII.

The frequent Use of Distilled Spirits, Drams, and Cordials, ruins the Low-spirited, and those of weak Nerves.

XXXVIII.

When dark foggy Weather continues long, it obstructs Perspiration; therefore those subject to Catarrhs, Coughs, or Peripneumonies, ought then to keep at home in warm Rooms.

XXXIX.

Catching of Cold is an Obstruction of Perspiration, by the humid Particles of the Air, and is best cured by gentle Diaphoreticks.

XL.

Wouldest thou enjoy a long Life, a healthy Body, and a vigorous Mind, and be acquainted also with the wonderful Works of GOD, labour in the first Place to bring the Appetite to Reason.

XXI.

Beware of Variety of Meats, and rich Sauces, which destroy a Multitude of People; they prolong Appetite beyond what Nature requires; and some are sooner digested than others; whence Crudities proceed, and the whole Digestion depraved.

XXII.

Keep out of the Sight of Feasts and Banquets, as much as may be; fancy that Gluttony is not good and pleasant, but filthy, evil, and detestable, as it really is.

XXIII.

The richest Food, when concocted, yields the most noisome Smells; and he that works and fares hard, hath a sweeter and pleasanter Body than the other.

XXIV.

Hot and dry Meats agree best with Winter; cold and moist, with Summer: In Summer abate a little of your Meat, and add to your Drink; and in Winter substract from your Drink, and add to your Meat.

XLV.

If a Man casually exceeds, let him fast the next Meal, and all may be well again, provided it be not often done; or if he exceed at Dinner, let him rest from, or make a slight Supper.

XLVI.

Walking is good for the Stomach; Riding after Dinner strengthens weak Limbs; Squinting and a Dull-Sight, are amended by Shooting; and Crookedness, by Swinging and Hanging upon the Arms.

XLVII.

A temperate Diet frees from Diseases; such are seldom ill: But if they are surprized with Sickness, they bear it better, and recover it sooner; for most Distempers have their Original from Repletion.

XLVIII.

A temperate Diet arms the Body against all external Accidents, so that they are not so easily hurt by Heat, Cold, or Labour; and when wounded or bruised, they are more easily cured.

XLIX.

XLIX.

It makes Mens Bodies fitter for any Employment; it makes Men to live long. *Galen*, tho' weakly, with many others, lived by it a hundred Years.

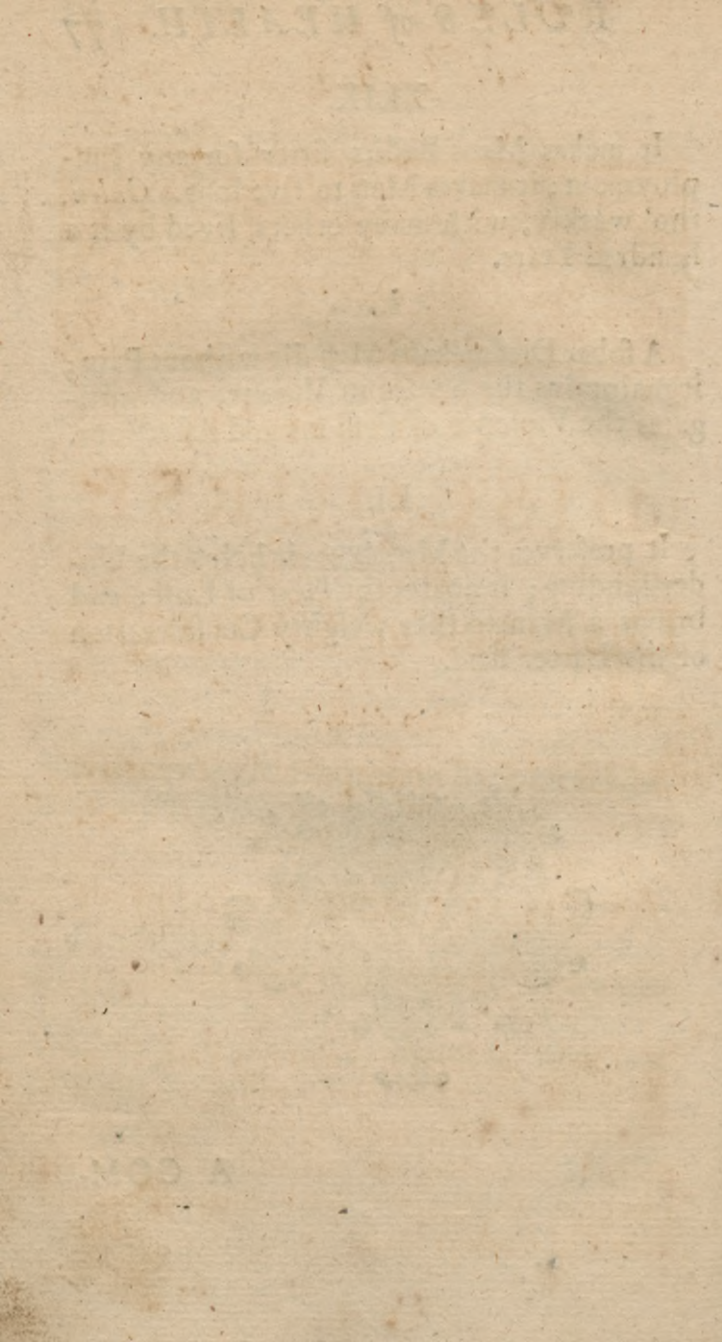
L.

A sober Diet makes a Man die without Pain; it maintains the Senses in Vigour, and mitigates the Violence of Passions and Affections.

LI.

It preserves the Memory; it helps the Understanding; it abates the Heat of Lust; and brings a Man to that weighty Consideration of his Latter End.







A COMPENDIOUS
DISCOURSE
OF THE
DISEASES *of* CHILDREN.

Taken chiefly from

HARRIS's Incomparable Treatise.

WITH THE

AUTHOR's *own* PRACTICE.

I Know in how unknown a Path I am to walk, since Children, and especially sick Infants, offer nothing for a clear Diagnostick, but what we can collect from their moaning Complaints, and their uncertain Idiom of Frowardness.

But

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But if we will diligently ponder the Symptoms of the youngest Infants, which are most evident, or seriously reflect upon their delicate Constitution, and most simple Diet, we shall find this not so difficult a Task, as we formerly conceived. For the Diseases of that Age generally are very few, and only differ in Degree; and the Cure of Infants is far more easy and safe, than that of Men and Women.

Infants, because of their delicate and mucilaginous Tenderness, are apt to receive any Alteration imaginable; their Bones may be more properly termed Cartilages; and as they do abound with so much natural and acquired Moisture, that their Bodies are perfectly soft and flexible, that Temperament and Constitution is very justly said to be the most humid.

And as the Constitution of Children is most humid, so I dare pronounce all their Diseases to be of one Kind, and to be produced from one and the same Cause; and that the Maladies of the however different Parts of the Body, whether they be the uppermost or nethermost, as the Stomach, Intestines, Lungs, Head, or Nerves, are variously and most affected, as they are of the same Nature, under divers and fundry Names.

Wherefore, if we shall consider the Nature of the Moisture of Children, we shall
not

not find it possible to degenerate into any Defect or Putridness, but that which is acid. For with whatsoever Disease they are affected, seldom or never could I find wanting Excrements of a very sour Smell, and an Abundance of tart and acid Belchings, especially in the Beginning. Milk, the proper Food of that tender Age, if kept for some time, becometh sour: Moreover, all the Symptoms of Childrens Diseases do justly reckon their Beginning from an Acid.

With all which, let us consider the weak and infirm Constitution of their Blood, so that the Spirits which lodge therein, have not yet attained so great a Mastery as to discharge their Functions and Offices, or to settle, by their own Force and Activity, any irregular Motions of the Humours, proceeding from any inward or external Cause. So Children do easily fall into Diseases, and are very easily restored to their Health, if they be not ignorantly and unskilfully treated.

The Diagnostick of Childrens Diseases, cannot so much be collected from their own Relation, neither from the Touching of their Pulse, or from their Urine, as from the Answers of the Nurses and Women that are their constant Attendants. The Women know if they have been troubled with Loathings and Vomitings, and how long;
L whether

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whether the Food or Milk that was cast up, was crudled; whether untimous Weeping, Watching, and Disquiet, give any Notice of Cholick Pains; whether they be affected with acid Belchings, or the Hickup, or a Cough doth appear; whether their Belly hath kept a due Course, and if their Excrements be White, Green, or filled with Bile. They know if their Infants have had great Thirst, and so be feverish, or if their Mouths be full of Thrushes, which do hinder their sucking: They can also inform you if Epileptick Spasms have seized their tender Bodies; or whether their present Sicknes be traisted with their Breeding of Teeth; or, lastly, whether any thing considerable, whether that be a Swelling of their Belly, or of any other Part, either Wheels or Pustles, or the Jaundice do appear. The other Symptoms, methinks, do more belong and appertain to subtile Speculation, than Practice.

But the frequent Complaint of an uncertain Diagnostick, has more its Rise from the preposterous and useless Way of Curing, than from any Want of Symptoms; for under this Mask and Vail, Practitioners do willingly cloak and conceal their Ignorance and Mistakes.

The Pulses of Children are naturally, or upon every little Alteration do, become so
swift

swift and frequent, that they always seem somewhat feverish: Moreover, they are for the most part so froward, that not keeping their Wrist one Moment in the same Posture, do not suffer their Pulse to be touched: Lastly, there are so many Things that accelerate, or otherwise change their Pulses, that Sentiments taken thence, should prove very uncertain, if not altogether false. Their Urine, when in perfect Health, is generally thick, so that the Diagnosticks taken from it, are likewise uncertain.

The most common Causes of Childrens Diseases (besides an hereditary distempered Indisposition) may be reduced to these four Articles. 1. To their catching Cold. 2. To the too thick Milk of their Nurse. 3. To their over-soon eating Fleashes. And, 4. To the mad and imprudent Fondness of many Mothers, who do often permit their Infants to sip up Ale, Wine, and other Strong and Spirituous Liquors.

And, 1. Cold, especially from the Night-Air, to which they are most subject, doth very often make Way for these Fevers, with which Infants are so frequently affected. Since that they come naked from the Womb, not being cloathed by Nature, as all other

Creatures are, Reason, or rather, Nature, destitute of her own Help, doth instantly suggest the Necessity of wrapping them up into warm Cloaths: Moreover, the Mutability of the Air, and the continual Vicissitudes of Heat and Cold, do plainly advertise us, how great our Care should be in the warding of its Injuries. Yea, an exact Care for convenient Apparel is so absolutely necessary for every Age, that ordinarily the most weak and valetudinary People, do live longer than the most robust and strong Men; which can be attributed to nothing else, than the great Care of the one, and supine Negligence of the other for convenient and warm Cloathing.

2. The too thick Milk of their Nurse; for if she be a Lover of Strong and Spirituous Liquors, her Milk is so warmed, and on a sudden inflamed, that Fire itself only passeth her Breasts, for her sucking Infant. But the Thickness of Milk, whatever be its Cause, cannot but produce a great many Inconveniences of sundry Kinds; being that the Bodies of Infants should, of all, be the most fluid; and those smaller Conduits, which are ordained for transmitting of the Chyle, should always be kept open; and, lastly, being that this most unnatural Thickness of Food, is most opposite to that most fluid Constitution of Infants, and doth give occasion to all Kinds of Obstruc-

Obstructions in the first Passages, I cannot but take Notice, in this Place, of the pernicious Practice (I wonder *Harris* has omitted it) of many who feed their Children with Milk-Pottage, boiled till it be almost as gluttinous as fyzing: 'Tis no wonder that such Children have windy Distentions of the Belly, sometimes purge, and at other times are costive, and troubled with the Gripes, and sometimes with Convulsions.

3. To their over-soon eating, if not more properly swallowing down, of Fleshes. For Flesh being so solid and compact a Substance, must be a very disagreeing and improper Food for these tender Infants, who as yet have got no Teeth, at least not strong enough for the chewing of Fleshes. For a Stomach full of Flesh, too early and untimely devoured, is a most fruitful Mother of Crudities, which are common to this gormandizing Age. Crude and indigested Food do produce that Corruption of Humours, from which not only Worms are bred, but also those various and most grievous Symptoms, whereby Infants are wasted, do proceed and have their Rise. The Crudities of Infants are also daily increased and accumulated, because that Nurses do repose their Infants for Sleep presently after Meat of whatever Kind.

4. To their sipping up of Ale, Wine, and other Strong and Spirituous Liquors, imprudently permitted and allowed, which are most hurtful and inconvenient for the Nature and Constitution of Children; for their very weak Nerves are most easily destroyed with it, and their tender Bodies are either colliquated by Degrees, or suddenly cast into Fevers with the subtile Flame and Heat of Wine, &c.

All Kinds of Wines and Spirituous Liquors liberally drank, do not only destroy the natural Ferment of the Stomach of Children, debauch the Appetite, burn up its Coats, and wrinkle them as Parchment over-much dried by the Fire; but also do greatly injure the Nervous Coat, by which all the Nerves of the Body are weakened, and the Animal Spirits driven into Confusion. The Wine which least wrongeth that tender Age, is the White; inasmuch as it was counted cold by the Ancients, tho' not absolutely so, but in respect of all other Wines.

All the Causes, antecedent or mediate, of Childrens Diseases, however many they really are, or be supposed, may justly be resolved into this one immediate Cause, *i. e.* a very active and prevailing Acid.

The History then of the most grievous Diseases, wherewith Infants are mostly affected, is as followeth: Their Stomach is always affected with an acid Humour, whence their Aliment is reduced, not into that Homogeneous Substance of Chyle, but into a Posset. This unequal Condition of the Chyle and Nourishment, begot likewise from too much Acidity, doth produce Loathing, Vomiting, and four Belchings: But if this Distemper be of longer Continuance, they turn pale by degrees, and their discoloured Face somewhat of a yellow or green Colour. Then doth their Belly swell with Wind, and Flatulencies are carried upward. In the mean while, one or two red Pustles (a certain Sign of Acidity) do appear upon their Forehead, Cheeks, Chin, or Neck, though sometimes lower, and the Infant becometh daily worse, and breatheth high, especially if the Child be plump: Moreover, he is often troubled with a dry Cough, because of the Acrimony of the Humours that prickle the sensible Branches of the Wind-pipe, sometimes with a Choaking or Strangling, which proceed from the Abundance of serous Humours, that so fill up and burthen the small Vessels of the Lungs, that it cannot be cast off and discharged, and their Face is blackish, as that of strangling People.

But

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But if this coagulated or posseted Food doth fall from their Stomach into the Intestines, then Gripes, or Cholick Pains, greenish Excrements, and very often most dangerous Fluxes, do ensue. And when this Tragedy is acting in the lower Ventricle, these great Pains do introduce Fevers, which, if not well managed, do cut short the Days of a great many Infants; or if the Pains be not so violent, but perhaps surrendering to an unskilful Cure, yet doth it terminate into a Big-Belly, the most convenient Thing in Nature for producing the Rickets or King's-Evil. A certain Sort of Mucilage or Gelly (the immediate Origin of Worms) which is sometimes whitish, tho' sometimes of a grey or yellow Colour, mixed with green, is often by Medicines, skilfully administred, purged off with the Excrements. They often rub their Nose, not only when they are troubled with Worms, but in every Fever which hath its Rise from a Corruption of Humours; for any sharp Humours carried upward, do affect the thin and sensible Membranes of the Nostrils, either of Young or Old, in Acute or Chronical Diseases.

The fore-mentioned Gripes do continually produce Watching, Disquiet, and Mourning, which the Nurse doth as often endeavour to
allay

allay, by giving it her Breast. Its Milk or Food (while these Pains continue) never duly digesting, but turning acid, is curdled, so by little and little it becometh feverish, its Thirst is increased, its Joints turn flaccid, and so the tender Infant groweth daily weak and infirm. Upon the Close of all this Sickness, convulsive Motions and Spasms do seize upon the Members of the feeble Infant; and when there is no more Force and Strength in its Nerves for actuating the Muscles of the Heart, and protruding the Blood (by the Laws of Circulation) into the Arteries, the poor Infant doth cast up the White of its Eyes to the Heavens, the proper Seat of unviolated Innocency, and endeth its short Life, before it hath understood the Miseries of Living.

Further, the Mouths of Infants are very often so hurt with Thrushes, or little Ulcers in the Mouth (which do often begin soon after their Birth, and before the Growing of their Teeth, tho' sometimes later) that they cannot weep nor let Tears fall from their Eyes for some Days; altho' they be tormented with exceeding Tenderneſs and intense Heat of Mouth, with a great many other Sickneſſes that are the ordinary Attendants of Fevers: And therefore I account that Change from their being dumb, unto
M their

their ecchoing the House with Cries, a very good Sign.

Boys of greater Age, troubled with feverish Symptoms, do, for the most Part, complain of a Pain in their Heads; which Pain is no Disease of itself, but sympathetick, and derived from the Stomach and lower Parts of the Body.

That all these, and the like Symptoms, do immediately proceed from the Curdling and Thickness of their Food, especially being greater than can be at all agreeable with the Constitution and Nature of Infants, whose Canals and Passages should necessarily be most fluid; and that this Curdling is oftner produced from Acidity than any other Cause, is most evident from our Senses themselves, and the Way of Cure, which is excellently effectuated by such Things as obtund Acidity, and decipillate or dissolve Coagulations.

The frequent Vomiting of that thick Jelly, and that viscid and coagulated Phlegm, somewhat green when the Sickness has advanced, and their Breath which hath a very sour Smell, are Things most evident to our Senses.

That

That the green Colour of their Excrements is merely from Acidity mix'd with Bile, will be most evident to any who take Pleasure in Changing of Colours into Green with Vinegar and acid Spirits. Moreover, the Smell of their green Excrements being always designed acid, by the very Nurses, doth clearly demonstrate the same.

The excessive Gripes and Pains in their Belly, and Paleness of Face, do confirm the Abundance of Acidity; for so soon as they are troubled with these Pains, they turn pale, tho' never so high-coloured before they were affected with this Distemper; except that sometimes their Cheeks are possessed with a pleasant Blush, which doth easily vanish into the wonted Paleness.

The Prognostick, in my Opinion, doth rather depend upon the Method of Cure itself, as that is right or wrong, as also upon the Behaviour of the Nurse, whether she be obedient, and doth faithfully perform what is commanded her, than from the Diseases of Infants and Children. For their Fevers are very slight; neither doth their feverish Heat so much burn, as it is more properly a certain Degree and Advancement of Heat; except when too curious Art, which trusteth to and relieth over-

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much

much upon these fiery and spirituous Cordials, is most unluckily brought in to their Assistance.

Corpulent and fat Infants, troubled with Defluxions, and having an open Mould, are most subject to the Chin-Cough, Rickets, King's-Evil, and almost incurable Thrushes.

Lean and scraggy Children are, of all, the most tender, and very subject to the worst Fevers, *i. e.* to such as are hottest and most incensed, and most inimical to the Patient.

Children which are borne by tender Mothers, which do devour unripe Fruits and Sallets when with Child; or by those who are meer Slaves to their Stomachs; or, lastly, have their Appetite depraved, from whatever Causes: These, I say, do with great Difficulty amend of any great Disease.

Children that keep open in their Belly, have their Health better than such as are constipated.

The Spring and Summer are the best Times for curing of Fevers; but the Harvest and Winter are not so.

From

From the Middle of *July*, to the Middle of *September*, those Epidemick Gripes of Infants are so common (being the annual Heat of the Season doth exhaust their Strength) that more Infants, affected with these, do die in one Month, than in other three that are more gentle.

Convulsions, or at least starting of their Tendons, coming upon Children weakened by some one Disease, or somewhat burned up with hot Medicines, do mostly bring all their Miseries and Troubles, wherewith they are tormented, unto an End.

Sylvius de le Boe has wrote the best Treatise of any on the Diseases of Infants; for he did valiantly maintain an Acid to be their true and general Cause; yet he, partly because of his great Kindness for some Volatile Chymical Preparation, and therefore over warm and spirituous, and partly because of his almost constant Use of Opiates, did totally destroy by his Practice, what he had most learnedly published in his Theory.

If we therefore do desire to lay any sure Foundation for the Curing of Infants Diseases, we should chiefly eye their natural Tenderneſs and Weakneſs; and we should make ſuch a Choice of Medicines as may be
moſt

most convenient for these tender ones. For the more gentle and safe those Remedies are which we administer, the Event shall the more certainly answer our Expectation.

Being then that Acidity is the chief Cause of all these Diseases wherewith this tender Age is affected, the whole Artifice of the Cure is hinged upon the defeating of the Acid; so that whatever Things do immediately eliminate the Acid, these are they that promote the Cure; and whatever serves not that Design, does more or less torment and trouble the tender Bodies of these Infants.

The first Indication in the Cure of the Fevers of Infants, or Children, is to prepare the Acid aright, that it may be purged off with Advantage; for without Preparation, violent Gripes will attend the purging of those Bodies that abound with Acidity.

The Preparation then is not to be essayed with heating Medicines, which are most hurtful to young Children; but with the most temperate Things, which will absorb the prevailing Acidity by little and little, mitigate Ebullitions, and become the most safe and powerful Anodynes. These are *Ocul. Cancr. Chel. Cancr. Cretæ Alb. Corallia preparata. Coralina. Margaritæ preparata Cornu Cervi*

Cervi Calcin. Rasur. Corn. Cerv. Eboris Bolus Armena. Terra Japon, &c.

Yet the Use of Volatile Salts and Spirits are not to be wholly laid aside, as *Spir. Salif. Armon. Spir. Corn. Cervi, &c.* because they do excellently absorbe Acidity, but are cautiously to be administred, because of their great Heat. Upon this Score, your lixivial Salts, the hot Cordial Waters, as *Aq. Cinam. Epidem. Mirabil. Peon. Comp.* and the like, do fall short of their wonted Fame, unless they be mix'd with others more temperate, in so small a Quantity, that their burning Heat doth become unperceptible to the Taste.

That these temperate Powders do absorbe Acidity, is a Thing so well known, that it will need no Proof. And that they are the most safe, most certain, and never-failing Anodynes, in the Gripes of Children, shall be evinced by giving them in a sufficient Quantity for attaining the designed End. Moreover, I do boldly assert, that these Powders, judiciously given, do, with Certainty, allay and assuage all the Pains and Disquiet of Infants, from whatever Cause, except there be no Hope left, because of some great Defect of the chief Parts.

But

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But that we may come to our Purpose, I used to help an Infant of a Year old, that is feverish or troubled with Gripes (as it is for the most Part) with the following Medicines.

℞ Pulv. de Chel. Cancr. Comp. Margarit. pp. a Drachmam unam Misceantur & fiat Pulvis, in Partes sex æquales dividendus.

Vel ℞ Pulv. de Chel. Cancr. Simp. Scrupulos quatuor, Ocul. Cancr. Scrupulos duos, Cocchinel. Granæ sex, Misceantur & fiat Pulvis in Partes sex æquales dividendus; de quo Capiat unam secundis vel tertiis horis, superbibendo Cochlearia duo Julapium sequentis.

℞ Aq. Lactis Alex. uncias quator Aq. Ceras. Nig. uncias duos, Ap. Epidem. Drachmas sex Sacch Perlat. Semunciam M. f. Julap.

The following Absorbent Mixture, and Carminative Julep, are serviceable in most of Childrens Diseases.

℞ Aq. Ceras. Nig. Aq. Lact. Alex. a uncias quatuor Syr. Cortic Aurantior unciam unam Bol. Armen. Cretæ alb. Ocul. Cancr. Pulv. Rhab. a Drachmam unam fiat mistura.

℞ Aq. Fenicul. sex uncias Sacch. Alb. Semunciam Antimon. Diaphor. Scrupulos quatuor
(or

(or for young Infants, *Ocul. Cancr. Drachmas duas*) *M. f. Fulapium*.

This last is excellent for acid Flatulencies, and the Gripes. The Absorbent corrects the stubborn Acid, and the Aromatick exhales the *Flatus*.

But, to return to our Author: If the Infant be taken with a Cough, the mentioned Powders are to be taken more sparingly; in Lieu of which, he may take half a Spoonful of a thin Lohoch.

R. Syr. de Alb. Syr. Capil. Ven. a Drachmas decem Coralini Pul. de Chel. Cancr. Symp. a Scrupulos quatuor M. f. Loboch. Bol. Armen. is most conveniently mix'd with these, because it doth powerfully stop the Defluxions that ouze out of the Glands, and fall down upon the Lungs.

The *Succus Pulegii* with *Sacch. Cand.* dissolved in it, is one of the best Remedies in Childrens Coughs. The *Ol. Almygd. dulc.* is also very proper. Likewise *Flor. Sulphuris* (having a wonderful Virtue in drying and discussing Humours stuff'd up in any Part of the Body) mixed with such Things as absorb Acidity: It is very useful for gross and phlegmatick Constitutions, and is of a

N

most

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most preservative and expulsoy Virtue, which is most opposite to Corruption of Humours.

The Frequency of the Administration of these Powders, cannot be determined, but are to be reiterated accordingly as the Symptoms are more gentle or violent. This only I shall resume, that all the Pains, Disquiet, and Watchings of Infants, are as certainly asswaged with testacious Medicines, as the Pains and Watchings of older People are eased and allayed by Narcoticks.

I order them to be purged upon the third Day, after I am called, unless the Small-Pox, Measles, or Scarlet Fever do appear; and Infants of one Year after this manner.

℞ Syrupi Cichorei cum Rheo Drachmas duas, Aquæ Cinamomi Ten. Drachmam unam Pulv. Rhei Scrupulum unam M.

Vel ℞ Pluv. Cornuchini grana decem. Let the Child have it in a Spoonful of Black Cherry Water, sweetned with a little Sugar.

Vel ℞ Electuar. Lenitiv. Drachmas duas vel tres; dissolve it in one Ounce of Alexiterial Milk Water.

For

For irregular Symptoms, arising from a great Corruption of Humours, give eight Grains of *Æthiops Mineralis*, or four Grains of *Calomel*, with as much *Flor. Sulph.* mix'd at Night in some pleasant Syrup, purging the next Day.

If the sick Child be three or four Years old, or hath passed the Hazard of breeding Teeth, and especially if there be any Suspicion of Worms, or Putrefaction of Humours, for some time contracted, there is nothing better than a Bole of these Powders, last mentioned, made with *Cons. Absinth. Rom.* or *Cort. Aurantior.*

These Kinds of Boles do much avail for those who are ordinarily constipated in their Belly, and are not easily purged, inasmuch as they do prepare; so that the Purgative, which is ordered the next Day, hath a better Operation.

I have given the following Mixture often with good Success.

℞ *Aq. Laſi. Alex. uncias sex, Aq. Epidem. Aq. Absinth. Comp. a Semuncium Tinct. Rhab. Drachmas duas Elix. Prop. Guttas 80. M.*

This is excellent in a Worm-Fever it kills the Worms, and takes off all the Symptoms

toms occasioned by them. *Cujus Capiat Cochlear. unam omni Mane.*

Harris sometimes orders a Cataplasm somewhat like the following, but not so powerful, to be applied upon the Navel.

R Theriac Venet. Drachmas sex, Sem. Santon. Aloes Succotrin. a Drachmam unam, Ol. Absinth. Chim. guttas 20 M. f. Catapl.

But Cataplasms, or Plaisters, composed of the strong Purgers, are dangerous; because the purgative Quality being carried into and fixed in the Muscles and Membranes, may cause a mortal Flux.

I knew this happen to a Child at *Durham*, about six Years ago. Its Mother had bought a Plaister from a Stranger, which she applied to its Navel to destroy Worms; but the next Day it brought on a most violent Flux, with a *Tenesmus*, so that the poor Child purged almost continually both Night and Day. On the fourth Day I was called, but all my Endeavours to stop the Flux were in vain, for it died the Day after. I make no doubt but there had been *Coloquintida* in the Plaister, which is one of the strongest purging Simples made use of.

Of all Purgatives, there are none more innocent, and more agreeing with Infants, than Rhubarb, which safely doth remove the Subject-Matter of the Fevers of these tender Ones; which doth easily purge and strengthen their Stomach and whole Body, tender'd and oppressed with vicious Humours, and which, upon that Account, doth best agree with Children, Breeding Women, Old People, and such as are weak through any Disease.

A Preparing Powder, like the former, is, after the Operation of the Cathartick, to be given at Night, and to be reiterated three or four Times, at a convenient Season, for two Days more; and upon the third the Purgative is to be given, the Quantity of which may now be known by the Operation of the former.

These Things being done aright, the most grievous Symptoms do ordinarily disappear, or, at least, are so much allayed, that the Patient, who was just now in great Danger, is restored to better Health.

As the Crisis is only a sudden Change in the Disease, either to Health or Death, it doth entirely depend upon the Method of Cure (especially in Children) and is hastened or protracted by the Industry or Unskilfulness

ness of Art: For being the Cure is mainly stayed upon general Evacuations duly made, these Crudities, which are the Cause of Fevers, are sooner concocted, Part of the morbidick Matter being evacuated, the rest giveth way to Medicines dextrously administred. But when the Humours are exagilated, and the Spirits driven to greater Confusion by Sudorificks and Cordials so called, and the whole Stress left upon Clysters, which never pass the gross Guts in perfect Strength, as the Concoction, so the Crisis, is too late, if ever to be expected, by this ill Treatment.

A Crisis is nothing else but the last Effort of Nature, to evacuate, with all its Power, the morbidick Matter, by convenient Passages; and that happeneth often with us by Sweating, tho' sometimes by Bleeding at the Nose. by Vomiting, by Stool, and by Urine. All which do prove, that Nature herself, the best and wisest Physician, did never design any other Way of judging Fevers, than by timely Evacuations.

Among the many Diseases that do threaten the Life of Infants, there is none that produceth so many grievous Symptoms as their laborious and difficult Breeding of Teeth. For being their Gums are frequently inflamed, because the Teeth cannot arise from
their

their small Holes, we need not wonder that their tender Bodies are so disquieted with so many grievous feverish Symptoms.

From the same Fountain do arise their Cholick Pains, Watchings, Disquiet, Flux, or Costiveness, their green Vomitings and Excrements, the Thrushes, Fevers, Convulsions, and the like; all which do easily yeild to almost the same Method of altering and contempering the Acid, and afterwards purging it off.

Being Thrushes do proceed from the sharp Vapours of that inward Flame, which doth fret and pinch the tender Skin of their Mouth, even as the other inward Parts of the Body, we should only make Choice of those Things that do defeat and blunt this Acrimony. It is certain that these Thrushes shall be removed with testaceous and gently purging Medicines.

The Reason why the Superficies of the Mouth produces Thrushes, when no Parts else of the Body are blistered, is, because the same Skin which cloatheth the Mouth, is continued by the Gullet unto the Stomach. Wherefore those sharp Vapours which do proceed from a preternatural Effervescency, and carried upward, as from a Cauldron,
by

by the Vent of the Mouth, do easily communicate their Blemish to the Membrane of that Part. Therefore doth the delicate Taste of the Tongue so readily distinguish all Relishes. Lastly, upon this Account, are Physicians, by their looking upon the Tongue, able to judge of the prevailing Temperament of the Body.

The Flux of Infants, proceeding from a Mixture of Humours, or a Swelling of Bile with an Acid, is not to be stopped with Astringents, lest they cause a Reflux of those sharp Humours upon the more noble Parts, and cast such as are of a humid Constitution into Danger of their Lives. But testaceous Medicines are given with great Safety, and do appease those sharp unruly Humours (the great Spring of all their Trouble) without the Kindling of new Heat, that at length they may be purged off with Rhubarb. The Use of Diascordium, which is both absorbent and narcotick, is in such Cases (where there is no Fever) of great Use and Advantage.

In Vomiting, they are of as great Use as in Fluxes; for so long as that which is the Trouble lodgeth in the Region of the Stomach, these Medicines do impart what Strength they have, pure and entire, unto the

the Ventricle. Neither do they only avail in all Fluxes, but for the Gripes of Infants, from whatever Cause; for which they are a Specifick.

Convulsions, or Epilepsies, from the Sharpness of the morbifick Matter stimulating the Nerves, are best cured with these testaceous Medicines, if you add a little *Castoreum*; for the Volatile Spirits, like Fire, break through all the Parts of their Body, and often produce ardent Heat. The inward Coat of the Stomach is very nervous, and being the Spirits of this; as those of the other Parts of the Body, are irritated and set on irregular Motions, I think it most necessary that the Cure be performed with those Remedies which abсорbe the Acrimony that offends the Nerves, and allay the Tumult of the Spirits, and not with such as make greater Confusion, and increase the Heat which so much abounded.

A Girl about a Year old was seized with most violent and frequent Convulsions; she was very pale, her Belly constipated, and the little that was cast out was very green. During all these Convulsions and Cholick Pains, for many Days, she scarce consumed a Spoonful of Food. I assisted, and happily cured this miserable Infant, with some Ounces
O of

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of *Ocul. Cancr.* mix'd with *Cremor. Tart.* She took 24 Grains of this Powder every Hour in *Aquæ Pulegii*, and had a Clyster of sugared and salted Milk frequently injected; and, at length, the *Cremor. Tartari* (which doth not only purge gently, but is also very apperient) had made way for itself downward. By these few Medicines was this Infant, seemingly devoted to Death, unexpectedly recovered to perfect Health. But I do not understand why we should farther torment these tender Ones, vexed with Convulsions, and destroyed with Watching and Disquiet, with Vesicatories, being that Kind of Remedy seemeth more proper to rouse from Stupor those that are affected with a *Coma*.

The Small-Pox and Measles of Infants, being often a gentle and calm Effervescency of the Blood, they are not so sick, and the Assistance of Physicians is not desired. But when the unruly Force of the Blood doth justly require the Help of the Physician, the testaceous Medicines have the same Effects with Children, that Narcoticks have with Adults. But the Cordial Waters, Mithridate, and the Rest of those hot Sudorificks, are chiefly to be eschewed, which are designed to thrust out, with more Haste than good Speed, these Puches; but which instead

stead of being cordial and expulſory, as is pretended, do often change the naturally gentle Small-Pox, into ſuch as are more dangerous, and do more diſturb and turn inward the Meaſles, introducing deadly Difficulties of Breathing; and, laſtly, they inflame the Blood, which is yet but moderately and ſlightly warmed. The Authors who have wrote beſt on the Small-Pox, are *Sydenham*, *Blackmore*, *Helvitius*, *Fuller*, and *Lob* in his Infallible Treatiſe on that Diſtemper.

I cannot ſay but I have had pretty good Succeſs in the Cure of Infants and Childrens Diſeaſes; and I do aſſure the Reader, that in Vomitings, Cardialgia, Childrens Gripes, Inflation of the Belly, and Hypochondres, Diarrheas, Heſtick Fevers, and Waſting of Children, Worm Fevers, and the Rickets; a weak Infuſion of Rhubarb, the Abſorbent Mixture, the Carminative Julep, and the Anthelminthick Mixture, have ſeldom failed me.

I ſhall now cloſe this ſhort Work with the following Words:

“ May the great and good GOD, from
“ whom every good and propitious Thing
“ doth flow, upon whoſe Favour the happy
O 2 Succesſ

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“ Success of the Art of Physick doth de-
“ pend, countenance, with his wonted Good-
“ ness, those Things which I have written,
“ that they may tend to the Publick Good,
“ which should be preferred to any Private
“ Advantage.”



I N D E X.

I N D E X.

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