CHAP. XI.

Of Spear-mint-water.

Spear-mint is also like Pepper-mint a great Stomachic, and therefore constantly used.

Recipe for one Gallon of Spear-mint-water.

Take of the Leaves of dried Spear-mint one Pound and a half; Water two Gallons and a half; draw off by a gentle Fire one Gallon.

This Water, like that drawn from Pepper-mint, will be more fragrant if distilled in Balneum Mariae, or the cold Still; but if the latter be used, the same Caution must be observed of distilling the Plant green.

CHAP. XII.

Of Baum-water.

BAU M is a Plant well known in our Gardens. It flowers in July, and is of a fine cordial Flavour; but so weak, that it is soon dissipated and lost; nor is it easy to dry it so as to preserve its natural Scent.
Baum-water, therefore should be drawn when the Plant is green; and in order to procure the Water in full Perfection, it should be cohobated, or returned, several times upon fresh Parcels of the Plant; by this means a Water may be procured from Baum extremely rich, and of considerable Use as a Cordial.

If the Balneum Mariae be used, the Water is much better than that drawn by an Alembic. The Water drawn from this Plant by the cold Still will also be very fragrant, and highly impregnated with the Virtues of the Plant.

CHAP. XIII.

Of Penny-royal-water.

Penny-royal, a Plant very common in England, is very warm, and its Parts very subtile and penetrating: It is one of the first Plants in Esteem in the present Practice, as well as in former Ages, as an Attenuant and Uterine. It is good in Flatulences and Suppressions of Urine, and by many is greatly recommended in Dropysies, Jaundices, and other chronic Distempers. It communicates its Virtues to Water in Infusion, and its simple Water has, perhaps, more
more Virtue than any other kept in the Shops. But as it is requisite in order to obtain a Water fully impregnated with the Virtues of Baum, to cohabitate it on fresh Parcels of the Plant; the Water drawn from green Penny-royal, on the contrary, generally contains so large a Portion of the essential Oil, that it is necessary to separate what floats on the Surface of the Water, by the Separating-glass.

**Recipe for one Gallon of Penny-royal-water.**

Take of the dried Leaves of Penny-royal one Pound and a half, of Water three Gallons; draw off one Gallon with a gentle Fire.

The Water drawn from green Penny-royal by the cold Still, is very fragrant, and fully impregnated with the Virtues of the Plant.

**CHAP. XIV.**

**Of Jamaica-Pepper-water.**

Jamaica-Pepper, or Pimento, is the Fruit of a tall Tree growing in the mountainous Parts of Jamaica, where it is much cultivated, because of the great Profit arising from the cured Fruit, sent in large Quantities annually into Europe.
It is gathered, when green, and exposed to the Sun for many Days on Cloths, and frequently shaked and turned, till thoroughly dry; great Care is taken during the Time of drying to defend the Fruit from the Morning and Evening Dews; when thoroughly dried it is sent over to us.

It is a very noble Aromatic, and deserves to be used more frequently than it is at present. The simple Water drawn from it is a better Carminative than any other simple Water at present in use.

**Recipe for a Gallon of Jamaica-Pepper-water.**

Take of Jamaica-Pepper half a Pound, Water two Gallons and a half; draw off one Gallon, with a pretty brisk Fire. The Oil of this Fruit is very ponderous, and therefore this Water is best made in an Alembic.

**CHAP. XV.**

**Of Castor-water.**

This Drug is brought to us in the Pods or Bags that naturally contained it, and these so much resemble the Testicles
of Distillation.

of an Animal, both in their dry State, and when on the Body of the Creatures, that it is no wonder People who did not examine their Situation on the Animal, really took them for such; it is, however, a peculiar secreted Matter, contained in Bags destined to receive it.

Castor is an indurated Substance, formed of a Matter once fluid; the thinner Part of which has been evaporated by drying. It is a light and friable Matter, of a moderately lax Texture, and of a deep dusky brown Colour. It is of a somewhat acrid and bitterish Taste, and of a strong foetid Smell, which, to many, is very disagreeable.

The Animal that produces the Castor is by all Authors called Castor and Fiber, and by the Vulgar, the Beaver.

The Castor of several Parts of the World differs in Goodness, and in regard to the Care taken in the drying. The Russian Castor has long been the most esteemed, and the New England kind the least.

Castor-water is of great Use in hysterical Cases, and all Diseases of the Nerves; in Epilepsies, Palsies, and all Complaints of that kind.

Recipe
Recipe for making one Gallon of Castor-water.

Take of Russia Castor an Ounce, of Water three Gallons; draw off one Gallon with a pretty brisk Fire.

CHAP. XVI.

Of Orange-peel-water.

THE Orange is a Fruit too well known to need a Description here. The Water is very grateful to the Taste, and often used in Fevers, &c.

Recipe for one Gallon of Orange-peel-water.

Take of the outward yellow Rind of Seville Oranges, four Ounces; Water three Gallons and a half; draw off one Gallon by the Alembic, with a pretty brisk Fire.

CHAP. XVII.

Of the Water of Dill-seed.

Dill greatly resembles Fennel both in Root, Stalk, or Leaf, but rarely grows so tall, or is so much branched; it bears the same kind of yellow Umbels of Flowers, after which come Seeds rounder, broader, and
and flatter than those of Fennel. The whole Plant is of a strong Scent, less pleasant than Fennel. It grows in Gardens, and flowers and seeds in July and August. The Water drawn from the Seeds is heating and carminative, good in Cholics, and all Disorders arising from Wind.

Recipe for making a Gallon of the Water of Dill-seed.

Take of Dill-seed one Pound, Water three Gallons; distil off by the Alembic one Gallon, with a pretty brisk Fire.

The Waters we have enumerated in this Part are those now commonly in use; though there are many other Herbs, from whence Waters of great Use may be drawn; but as the Method of Distillation is the same in all, it would be of no Use to extend these Instructions to a greater length; we shall therefore only observe, that when unfavourable Seasons have prevented the Herbs from attaining a proper Degree of Perfection, it will be necessary to increase their Proportion in extracting the several Waters ordered to be drawn by the Alembic.
A Complete System of Distillation.

Part III.

Of making compound Waters and Cordials.

The Perfection of this grand Branch of Distillery depends upon the Observation of the following general Rules, easy to be observed and practised.
1. The Artist must always be careful to use a well cleansed Spirit, or one freed from its own essential Oil, as were before observed, Part I. Chap. xxiii. For as a compound Water is nothing more than a Spirit impregnated with the essential Oil of the Ingredients, it is necessary that the Spirit should have deposited its own.

2. Let the Time of previous Digestion be proportioned to the Tenacity of the Ingredients, or the Ponderosity of their Oil. Thus Cloves and Cinnamon require a longer Digestion before they are distilled than Calamus Aromaticus or Orange-peel. Sometimes Cohobation (explained in Part II. Chap. iii.) is necessary; for Instance, in making the strong Cinnamon-water; because the essential Oil of Cinnamon is so extremely ponderous, that it is difficult to bring it over the Helm with the Spirit without Cohobation.

3. Let the Strength of the Fire be proportioned to the Ponderosity of the Oil intended to be raised with the Spirit. Thus, for Instance, the strong Cinnamon Water requires a much greater Degree of Fire than that from lax Vegetables, as Mint, Baum, &c.
4. Let only a due Proportion of the finest Parts of the essential Oil be united with the Spirit; the groser and less fragrant Parts of the Oil not giving the Spirit so agreeable a Flavour, and at the same Time renders it thick and unsightly. This may in a great Measure be effected by leaving out the Faints, and making up to Proof with fine soft Water in their stead.

These four Rules carefully observed will render this extensive Part of Distillation far more perfect than it is at present. Nor will their be any Occasion for the use of burnt Allum, White of Eggs, Isinglass, &c. to fine down Cordial Waters; for they will presently be fine, sweet and pleasant tasted; without any farther Trouble.

C H A P. I.

Of strong Cinnamon Water.

We have already (Chap. viii. Part II.) described this Drug, and given some Directions for choosing the best Sort, to which the Reader is refered.

Capsicum are in general Recipe
Recipe for sixteen Gallons of strong Cinnamon Water.

Take eight Pounds of fine Cinnamon bruised, seventeen Gallons of clean rectified Spirit, and two Gallons of Water. Put them into your Still, and digest them twenty-four Hours with a gentle Heat; after which draw off sixteen Gallons by a pretty strong Heat.

I have ordered a much larger Quantity of Cinnamon than is common among Distillers, because when made in the Manner above directed, it is justly looked upon as one of the noblest Cordial Waters of the Shops; but when made in the common Way of two Pounds to twenty Gallons of Spirit, as some have ordered, is only an Imposition on the Buyer. Some also, to render the Goods cheaper, use equal Quanties of Cinnamon and Cassia Lignea; but by this means the Cordial is rendered much worse; and, therefore, if you desire a fine Cinnamon-water the above Recipe will answer your Intention: But if a cheaper Sort be desired you may lessen the Quantity of Cinnamon, and add Cassia Lignea in its stead. If you would dulcify your Cinnamon-water, take double refined Sugar, what Quantity you please, the general Proportion
portion is, about two Pounds to a Gallon, and dissolve it in the Spirit after you have made it up Proof with clean Water. One general Caution is here necessary to be added; namely, that near the End of the Operation you carefully watch the Spirit as it runs into the Receiver, in order to prevent the Faints mixing with the Goods. This you may discover by often catching some of it, as it runs from the Worm in a Glass; and observing whether it is fine and transparent; for as soon as ever the Faints begin to rise, the Spirit will have an azure or bluish Cast. As soon therefore as you perceive this Alteration, change the Receiver immediately; for if you suffer the Faints to mix with your other Goods, the Value of the whole will be greatly lessened. With regard to the Faints, they are to be kept by themselves, and poured into the Still when a fresh Parcel of the same Goods is to be made.

It is also necessary to observe here, once for all, that the Distillers call all Goods made up Proof, double Goods; and those which are below Proof, single. This Observation will be alone sufficient to instruct the young Distiller, how he may at any Time turn his Proof or double Goods into single.
CLOVES, from whence this Water takes its Name, are the Fruit of a Tree growing in the Molucca Islands. The Figure of this Fruit is oblong, and not very thick, resembling in some measure, a Nail. The Surface of it is rough, and the Colour a dusky brown with an admixture of reddish. The whole Fruit is of an extremely fragrant Smell, and of an acrid, pungent, and very aromatic Taste. Cloves are to be chosen the largest, fairest, darkest coloured, the heaviest and most unctuous on the Surface, when pressed between the Fingers. Cloves are carminative, and good against all Distempers of the Head arising from cold Causes. They strengthen the Sight, and are good against Faintings, Palpitations of the Heart, and Crudities in the Stomach.

Recipe for fifteen Gallons of Clove Water.

Take of Cloves bruised four Pounds, Pimento or All-spice half a Pound, clean Proof of Spirit sixteen Gallons; let it digest twelve Hours in a gentle Heat, and then draw
of Distillation. draw off fifteen Gallons with a pretty brisk Fire.

Or,

Take Winter's Bark, four Pounds, Pimento six Ounces, Cloves one Pound and a Quarter; clean Proof Spirits sixteen Gallons: Digest, and draw off as before.

The Winter's Bark, added in the second Recipe is the Bark of a large Tree, growing in several Parts of America, and has its name from its Discoverer Captain Winter. The outer Rind of it is of an uneven Surface, and of a loose Texture, very brittle, and easily powdered. The inner Part, in which the principal Virtue resides, is hard, and of a dusky reddish brown Colour. It is of an extremely fragrant and aromatic Smell, and of a sharp, pungent, and spicy Taste, much hotter than Cinnamon in the Mouth, and leaving in it a more lasting Flavour. It is to be choosen in Pieces not too large, having the inner or brown Part firm and sound, and of a very pungent Taste. It is apt to be worm-eaten; but in that Case it should be wholly rejected, as having lost the most essential Part of its Virtue.

If you desire to have your Clove Water red, it may be coloured either by a strong Tincture of Cochineal, Alkanet-root, or
Corn-poppy-flowers. The first gives the most elegant Colour, but it is not often used on Account of its Dearness.

You may dulcify it to your Palate, by dissolving in it double refined Sugar. Some for Cheapness use a coarser Kind of Sugar; but this renders the Goods foul and unsightly. Some also, to save Expences, make what they call Clove Water, with Cloves and Caraway-seeds; the Proportion they generally use is half an Ounce of Cloves, and two Drams of Caraway-seeds to a Gallon of Spirit.

CHAP. III.

Of Lemon Water.

THE Peel of the Lemon, the Part used in making this Water, is a very grateful bitter Aromatic, and on that Account very serviceable in repairing and strengthening the Stomach.

Recipe for ten Gallons of Lemon Water.

Take of dried Lemon-peel four Pounds, clean Proof Spirit ten Gallons and a Half, and one Gallon of Water. Draw off ten Gallons by a gentle Fire. Some dulcify Lemon-
Lemon-water, but by that means its Virtues as a Stomachic, are greatly impaired.

CHAP. IV.

Of Hungary Water.

ROSEMARY, the principal Ingredient in Hungary Water, has always been a favourite Shrub in Medicine; it is full of volatile Parts, as appears by its Taste and Smell. It is a very valuable Cephalic, and is good in all Disorders of the Nerves; in Hysterical and Hypocodriac Cases, in Palies, Apoplexies, and Vertigoes. Some suppose that the Flowers possess the Virtues of the whole Plant in a more exalted Degree than any other Part; but the flowery Tops, Leaves, and Husks, together with the Flowers themselves, are much fitter for all Purposes, than the Flowers alone.

Recipe for ten Gallons of Hungary Water.

Take of the flowery Tops, with the Leaves and Flowers of Rosemary fourteen Pounds, rectified Spirit eleven Gallons and a Half, Water one Gallon, distil off ten Gallons with a moderate Fire. If you perform this Operation in Balneum Mariæ, your Hungary Water will be much finer, than if drawn by the common Alembic.
This is called Hungary Water, from its being first made for a Princess of that Kingdom. Some add Lavender-flowers, and others Florentine-orice-root; but what is most esteemed is made with Rosemary only.

CHAP. V.

Of Lavender Water.

There are two Sorts of Lavender Water, the Simple and Compound; the first is much used externally on Account of its Fragrancy, and cephalic Virtues; the latter internally in a great Number of Disorders.

Recipe for ten Gallons of Simple Lavender Water.

Take fourteen Pounds of Lavender-flowers, ten Gallons and a Half of rectified Spirit of Wine, and one Gallon of Water; draw off ten Gallons with a gentle Fire; or, which is much better, in Balneum Mariae.

Both the Hungary and Lavender Water may be made at any Time of the Year without Distillation, by mixing the Oil of the Plant with highly rectified Spirit of Wine.
of Distillation.

Wine. In order to this, when the Plant is in Perfection, you should distill a large Quantity of it in Water with a very brisk Fire; placing under the Nose of the Worm the Separating-glass (described on Page 31. Part 1. of this Treatise) by which means you will obtain the essential Oil of the Plant, in which both its Fragrancy and Virtues reside. Having procured the essential Oil of the Plant, the Water may readily be made in the following Manner. Put the rectified Spirit into the Receiver (described on Page 32. Fig. xii.) and let an Assistant shake it with a quick Motion; whilst the Spirit is thus agitated, drop in leisurely the essential Oil, and it will mix without any Foulness or Milkiness. The Oils of Lavender and Rosemary are imported cheaper from abroad, than they can be made here; but these Oils will not mix with the Spirit, without rendering it foul and milky; and therefore if you propose making Hungary or Lavender Water in this Manner, it will be necessary to extract the Oil yourself.

Recipe for making three Gallons of compound Lavender Water.

Take of Lavender Water above described two Gallons, of Hungary Water one Gallon, Cinnamon and Nutmegs of each three Quinces, and of red Saunders one Quince; digest
digest the whole three Days in a gentle Heat, and then filter it for use. Some add Saffron, Musk, and Ambergris each half a Scruple; but these are now generally omitted.

This compound Lavender Water has been long celebrated in all nervous Cases. In all Kinds of Palsies, and Loss of Memory it is of the greatest Service; and has been so much remarked for its Efficacy in these Complaints, as almost universally to obtain the Name of Palsy Drops.

CHAPTER VI.

Of Citron Water.

The Citron is an agreeable Fruit resembling a Lemon in Colour, Smell and Taste. The Inside is white, fleshy and thick, containing but a small Quantity of Pulp; in Proportion to the Bigness of the Fruit.

Recipe for making ten Gallons of Citron Water.

Take of dry yellow Rinds of Citron four Pounds, clean Proof Spirit ten Gallons and a Half, Water one Gallon, digest the whole twenty-four Hours with a gently Heat;
of Distillation.

Draw off ten Gallons, with a gentle Fire; or, which is much better, in Balneum Mariæ, and dulcify it with fine Sugar to your Palate.

Or,

Take of dry yellow Rinds of Citrons three Pounds, of Orange-pearl two Pounds, Nutmegs bruised three Quarters of a Pound; digest, draw off, and dulcify as before.

This is one of the most pleasant Cordials we have; and the Addition of the Nutmegs, in the second Receipt, increases its Virtue as a Cephalic and Stomachic.

CHAP. VII.

Of Aniseed Water.

Aniseed is a small Seed of an oblong Shape, each way ending in an obtuse Point; its Surface is very deeply striated, and it is of a soft and lax Substance, very light and easily broken. Its colour is a Kind of pale olive, or greenish grey; it has a very strong and aromatic Smell, and a sweetish but acrid Taste, but in the whole not disagreeable. Aniseed should be chosen large, fair, new, and clean, of a good Smell, and acrid Taste. The Plant that produces it is cultivated in many Parts of France; but the finest Seed comes from the
A Complete System

the Island of Malta, where it is raised for Sale, and whence a great Part of Europe is supplied.

Recipe for ten Gallons of Aniseed Water.

Take of Aniseed bruised two Pounds; Proof Spirits twelve Gallons and a Half; Water one Gallon; draw off ten Gallons with a moderate Fire.

Or,

Take of the Seeds of Anise and Angelica; each two Pounds, Proof Spirits twelve Gallons and a half; draw off as before.

Aniseed Water should never be reduced below Proof, because of the large Quantity of Oil with which the Spirit is impregnated, and which will render the Goods milky and foul, when brought down below Proof; but if there be a necessity for doing this, the Goods must be filtrated either thro' Paper or the filtrating Bag, which will restore their Transparency.

Aniseed Water is a good Carminative; and therefore in great Request among the common People against the Cholic.
CARAWAY-SEED is of an oblong and slender Figure, pointed at both Ends, and thickest in the Middle. It isstriated on the Surface, considerably heavy, of a deep brown Colour, and somewhat bright or glossy. It is of a very penetrating Smell, not disagreeable, and of a hot, acrid and bitterish Taste. Caraway-seed is to be chosen large, new and of a good Colour, not dusty, and of an agreeable Smell. The Plant which produces the Caraway-seed grows wild in the Meadows of France and Italy, and in many other Places; but is sown in Fields for the sake of the Seeds in Germany, and many other Parts of Europe.

Recipe for making ten Gallons of Caraway Water.

Take of Caraway-seeds bruised three Pounds, Proof Spirit twelve Gallons, Water two Gallons; draw off ten Gallons, or till the Faints begin to rise; make the Goods up with clean Water, and dulcify with common Sugar to your Taste.
Or,

Take of Caraway-seed bruised two Pounds and a Half, Orange or Lemon-peel dried one Pound, Proof Spirit twelve Gallons, Water two Gallons; draw off and dulcify as before.

Caraway Water, like that of Aniseed, is a good Carminative; but not so much used, tho' much pleasanter.

C H A P. IX.

Of Cardamom Seed Water.

The Seed from whence this Water takes its Name, is called by Botanists Cardamum Minus, or the lesser Cardamom; to distinguish it from the Cardamomum Majus, or Grains of Paradise.

The lesser Cardamom is a small short Fruit, or membranaceous Capsule, of a trigonal Form, about a third of an Inch long; and swelling out thick about the Middle; beginning small and narrow from the Stalk, and terminating in a small, but obtuse Point at the End. It is striated all over very deeply with longitudinal Furrows, and consists of a thin but very tough Membrane, of a fibrous Texture, and pale-brown
brown Colour, with a faint Cast of red. When the Fruit is thoroughly ripe, this Membrane opens at the three Edges all the way, and shews that it is internally divided by three thin Membranes into three Cells, in each of which is an Arrangement of Seeds, separately lodged in two Series. The Seeds are of an irregular angular Figure, rough, and of a dusky brown Colour on the Surface, with a Mixture of yellowish and reddish, and of white Colour within. They have not much Smell, unless first bruosed, when they are much like Camphire under the Nose. They are of an acrid, aromatic and fiery hot Taste. They should be chosen sound, close shut on all Sides, and full of Seeds, of a good Smell, and of an acrid aromatic Taste.

Recipe for ten Gallons of Cardamom Seed Water.

Take of the lesser Cardamom Seeds husked two Pounds and a Half, of clean Proof Spirit ten Gallons and a Half, and of Water one Gallon; draw off ten Gallons by a gentle Heat. You may either dulcify it or not with fine Sugar at pleasure.

This Water is Carminative, afflicts Digestion, and good to strengthen the Head and Stomach.