Chap. X.

Of Aqua Mirabilis; or, the Wonderful Water.

Most of the Ingredients in this Composition have already been described, and an Account of the Nutmegs will be given in Chap. xxv. But the Cubebs and Ginger remain to be mentioned.

Cubebs are small dried Fruit resembling a Pepper-corn, but often somewhat longer; of a dark brown Colour, composed of a wrinkled external Bark; of an aromatic, tho' not very strong Smell, and of an acrid and pungent Taste, tho' less so than Pepper; but its Acrimony continues long on the Tongue, and draws forth a large Quantity of Saliva. We have two Kinds of Cubebs, which differ only in their Periods of gathering, both are produced from the same Plant. The unripe Cubebs are small, very wrinkled on the Surface, and their Nucleus, when broken, is flacid: But the ripe ones not so. Cubebs are brought from the Island Java, where they grow in great Abundance. They should be chosen large, fresh, and sound, and the heaviest possible. They are warm and carminative, and esteemed
of Distillation.

steemed good in Vertigoes, Palfies, and Disorders of the Stomach.

Ginger is a Root too well known to need a long Description; it is sufficient to observe that it is of a pale yellowish Colour when broken, of a fibrous Structure, and easily beat into a Sort of woolly or long thready Matter. It is of very hot, acrid, and very pungent Taste; but Aromatic withal, and of a very agreeable Smell. We have it both from the East and West Indies; but the oriental is much superior to the occidental in its Flavour, of a firmer Substance, and does not beat out so much into Threads. Ginger is an excellent Carminative and Stomachic; it afflicts Digestion, dispells Flatus's, and takes off Cholic Pains almost instantaneously.

There are several Receipts for making this celebrated Cordial; but the following are allowed to be the best.

Take of Cinnamon one Pound and a Quarter, Rind of Lemon-peels ten Ounces, Cubebs one Ounce and a Quarter, Leaves of Baum one Pound; bruise all these Ingredients, and pour on them eleven Gallons of clean Proof Spirit, and one Gallon of Water; digest the whole twenty-four Hours, and distil off ten Gallons with a

M 2

pretty
pretty brisk Fire; and dulcify it with fine Sugar.

Or,

Take of the lesser Cardamoms, Cloves, Cubebs, Galangal, Mace, Nutmeg, and Ginger, of each one Pound and three Quarters, of the yellow part of Citron-peel and Cinnamon of each three Pounds and a Half, of the Leaves of Balm one Pound; bruise these Ingredients, and pour on them eleven Gallons of Spirit and one Gallon of Water; digest, and draw off, &c. as before.

This Cordial has been long celebrated as a noble Stomachic, and therefore greatly called for.

Some instead of all the Ingredients enumerated in the above Receipts use only Pimento; and this is the sort of Aqua Mirabilis which some sell so very cheap.

CHAP. XI.

Of Mint Water.

The Mint intended in this Receipt is the common Spear-mint, an Account of which has already been given. Page 137.
Recipe for ten Gallons of Mint Water.

Take of dry Spear-mint Leaves fourteen Pounds, Proof Spirit ten Gallons and a Half, Water two Gallons; draw off ten Gallons by a gentle Heat. You may dulcify it with Sugar if required.

Mint Water is greatly recommended by the learned Boerbaave and Hoffman, against Vomitting, Nauseas, and the Cholic.

CHAPTER XII.

Of Pepper Mint Water.

The Pepper-mint has been already described Page 136, to which the Reader is referred.

Recipe for ten Gallons of Pepper Mint Water.

Take of dry Pepper Mint Leaves fourteen Pounds, Proof Spirit ten Gallons and a Half, Water one Gallon; draw off ten Gallons by a gentle Fire. You may either dulcify it or not.

Pepper Mint Water is a noble Stomachic, good against Vomiting, Nauseas, Cholic, and
and other griping Pains in the Bowels, in all which Intentions it greatly exceeds the common Spear Mint Water.

**C H A P. XIII.**

**Of Angelica Water.**

**THERE are two Sorts of Angelica Water, the Single and the Compound. I shall give Receipts for making both Kinds; and with regard to the Nature of Angelica, it is sufficient to observe, that it is an excellent Carminative.**

**Recipe for ten Gallons of single Angelica Water.**

Take of the Roots and Seed of Angelica cut and bruised, of each one Pound and a Half, Proof Spirit eleven Gallons, Water two Gallons; draw off ten Gallons, or till the Faints begin to rise, with a gentle Fire; and dulcify it, if required, with lump Sugar.

This Angelica Water is a good Carminative, and therefore good against all Kinds of flatulent Cholics, and Gripings of the Bowels.
Recipe for ten Gallons of Compound Angelica Water.

Take of the Roots and Seeds of Angelica, and of sweet Fennel-seeds of each one Pound and a Half, of the dried Leaves of Baum and Sage of each one Pound; slice the Roots and bruise the Seeds and Herbs, and add to them of Cinnamon one Ounce, of Cloves, Cubebs, Galangals, and Mace, of each three Quarters of an Ounce, of Nutmegs, the lesser Cardamom-seed, Pimento, and Saffron of each half an Ounce; infuse all these in twelve Gallons of clean Proof Spirit, and draw off ten Gallons, with a pretty brisk Fire. It may be dulcified or not at pleasure.

This is an excellent Composition, and a powerful Carminative; and good in all flatulent Cholics, and other griping Pains in the Bowels. It is also good in Nauseas, and other Disorders of the Stomach.

It may not be amiss to observe here, that in distilling this and several other Compositions, abounding with oily Seeds, the Operator should be careful not to let the Pains mix with the other Goods, as they would by that means be rendered nauseous and unsightly; he should therefore be careful.
ful towards the letter End of the Operation, to catch some of the Spirit as it runs from the Worm in a Glass; and as soon as ever he perceives it the least cloudy, to remove the Receiver, and draw the Faints by themselves.

CHAP. XIV.

Of Orange Water.

THIS Water is made in the same Manner from the Peels of Oranges, as Citron Water; Chap. vi. is from the Peels of Citrons.

Recipe for ten Gallons of Orange Water.

Take of the yellow Part of fresh Orange-peels five Pounds, clean Proof Spirit ten Gallons and a Half, Water two Gallons; draw off ten Gallons with a gentle Fire.

This is a good Stomachic, and may also be used for making bitter Tinctures, as that called Stoughton's Drops.

CHAP.
There are several receipts for making Plague Water; but the following are much the best.

Recipe for ten Gallons of Plague Water.

Take of the Roots of Masterwort and Butter-burr, of each one Pound and a Quarter, Virginia Snake-root and Zeadory, of each ten Ounces, Angelica-seeds and Bay-seeds of each fourteen Ounces, and of the Leaves of Scordium one Pound and a Half. Cut or bruise these ingredients and put them into the Still, with twelve Gallons of clean Proof Spirit, and two Gallons of Water; digest the whole for twenty-four Hours, and draw off ten Gallons.

Or,

Take of the Leaves of Celandine, Rosemary, Rue, Sage, Roman Wormwood, Dragons Agrimony, Baum, Scordium, the lesser Centory, Carduus Benedictus, Betony, and Mint, of each twenty Handfuls; of dried Angelica-root, Zeadory and Gentian, of each ten Ounces, and of Virginia Snake-root five Ounces; digest these twenty-four Hours, in twelve Gallons of clean Proof Spirit,
Spirit, and two Gallons of Water; and then draw off ten Gallons as before.

Or,

Take of Rue, Rosemary, Baum, Carduus Benedictus, Scordium, Marigold-flowers, Dragons, Goat's-rue, and Mint, of each ten Handfuls; Roots of Masterwort, Angelica, Butter-burr, and Peony, of each one Pound and a Quarter; and of Viper-grass ten Ounces; digest in twelve Gallons of Spirit, &c. as before.

Or,

Take of the Roots of Masterwort, Gentian, and Snake-root, of each seven Ounces; green Walnuts bruised eighty; Venice-treacle and Mithridate of each three Ounces; Camphire six Drams; of the Roots of Rue and Elecampane, of each three Ounces; Hore-hound six Ounces; Saffron six Drams; Proof Spirit twelve Gallons; digest, &c. as before.

Or,

Take Dragons, Rosemary, Wormwood, Sage, Scordium, Mugwort, Scabious, Baum, Carduus, Angelica, Marigold-flowers, Centory, Betony, Pimpernel, Celadine, Rue, and Agrimony, of each three Pounds; of the Roots of Gentian, Zeadory, Liquorice, and Elecampane, of each twelve Ounces; twelve Gallons of Spirits; digest, &c. as before.

Or,
of Distillation.

Or,

Take of green Walnuts, five Pounds; of Angelica-root two Pounds; of the Leaves of Angelica, Rue, Sage, and Scor-dium, of each ten Handfuls; of Nutmegs, Long Pepper, Ginger, Camphire, and Gentian-root, of each five Ounces; of Snake-root, Contrayerva, Elecampane, Zeadory, and Viper’s Flesh, of each thirteen Ounces; Venice Treacle and Mithridate of each thirteen Ounces; White-wine Vinegar seven Pounds; Proof Spirits twelve Gallons; digest, &c. as before.

You may either dulcify your Plague-wa-ter, or not, as you see occasion.

All the above Receipts for making Plague Water are in use; but the first the most ele-gant, containing nothing but what is pro- per in the Intention, and at the same time adapted to give its Virtues by Distillation; which cannot be said of any of the rest, several of the Ingredients adding no Vir-tue at all to the Water. Of this Kind are the Celandine, Carduus, Centory, Gentian, Walnuts, &c.

Plague Water is a noble Alexipharmic, and a high Carminative Cordial in malign-ant Cales, and of great Use in Lowness of Spirits, and Depressions.

CHAP.
A Complete System

C H A P. XVI.

Of Dr. Stephens's Water.

This Water has its Name from its Inventor, a Physician of great Learning and Practice.

Recipe for ten Gallons of Dr. Stephens's Water.

Take of Cinnamon, Ginger, Galangal, Cloves, Nutmegs, Grains of Paradise, the Seeds of Anise, sweet Fennel, and Caraway, of each one Ounce; of the Leaves of Thyme, Mother of Thyme, Mint, Sage, Penniroyal, Rosemary, Flowers of red Roses, Camomile, Origanum, and Lavender, of each eight Handfuls; of clean Proof Spirit twelve Gallons, Water two Gallons; digest all twenty-four Hours, and then draw off ten Gallons, or till the Faints begin to rise. Dulcify with fine Sugar to your Palate.

This is a noble Cephalic Cordial and Carminative; and also in some Degree an Hysteric; good in all cholic Pains in the Stomach and Bowels, and Diseases of the Nerves.

C H A P.
C H A P. XVII.

Of Surfeit Water.

There are two Kinds of Surfeit water, one made by Distillation, and the other by Infusion, the former is generally called white Surfeit Water, and latter red Surfeit Water.

Recipe for ten Gallons of white Surfeit Water.

Take Marigold-flowers, Mint, Centory, Rosemary, Scordium, Mugwort, Carduus, Rue, St. John's-wort, Baum, and Dragons, of each seven Handfuls; of the Roots of Peony, Viper-grass, Butter-burr, and Angelica, of each one Pound and a Half; of Galangal, Calamus Aromaticus, and of the Seeds of Angelica and Caraway, of each four Ounces; of the Flowers of red Poppies ten Handfuls; Proof Spirit twelve Gallons, Water two Gallons; digest for twenty-four Hours, and then draw off ten Gallons, or till the Faints begin to rise; and dulcify with fine Sugar.

This is a good Cordial, but would not be the worse, if the Carduus, Mugwort, Rue and St. John's-wort, were omitted, as little of
of their Virtues can be obtained by Distillation.
It is, however, a good Alexipharmic, Carminative, and Stomachic; and therefore
good in all flatulent Pains in the Stomach
and Bowels, in Nauseas and Surfeits, from
whence it had its Name.

Recipe for making ten Gallons of red Surfeit
Water.

Take of the Flowers of red Poppies,
two Bushels, eleven Gallons of clean Proof
Spirit, and digest them with a gentle Heat
for three Days, or till the Spirit has extract-
ed all the Colour of the Flowers: Then
press out the Liquor from the Flowers, and
add to the Tincture of the Seeds of Caraway and Coriander, and Liquorice-root
sliced, of each ten Ounces; of Cardamoms
and Cubebs of each four Ounces; of Rai-
sins stoned five Pounds; of Cinnamon five
Ounces; of Nutmegs, Mace, and Ginger,
of each three Ounces; of Cloves two
Drams; of Juniper-berries three Ounces;
let the whole be digested three Days, then
press-out the Liquor adding to it a Gallon
of Rose-water; and then strain or filter
the whole through a Flannel Bag.

This Water is much Superior to the pre-
ceding, as all the Ingredients will give
their Virtues to the Tincture, tho' they will
not rise in Distillation. It is a noble Alexi-
pharmic,
pharmic, it strengthens the Stomach, and greatly assists Digestion; it is also an excellent Carminative and good against the Cholic and Gripe: Its Cordial Virtues renders it serviceable in all Tremblings of the Nerves, and Depressions of the Spirits.

C H A P. XVIII.

Of Wormwood Water.

There are two Sorts of Wormwood Water, distinguished by the Epithets of greater and lesser.

Recipe for making ten Gallons of the lesser Composition of Wormwood Water.

Take of the Leaves of dried Wormwood five Pounds; of the lesser Cardamom-seeds five Ounces; of Coriander-seeds one Pound; of clean Proof Spirit eleven Gallons; Water one Gallon; draw off ten Gallons, or till the Faints begin to rise, with a gentle Fire. It may be dulcified with Sugar, or not, at pleasure.

This is a good Stomachic and Carminative; and on that Account often called for.
Recipe for ten Gallons of the greater Composition of Wormwood Water.

Take of the common and Sea Wormwood, dried, of each ten Pounds; of Sage, Mint, and Baum dried, of each twenty Handfuls; of the Roots of Galangal, Ginger, Calamus Aromaticus, and Elecampane; of the Seed of sweet Fennel and Coriander, of each three Ounces; of Cinnamon, Cloves, and Nutmegs, the lesser Cardamoms and Cubebs, of each two Ounces. Cut and bruise the Ingredients as they require; digest them twenty-four Hours, in eleven Gallons of fine Proof Spirit, and two Gallons of Water, and draw off ten Gallons, or till the Faints begin to rise, with a pretty brisk Fire.

This is an excellent Composition, and good in all Diseases of the Stomach arising either from Wind or a bad Digestion. It is greatly in use in some Parts of England, but comes too dear for the common Sort of People; on which account a Cordial Water is often sold under the Title of the greater Composition of Wormwood Water; drawn from the Leaves of Wormwood, Orange and Lemon-peel, Calamus Aromaticus, Pimento, and the Seeds of Anise and Caraway; which being all cheap Ingredients, the
the Composition may be sold at a moderate Price. A Water drawn in this manner is a good Carminative; but far inferior to that made by the above Recipe.

C H A P. XIX.

Of Antiscorbutic Water.

THE Scurvy being a Disease very common in England, this Antiscorbutic Water will be of great use.

Recipe for making ten Gallons of Antiscorbutic Water.

Take of the Leaves of Water-cresses, Garden and Sea Scurvy-grass, and Brook-lime of each twenty Handfuls; of Pine-tops, Germander, Horehound, and the lesser Centory, of each sixteen Handfuls; of the Roots of Briony and sharp-pointed Dock, of each six Pounds; of Mustard-seed one Pound and a Half. Digest the whole in ten Gallons of Proof Spirit, and two Gallons of Water, and draw off by a gentle Fire.

This is a good Water for the Purposes expressed in the Title, viz. against Scorbutic Disorders. It is also good in Tumours, blings and Disorders of the Nerves.
Of compound Horse-radish Water.

There are several methods of making this compound Water; but the three following recipes are the best that has hitherto appeared.

Recipe for making ten Gallons of compound Horse-radish Water.

Take of the Leaves of fresh Garden Scurvy-grass sixteen Pounds; of fresh Horse-radish Root, and the yellow Part of Seville Orange-peel of each eight Pounds; of Nutmegs two Pounds. Cut and bruise these ingredients, and digest them twenty-four Hours in ten Gallons of Proof Spirit and two Gallons of Water; after which draw off ten Gallons with a gentle Fire.

Or,

Take of the fresh Roots of Horse-radish nine Pounds; of the Leaves of Water-cresses and of Garden Scurvy-grass, of each six Pounds; of the outward, or yellow Peel of Oranges and Lemons, of each nine Ounces; of Winter's Bark twelve Ounces; of Nutmegs three Ounces. Cut, bruise and digest the ingredients in ten Gallons of Proof.
Proof Spirit, and two Gallons of Water, and draw off ten Gallons as before.

Or,

Take of the Leaves of Garden and Sea Scurvy-grass fresh gathered in the Spring, of each seven Pounds; Brook-lime, Water-cresses, and Horse-radish-root of each ten Pounds; of Winter’s Bark and Nutmegs of each ten Ounces; of the outer Peel of Lemons one Pound; of Arum-root fresh gathered two Pounds; Proof Spirit ten Gallons, Water two Gallons. Bruise and slice the Ingredients; digest the whole, and draw off ten Gallons as before.

Either of the above Receipts will produce an excellent Water, against all Obstructions of the Kidneys and other Viscera. It is also of great Service in the Jaundice, Cachexies and Dropys; and in all Scorbatic Cases, it is equal to any Medicine; as it opens the minute Passages, promotes Transpiration, and cleanses the Skin, and other small Glands, which are filled with gross Particles to the Detriment of their proper Offices.
This Water is made in a very different Manner, by different Persons; but the following Recipes are the best for this Purpose.

Recipe for making ten Gallons of Treacle Water.

Take of the fresh and green Hulks of Walnuts four Pounds and a Half; of the Roots of Butter-burr, three Pounds; of Angelica and Master-wort, of each one Pound and a Half; of Zedoary twelve Ounces; of the Leaves of Rue and Scor-dium of each eighteen Ounces; of Venice Treacle three Pounds; digest them together four Days in twelve Gallons of Proof Spirit, and two Gallons of Water; after which draw off ten Gallons, to which add a Gallon and a Half of distilled Vinegar.

Or,

Take of the Rind of green Walnuts five Pounds; of Rue four Pounds; of Carduus, Marigold, and Balm, of each three Pounds; of fresh gathered Butter-burr-roots two Pounds and a Half; of Burdock-root one Pound and a Half; of green Scordium twelve Handfuls; of Venice Treacle and Mithridate
Mithridate of each two Pounds and a Half; Proof Spirit twelve Gallons; and Water two Gallons. Digest, and draw off ten Gallons, as before; to which add a Gallon and a Half of distilled Vinegar,

Some instead of distilled Vinegar unadvisedly add a proportional Quantity of Spirit of Vitriol, or other Mineral Acid, to their Treacle Water; but this Practice is very pernicious; and entirely alters the Nature of the Medicine. Vinegar is an Acid made by a double Fermentation, and therefore of a different Nature from the acid Juices of Vegetables, whether Oranges, Lemons, Citrons, Limes, Crabs, Barberies, &c., as also from those of Minerals, whether Vitriol, Sulphur, &c. It is indeed, like them, acid on the Tongue; but then it liquifies the Blood, is antipathetical, suddenly cures Drunkenness, Surfeits, the Plague, and does a thousand Things both as a Menstruum and Medicine, which they will not. This is an admirable and sprightly Alexipharmic and Sudorific, to which the Vinegar added, greatly contributes, and therefore good in Fevers, the Small-pox, Measles, and other pestilential Disorders.
THE Camomile-flowers generally used are the double Sort, consisting wholly of Petals or Flower Leaves, without any Appearance of Stamina or Pistil, or the other Parts of Fructification, which in the single Flowers shew themselves in the Middle in Form of yellow Threads. But tho' the double Flowers are the Sort commonly used, they are not the best, or those which ought to be chosen. The single Flowers, or those which consist of only a single Series of Leaves, or Petals, in Form of Rays, surrounding a Cluster of yellow Threads or Stamina, have much more Virtue. It is indeed in these Stamina and their Apices, that great Part of the Virtue of the Flower resides, and these are wanting in the double Flowers.

Recipe for making ten Gallons of compound Camomile-flower Water.

Take of dried Camomile-flowers, five Pounds; of the outer Peel of Oranges, ten Ounces; of the Leaves of common Wormwood, and Penny-royal, of each twenty Handfuls; of the Seeds of Anise, Cum-
of Distillation.

...min, and sweet Fennel, the Berries of Bay and Juniper, of each five Ounces. Digest these Ingredients two Days in ten Gallons of Proof Spirit, and three Gallons of Water, and draw off ten Gallons with a gentle Fire.

This is a very good Carminative and Stomachic; good in all Cholics and other Disorders of the Bowels from Wind. It also provokes the Appetite and promotes a good Digestion. Its Virtues as a Stomachic will not be less when made from the double Flowers; but if intended as a Carminative it should be made with the single Flowers.

CHAP. XXIII.

Imperial Water.

This Cordial Water has its Name from the great Opinion conceived of it by its first Inventors; and tho' their Opinion was, perhaps, justly founded, yet it is not at present so much in use as formerly.

Recipe for making ten Gallons of Imperial Water.

Take of the dried Peels of Citrons and Oranges, of Nutmegs, Cloves, and Cinnamon, of each one Pound; of the Roots of Cypress,
Cypres, Florintine Orrice, Calamus Aromaticus, of each eight Ounces; of Zedoary, Galangal and Ginger, of each four Ounces; of the Tops of Lavender and Rosemary, of each sixteen Handsfuls; of the Leaves of Marjoram, Mint, and Thyme, of each eight Handsfuls; of the Leaves of white and damask Roses, of each twelve Handsfuls. Digest the whole two Days in ten Gallons of Proof Spirit, and four Gallons of damask Rose Water; after which draw off ten Gallons.

All the Ingredients in Composition coincide in one intention, and are such as will give their Virtues by Distillation; Circumstances that cannot be said of many other compound Waters. It is a very good Cephalic, and of great use in all nervous Cases. It is also a very pleasant Dram, especially if dulcified with fine Sugar, and good upon any sudden Sickness of the Stomach.

CHAP. XXIV.

Of Compound Piony Water.

The Piony, from whence this Compound Water takes its Name, is a Plant divided into Male and Female; but the former is the Sort intended to be used in this Composition. The Male and Female Plants
Plants are distinguished both by their Roots and Leaves. The Male has a shining blackish Leaf, from which the Female differs by being lighter coloured. The Root of the Male kind is more bulbous, shorter, and branched than that of the Female, whose Shoots are much longer and thinner.

Recipe for making ten Gallons of compound Piony Water.

Take of the Roots of Male Piony, twelve Ounces; of those wild of Valerian, nine Ounces; and of those of white Dittany six Ounces; of Piony-seed four Ounces and a Half; of the fresh Flowers of Lilly of the Valley, one Pound and a Half; of those of Lavender, Arabian Stæchas, and Rosemary, of each nine Ounces; of the Tops of Betony, Marjoram, Rue and Sage, of each six Ounces; slice and bruise the Ingredients, and digest them four Days in ten Gallons of Proof Spirit and two Gallons of Water; after which draw off ten Gallons.

Or,

Take of the Flowers of Lillies of the Valley fresh gathered, and Male Piony-root, of each two Pounds; of Cinnamon and Cubeb, of each eight Ounces; of Rosemary and Lavender Flowers, of each two Hand-
Handfuls of damask Rose Water two Gallons. Digest these four Days in ten Gallons of Proof Spirit, and draw off ten Gallons as before.

This is an excellent Cordial, and can be exceeded by nothing in all Nervous Cases, both in Children and grown Persons.

CHAP. XXV.

Of Nutmeg Water.

The Nutmeg is a Kernel of a large Fruit not unlike the Peach, and is separated from that and its investent Coat the Mace, before it is sent over to us; except when the whole Fruit is sent over in Preserve, by way of Sweet-meat, or as a Curiosity. There are two Kinds of Nutmegs, the one called by Authors the Male, and the other the Female. The Female is the Kind in common use, and is of the Shape of an Olive: The Male is long and cylindrical, and has less of the fine aromatic Flavour than the other, so that it is much less esteemed, and People who trade largely in Nutmegs will seldom buy it. Besides this oblong kind of Nutmeg we sometimes meet with others of very irregular Figures; but these are mere Latus Nature, being produced by the same Tree. The long or Male Nutmeg, as we term it, is, by the Dutch, called