called the wild Nutmeg. It is always distinguishable from the others as well by its want of Fragrance as by its Shape: It is very subject to be worm-eaten, and is strictly forbid by the Dutch to be packed up among the other, because it will be the means of their being worm-eaten also by the Insects getting from it into them, and breeding in all Parts of the Parcel. The largest, heaviest, and most unctuous of the Nutmegs are to be chosen, such as are of the Shape of an Olive, and of the most fragrant smell.

Recipe for making ten Gallons of Nutmeg Water.

Take of Nutmegs bruised one Pound; Proof Spirit ten Gallons; Water two Gallons. Digest them two Days, and then draw off ten Gallons with a brisk Fire. You may either dulcify it or not as occasion offers.

Or,

Take of Nutmegs bruised one Pound; Orange-peel two Ounces; Spirit ten Gallons; Water two Gallons. Digest, and distil as before.

This is an excellent Cephalic and Cordial Water; agreeable to the Palate, comfortable to the Stomach, and grateful to the Nerves. It powerfully discourses Wind and Vapours from
Of Compound Bryony Water.

The white Bryony-root, from whence this Water takes its Name, is one of the largest Roots we are acquainted with. It is of an oblong Shape, and is frequently met with of the Thickness of a Man's Arm, sometimes of twice or three times that Bigness. Its Texture is somewhat lax and spongy; considerably heavy, but so soft that the thickest Pieces are easily cut through with one Stroke of a Knife: It is very juicy, and is externally of a brownish or yellowish white Colour, and of a pure white within: It is of a disagreeable Smell, and an acrid and nauseous Taste.

Recipe for ten Gallons of Compound Bryony Water.

Take of the Roots of Bryony four Pounds; wild Valerian-root one Pound; of Pennyroyal and Rue, of each two Pounds; of the Flowers of Fever-sweet, and Tops of Savin, of each four Ounces; of the Kind of fresh Orange-peel, and Lovage-seeds,
of each Half a Pound: Cut or bruise these Ingredients and infuse them in eleven Gallons of Proof Spirit, and two Gallons of Water, and draw off ten Gallons with a gentle Heat.

Or,

Take of fresh Bryony-root four Pounds; of the Leaves of Rue and Mugwort, of each four Pounds; of the Tops of Savin six Handfuls; of Fever-few, Catmint and Pennyroyal, of each four Handfuls; of Orange-peel eight Ounces; of Myrrh four Ounces; of Raffia Castor, two Ounces; Proof Spirit eleven Gallons, Water two Gallons. Digest, and distil as before.

This Composition is very unpalatable, but excellently adapted to the Intention of an Hysteric, in which Cases it is used with Success. It is very forcing upon the Uterus, and therefore given to promote Delivery, and forward the proper Cleansings afterwards; as also to open Menstrual Obstructions, and in abundance of other Female Complaints. It is also good against Convulsions in Children, and of service in all nervous Complaints in either Sex.

It may not be amiss to observe here, that the oily Parts of the Ingredients will often render the Water foul and milky. If therefore the Distiller desires to have it fine and
and transparent, the Receiver must be removed as soon as the Liquor at the Worm appears the least turbid; which will be long before the Faints begin to rise. The Water, however, is not the worse for being milky, with regard to its Medicinal Virtue. Some, when the Liquor is milky, throw in a little burnt Alum to fine it; but this should never be done, because it spoils the Medicine.

CHAP. XXVII.

Of compound Baum Water, commonly called Eau de Carmes.

This has its Name (Eau de Carmes) from the Carmelite Friars who were the Inventors of it. The great Profit accruing to these Fathers, from the Sale of this Cordial, induced them to keep the Method of making it a Secret; but notwithstanding all their Care the Secret has at last been discovered, and the following is the Method by which they prepare it.

Recipe for two Gallons of Eau de Carmes.

Take of the fresh Leaves of Baum four Pounds; of the yellow Peel, or Rind of Lemons, two Pounds; of Nutmegs and Coriander-seeds of each one Pound; of Cloves,
of Distillation.

Coves, Cinnamon, and Angelica-root, of each Half a Pound. Pound the Leaves, bruise the other Ingredients, and put them with two Gallons of fine Proof Spirit into a large Glass Alembic (the Figure of which with its Head is represented on the Plate, Fig. 7.) Stop the Mouth, and place it in a Bath-Heat to digest two or three Days. Then open the Mouth of the Alembic, and add a Gallon of Baum Water, and shake the whole well together. After this place the Alembic in Balneum Mariae, and distil till the Ingredients are almost dry; and preserve the Water thus obtained in Bottles well stopp'd.

This Water has been long famous both at London and Paris, and carried thence to most Parts of Europe. It is a very elegant Cordial; and very extraordinary Virtues are attributed to it; for it is esteemed very efficacious not only in Lowness of Spirits, but even in Apoplexies; and is greatly commended in Cales of the Gout in the Stomach.

CHAP.
Of Ladies Water.

This Water has its Name from its Dearness, being much fitter for the Closet than to be sold in a Shop; but as it is an excellent Cordial, I could not omit giving it a Place here.

Recipe for one Quart of Ladies Water.

Take of Sugar-candy one Pound; of Canary Wine six Ounces, Rose Water four Ounces; boil them into a Syrup, and mix with it of Heavenly Water (described Chap. xxx.) one Quart; of Ambergris and Musk of each eighteen Grains; of Saffron fifteen Grains; yellow Saunders two Drams. Digest the whole three Days in a Vessel close stoped, and decant the clear for use.

This is an extraordinary Cordial where the Perfumes are not offensive. It is too rich to be drank alone, and therefore should be mixed with Water, or some other Liquid.
Chap. XVII.

Of Cephalic Water.

This Water has its Name from its use, being one of the best Cephalic Waters known.

Recipe for ten Gallons of Cephalic Water.

Take of Male Piony-root twelve Ounces; of Angelica and Valerian of each four Ounces and a Half; of the Leaves of Rosemary, Marjoram and Baum; of the Flowers of Lavender, Betony, Piony, Marigolds, Sage, Rosemary, Lilies of the Valley, and of the Lime Tree, of each three Handfuls; of Stæchus, or French Lavender, four Ounces and a Half; of red Roses and Cowslips, of each six Handfuls; of Rhodium Wood and yellow Saunders, of each two Ounces and a Half; of Nutmegs four Ounces and a Half; of Galangals, an Ounce and a Half; of Cardamoms and Cubebs, of each one Ounce. Bruise these Ingredients, and digest them ten Days in eleven Gallons of Proof Spirit, and two Gallons of Water; after which add three Pounds of Cinnamon, and digest two Days more; and then draw off ten Gallons with a pretty brisk Fire.
Fire, and dulcify it to your Palate with fine Sugar.

This is an excellent Cordial, of great Use in Faintings or Sinking of the Spirits, and to remove any sudden Nauseas or Sickness at the Stomach.

**C H A P. XXX.**

**Of Heavenly Water; or, Aqua Cælestitis.**

This Water has its Name from the great opinion its Inventors had of it; but at present it is not so much called for as formerly.

**Recipe for ten Gallons of Heavenly Water.**

Take of Cinnamon, Mace, and Cubebs of each three Ounces; Ginger one Ounce and a Half; Cloves, Galangal, Nutmegs, and Cardamoms, of each one Ounce; Zedoary one Ounce and a Half; Fennel-seeds one Ounce; of the Seeds of Anise, wild Carrot and Basil, of each Half an Ounce; Roots of Angelica, Valerian, Calamus Aromaticus, Leaves of Thyme, Calamiat, Penniroyal, Mint, Mother of Thyme, and Marjoram, of each an Ounce; Flowers of red Roses, Sage, Rosemary, and Stæchas, of each six Drums; Citron-peel an Ounce: bruise all these Ingredients and digest them three Days in eleven Gallons of Proof Spirit, and four Gallons of Water; after which draw off ten Gallons,
of Distillation.

... with a pretty brisk Fire; and dulcify the Goods with fine Sugar, adding Ambergris and Musk of each three Scruples.

The Perfumes ordered to be added with the Sugar, rendering the Medicine offensive to some People, they may be omitted at pleasure. It is esteemed very efficacious in all nervous Complaints, particularly Palsies, Loss of Memory, and the like. In all Decays of Age, and languishing Constitutions, it is exceeded by nothing in suddenly raising the Spirits, and warming the Blood.

CHAP. XXXI.

Of Spirituous Penniroyal Water.

The Plant from whence this Water has its Name has been already described Chap, xiii. Part II.

Recipe for ten Gallons of Spirituous Penniroyal Water.

Take of the Leaves of Penniroyal dried fifteen Pounds; Proof Spirit ten Gallons; water two Gallons; draw off ten Gallons with a gentle Fire.

This is a good Carminative, of use in Cholics and Gripings of the Bowels; also in Plurisies and the Jaundice: It is of known Efficacy.
Chapter XXXII.

Of Compound Parsley Water.

This plant from whence the water is denominated is the common Parsley of our Gardens, an herb too well known to need description.

Recipe for ten Gallons of compound Parsley Water.

Take of Parsley-root, one Pound and a Quarter; fresh Horseradish Root, and Juniper-berries, of each fifteen Ounces; the Tops of St. John's-wort, biting Arnica, and Elder-flowers, of each ten Ounces; the Seeds of wild Carrot, sweet Fennel, and Parsley, of each seven Ounces and a Half; slice and bruise the Ingredients, and digest them four Days in eleven Gallons of Spirit, and two Gallons of Water; after which draw off ten Gallons.

This is a very good Diuretic, frees the Kidneys from Sand and other Matter, which often forms Gravel and Stones. It is also good in cholic Pains arising from a Stone in the,
the Bladder, and drains off all ill Humours by Urine.

CHAP. XXXIII.

Of Carminative Water.

This Water has its Name from its use, being an excellent Carminative.

Recipe for ten Gallons of Carminative Water.

Take of fresh Camomile-flowers, four Pounds; Dill-seed two Pounds and a Half; Leaves of Baun, Origany, and Thyme, of each one Pound; Seeds of Anise and Fennel of each six Ounces; Cummin-seed four Ounces; Peels of Oranges and Citrons, of each eight Ounces; Juniper and Bayberries, of each six Ounces; Cinnamon eight Ounces; Mace four Ounces. Digest these Ingredients, bruised in eleven Gallons of Proof Spirit, and two Gallons of Water; after which draw of ten Gallons; and dulcify it with fine Sugar.

This is an admirable Carminative, and therefore good in all Cholicky Pains and Gripings of the Bowels; and to remove Sickness and Nauseas from the Stomach.
A Complete System

CHAP. XXXIV.

Of Gout Water.

This water also has its name from its use, being of great service in that distemper.

Recipe for ten Gallons of Gout Water.

Take of the flowers of camomile, leaves of penniroyal, lavender, marjoram, rosemary, sage, and ground-pine, of each eight ounces; myrrh four ounces; cloves and cinnamon of each one ounce; roots of piony two ounces; pellitory of Spain, and cypress orrice, of each one ounce; the lesser cardamoms and cubebbs, of each half an ounce; nutmegs, two ounces; cut and bruise these ingredients and digest them four days in eleven gallons of proof spirit and two gallons of water; then draw off ten gallons, and dulcify with fine sugar.

This is a very good water in all nervous cases; and a continued moderate use of it will comfort and fortify the fibres, so as to prevent the discharge of such juices upon the joints as cause arthritic pains and swellings. It is also of excellent use in palsy, epilepsies, and loss of memory; particularly when these distempers proceed from
of Distillation, from old Age, or when the principal Springs of Life begin to decay.

CHAP. XXXV.

Of Anhalt Water.

This Water is supposed to have been invented by a celebrated Physician of Anhalt, a Province of the Circle of Upper Saxony.

Recipe for making ten Gallons of Anhalt Water.

Take of the best Turpentine a Pound and a Half; Olibanum three Ounces; Aloeswood powdered one Ounce; Grains of Mastic, Cloves, July-flowers, or Rosemary-flowers, Nutmegs and Cinnamon of each two Ounces and a Half; Saffron one Ounce; powder the whole and digest them six Days in eleven Gallons of Spirit of Wine; adding two Scruples of Musk tied up in a Rag; and draw off in Balneum Mariae till it begins to run foul.

This Water is a high aromatic Cordial, invigorates the Intestines, and thereby promotes Digestion and dispels Flatulencies. It is also in great Repute as a sovereign Remedy for Catarrhs and Pains arising from Colds;
Colds; as also in Palpitæs, Epilepsies, Apoplexies and Lethargies, the Parts affected being well rubbed with it.

C H A P. XXXVI.

Of Vulnerary Water, or, Eau d'Arquebusade.

This Vulnerary Water is greatly esteemed abroad; and if properly tried, there is no doubt of its obtaining the same Reputation here.

Recipe for five Gallons of Vulnerary Water.

Take of the Leaves, Flowers and Roots of Comfrey, Leaves of Mugwort, Sage, and Bugle, of each eight Handfuls; Leaves of Betony, Sanicle, or Ox-eye Daisy, the greater Figwort, Plantain, Agrimony, Vervain, Wormwood, and Fennel, of each four Handfuls; St. John's-wort, Birth-wort, Orpine, Paul's-betony, the lesser Centory, Yarrow, Tobacco, Mouse-ear, Mint, and Hyssop, of each two Handfuls: Cut them, bruise them well in a Mortar, and pour on them three Gallons of white Wine and two Gallons and a Half of Proof Spirit; digest the whole six Days with a gentle Heat, in a Vessel close stopped; after which distil off with gentle Fire, about five Gallons.
of Distillation.

ions, or till it begins to run milky from the Worm.

This Water is of excellent Service in Contusions, Tumors attending Dislocations, Fractures and Mortifications, the Part affected being bathed with it. Some also use it to deterge foul Ulcers, and incarn Wounds; from whence it was called Vulnerary Water.

C H A P. XXXVII.

Of Cedrat Water.

The Fruit called Cedrat by the French is a Species of the Citron, called by Botanists Citratum Florentinum, fructu Mucronato & recurvo, Cortice verrucoso Odoratissimo, Florentine Citron, with a pointed Fruit, which is recurved, and a warted sweet smelling Rind. This Fruit is in so great Esteem, that they have been sold at Florence for two Shillings each, and are often sent as Presents to the Courts of Princes. It is only found in Perfection, in the Plain between Pisa and Legborn; and tho' the Trees which produce this Fruit have been transplanted into other Parts of Italy, yet they are found to lose much of that excellent Taste with which they abound in those Parts.

Recipe
Recipe for a Gallon of Cedrat Water.

Take the yellow Rinds of five Cedrats, a Gallon of fine Proof Spirit, and two Quarts of Water: Digest the whole twenty-four Hours in a Vessel close stoped; after which draw off one Gallon in Balneum Maris, and dulcify with fine Loaf Sugar.

This is esteemed the finest Cordial yet known; but as it is very difficult to procure the Fruit here, I shall give the Method of making this celebrated Cordial, with the Essence or essential Oil of the Cedrat, which is often imported from Italy.

Recipe for a Gallon of Cedrat Water with the Essence of the Fruit.

Take of the finest Loaf Sugar reduced to Powder a Quarter of a Pound, put into it a Glass Mortar, with one Hundred and twenty Drops of the Essence of Cedrat, rub them together with a Glass Pestle, put them into a Glass Alembic with a Gallon of fine Proof Spirits and a Quart of Water. Place the Alembic in Balneum Maris, and draw off one Gallon, or till the Faints begin to rise; and dulcify with fine Sugar.

You
You may make this Water without Distillation, by mixing the Essence with the Sugar, as before directed, and dissolving it in the Spirit and Water directed as above. But the Water will be foul and milky, and therefore you must filtrate it thro' Paper, which will restore its Brightness and Transparency.

But whatever Method is used, you must be very careful that the Spirit been tirely freed from its essentiel Oil; and therefore if your Spirit be not very cleanly rectified, it will be adviseable to use French Brandy, lest the fine Flavour so highly esteemed in this Cordial be destroyed by the Spirit.

CHAP. XXXVIII.

Of Bergamot Water.

THE Bergamot is a Species of the Citron, produced at first casuially by an Italian's Grafting a Citron on the Stock of a Burgamot Pear Tree, whence the Fruit produced by this Union participated both of the Citron Tree and Pear Tree. The Inventor is said to have kept the Discovery a long Time a Secret, and enriched himself by it.
The Bergamot is a very fine Fruit both in Taste and Smell; and its Essence or essential Oil highly esteemed.

Recipe for a Gallon of Bergamot Water.

Take the outer Rind of three Bergamots, a Gallon of Proof Spirit, and two Quarts of Water. Draw off one Gallon in Balneum Mariae, and dulcify with fine Sugar.

If you make your Bergamot Water from the Essence or essential Oil, observe the same Directions as given in the preceding Chapter for making Cedrat Water. One Hundred and sixty Drops of the Essence will be sufficient for a Gallon of Spirit, and so in Proportion for a greater or smaller Quantity.

C H A P. XXXIX.

Of Orange Cordial Water; or, Eau de Bigarade.

THE Orange called by the French Bigarade, is called by Botanists Aurantium maximum, verrucofo Cortice, the large worted Orange.
Of Distillation.

It is a large and beautiful Fruit, and greatly esteemed for the Fragrancy of its Essence. It is common in diverse Parts of Italy, Spain, and Provence in France.

Recipe for making a Gallon of Orange Cordial.

Take of the outer or yellow Part of the Rinds of fourteen Bigarades; Half an Ounce of Nutmegs; a Quarter of an Ounce of Mace, a Gallon of fine Proof Spirit, and two Quarts of Water. Digest all these together two Days in a close Vessel; after which draw off a Gallon with a gentle Fire, and dulcify with fine Sugar.

This Cordial is greatly esteemed abroad, and would be the same here if sufficiently known.

If the Orange Peels are not easily procured, one Hundred and forty Drops of the Essence may be used in their stead, and the Water will be nearly equal to that made from the Peels.

Chap.
THERE are several Species of Jasmine, but that Sort intended here is what the Gardeners call, Spanish White or Catalonian Jasmine. This is one of the most Beautiful of all the Species of Jasmine; the Flowers much larger than any of the others, of a red Colour on the Outside, and extremely fragrant. But if the Flowers of this Species cannot be procured, those of the common Sort may be used, but the Quantity must be considerably augmented.

Recipe for a Gallon of Jasmine Water.

Take of Spanish Jasmine-flowers twelve Ounces; Essence of Florentine Citron, or Burgamot, eight Drops; fine Proof Spirit a Gallon, Water two Quarts. Digest two Days in a close Vessel, after which draw off one Gallon, and dulcify with fine Loaf Sugar.

This is a most excellent Cordial, and deserves to be more known here than it is at present.
Of Distillation.

CHAP. XLI.

Of the Cordial Water of Montpelier.

This Water has its Name from the Place where it was first made, and what is now brought from thence is still in great Reputation.

Recipe for a Gallon of the Cordial Water of Montpelier.

Take of the yellow Rinds of two Bergamotts, or fifty Drops of the Essence of that Fruit; Cloves and Mace of each Half an Ounce; Proof Spirit a Gallon; Water one Quart: Digest two Days in a close Vessel, draw off a Gallon, and dulcify with fine Sugar.

CHAP. XLII.

Of Father Andrew's Water.

This Water has its Name from its Inventor; and is greatly esteemed in France.

Recipe
Recipe for a Gallon of Father Andrew's Water.

Take of white Lilly-flowers eight Handfuls; Orange-flowers four Ounces; Rose Water a Quart; Proof Spirit a Gallon; Water a Quart: Draw off a Gallon in Balneum Mariae, and dulcify with fine Sugar.

CHAPTER XLIII.

Of the Water of Father Barnabas.

This Water has also its Name from its Inventor, a Jesuit of Paris.

Recipe for a Gallon of the Water of Father Barnabas.

Take of the Roots of Angelica four Ounces; of Cinnamon and Orris-root, of each Half an Ounce; bruise these Ingredients in a Mortar; put them into an Alembic, with a Gallon of Proof Spirit and two Quarts of Water; draw off a Gallon with a pretty brisk Fire.
C H A P. XLIV.

Of the Water of the four Fruits.

This Water has its Name from the four Fruits in its Composition, namely the Cedrat or Florentine Citron, the Bergamot, the common Citron, and the Portugal Orange.

Recipe for a Gallon of the Water of the four Fruits.

Take of the Essence of Cedrat, fifty Drops; of the Essence of Bergamot thirty-six Drops; of the Essence of Citron sixty Drops; and of the Essence of Portugal Orange sixty-four Drops; fine Proof Spirit one Gallon; Water two Quarts; draw off with a pretty brisk Fire till the Faints begin to rise, and dulcify with fine Sugar.

This is a very pleasant and odoriferous Cordial, and in great Esteem in France.
Of the Water of the four Spices.

This Water also derives its Name from the four Spices from whence it is drawn, viz. Cloves, Mace, Nutmegs, and Cinnamon.

Recipe for a Gallon of the Water of the four Spices.

Take of Cinnamon two Ounces; Nutmegs and Cloves, of each three Drams; Mace six Drams; bruise the Spices in a Mortar, and add Proof Spirit a Gallon, and Water two Quarts. Digest twenty-four Hours in a close Vessel, and distil with a brisk Fire till the Faints begin to rise; and dulcify with fine Sugar.

This is an excellent Stomachic, good in all Depressions of the Spirits and paralytic Disorders.
The Water has its Name from the four Seeds from whence is it drawn, viz: the Seeds of sweet Fennel, Coriander, Angelica, and Anise.

Recipe for ten Gallons of the Water of the four Seeds.

Take of sweet Fennel-seed seven Ounces; Coriander-seed nine Ounces; of the Seeds of Angelica and Anise, of each three Ounces; bruise all these in a Mortar, and put them into the Still with ten Gallons and a Half of Proof Spirits, and two Gallons of Water; draw off with a gentle Fire till the Faints begin to rise, and dulcify with fine Sugar.

This Water is a very good Carminative, good in Cholics, Nauseas of the Stomach, and Gripings of the Bowels.