

Health care was a do-it-yourself venture for colonial Americans. One depended on homemade medicines and salves, family lore and traditional healing practices, prayer, and good luck. Lay druggists, dentists, midwives, minister-physicians and other colonial “health care providers” used techniques such as bloodletting and purging that make us shudder today. In the face of virulent epidemics of smallpox, yellow fever, influenza, and other diseases, colonial medicine was impotent; but many everyday maladies could be treated low-cost homemade remedies. As printing expanded in colonial America in the 1700s, home medical guides offering such remedies became bestsellers. Two guides are excerpted here, one published in Virginia in the 1720s, written by a physician to provide the poor with affordable treatments, and the other an American reprint of a popular British guide for “housewives” that contained, in addition to cooking recipes and cleaning advice, over one hundred “receipts” for home remedies.

❖ **Every Man His Own Doctor: OR, The Poor Planter’s Physician, ca. 1727¹** ❖

Plain and Easy Means for Persons to cure themselves of all, or most of the Distempers, incident to this Climate, and with very little Charge, the Medicines being chiefly of the Growth and Production of this Country.

Dr. John Tennent (attributed to; published anonymously)
Williamsburg, Virginia, ca. 1727, excerpts from 4th ed., 1751.

An INDEX of *Diseases* mentioned in this Book [see list, p. 2]

Ague	Dry Gripes	Heartburn	Stone in the Bladder
Bite of a Rattle Snake	Epilepsy, or Falling Sickness	King’s Evil	Stone in the Kidneys
Bite of a Mad Dog	Fever continual	Lethargy	Strangary
Bleeding at the Nose	Fever, with violent Purging and vomiting	Looseness	Suppression of the Courses
Bleeding Piles	Fever, Pain in the Head, Eye, or Ear	Palsy	Suppression of Urine
Blind Piles	Film on the Eyes	Pissing of Blood	Swelling to break
Bloody Flux	Flooding	Pleurisy	Swelling to discuss
Broken Shin	Flux immoderate of the Courses	Pox	[dissolve]
Cachexy	Gleet, or Running of the Reins	Quinsey	Vapours, or Hysteric Fits
Cancer	Gout	Rheumatism	Vomiting and purging
Colic	Gravel	Rupture	Whites
Consumption	Green Wound	Slow Fever	White Flux
Cough	Griping	Sore Eyes	Whooping Cough
Deafness		Sore Throat	Worm Fever
Diabetes		Spitting of Blood	Yaws
Dropsy		Sprain	Yellow Jaundice

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¹ This first American manual of “domestic medicine” was published anonymously in the late 1720s and reprinted at least seven times, in Philadelphia by Benjamin Franklin who reduced the price for those would give copies to the needy. These excerpts are from the fourth edition of 1751 (thus the author’s comments on criticism from the faculty of “the college,” probably William & Mary). The “distempers” are presented by type of malady, not in alphabetical order as in the index (page numbers are omitted in the index list above).

. . . I publish this Treatise to lead the Poorer Sort into the *pleasant Paths of Health*, and when they have the Misfortune to be *sick*, to show them the cheapest and easiest Ways of *getting well* again.

OUR Country is unhappily subject to several very sharp Distempers [diseases/conditions]. The Multitude of Marshes, Swamps, and great Waters send forth so many Fogs and Exhalations that the Air is continually damp with them². This, in Spite of all our Precautions, is apt to shut up the Pores at once and hinder insensible Perspiration. From hence proceed FEVERS, COUGHS, QUINSIES, PLEURISIES, and CONSUMPTIONS, with a dismal Train of other Diseases, which make as fatal Havoc here, in Proportion to our Number, as the PLAGUE does in the *Eastern Parts* of the World.

IN the mean Time, this is a cruel Check of the Growth of an Infant Colony, which otherwise, by the Fruitfulness of our Women and the great Number of Recruits sent from our Mother Country, would, in a few Years, grow populous and consequently considerable.

IT is impossible to see these Calamities return every Year without the tenderest Commiseration. Certainly nothing can be more melancholy than to have so many poor People perish, purely for want of using timely Means for their Preservation. They neglect to take any Remedy 'til their Case is grown desperate and Death begins to glare them in the Face. They consider not that a moderate Skill may recover a Patient in the Beginning of a Distemper while he has Strength to go through all the necessary Operations [procedures], when the whole *College* would not be able to save him after his Spirits are sunk and all the Principles of Life near extinguished.

THIS unhappy Temper occasions a great deal of Mortality: And what makes the Misfortune the greater is that it falls heaviest on the Younger Sort who are the most liable to hurrying Distempers. Indeed, some would be glad of Assistance if they did not think the Remedy near as bad as the Disease, for our *Doctors* are commonly so exorbitant in their Fees, whether they kill or cure, that the Patient had rather trust his Constitution [body] than run the Risk of begging [impoverishing] his Family.

THESE considerations made me account it a Work of great Charity and Public Spirit to communicate to the poor Inhabitants of this Colony [Virginia] a safe Method of curing themselves when they shall be so unhappy as to fall into any of our common Maladies. And for their greater Encouragement, the Remedies I shall prescribe may be procured with little Trouble and Expense, being, for the most Part, such as grow at their own Doors, or may be easily propagated.

BUT notwithstanding this well-meaning Essay has really no other View than the Love of Mankind, yet it could not escape being grossly attack'd by some FISTS of the Faculty.³ However, like *Aesop's Viper*, while they endeavoured to make a venomous Impression on the File, they only broke their own Teeth. In

The "Distempers" in
Every Man His Own Doctor
include:

Ague. Fever and chills; malarial fever when severe.

Bloody flux. Bloody stools; dysentery [flux: diarrhea].

Bloody piles. Hemorrhoids.

Cachexy. Malnutrition, weight loss, weakness.

Consumption. Tuberculosis.

Dropsy. Swelling, edema, especially when related to heart or kidney disease.

Dry Gripes. Severe "lead colic": intestinal affliction, including constipation, due to lead poisoning.

Flooding. Excessive uterine bleeding.

Gleet. Discharge from a wound, especially related to chronic gonorrhea.

Gravel. Calcified matter in the kidneys (stones).

Green Wound. Infected wound, with pus.

Griping Gripes. Colic; sharp bowel pains.

King's Evil. Tuberculosis of the lymph glands in the neck.

Looseness. "Summer complaint": diarrhea occurring in the summer.

Quinsy. Tonsillitis.

Strangary. Rupture.

Suppression of the Courses.

Cessation of menstruation, due to pregnancy, ill health, or other causes.

Vapours, or Hysteric Fits. Emotional affliction, "nervousness," with symptoms similar to clinical depression.

Worm Fever. Physical discomforts from intestinal worms.

² *Every Man His Own Doctor* was first published in Virginia before being reprinted throughout the colonies.

³ Tennent is likely referring to the faculty of a Virginia college, perhaps the College of William and Mary.

the mean Time, whatever my Obligations may be to 'em for their *Scurrility*, the honest *Printer* has Reason to thank them, because nothing contributes so certainly to the quick Sale of any Performance as a stupid Answer to it.

...

Cough. I SHALL begin with a COUGH, which is the Foundation of many bad Distempers and therefore should be taken Care of as soon as possible. It may be cured in the Beginning with riding moderately on Horseback every Day, and only taking a little Ground Ivy Tea sweeten'd with Syrup of Horehound at Night when you go to Bed. But in case it be violent, it will be proper to bleed Eight Ounces⁴ and be constant in the Use of the other Remedies. In the mean while, you must use a spare and cooling Diet, without either Flesh or strong Drink. Nor should you stove yourself up in a warm Room, but breathe as much as possible in the open Air. And to prevent this Mischief, don't make yourself tender ["soft"], but wash every Day in cold Water, and very often your Feet.

...

Palsy. A PALSY comes suddenly upon us with dreadful Symptoms, not easy to be mistaken. We are bereft of Sense and Motion, either in one or more Parts of the Body; or at least we find them numb'd and disabled: And where the Disease is extreme, one Side is taken quite motionless and insensible.

At the first Appearance of these melancholic Tokens, purge [vomit] with *Indian Physic*⁵ every other Day, for 3 times. The Mornings you don't purge, cause yourself to be plung'd over Head and Ears into cold Water; and this should be repeated thrice every Week for 3 Months together. You are also to mix equal Quantities of *Spirit of Scurvy-grass*, and *Hungary Water*, and dipping a stiff Comb-brush therein, cause your Head, being close-shav'd, to be well brush'd with it several Times a Day; Likewise let the Palms of your Hands, the Soles of your Feet, and Nape of your Neck, be often rubb'd with the same Mixture. After this has put some Sense and Motion into your Limbs, beat *Rosemary* in a Mortar and make a little Ball of it, which you must roll and work about in your Hands, continually renewing the same every Day.⁶ Now and then, too, put Tobacco up your Nostrils, letting it lie there for some Time, in order to drive the clammy Phlegm from your Brain.

These easy Remedies will, by the Grace of GOD, do great Good in the Beginnings of the Disease by restoring the Nerves to their natural Tone, and giving new Vigour to the Animal Spirits, which have been clogg'd and obstructed. . . .

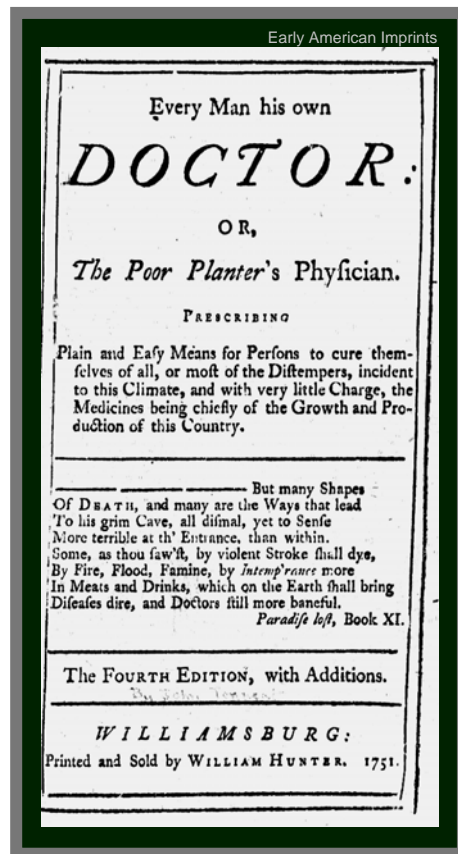
To prevent this Distemper, feed seldom on salt or high-season'd Dishes, nor eat much Milk or other phlegmatic Food. Never sleep in the dangerous Dew or on the moist Ground, or continue long in a Cellar or other damp Situation. Use much Exercise and let your Motion be always nimble, in order to quicken the Circulation and frisk your sluggish Spirits.

...

⁴ Bleeding, or releasing a specified amount of blood from the body, had been a standard medical treatment for centuries.

⁵ A perennial herb, known as Bowman's root and other names, used as an emetic to induce vomiting.

⁶ In *Compleat Housewife*, see "For Weakness in the Hands after a Palsy," p. 6.



Vapours. THERE 's no Disease puzzles *Physicians* more than the VAPOURS, and HYSTERIC FITS. These Complaints are produced by so many Causes and appear in so many various Shapes that 'tis no easy Matter to describe them. However, some of the Symptoms are a Thumping at the Heart, a Croaking of the Guts, and a Fullness of the Stomach, which the Patient endeavours to ease as much as she can by Belching.⁷ Every now and then, too, something seems to rise up to her Throat that almost stops her Breath. She has, moreover, a great Heaviness and Dejection of Spirit, and a Cloud seems to hang upon all her Senses. In one word, she has no Relish for anything, but is continually out of Humour, she knows not why, and out of Order, she knows not where.

THIS is certainly a miserable Condition, and the more so because the Weakness of the Nerves makes the Cure exceeding difficult.

BECAUSE the Stomach is suspected to be much in Fault, I would have That cleansed in the first Place with a *Vomit of Indian Physic*. The next Day purify the *Bowels* by a *Purge* of the same, which must be repeated two Days after. [The regimen continues with herbal medicines, diet restrictions, and the plunging in cold water several times weekly, which will "brace the Nerves and rouse the sluggish Spirits surprisingly."] . . .

TO escape this Disorder, she must suffer none of the idle Disturbances or Disappointments of an empty World, to prey upon her Mind or ruffle her sweet Temper. Let he use just Exercise enough to give a gentle Spring to her Spirits, without wasting them, and let her be cheerful in Spite of a churlish Husband, or cloudy Weather.

Stone in the Bladder HEAVEN be prais'd there is little Occasion to say anything of the STONE IN THE BLADDER, there being few Instances of it in this Colony. Among the Gentry [wealthy landowners] the *Madeira Wine*, which has but little *Tartar* in it, and the *Molasses Beer*, being soft and cleansing, are happy Defenses against this Scourge of Luxury and Laziness. And then, for the common Planters [farmers], their *Pone* and other Preparations of *Indian Corn*, being smooth and slippery, are likewise excellent Preservatives.

Gravel NEVERTHELESS, some few of us, by sitting too long either at our Book, or our Bottle, have now and then some Touches of the GRAVEL, OR STONE IN THE KIDNEYS. This makes itself known by a Pain across the Loins, by Urine ting'd with Blood and mix'd with Sand and jagged little Stones. The Stomach too is sometimes affected and inclin'd to vomit.

WHEN you find these concurring Symptoms, drink 3 or 4 Quarts of *Whey* as fast as you can, wherein the *Root of Prickly Pear* has been boil'd. When that has all passed, squeeze the *Juice* of *Wild Garlic* into clean sound Cider, and drink a moderate Glass of it Night and Morning, for 6 or 7 Days. . . .

AND the Way to ward off this painful Disease is to be temperate in all your Enjoyments, to eat a great deal of *Milk*, and Meats made of *Indian Corn*; but above all Things, be cautious of sitting still too much.

. . .

King's Evil THE KING'S EVIL [tuberculosis of the lymph glands in the neck] proceeds from a foul and obstinate Humour in the Body that breaks into Swellings and Sores and is often derived from our Parents.

FOR this great Misfortune, take a clean Sponge and dry it well in an Earthen Pot, and having reduced it to a fine Powder, take as much as will lie upon a Shilling, Morning and Evening, in warm *Ass's Milk*. This must be continued for Three Months to complete the Cure. In the mean Time, Care should be taken never to scorch the *Sponge*. While this Remedy is taking inwardly, apply a Poultice of *Sassafras* to the Sores that are broke, which will both draw and heal them. . . .

⁷ "Vapours and hysteric fits" were considered a woman's malady. Many of the symptoms are consistent with depression.

THE best Way to prevent this impure Distemper is for those that have it never to marry, nor so worse, that they may not transmit their Misfortunes to Posterity.

...

Bite of a Mad Dog FOR the BITE OF A MAD DOG, which may be reckon'd among the greatest of Calamities, Dr. Mead has communicated the following Remedy to the World, which had tried on more than 500 Persons with great and constant Success. The patient, as soon as possible after his Misfortune, should *bleed* about 10 Ounces. Then let him take of *Ash-colour'd Ground Liver Wort*, dry'd and powder'd, Half an Ounce, which grows on moist Sandy Barren Soils. He must mix with this Two Drachms [one drachm=1/8 oz.] of *powder'd black Pepper*. Divide Those into Four *Doses*, and let him take One every Morning fasting, in Half a Pint of *warm Milk*. After This, the Patient must be Plung'd over Head and Ears in *very cold* Water every Morning Fasting, for a Month together, never staying longer than Half a Minute at a Time. When he has bath'd in this Manner so long, he need go in more than Three Times week for a Fortnight [14 days] longer, by which Time the Cure, by the Grace of GOD, will be happily completed.⁸

Film IN case a FILM shou'd grow over the Sight of the *Eye*, occasioned by a Blow, a sharp Humour, or other Accident, you may take it off with this easy and cheap Remedy. Dry *Human Dung* in the *Sun* that is Yellow and of a good Consistence, and having reduced it to a very fine *Powder*, blow it through a Quill Two or Three Times a Day into the *Eye*, and your Sight will be happily restored in a short Time.

...

THUS I have run through most of the common Complaints to which the Inhabitants of this Colony are subject, and prescrib'd such innocent Cures as will generally succeed, if timely made Use of; yet am far from pretending that any of them are infallible. We all know that *Death* strikes so home in some Cases that all *Physic* [medicine] is vain. There are many Instances, too, where the Diseases of our Climate have a little Dash of the *Pox*, the *Scurvy*, or the *Gout*, and then they need a RATCLIFF,⁹ or a FRIEND, to get the better of them.

IN the mean Time, it may seem strange that, among the Remedies I have prescrib'd, no honourable mention is made of *Mercury*, *Opium*, or the *Peruvian Bark*,¹⁰ which have almost obtain'd the Reputation of *Specifics* [remedies]. I acknowledge the powerful Effects of these Medicines, but am persuaded they ought to be administered with the greatest Skill and Discernment. And as I write only for the Service of the Poor, who are wholly left to judge for themselves, I was fearful of putting such dangerous Weapons into their Hands.

IF those of better Circumstances find any Thing here that may in any Manner deserve their Attention, I should be exceeding glad, Though I own [admit] these Directions were not designed for such as are in Condition to purchase more *learned Advice*. It was only to those whom Fortune has placed below the Regard of our *Doctors* that I address this short Essay; And if one single Person shall be recovered thereby, or receive the least Relief, I shall account my Pains happily bestow'd.

IN the mean Time, there is no Question but some of my *Brother Quacks* will make themselves merry with these Prescriptions. Let them shoot their *harmless Bolts*. I by no Means envy those Gentlemen the only Way they have of appearing wise than their neighbours. Tho' after all, it is not impossible but they may do by some of these just as the good People of *England* do by the *French Fashions*, *laugh* at them first and then have the Humility to *follow* them.

⁸ In *Compleat Housewife*, see "To cure the Biting [Bite] of a mad Dog," p. 6, and "An infallible Cure for the Bite of a mad Dog." p. 8.

⁹ John Radcliffe (1652-1714), famed English physician; royal physician to King William and Queen Mary.

¹⁰ In which the main active ingredient is quinine.

❖ The Compleat Housewife or Accomplish'd Gentlewoman's Companion ❖

by Eliza Smith, London, 1727; 1st American edition, 1742, excerpts.¹¹

An excellent Remedy for Agues, which has been often tried with very great Success. Take of black Soap, Gun-powder, stinking Tobacco, and Brandy, of each an equal Quantity, mix them well together, and three Hours before the Fit comes apply it to the Patient's Wrist; let this be kept on for a Fortnight.

To cure the Biting of a mad Dog. Take two Quarts of strong Ale, two Pennyworth of Treacle, two Garlic heads, a Handful of Cinquefoil, Sage, and Rue: Boil them altogether to a Quart; strain it, and give the Patient three or four Spoonfuls twice a Day. Take Dittany, Agrimony, and rusty Bacon, beaten well together, and apply to the Sore to keep it from festering.

To know if a Child has Worms or not. Take a Piece of white Leather and peck it full of Holes with your Knife, and rub it with Wormwood and spread Honey on it, and strew the Powder of Aloes Socratina on it. Lay it on the Child's Navel when he goes to Bed, and if he has Worms, the Plaster will stick fast, and if he have not, it will fall.

To cure the Tooth-ache. Let the Party that is troubled with the Tooth-ache lie on the contrary Side, and drop three Drops of the Juice of Rue into the Ear on that Side the Tooth acheth, and let it remain an Hour or two and it will remove the Pain. If a Needle is run thorough a Wood-lice, and immediately touch the aching Tooth with that Needle, it will cease to ache.

To make Lozenges for the Heart-burn. Take of white Sugar Candy one Pound, Chalk three Ounces, Bole-armoniac five Scruples, Crabs-Eyes one Ounce, red Coral four Scruples, Nutmegs one Scruple, Pearl two Scruples; let all these be beaten and sifted, and make all into a Paste with a little Spring-water, roll it out and cut your Lozenges out with a Thimble, lay them to Dry. Eat four or five at a Time as often as you please.

To cure the Jaundice. Take a live Tench [a freshwater fish], slit it down the Belly; take out the Guts, and clap the Tench to the Stomach as fast as possible, and it will cure immediately.

To stop bleeding and Mouth, Nose, or Ears. In the Month of May take a clean Linen Cloth and wet it in the Spawn of Frogs nine Days, drying it every Day in the Wind. Lay up that Cloth, and when you have Need, hold it to the Place where the Blood runs, and it will stop.

To cure a pimped Face, and sweeten the Blood. Take Sena one Ounce, put it in a small Stean Pot, and pour a Quart or more of boiling Water on it; then put as many Prunes as you can get in; cover it with Paper, and set it in the Oven with Household bread, and take of this every Day, one, two, or three, or more of the Prunes and Liquor, according as it operates. Continue this always, or at least half a Year.

For the Hickup. Take 3 or 4 preserved Damsons in your Mouth at a Time, and swallow them by Degrees.

For Weakness in the Hands after a Palsy. Take of the Tops of Rosemary, bruise it and make it up into a Ball as big as a Walnut, and let the Party roll it up and down in their Hand very often, and grasp it in the Hand 'til 'tis hot; do this very often.

For a Burn. Mix Lime-water with Linseed Oil, beat it together, and with a Feather anoint the Place, and put on a Plaster to defend it.

An Ointment to cause Hair to grow. Take two Ounces of Boar's grease, one Drachm of the Ashes of burnt Bees, one Drachm of the Ashes of Southernwood, one Drachm of the Juice of a white Dilly root, one Drachm of Oil of sweet Almonds, and six Drachms of pure Musk; and according to Art,

¹¹ About twenty years after *Every Man His Own Doctor*, the first American edition of *The Compleat Housewife*, an all-purpose guide to cooking, cleaning, and home remedies that was a bestseller in Britain, was published. (Ellipses are not used in this collection of excerpts.)

make an Ointment of these; and the Day before the full Moon shave the Place, and anoint it every Day with this Ointment. It will cause Hair to grow where you'll have it.

Oil of sweet Almonds, or Spirit of Vinegar, is very good to rub the Head with if the Hair grows thin.

To preserve and whiten the Teeth. Take a quarter of a Pound of Honey, and boil it with a little Rock Allum; scum it well, and then put in a little Ginger finely beaten; let it boil a while longer, then take it off, and before 'tis cold, put to it as much Dragon's-blood as will make it of good Colour. Mix it well together, and keep it in a Gallipot for Use. Take a little on a Rag, and rub the Teeth. You may use it often.

To make Lip Salve. Take a quarter of a Pound of Alkermes-root bruised, and half a quarter of a Pound of fresh Butter, as much Bees-wax, and a Pint of Claret; boil all these together a pretty while, then strain it, and let it stand 'til 'tis cold; then take the Wax off the Top, and melt it again, and pour it clear from the Dregs into your Gallipots or Boxes. Use it when, and as often as you please.

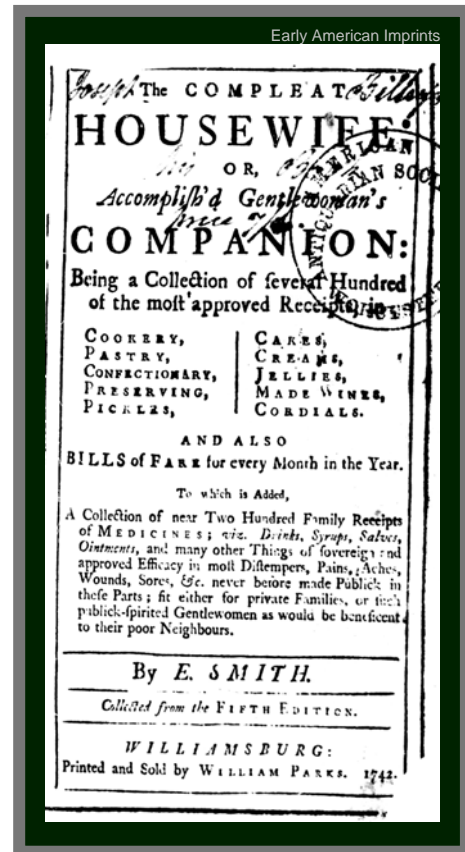
To clean and soften the Hands. Set half a Pint of Milk over the Fire, and put into it half a quarter of Almonds blanch'd and beaten very fine; when it boils, take it off, and thicken it with the Yolk of an Egg; then set it on again, stirring it all the while both before and after the Egg is in; then take it off, and stir in a small Spoonful of sweet Oil; and put it in a Gallipot: It will keep about five or six Days. Take a bit as big as a Walnut, and rub about your Hands, and the Dirt or Soil will rub off, and it will make them very soft. Draw on Gloves, just as you have used it.

A Remedy for Pimples. Take half a quarter of a Pound of bitter Almonds, blanch, stamp them, and put them into half a Pint of Spring-water, stir it together, and strain it out: Then put to it half a Pint of the best Brandy, and a Pennyworth of the Flour of Brimstone. Shake it well when you use it, which must be often. Dab it on with a fine Rag.

A Water to wash the Face. Boil two Ounces of French Barley in three Pints of Spring water; shift the Water three Times; the last Water use, adding to it a quarter of bitter Almonds blanch'd, beat, and strained out; then add the Juice of two Lemons, and a Pint of White-wine. Wash with it at Night. Put a bit of Camphire in the Bottle.

To whiten and clean the Hands. Boil a quart of new Milk, and turn it with a Pint of Aqua-vitæ; then take off the Curd, then put into the Posset a Pint of Rhenish-wine, and that will raise another Curd, which take off; then put in the Whites of six Eggs well beaten, and that will raise another Curd, which you must take off, and mix the three Curds together very well, and put them into a Gallipot, and put the Posset in a Bottle. Scour your hands with the Curd, and wash them with the Posset.

To make the right Angel-salve. Take of Rosin and Parrofin, of each half a Pound; Virgins Wax and Frankincense, of each a quarter of a Pound; Mastich one Ounce, Deer Suet a quarter of a Pound; melt what is to be melted, and powder what is to be powder'd, and sift it fine; then boil them, and strain them thro' a Canvas Bag into a Bottle of White-wine; then boil the Wine with the



Ingredients an Hour with a gentle Fire, and let it stand till 'tis no hotter than Blood; then put to it two Drachms of Camphire, and two Ounces of *Venice* Turpentine, and stir it constantly till 'tis Cold. Before your Stuff be no hotter than Blood when you put in your Camphire and Turpentine, otherwise 'tis spoil'd; make it up in Rolls, and keep it for Use. 'Tis the best Salve made.

To take out the Redness and Scurf after the Small-pox. After the first Scabs are well off, anoint the Face going to Bed with the following Ointment. Beat common Allum very fine, and sift it thro' a Lawn Sieve, and mix it with Oil, like a thick Cream, and lay it all over the Face with a Feather; in the Morning, have Bran boiled in Water till 'tis Slippery, then wash it off as hot as you can bear it. So do for a Month, or more, as there is Occasion.

To make Brimstone-Lozenges for a short Breath. Take of Brimstone flour and double-refin'd Sugar beaten and sifted an equal Quantity; make it in Lozenges with Gum-dragant steep'd in Rose-water; dry them in the Sun, and take three or four a Day.

An approved Remedy for a Cancer in the Breast. Take of the hard Knobs or Warts which grow on the Legs of a Stone-Horse, dry them carefully, and powder them; give from one Scruple to half a Drachm every Morning and Evening in a Glass of Sack. You must continue taking them a Month or six Weeks, or longer, if the Cancer is far gone.

A Receipt [recipe] for Colds. Take of *Venice* Treacle half a Drachm; Powder of Snake-root twelve Grains; Powder of Saffron six Grains; Volatile Salt of Hartshorn four Grains; Syrup of Cloves, a sufficient Quantity to make it into a Bolus. To be taken going to rest, drinking a large Draught of warm *Mountain* Whey after it.

N.B. [Nota bene: note well] Those who can't afford *Mountain* Whey, may drink Treacle-Posset. To such Constitutions as can't be provok'd to sweat, opening a Vein, or a gentle Purge, will be of great Service.

An infallible Cure for the Bite of a mad Dog. Of all the Diseases incident to Mankind, there is none so shocking to our Nature, as the *Bite of a mad Dog*; and yet, as terrible as it is, we have known Instances of those who chose rather to hazard the worst Effects of it, and to die the worst of Deaths, than to follow the Advice of their Physicians, by making use of the known Specific of *dipping in the Sea*, or *Salt-water*. It is for the Sake of People of this unhappy Temper, who may have the Misfortune to be so bit, and of those who may have Cattle that are so, that we publish the following Receipt which has been frequently made use of in a neighboring Country, and (as the Gentleman who communicated it says) was never known to fail.

Take six Ounces of Rue, clean'd, pick'd, and bruis'd; four Ounces of Garlic, peel'd and bruis'd; four Ounces of *Venice* Treacle; four Ounces of fill'd Pewter or scrap'd Tin. Boil these in two Quarts of the best Ale, in a Pan cover'd close, over a gentle Fire, for the Space of one Hour; then strain the Ingredients from the Liquor; give eight or nine Spoonfuls of it warm to a Man or Woman three Mornings fasting, and cold to any Beast fasting. Eight or nine Spoonfuls is sufficient for the strongest, a less Quantity to those younger, or of a weaker Constitution, as you may judge of their Strength; ten of twelve for a Horse or Bullock; three, four, or five for a Sheep, Hog, or Dog.

This must be given within nine Days after the Bite; and it never fails either in Man or Beast. If you can conveniently, bind some of the Ingredients on the Wound.