

But the Flower, whose Figure is here given under this Head, is what the Botanists call *Viola Tricolor erecta, Affurgens Tricolor, Dodonæi, &c.* and by others *Viola Pentagonea*, in *English*, Pansy or Fancy, *Flos Trinitatis*; by some *Trinity-Flower*, and by others *Heart's-Ease*: It is call'd the Flower of Trinity, from having three Colours; to wit, the Violet, the Blue and the Yellow; which some have thought, tho' erroneously, a proper *succedaneum* for true Violets; which being so well known in all Countries, and treated of in every Herbal and Dispensatory, I shall say nothing further of them, either in Relation to the Syrup, Flower, Seed or Comfit, of the *March-Violet*, but advise every Body to apply themselves to honest People, when they want any of them, that they may furnish them with what is true, natural, and not decay'd.

There are other Sorts of Flowers sold by us, as red Poppy, Colt's-Foor, St. *John's* Wort, Centaury, Cat's-Foot, and Lilly of the Valley, with several others we are furnish'd with from the Herb Shops, and publick Markets in *Paris*, as I told you before; for which

Reason there are a great Variety of Simples that we do not keep in our Shops.

Herba Trinitatis, Viola Tricolor, Facea major, five Viola Tricolor, Lemery. five Trinitatis flos; Pansy, or Pensie in *French*, and *Fancy* in *English*, is a Kind of Violet, or Plant, bearing its Leaves upon creeping Stalks, like those of Ground-Ivy, Blue, Purplish, or White and Yellow, without any Smell, each compos'd of five Leaves; after the Flower is gone, there appears a Pod, or Bag, which contains several small Seeds; the Root is fibrous or stringy: This Plant is cultivated in our Gardens, flowers most of the Summer, and yields some essential Salt and Oil: It is incisive, vulnerary, deterfive, penetrating and sudorifick; good for Ulcers of the Lungs, Coughs, Obstructions of the Womb and Gall: The Juice taken in White-Wine, &c. is good against Fevers and Inflammations, drunk for a Continuance of three Weeks or a Month; it is said to be a specifick in the Venereal Disease: The saline Tincture is much more effectual for that and other Purposes aforementioned: Dose 3 Drams in any proper Vehicle.

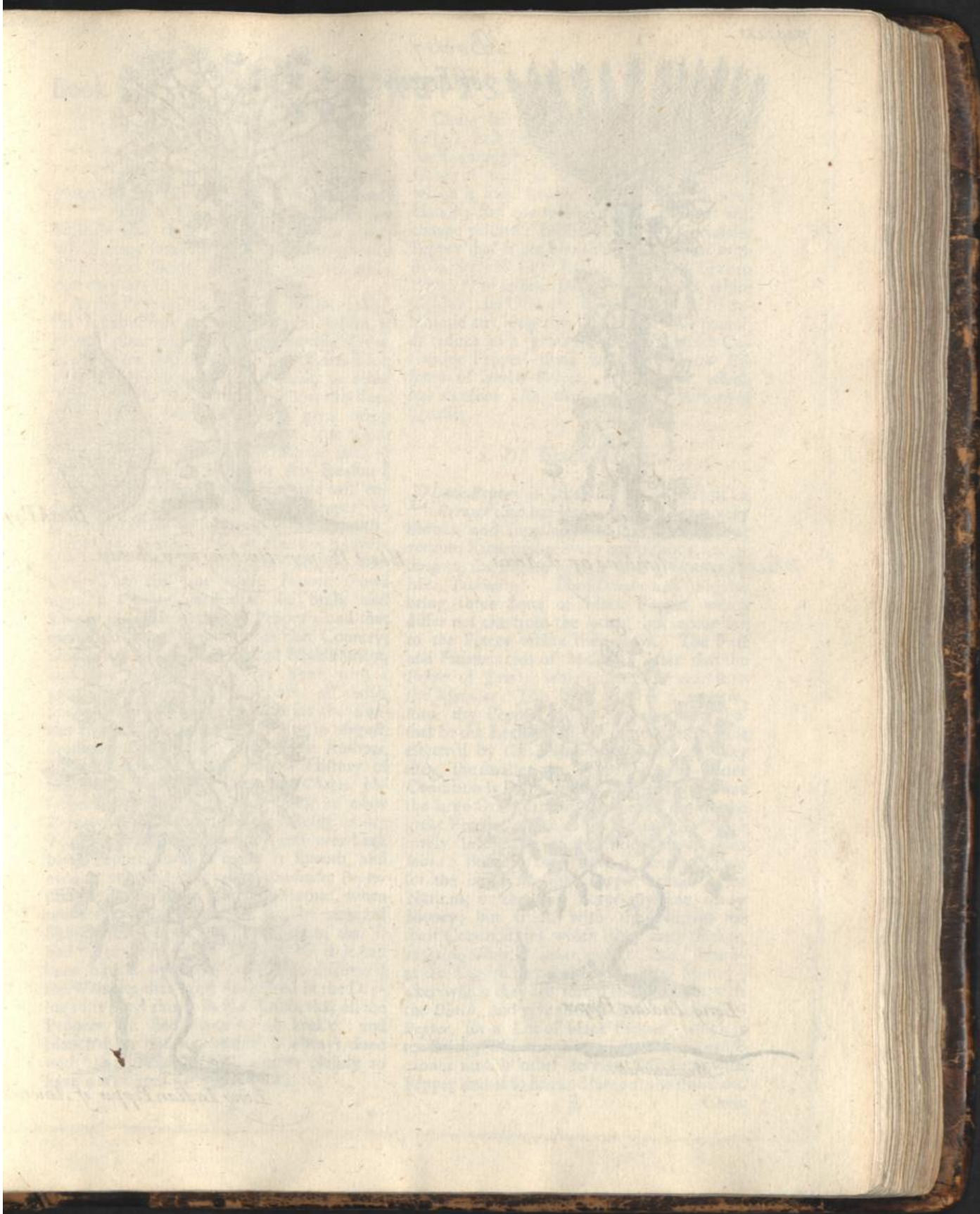
BOOK the Seventh.

Of FRUITS.

IN this Chapter I shall take in, under the Name of Fruit, whatever, in Herbs, Plants, Shrubs, or Trees it is, that succeeds the Flower; and likewise, whatever attends any of them, whether naturally, or as an Excrecence, as Mistleto to the Oak, or the like; together with what is produc'd from Fruits, which are commonly distinguish'd into two Sorts, to wit, into such as

bear Nuts, and such as bear Stones or Kernels. It is pretended that Fruits are compos'd of three essential Parts, namely, the Skin, or outward Membrane, the Pulp, or fleshy Part, and the Fibres or stringy Parts. There are Fruits, whose Kernels are cover'd with a *Capsula*, or Case, that contains the Seed, and others that have none.

1. Of



Book 7
of Fruits



White Pepper climbing up y^e Arcca.



Black Pepper leaf

Black Pepper climbing up y^e Aouay.



Long Indian Pepper.

Mecazuchit.



Long Indian Pepper of America.

1. Of White-Pepper.

Pomet. **W**hite-Pepper is the Fruit of a climbing Plant, we commonly call a Creeper, whose Leaves are entirely like those of our Currans; after which come small Clusters, as it were adorn'd with round Seeds, green at first, but when ripe they are of a greyish Colour.

As the Pepper-Plant cannot support it self, the Inhabitants of those Parts where it grows, plant it at the Root of certain Trees, as the *Areca*, which is a Sort of Palm-Tree, very straight and tall; the *Cocoa*, or other Trees, of the like Nature: But as this Pepper is rarely brought to us, a great many Persons will affirm, it is not the true white Pepper, being nothing more than the Bark of the black Pepper: It is for this Reason I have given you the Figure of it, and will endeavour to prove the white Pepper to be natural from the Places of its Growth, according to what *Mr. de Flacourt*, Governor in the Isle of *Madagascar* asserts; who says, That the true white Pepper grows upon a Creeper, and that the Stalk and Leaves smell altogether as Pepper; and that there are great Quantities in that Country, where the *French* have a good Establishment, and lade their Ships, every Year, with a great deal of it; for the Woods, all about, are full of it, so that it is Food for the Turtles and wild Pidgeons. It is ripe in *August*, *September* and *October*; Tho' some Authors, and among the Rest *Piso*, in his History of the *Indies*; and after him *Mr. Charas* observes, that there's no such thing as *white Pepper*; it shall not hinder my Belief of it: For it is impossible that they can ever bark black Pepper, so as to make it smooth, and even as we find the white *Coriander Pepper* that the *Dutch* bring us. And further, when we break the Pepper, we see the outward Skin, which is an infallible Token, that it had never been broke before; for if it had been bark'd we shou'd easily have discover'd the Wrinkles that must have been in the Drying of it; and this is such a Truth, that all the Peppers we find bark'd, or husk'd, and blanch'd in *Holland*, which is always done with the black Pepper, appear plainly to have a wrinkled or wither'd Skin.

Chuse the true, white *Dutch* Pepper, the largest, best sed, heaviest, and the least black Seeds amongst it, that you can get; and take Care of such as is blanch'd, or withered, which is soon known by rubbing it in your Hands; for the white, mealy Colour will change yellow: Besides that, the *Coriander* Pepper that is not blanch'd, will appear with little Streaks like Ribs; and when beat to Powder, of a fine Grey, tending to a white Colour: Its Uses are too well known to detain me any longer on that Head. We pound, or reduce to a gross Powder, the white *Coriander* Pepper, upon which we throw Essence of *Amber-Pepper*, or *Bergerac*, which has no other Use, than to gratify Persons of Quality.

2. Of Black-Pepper.

Black-Pepper is likewise the Fruit of a Creeper that has large, broad Leaves, very fibrous, and supplied with seven Strings, or nervous Ribs, that are very conspicuous, according to the Figure which was given me by *Mr. Tournefort*. The *Dutch* and *English* bring three Sorts of black Pepper, which differ not one from the other, but according to the Places where they grow. The First and Finest is that of *Malabar*; after that the *Pepper of Jamby*, which comes the nearest to the *Malabar*: The third Sort is a meagre, lean, dry Pepper of *Bilipatham*; and tho' that be the Least of all, it is nevertheless most esteem'd by the *Mahometans*; because, say they, the smaller the Pepper is, the better Condition it is of; for the smaller Pepper has the large Grain, and it is not so hot as the great Pepper, which is the Reason the *Dutch* rarely bring any of the little Pepper from *India*: Besides, they have a better Trade for the large *Malabar* Pepper, than other Nations, in that they never pay any ready Money, but truck with the Natives for their Commodities which they carry thither, as *Quick-Silver*, *Cinabar*, and the like; whereas the *English* buy theirs with ready Money; after which they are forc'd to exchange with the *Dutch*, and give them a Bale of *Malabar-Pepper*, for a Lor of black Pepper, which is ten Bales; which makes it, that the *English* cannot furnish other foreign Markets with Pepper that is so fine and large as the *Dutch* do.

R

Chuse

Chuse your black Pepper well fed, and little wither'd or wrinkled, heavy, and full of white Grain, but as clean from Dust and Dirt as can be; and take Care of being impos'd upon with the Pepper they us'd for Blanching shell'd or bark'd, as I mention'd before. The black Pepper is us'd as the White, and is likewise of some Advantage in Medicine, because of its Warmth; for which Reason it is employ'd in some hot Compositions, as *Venice-Treacle*, and some others; Druggists sometimes sell it, but it is mostly sold by the Grocers. Pepper expells Wind, and cures the Cholick, so that it is the Basis or Foundation of most of the Gripe-Waters that are made: The Tincture is good for most cold Diseases of the Nerves and Brain; as Palsies, Convulsions, Rheumatisms, Sciatics, &c. The Chymical Oil, whereof this yields but very little, is an incomparable Remedy, internally or externally, in Weakness of the Parts of Generation of Men or Women, as likewise in Barronnets; a few Drops of the Oil, in any proper Liniment, rub'd upon the *Perineum* three or four times, will restore a lost Erektion.

3. Of *Fine Spice*.

THE *fine Spice* is a Mixture of several Aromaticks mix'd to together; and to prevent the Abuse that attends this Composition, I have thought fit to give the Receipt of those Things it ought to contain. Take black *Dutch Pepper*, five Pounds; dry'd Cloves, one Pound and a Half; Nutmegs the same Quantity; fresh dry'd Ginger two Pounds and Half; Green Anise and Coriander, of each, three Quarters of a Pound; powder them separately, and sift them thro' a fine Sieve; then mix them together, and take Care to keep them close stop't for Use.

It is here observable, That the Generality of those who make the four Spices, use instead of Pepper, Pepper-Dust; instead of Cloves, *Jamaica-Pepper*; instead of Nutmegs white Costus; or an uncertain Kind of Bark, that I know not well what to call; but is so like rough Cinamon, that it is impossible to discover the Difference, but that the Taste is altogether foreign, and has

more Likeness to *Sassafras*: The lesser *Galinal* and Cloves mix'd together, and those who sell it, call it *Cinamon-Wood*, clov'd *Cinamon*, or *Clove-Wood*, and say, that it is the Bark of the *Clove-Tree*, which is false; but for my own Particular, I believe that it is the Bark of a Kind of *Sassafras*.

4. Of *Cubebs*.

CUBEBS are a little Seed, or Berry, so like the black Pepper, that if it was not for their little Stalk or Tail, and that they are a little Greyish, no Body cou'd find out the Difference betwixt them and Pepper: These grow likewise on a creeping Plant, but the Leaves are longer and narrower; after which come the Fruit in Clusters, each being tied by the Middle, with a little Stalk. The Isle of *Java*, *Bantam*, and other Parts of the Eastern World, produce great Quantities of *Cubebs*; they are of some Use in Physick, from their pleasant Taste, especially when held in the Mouth without Chewing; likewise of admirable Use to make the Breath sweet, and help Digestion. They are said to be good for barren Women, by taking away the Coldness, Moisture and Slipperiness of the Womb.

The Best are such as are large, heavy and fresh: Not many Years ago it was disputed what they were; some said they were a Sort of Pepper like the Black; others thought they came from *Agnus Castus*; and some again said they were the Fruit of *Ruscus*, or that of *Amomum*, which were all false Conjectures; for they are the Fruit of a creeping Plant, as I have before describ'd, and delineated in the Figure.

5. *Thevet Pepper*.

THE *Thevet Pepper* is a small, round Berry, of the Size of white Pepper, reddish as to Colour, and at one End has, as it were, a little Crown; but as this Pepper is of no kind of Use, by Reason of its Scarcity, I shall say nothing further of it, but only that it has a pleasant, Aromatick Taste. The Tree that bears it, is of the same Figure, as express'd in the Plate under the Name.

The



Cubebbs climbing up on y^e Thovet Pepper Tree.



Ethiopian Pepper .



3 Sorts of long Indian Pepper.

The *Dutch* likewise give the Name of *Amomum* to this Pepper, as well because of its Resemblance to *Jamaica-Pepper*, as because it has almost the same Taste; and because it is both round, and bears the Taste of Clove, it has obtain'd the Name of the little round Clove, to distinguish it from the Clove, or *Madagascar Nut*, and has the same Vertues as the common Clove.

6. Of Long Pepper.

Long Pepper is the Fruit or Berry of a Plant altogether like that which bears the black Pepper; except that it climbs not so high, but grows commonly in the Nature of a Shrub, and supports it self upon its own Stem, and has smaller, and much greener Leaves, and the Stalks, or Tails, are not so long.

The *East-India* long Pepper, which is that we usually sell, is a Berry of the Thickness and Length of a Child's Finger; that is, properly speaking, nothing else but a Collection of little Seeds together, something red without, and blackish within. In each of these Seeds, or Kernels, is a Sort of white Powder, of a hot biting Taste; and they stick so close together, as not to be separated but by pounding; and this Mass forms a Berry of the Size and Length aforesaid.

The *Dutch* and *English* bring Plenty of this Pepper from *India*; which to have its desired Effects ought to be fresh, well fed, weighty, hard to break, sound, and as clear as can be from Dust and Dirt: It is of some Use in Physick, especially the Great Treacle, and some other Galenical Compositions; and is recommended, when bruis'd into a gross Powder, to boil in any Food, and given to Nurses to encrease and give a fresh Spring to their Milk: It certainly warms a cold Stomach, raises the Appetite, consumes crude and moist Humours, expells Wind, provokes Urine, and cures the biting of Serpents, and other venomous Creatures.

7. Of Long American Pepper.

There is found in the Islands of *America* a Shrub, which has Leaves almost like those of *Plantane*, which produces a Fruit,

or Berry, about a Foot long. According to the Relation of *Nicholas Monard*, this Berry is compos'd of several little Grains, or Seeds, that together make a long Spike, or Pod, and are contiguous one to the other; of the same Shape as the long Pepper. The same Monk says, that the Fruit, when fresh and young, is Green; but when the Sun has ripen'd it Black, and that it has more Acrimony than the long *East-India* Pepper.

This long *American-Pepper*, is what the *Americans* call *Mecaxuchit*, which serves them to put into *Chocolate*. 'Tis likely the Author of the Book of Tea, Coffee and Chocolate, never design'd to speak of this Fruit, for he has taken no Notice of it.

This long Pepper, according to its Appearance, is that which the Reverend Father *Plumier* intends, by the Name of *Saurus Botryitis major Arborescens folijs Plantagineis*; which signifies, *the great Lizard's Tail, growing like a Tree with Plantane-Leaves*. The Reverend Father observes, that this long Pepper is a Berry, or rather a Cluster, of half a Foot long, and from four to five Lines thick at the Bottom, but grows narrower at the End; and consisting of a great many Grains, or Seed, of the Size almost of Mustard-Seed, which are Black at first, and Black and soft when ripe, of a hot biting Taste. The same Father says, that this Pepper is much us'd by the Islanders; as likewise the Root of the Plant, for curing of a Disease they call the Stomach-Ach, or a Pain in that Bowel. He further observes, that there are several Kinds of this Plant met with in the Islands, which vary not, only as to the Size of the Leaves; but as this wou'd be too tedious to decide, in this Place, I shall refer the Reader to the Book, where it is treated of at large.

8. Of Long Black Pepper.

Besides the other two Sorts of long, black Pepper, of which I have been speaking, we sell, sometimes, tho' very rarely, a third Sort, by the Name of long, black Pepper, or *Ethiopian Pepper*, Moorish, or *Zelim-Berry*. This Pepper is the Fruit of a creeping Stalk, which produces neither

R 2

Leaves

Leaves nor Flowers, but only five or six Heads of the Bigness of one's Thumb End, hard and half round; from whence proceeds several Pods of the Length of one's little Finger, and the Thickness of a Quill, brown without, and yellow within. These Pods are divided by Knors, and in each Knor is found a little Bean, black without, and reddish within, without any Taste or Smell. That which is most like the Pod, which is of a hot, acrid, biting Taste, and pretty Aromatick, especially when held long in the Mouth, and by reason of its great Acrimony, the *Ethiopians* make use of it for the Tooth-Ach, as we do that of Pellitory of the Wall: But as this Pepper is little known, and very scarce in *France*, I shall trouble you no farther with an Account of it.

9. Of Guinea-Pepper.

Guinea-Pepper, which the *Americans* call *Mexico-Pepper*, *Tobago*, *Brasil*, *Spanish*, long, red *Indian-Pepper*, of *Chilli-Axi*, and we *French-Pepper*, *Pimento*, or *American-Pepper*, is a red Pepper, whereof there are three Sorts, *viz.* The First that we sell, which comes in Pods of the Thickness and Length of one's Thumb. The Second is much smaller, and comes almost in Shape of a Mineral, and as it were emboss'd. The Third is much less, and almost entirely round. All the three Sorts of Pepper, as they hang to the Plant, are Green in the Beginning, Yellow when half ripe, and Red at last: Of the three Sorts we sell only the First, in that the Others are too acrid, that the *Natives* can't make use of them, as being too hot for the Mouth.

The *Guinea-Pepper*, which we sell, comes from *Languedoc*, especially the Villages about *Nismes*, where they improve it very much: And this Plant is at present so very common, that we have little or none from the Gardens, but the Fields altogether supply the Shops: The Use of it is chiefly for the *Vinegar-Makers* to turn into *Vinegar*; for which Purpose it ought to be fresh, in fine Pods, well dry'd, and of a good red Colour. Some People make Comfits of this Pepper to carry to Sea; and the People of *Siam* eat this Pepper raw, as we do *Radishes*; but it

is much more grateful to the Palate and Stomach, and must undoubtedly please better in Sauces, being preserv'd in a Pickle thus: Take strong Brine that will bear up an Egg, Wine-Vinegar, of each a Quart; good Spirit of Wine a Pint; put the Pepper-Pods into it, as well unripe and green, as those that are ripe, and of a red Colour.

10. Of Cloves.

THE Clove, as is commonly thought, is the Flower of certain Trees, that is made hard and black by the Heat of the Sun: They were always very common in the *Molucca Islands*, 'till of late Years, the *Dutch* not being able to hinder the *English*, *Portuguese* and *French*, from going thither, and bringing away Cloves from thence, thought it advisable, to make themselves entirely Masters of that Commodity, to pluck up all the Trees and transport them to an Island of their own, call'd *Ternate*, by which Means other Nations are forc'd to purchase that valuable Merchandise from them.

As to the Leaf of the Tree, bearing the Clove, the Figure here represented in the Plate, which was taken from the Original, deliver'd by Mr. *Tournefort*, will give any Body Satisfaction: Here is the Root, the Stalk, and the Leaves in the Figure, mark'd A, which came from two Cloves which were planted; and which, in a little Time, produced that little Root, Stalk and Leaf, as represented.

When the Clove begins to appear, it is of a whitish Green, afterwards reddish, and according as it ripens it grows brown; and that without being steep'd in Sea-Water, and dry'd before the Fire, as some Authors have observ'd: For the *Dutch*, and *Natives* of the Islands make no other Preparation of the Clove, than after it is fallen from the Tree, to let it dry in the Sun, expos'd in the open Field; and after that to keep them carefully from the Air: As it is impossible but there must remain some Cloves upon the Trees after the Crop is got, these grow to the Size of a Man's Thumb, and become a hard, black Fruit, of a pleasant Smell, and fine Aromatick Taste; I never saw any



11

Royal Clove.



Clove.

12



AAA Nutmegs
Cover'd wth Mace

A Nutmeg from
whence arises a
Stalk & 2 leaves.

Female Nutmeg



Male Nutmeg.

so large, but only of the Bigness of one's little Finger: We now and then meet with some of these Cloves, but very seldom, because the *Dutch* sell them separately, by the Name of the Mother Clove; and these large ones are known in Physick, by the Name of *Antofse*; but the little Use of 'em is not a sufficient Encouragement to the Apothecaries to enquire after them; otherwise they are much properer for Use, as abounding more with an Oyl that is vastly more Fragrant and Aromatick, and endowed with much greater Vertues than the common Clove.

It is observable, that where the Clove-Trees grow, no Tree or Plant will thrive, because of the great Heat of these Trees, which consumes, or waists all the radical Moisture of the Earth round about them. It is observable likewise, that there are no Trees, or Plants in the whole World, that afford so sweet a Smell as the Cloves when they first appear.

Chuse such Cloves as are well fed, or oily, dry, brittle, or easie to break; of a tawny Red, well furnish'd at the Top, or Head, to which some improperly give the Name of *Antofse*; I mean, by their Furniture, the little Head at the Top of the Clove, which is very tender, and of a clear, tawny Colour; and which being put into the Mouth, yield a hot, piquant, aromatick Taste; and reject, or throw by such as are lean, blackish, soft, and without Taste or Smell; taking Care that such as appear to the Eye to be good, have not had an Oil, or Tincture, extracted from them, which renders them of a flatt, bitter, earthy Taste. The Use of this Drugg is too well known to need any Account of its Virrues, which are so considerable, as to give it a Rank among the best Cordials.

The *Dutch* candy Cloves when they are Green, and they make an excellent Confect, which is of great Use to carry to Sea, to correct and expell Wind, prevent Crudities of the Stomach, Fainting, swooning, &c. to restore Nature where decay'd, and recover a weak and languid Constitution, giving Heat and Vigour to the Body, and Motion to the Limbs.

The *Dutch* distill a great Deal of essential Oil from the Cloves, and too often impose 'em on Strangers afterwards for a true Com-

modity: This Oil is us'd by the Perfumers, Surgeons and Apothecaries, in several Compositions, and as a Corrective for many Sorts of Purges, as *Pilule ex duobus*, &c. There is a white Oil of Cloves made by Means of Fire, a Drinking-Glass, and the Bottom of a Weight Scale, as observ'd by Mr. *Lemery*; but it is scarce worth the Time of doing it, and is not much better than the other Sort.

II. Of the Royal Clove.

There is another Clove express'd in the Figure we meet with now and then in *Holland*, tho' it is but seldom, which is a small Fruit of the Shape and Bigness of a Barley-Corn, and which terminates in a Point, sticking five or six together upon one small Branch; so that they resemble, in some Measure, a little Crown.

This Clove is of an Iron Colour, and has the same Taste and Smell as the common Clove. The Tree which bears it, is the only one in the World; and only found in the Middle of the Isle of *Massia*, in the *East-Indies*, where it is call'd, by the Inhabitants of the Island *Toinca-Radoi*, which signifies *Royal-Clove*. This Fruit, by the Order of the King of the Island, is guarded by Soldiers, that no Person may have it but himself. They pretend likewise, that when this Tree is loaden with Fruit, the other Trees bend down towards it, to pay their Homage; and that the Flowers of the common Clove fall off, when these begin to appear. The *Indians* string this Fruit, and make Beads of it, to carry about them, because of its agreeable Smell.

I shall say no more of this Clove, having nothing certain that I can collect; and having never seen it, notwithstanding all the diligent Enquiry I have made: But as the Thing has been certified to me by a Person who saw it in *Holland*; and that *Piso* speaks of it in his Natural History, from whence the Figure is taken; and that Mr. *Wormes* quotes it in express Words, from the 203d Page of his Book; the Sense of which I have already given you in *English*; but for the more Curious, I shall deliver it in the Original.

Garlic.

Gariophyllus Regius fructus est, a Nemine quod sciam hactenus descriptus, florem potius quam fructum Figurâ referens, longitudine est grani hordei, ejusdemq; forme latitudinis, oblongus, angulosus, sex vel octo cuspidibus alternatim è lateribus erumpensibus & in summitate quasi coronulam constituentibus, Colore ferrugineo, odore Gariophyllorum aromaticorum, sapore acri & plane gariophyllaceo. Provenit in Insula Maeciam Indiae Orientalis; ab Incolis vocatur Thinca Radoi, quod exponunt Gariophyllus Regius.

Magno in pretio apud Indos sunt hi Gariophylli, & ad nos raro deferuntur. Unicam saltem ferunt esse hujus fructus arborem in tota India in medio dictae Insulae sitam. Flores ubi producit haec arbor decidunt flores reliquarum arborum, quae communes ferunt Gariophyllos. Arborea etiam reliquae versus hanc se incurvant honorem quasi deferentes, ut aiunt qui videntur. Rex Insulae Satellitibus hanc arborem stipat, quamdiu fructum fert, ne quis praeter ipsum eo gaudere possit. Haec ex ore ejus qui in Insula fuit & arborem se vidisse testatur; quae, si vera, mira. Fructus filio per longitudinem trajicere solent, ut Armillarum loco, ob odoris gratiam, in brachiis gestentur.

Cariophylli, five Gariophylli, in Englemery. listo Cloves; they are call'd a Fruit, but are rather an Aromatick Flower, from an Indian Tree, whose Leaves are long, broad, and pointed; when the Fruit begins to appear, their Colour is of a whitish Green, afterwards they grow Red; and at last, when ripe, are of a dark Brown, as we see them of now. The large Cloves are call'd, in Latin, Antophylli, or the Mother Cloves, but they are very scarce. There is also the Cariophyllus Regius, or the Royal Clove; [describ'd by Pomet from Piso] it has this Name from bearing on its Top a Sort of Crown; for which Reason the King of the Country keeps it in his own Possession; and because there is a common fabulous Opinion, that the other Trees bow towards this, as their King.

The Cloves, in general, are cephalick, neurotick and cardiack, proper for Epilepsy, Pally and Vertigo; are good in Wind and Cholick, and are allow'd, especially, the Oil, to be the best Specifick in the Tooth-Ach: They are us'd in Powder, Tincture,

Water, Spirit, Oil, &c. The Way to make an Oil by Distillation, is to make a Kind of Putrifaction first, in Order to dissolve all the Parts of the Clove, and to force the volatile Salt, and oily Parts, more effectually from the earthy Parts, thus: Take Cloves, grossly bruis'd, one Pound; put to them Fountain or Rain-Water, luke-warm, two Quarts; cover it with a Vessel close, so as to lute it well; put it into a gentle Heat, in Sand, for fourteen Days; then put all the Matter into a Copper Vesica, rinn'd within, which cover with irs Head and Refrigeratory; add a fit Receiver, lute the Junctures, and distill with an immediate, quick, Coal Fire; shifting as Occasion requires: Continue 'till you have distill'd about two Thirds of the Humidity; this done, and the Vessels being half cold, separate the spirituous Water which swims above the Oil; putting up that into a Glass-Vial, which keep close stop'd for Use. Cohobate the distill'd Water upon the Fæces, and distill again as before, so will you have more Oil, which the first Distillation cou'd not raise, which add to the former Oil, keeping the distill'd Water also for other Uses.

Or take Powder of Cloves, one Pound; warm Water, two Quarts; macerate them for a Fortnight; then put all, into a Glass Retort, and distill in a Sand heat, with a moderate Fire, so will Oil and Water come over, which separate as before; and cohobate the Water as in the former Operation; so will you have all that the Clove contains of Oil and volatile Salt, which is Cephalick and Cordial, besides its other Vertues, given from one Drop to Three, incorporated with double-refin'd Sugar, and mix'd with some proper Vehicle, either liquid or solid, as in Boles, Opiates, Pills, Tablets, or the like, as you see Occasion. It may be also mix'd with Oil of Nutmegs, by Expression, to anoint the Temples for the Head-Ach, and the Stomach, to strengthen that Part, and procure Digestion. A pretty Cephalick Balsam is made with Oil of Nutmegs, one Ounce; Oil of Cloves, one Dram; Musk and Ambergriese, each six Grains; Oil of Cinamon, ten Drops; Oil of Mace, two Scruples; mix and make a Balsam for internal and external Cases.

12. Of the Nutmeg.

Pomet. THE Nutmeg, or Aromatick Nut, which the *Latins* call *Nux Moschata*, *Myristica*, or *Aromatica*, is properly speaking the Almond, or Kernel of a Fruit of the Size of our green Nuts, which we distinguish into two Sorts; to wit, into the Male, or long Nutmeg, and the Female, or round, common Nutmeg.

The Tree that bears the Nutmeg is of the Bigness of the Peach-Tree, and the Leaves have a very near Resemblance to those mention'd by *Dalechamp*, except that they are shorter and narrower; after which come Fruit of the Nut or Abricot Size. This Tree, according to Mr. *Tavernier*, is not planted, but grows by Means of certain Birds, or Fowl, which swallow the Nutmegs whole, and throw them up again without having digested them; and that the Nutmeg being then cover'd with a viscous and gluey Matter, and being cast upon the Ground, they take Root, and produce a Tree, which grows just as if it had been planted after the Manner of others.

The Nutmeg is likewise a Commodity which none but the *Dutch* are Masters of, because it is cured no where but in the Isles of *Nero*, *Lontour*, *Pouleay*, *Rosgain*, *Poleton*, *Granapuis*, and in the great Island of *Banda* in *Asia*, nor elsewhere: Likewise, as a late Author says, it is remarkable, that so little a Spot of Land shou'd furnish all the World with Nutmegs; which is not hard to believe, when one considers, that these Isles are so stock'd with Nutmeg-Trees, that it is almost incredible; and besides, these Parts lye in so good a Climate, that the Trees are always loaden with Flowers and Fruit, and that they have three Crops a Year; to wit, in *April*, *August* and *December*; that of *April* is much more valued than those which are got in *August* or *December*; and the Climate is so temperate, that the Men live to one hundred and twenty Years of Age, and have nothing to do but eat, drink and sleep, and now and then walk about, while the Women employ themselves in separating the Browze from the Nutmeg, drying the Mace, and breaking the Shells wherein is the Nutmeg, being the

chief Commodity of the Country, and almost all they live by.

The Nutmegs we sell are nothing but the Kernels of the Fruit, which are cover'd with a hard, thin, and blackish Shell; without the Shell is found a Covering, which is thin and reddish, of a sweet Smell, and Aromatick Taste, and is what we call Mace, but vulgarly, and improperly, the Nutmeg-Flower. After the Mace there is a green Browze, that is of no manner of Use. From whence it is to be observ'd, that the Nutmeg has three Wrappings, or Coverings; to wit, the Shell, the Mace and the Browze; and not barely Two, as a late Author has observ'd; and the Thing is so true, that if any Person will give himself the Trouble to cut a Nutmeg Comfit in Two, he will find the three Parts, about which I have been speaking.

The Trees which bear the Female, or common Nutmegs, grow not but in cultivated, or improv'd Lands; but those which produce the long Nutmegs, grow in Woods and Forests, which makes the *Dutch* call 'em wild Nutmegs; but as they are little us'd, because they are almost without Taste or Smell, and void of any Virtue; for this Reason they are seldom brought hither. These Male-Nutmegs being call'd by the Ancients *Azerbes*.

As to the common Nutmegs, we ought to chuse such as are heavy, firm, hard, and of a full Plumpness, of a light Grey, whose Outside is finely marbled, and the Inside reddish, being of a fat, oily Body, which are the Signs of their Newness, and which being grated, affords a sweet Flavour, and put into the Mouth, yields a warm, piquant, aromatick Taste. As to the little Hole that is met with so very common in Nutmegs, 'tis a vulgar Error to believe, that that makes it loose its Virtue; for there is no Nutmeg without it, that being the Place where the Stalk adhered to the Nut.

The Use of the Nutmeg is so well known, it wou'd be needless to say any thing of it; I shall only add, that it is valued in Medicine, and being beat up with Sugar, there is a Powder made of it, which is admirable, taken in warm White-Wine, for curing of Catarrhs and Rheums, that proceed from cold Causes; and this is call'd the Duke's Powder.

Powder. The usual Quantity is to put two Ounces of Nutmegs to a Pound of Sugar, and some add Cinamon. The Inhabitants of the Isle of *Banda* make a Confection of the green Nutmegs, which is brought to us by the Way of *Holland*, sometimes with Syrup, and sometimes without. These Confits are some of the Best we have, being very proper to strengthen and invigorate the Stomach, and to restore a natural Heat to Age; but their chief Use is to carry to Sea, particularly to the Northern Parts, where they are esteemed, as being great Lovers of these Sorts of warm Sweetmeats.

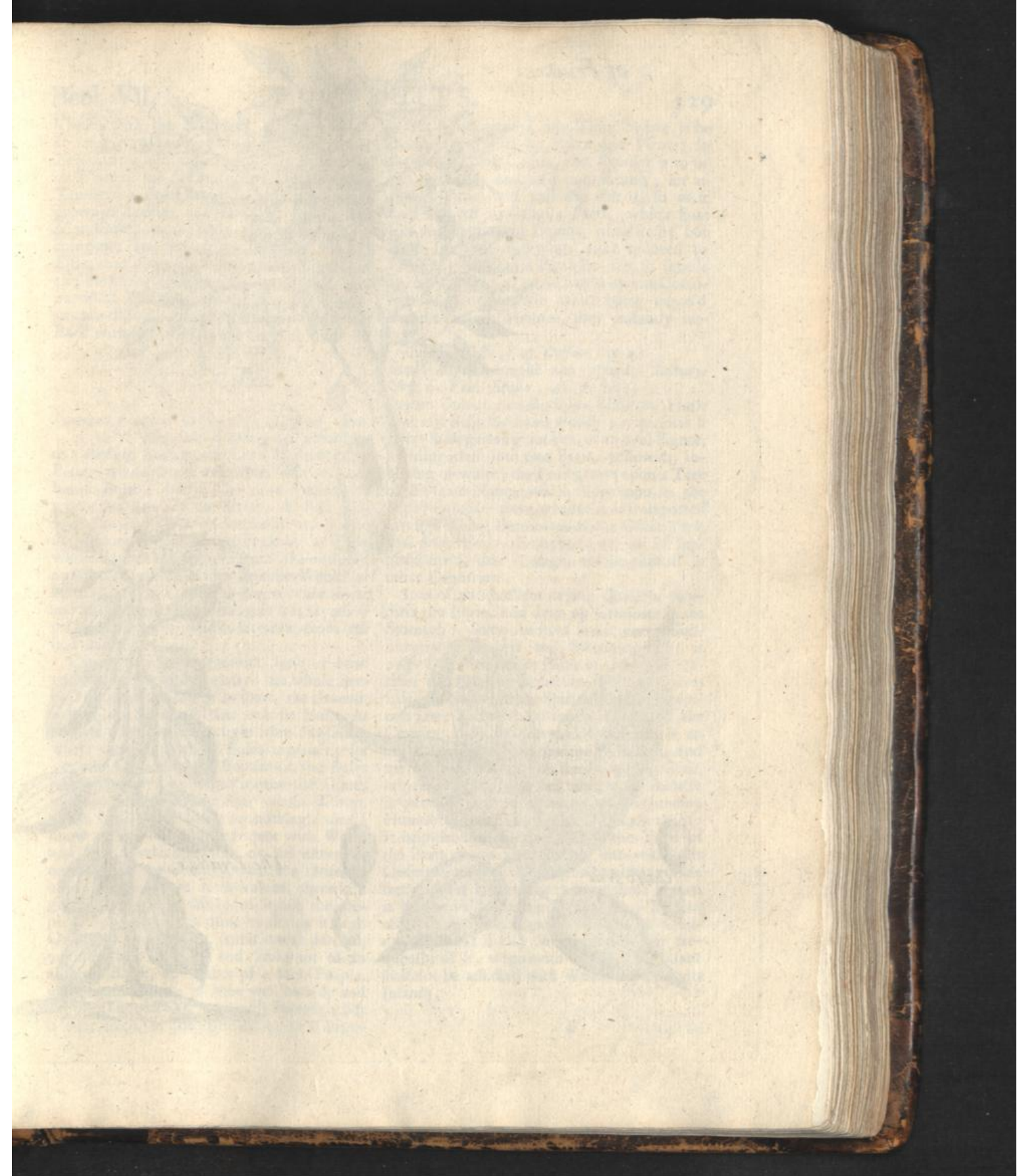
As to the Oil of Nutmegs, by Expression, that which is brought us from *Holland* is no better than fresh Butter; which is the Reason the Apothecaries chuse to make it themselves, rather than buy it at such a cheap Rate, when it is good for nothing. The true Oil of Nutmegs ought to be of a thick Consistence, of a golden Yellow, a sweet Aromatick, and a warm, piquant Taste. The Manner of making this Oil is so easie, and hath been so long known to every Artist, that it wou'd be superfluous, at this Time of Day, to pretend to teach it; only this may be observ'd, That when it is express'd, it will be liquid and clear; but when cold it coagulates, and becomes yellowish, of a solid Consistency, and that it will yield a double Quantity of Oil this Way, from the same Weight, of any other Spice, Fruit, or Seed whatever. There is likewise another Oil made by Distillation, which is a white, clear Oil, very fragrant, and has double the Strength and Vertue of the Former; and whatever the Nutmeg has singly in it self, is hereby highly exalted; so that four or five Drops is a Dose in any proper Vehicle; wherein it becomes Cephalick, Neurotick, Stomachick, Cordial, Hepatick, Uterine and Ahexipharmack; good against all old Diseases of the Head, Nerves, Womb, &c. expells Wind, Gripping of the Guts, and Sickness at Heart. The Mace that grows round the Nutmeg has all the same Virtues; dissolves Wind, helps Concoction, cures stinking Breaths, strengthens the Child in the Womb, stops Fluxes and Vomiting; is of thinner Parts than the Nutmeg, and therefore more piercing. The Oils, by Expression and Distillation, are made the same Way

as those of Nutmegs; Chuse such as has the largest Blades, the highest and freshest Colour, and that is the cleanest you can get. As to the Bark, the Trunk, and the Branches of the Nutmeg-Tree, they are so little used, that they are not worth speaking of, because they are so seldom brought hither; and by Reason of their great Likeness to the white *Costus*, both in Figure and Taste: So that some sell *Costus* for the Nutmeg Bark, which you ought to beware of.

Nux Moschata, *Moschocaryon*, *Nux Unguentaria*, or *Nutmeg*, is a *Lemery*. Kind of Nut, or Fruit, of a foreign Tree, as large as a Pear-Tree, with Leaves like the Peach, but they are much smaller: The Flower is in the Shape of a Rose, of a pleasant Smell; after which is fallen off, a Fruit appears as large as a green Walnut, cover'd with two Barks; the First which is very thick, and pull'd off when the Fruit is ripe; the Second is much thinner and finer, reddish or yellowish; it is separated from the Nutmeg in order to dry, and is what we call Mace, not the Nutmeg Flower; this yields a great deal of Oil and volatile Salt.

When the Nutmeg is separated from the Barks, they dry and preserve it: The Tree which bears this grows plentifully in the Isle of *Banda*, where there are two Sorts, the wild and the cultivated, or Male and Female: The Male, which is a long and large Nut, is seldom us'd: The Female, which is the rounder and lesser Nut, is that generally sold in the Grocers Shops; when gather'd, some say they are laid in Quick-Lime, in the *Indies*, for two Reasons: First, That being carried into other parallel or proper Climes, they might not grow, for so in Time it might prove to their Damage. 2dly, That being thus cured, the Worm might not take them: The Best are those of a reasonable Size, fresh, heavy, firm, not spongy, of an Oilyness when grated, and of a pleasant Smell and Taste, not too bitter or acrid. They fortifie the Brain, Nerves and Stomach, assist Digestion, expell Wind, provoke the Terms, and resist Putrefaction.

Chuse your Mace fresh, whole, of a yellow Colour, a good Smell, and agreeable Taste, being a little acrid; it has the same Vir-



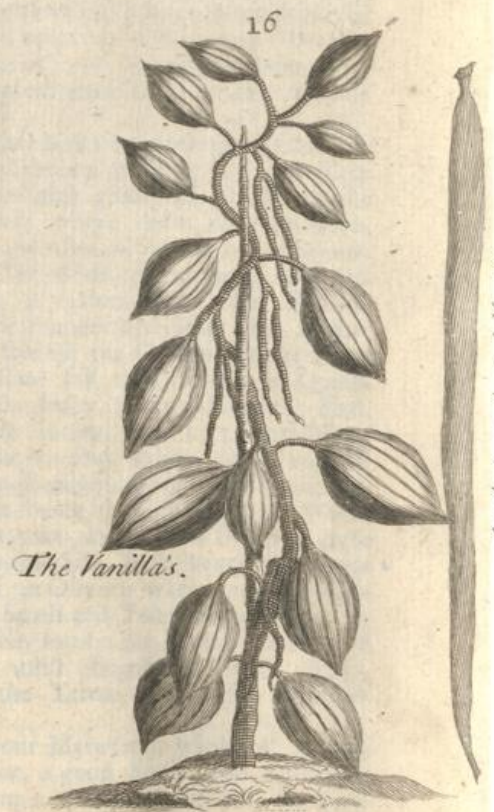


Coffee.



14

Cacao Nut.



16

The Vanilla's.

A whole root of a Vanilla

Virtues with the Nutmeg, but the Virtues are more exalted, and it acts with greater Penetration and Efficacy. The Mace Bark or Wood of the Ancients, is the Bark of the Trunk of a Tree of the same Name, which grows in *Barbary*, and is thick, reddish, and of a bitter, smart Taste. Its Virtue is astringent; and proper to stop the Bloody-Flux, and other Fluxes of the Belly; but as this Bark is seldom brought among us, they impose it instead of Mace, tho' the Qualities are different, and so confound the Mace Bark with the true Mace.

13. Of Coffee.

Pomet. *Caffe*, *Coffè*, *Coffi*, *Buna*, *Bon*, *Ban*, or *Elkaine*, is, according to a modern Author, the Fruit or Berry of a Plant, whose Stalk resembles that of our House-Bean; but as he is a Person on whom we can lay no Strefs, I shall hold with *Baubinus*, that celebrated Author, who says, that Coffee is the Fruit of a Tree, whose Berries are brought from *Arabia Felix*, and that the Tree is like Spindle-Wood, or Priests-Cap, and that the Leaves are thick, and always green, according as it is represented in the Figure, which is taken from the said *Baubinus*.

Chuse your Coffee greenish, fresh or new, and that does not smell musty, but whose Berry is of a middle Size; in short, the cleanest, dryest, and plumpest that can be had. As to those who have it brought from *Marseilles*, where they buy whole Bales together, let 'em take Care that the Bottom of the Bales be not mouldy, by which means the Goods will spoil and damage the whole Cargo. Coffee is us'd for little or nothing, that I know of, but to make a Liquor with Water and Sugar, which is more or less esteem'd, according to the Country, that are Drinkers of it; which where it is valued, there is a great Consumption made of it, in the prepar'd Berry, which is done by drying it in an Oven or Kiln, so long, 'till it is well parch'd, or rather half calcin'd, and looks not of an absolute Black, but rather of a dark Purple, inclining to Black; if it be well burn'd, and not over high, it has a grateful Flavour; but if over much, or too little done, or if after-

wards it be ground any Time before it be used, it loses all its Force and Virtue; so that in making Coffee, the Powder is to be fresh ground, and us'd immediately; for an Hour's Time will pall and flat it, so as it shall lose all its volatile Parts, which float like an Oil upon the Liquor, when fresh; but upon the least Keeping, after reduced to Powder, its essential Particles are so subtle as to fly away, or be destroy'd by the Corrosive Nitre of the Air, which being expos'd but for a few Minutes, they instantly imbibe.

Caffe, *Coffè*, or *Coffee*, is a small Berry, longish and round, *Lemery*. like a Pine Apple, of a dark, brown Colour; its Bark is a Kind of Husk that is a little hard and woody; it encloses a Berry as large as a great Pea, of an oval Figure, dividing itself into two Parts, yellowish, inclining to white; the Fruit grows upon a Tree of the same Name, which is common in the happy *Arabia*, from whence it is transported through all the Dominions of the Great *Turk*, and from *Turkey* brought to us, as is suppos'd cur'd, that it might not be planted in other Countries.

It is of an excellent drying Quality, comforts the Brain, and dries up Crudities in the Stomach: Some Authors say it cures Consumptions, Rickets and Swooning-Fits; it helps Digestion, eases Pains of the Head, rarifies the Blood, suppresses Vapours, gives Life and Gaiety to the Spirits, hinders Sleepiness after Victuals, provokes Urine and the Courses, and contracts the Bowels; it is an excellent Dryer, fit for moist Bodies, and most Constitutions, but that of young Girls, subject to the Green-Sickness; and likewise is prevalent in such as are apt to running Humours, Sores, or King's Evil upon them: It helps Abortion, and confirms the Tone of the Parts drunk after Eating, but with this Observation, that this Liquor be always made fresh; for if it stands but two or three Hours, it will be pall'd, and grow naught. It is an effectual Remedy against Worms in Children; so that if the Mother drink but frequently of it, when with Child, the Infant shall not be afflicted with Worms, during its Infancy.

14. Of the Cacao, or Chocolate-Nut.

Pomet. **T**HE Cacao, which the Americans call *Cacavi*, is a Fruit of several different Sizes; but the most usual is that of an Almond, which is found united together in a Sort of Shell, not much bigger or less than the Pomegranate Seed; and in these Shells are enclosed about sixty or eighty Berries. As to the Shape, Leaves, and entire Fruit of the Trees, they appear as represented in the Figure taken from the Original, or Life, as deliver'd to me by Mr. Tournefort; the Leaves are green, and the Fruit, when ripe upon the Tree, are of a very fine yellow Colour, and rib'd like the Melon.

Mr. Tournefort, in Page 191, of his Book, makes Mention of four Sorts of Trees which bear the Cacao-Nut; the First and Second whereof are call'd *Cacahuaguabuitl*, the Third *Xubicacahuaguabuitl*, the Fourth *Tlacacahuaguabuitl*: This is what he relates, as to the four Sorts of Cacao's, which we now sell, which certainly come from different Trees; the First and best Sort is call'd the large and small *Carack*, from the Province of *Nicaragua*, from whence these Sorts of Cacao's are brought: The Third and Fourth are call'd the large and small *Island Cacao's*, because they come from the *American Isles*, as *St. Domingo*, &c. The most valued of the four Kinds of Cacao's is the large *Carack*, especially for making *Chocolate*, which is the chief Use; for the small Quantities that are eat of it, are not worth speaking of; they all ought to be chose fresh, plump, weighty, blackish without, and of a deep Red within, well tasted, and not of a musty Smell: The small *Carack* is next in Virtue to the Great. As to the *Island Cacao*, especially the Large, the nearer it comes to the *Carack*, the better it is. Some Authors say, that the Cacao is in such use in *Mexico*, that it is the chief Drink of the Inhabitants of the Country, and that they give it as Alms, or Charity to the Poor: Besides, the other Sorts that come from the Isles, are ground to make Bread of different Sizes, for the Use of different Sorts of People.

Lemery. The Cacaos, or Cacao, is a Kind of Almond that is made the Basis

or Foundation of *Chocolate*, and from whence it takes its Name: It grows in *America* from a small Tree call'd *Cacavate*, well supplied with Leaves that resemble those of the Orange-Tree; but that they are longer, and more sharp-pointed; the Flower is large, and of a yellow Colour, and leaves, in falling off, long, stringy Filaments, which are green, from which a yellow, pointed Fruit is form'd of the Size of our Melons; each Fruit contains twenty or thirty little Nuts, or Almonds, as big as the *Pistachia*; and sometimes there are such as contain fourscore of these; they are each of them cover'd with a yellowish Pellicle, or thin Skin; which being separated, a tender Substance appears, which is divided into several unequal Particles, that are oily, of good Nourishment, and leave a certain Acridness upon the Palate. The Inhabitants of the Country where this grows, call it *Cacahuatl*, and the Spaniards, by Corruption, *Cacao*.

It grows in all the *Spanish West-Indies*; *Guatemala*, *Hispaniola*, *Cuba*, *New-Spain*, *Jamaica*, &c. in hot, but shadowy Places, for being planted in Ranks and regular Walks, shady Plantane-Trees are rang'd with them; the one to shelter the other, least the parching Sun, by its excessive Heat shou'd kill them, or the boisterous Wind injure them. This Cacao-Tree, not exceeding our Cherry-Tree for Bigness; as it is a Tree of singular Beauty, having large, broad, oblong, green Leaves, which fall back, and hang like so many Shields, to preserve and defend the tender Fruit; so it is a Tree of great Profit to the Owner, arising from its most desirable Fruit, which grows after an admirable Manner in Cods; studded, as it were, in the very Body of the Tree, as well as the Arms and Boughs, from the very Earth upwards; each Cod containing about thirty or forty Nuts, regularly set in a Mass of soft, slimy Palp, both to preserve, as well as nourish, the tender Fruit: The Nuts, among the *Indians* and *Spaniards*, go for currant Money, even in those Countries where Gold and Silver are naturally produc'd; There it is Food and Raiment, Riches and Delight all at once.

The Cod is said to be very like the Pear, or Pear-fashion'd Gourd; each Nut is about the Bigness of an Almond Stone, and cover'd with

with

with a thin Shell, blackish without, containing within a brownish red, or almost Chestnut-colour'd Kernel, with brownish Ash-colour'd Veins, which to the *Indians* is pleasant in Taste, tho' not altogether so to us. The Cods being gather'd they break them, take out the Nuts, and lay them upon Mats to dry in the Sun, 'till the Moisture within them be consum'd, and then keep them both for Meat and Merchandise.

This Fruit is certainly cooling, as may easily be discerned by their cold, nitrous Taste: They open Obstructions, restore in deep Consumptions, stimulate to Venerly, causing Procreation and Conception; facilitate Delivery, preserve Health, help Digestion, make People inclinable to feed, ease Coughs of the Lungs, Gripings of the Bowels, and Fluxes thereof; cause a sweet Breath, and assist in a Difficulty of making Urine: The chief Use of 'em is in Chocolate, which is so well known, there needs no long Discourse about it.

15. Of Chocolate.

Pomet. WE sell several Sorts of *Chocolate*, which have no other Difference, but according to their Fineness and Goodness, the Druggs that compose them, and the Countries where they are made: But the best *Chocolate*, and the finest, is what we make now at *Paris*, especially when it is made with the large *Carack Nut*, and wrought up with the finest Sugar, good Cinnamon, and the purest and best *Vanilla's*: In short, when it is made by an honest Man, who understands how to prepare it, and will neither spare Labour or Cost; for it is impossible to afford good Chocolate at a common Price; and the most of those who sell their Chocolate at such easie Rates, cou'd scarcely buy the fine Sugar we make use of, at the same Price; altho' some still cry up the *West-India*, *Spanishe*, *Portugal*, and *St. Malo's* Chocolate, at this Time there is no Place in the World where they make better Chocolate than at *Paris*. I did not think proper to give you the Composition here, since there are so many Books that treat of it, and the Compositions are so various, that every one are for pleasing their own Fan-

cies. Nevertheless, I cannot forbear acquainting you with what is propos'd by the *Sieur Blegny*, in his Book, who mentions the Flower of *Orejevalla* to be added to the Composition, because it is a Drugg, which I believe to be imaginary, as not being able to know what it was, alter the most diligent Search I cou'd make. And the *Sieur Blegny*, who calls himself the Author of that little Book, which I have just mention'd, had Reason to say he cou'd not meet with it among the Druggists; for he cou'd not give me any Account of it: When I ask'd him, before a certain Person, what the *Orejevalla* Flower was, he told me it was what went into the Composition of the *American*, or *Indian Chocolate*, which he had seen in several Books. As to the *Achiotl*, that is nothing else but what we call the *Rocou*, which is not made as the said Author says, but as it is set forth in its proper Place in this Treatise; and after knowing that the *Achiotl* was the *Rocou*, there are very few Grocers but cou'd have furnish'd him with it, and he need not have put it in his Book, that he cou'd not meet with it at the Druggists.

16. Of Vanilla's.

THE *Vanilla's*, according to the *Sieur Rousseau*, are Pods or *Pomet*. Cods, of about half a Foot long, of the Thickness of a Child's little Finger, which hang upon a Plant of twelve or fifteen Foot high, that climbs like a Creeper; for which Reason they grow most frequently upon Walls, or at the Roots of Trees, or else upon Props, or the like, where they are supported: They have round Stalks, dispos'd in Knots like the Sugar-Cane; from each Knot there puts forth large, thick Leaves, about a Finger's Length, which are as green as the Stalk, and fall off, or wither away, as the great Plantane does; after which come Pods that are green at first, yellowish afterwards, and grow browner, according as they ripen. When they are ripe, the People of *Mexico*, those of *Guatemala*, and *St. Domingo*, gather them, and hang 'em up by one End, in the Shade, to dry; and when they are dry enough to keep, they rub them with Oil, to hinder them from drying

too much, and prevent their breaking, and then they put them up in little Bags of Fifty, a Hundred, or a Hundred and Fifty, to bring them hither. Nevertheless, there are some who value their Gain more than their Conscience, who let them hang upon the Stalks 'till over ripe, and receive from them a black, fragrant Balsam, that flows 'till the essential Parts of the *Vanilla* is exhausted, and it can run no more; and then they gather the Pods, and pack them up for Sale, as aforesaid.

The great Lords of *Mexico* are mighty Lovers of these Plants, as well because of the pleasant Smell of their Fruit, which they mix plentifully in their Chocolate, as from the great Profit they yield them in Trade. They are the *Spaniards* who bring us this rich Commodity, and who give it the Name of *Vanilla*, which signifies a Sheath, because the Pod resembles the Figure of a Sheath: It is of a pleasant Taste and Smell. Chuse such as are well fed, thick, long, new, heavy, not wrinkled or rub'd with Balsam; and which have not been kept moist, but of a good Smell; and beware of those that are small and dry, and of little Smell, and the Seed of which is very little, black and shining. The *Vanilla's* are much us'd in *France* for making up Chocolate, and sometimes to perfume Snuff. Some pretend the internal Part of the Pod is good to strengthen the Stomach. As to the Balsam, the *Spaniards* keep that, for we have none of it brought to us.

Vanilla, or *Vanillas*, is a Pod of *Lemery*, about half a Foot long, and the Thickness of a Child's Finger, sharp at both Ends, of a dark Colour, a pleasant Balsamick Taste and Smell, a little acrid, containing very small, black, shining Seeds. This Pod is the Fruit of a Kind of *Volubilis*, or a Plant of four or five Foot high, which the *Spaniards* call *Campeche*; it rises like a Creeper, and winds about the neighbouring or adjacent Trees, upon Poles, or climbs upon Walls: The Leaves resemble those of *Plantane*, but they are larger, and more fleshy; the Flowers are blackish. This Plant grows in *Mexico*, where the *Indians* call it *Tlixochitl*, and the Pod *Mecasutbil*.

Chuse such *Vanilla's* as have the longest Pods, pretty thick and heavy, well fed, of

a good Taste, and pleasant Smell; it yields a great deal of Oil and volatile Salt; is Cordial, Cephalick, Stomachick, Carminative, Aperitive; it attenuates viscus Humours, provokes Urine, and Womens Courses; is mix'd in Chocolate, and makes it agreeable both to the Taste and Smell.

17. Of Acacia.

THE *Acacia's*, so called by some, are the Fruit, or rather *Pomes*, the Seeds of a yellow Fruit, inclining to red, of the Size of a Magdalen Pear, or an Orange: The Tree which bears these, is according to the *Sieur Rousseau's* Letter, five or six Foot high, adorn'd with Leaves of a yellowish Green, and something of the Shape of Ivy. The Flowers are small, and grow in Tufts, of a Carnation Colour, from whence comes a yellow Fruit, as said before; at the Bottom of which hang other Fruit or Seeds, of the Bigness of Chestnuts, of the Shape of a Kidney, and of an Olive Colour, cover'd with a Nut or Stone, in which is a white Almond, which after it has been roasted like a Chestnut, in the Fire, is pleasant to eat. There is contain'd, likewise, in the Kernel of these *Acacia's*, a black castick Oil, which is a good Remedy to cure Corns upon the Feet, and take away red Spots in the Face.

The *Americans* cut the yellow Fruit in Slices, and eat it with Sugar, as we do a Lemon; as well to revive the Spirits, as to cool them, because they are full of a well-tasted Juice: Chuse such as are large and new, of an Olive Colour, with white Kernels, which are the certain Signs they are fresh, and not of a Chestnut Colour, which is a Token of their Age and over Ripeness.

Acacia vera seu Egyptiaca, the true *Acacia*, or that of *Egypt*, is *Lemery*, a thick Juice, very heavy, of a brown, reddish Colour, which is brought in the Shape of Balls, that weigh about five or six Ounces, ty'd up in very thin Bladders: They say it is made from a Fruit almost like Lupins, contain'd in Pods which are born upon thorny Trees in *Egypt*, whose Branches are pretty much extended, bearing fine white Flowers: Chuse that which is neat, solid,



The Acacia.

The Tree bears Fruit of
Acacia.
The Tree bears Fruit of
Acacia.



Hermodactyles



Anacardium Pod.



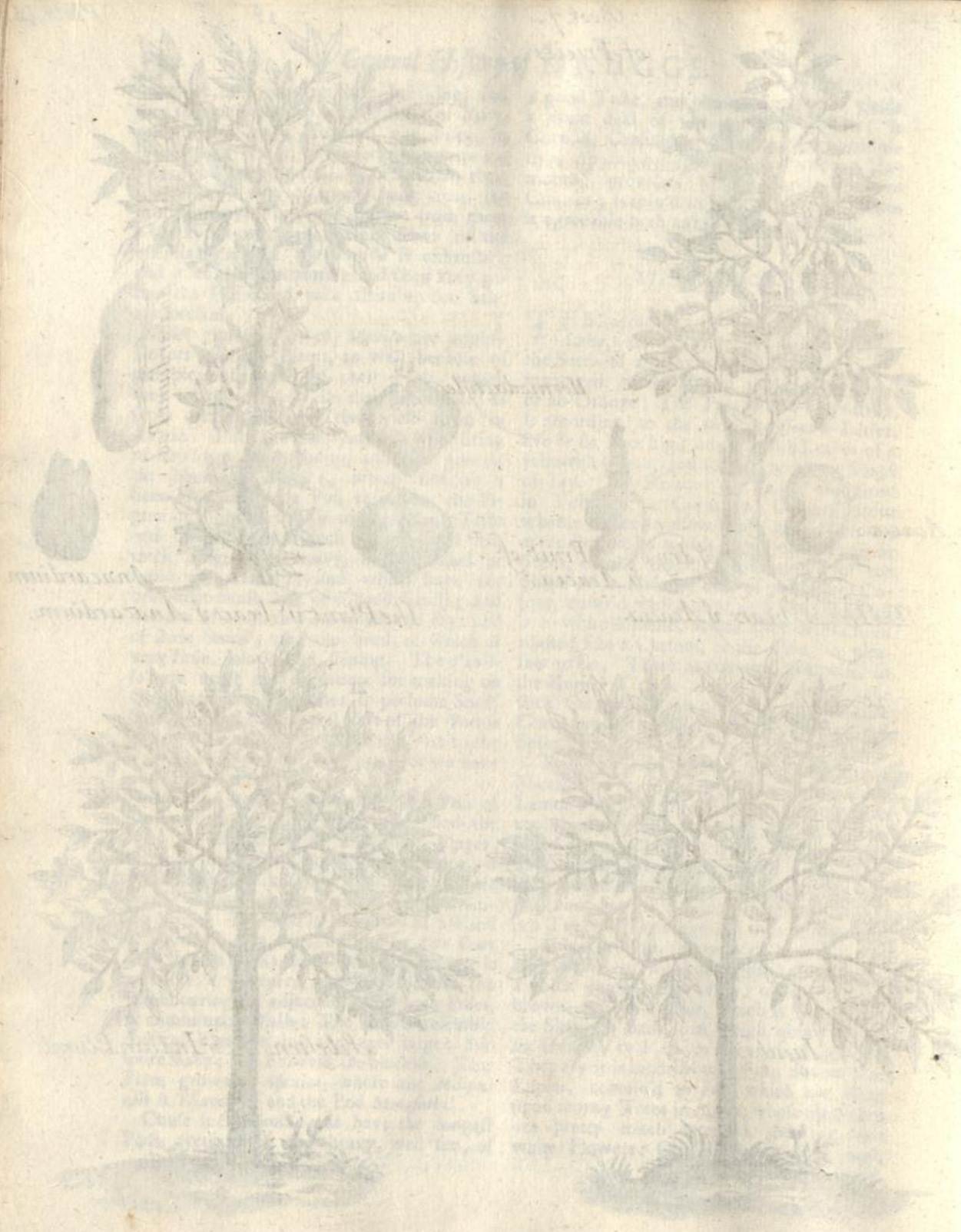
The Plant bears Fruit of
Anacardium.



Jujubs.



Sibesten or Indian Plum



solid, weighty, of a blackish Colour, something reddish, shining, easie to break, and of a stiptick Taste; it affords a good deal of Oil, and essential Salt; is astringent, incrassates or thickens the Humours, strengthens and resists Poison, stops Hemorrhages and Fluxes, and is good for Indispositions of the Eyes. As the true *Acacia* is sometimes scarce, the Shops use or sell that which is made of the Juice of Sloes, or the Fruit of the black Thorn brought over in round Balls, wrapped up in Bladders, of a very sharp, stiptick, or astringent Taste; it is us'd in *Rob* or *Quiddony*, made with Damask-Rose-Water, and double-refin'd Sugar. The true *Acacia* is made by Expression out of the Fruit, and that either ripe or unripe; from the ripe Fruit there is a black Juice so call'd; from the unripe Fruit a red or yellow Juice, the Colour not so black, but more inclining to red, and of a sweet Scent; and this is the true *Acacia* of *Dioscorides* and the Ancients, which is to be used in making of *Venice-Treacle*.

18. Of Anacardiums.

Pomet. THE *Anacardium* is a Kind of Bean, brought from the *East-Indies*. The Tree which bears it has greenish Leaves that are half round; after which come Pods of the Size of the large Bean, in which are usually inclos'd two *Anacardium's*; which when half ripe, are of the Colour of burnt Coffee; but when full ripe are of a shining Black. Chuse such as are large, well fed, new, dry, and have in them a white Almond. They pretend that the green Fruit of these are a dangerous Poison, but otherwise when dry: After they are prepar'd in Vinegar, they become a good Purgative; but nevertheless they ought not to be meddled with, without the Advice of an able Physician: They yield an Oil like the *Acacia's*, which has the same Virtues.

Anacardium is a Kind of large *Lemery*. Fruit, like a *Chestnut*, being in some Measure of the Shape of a Bird's Heart, whence it derives its Name; it is of a shining, black Colour, containing in it a white Kernel. This Fruit grows on a Tree in the *Indies*, whose Leaves are almost

round, and the Fruit in Pods, of the Size of our *Windsor* Bean; holding, each, not above two *Anacardium's*, which afford Oil, and are sold in great Plenty; they rarify and purge the pituitous Humours; are resolving; refresh the Brain, and strengthen the Memory, being taken in Decoction.

19. Of Hermodactyles.

THE *Hermodactyles* are Fruit shap'd like an Heart, reddish *Pomet.* without, white within; of a light Substance, very subject to Worm-eat, which is brought out of *Egypt*, where the Trees which bear this Fruit grow plentifully. After the Diligence that I have used, in order to discover the Flowers and Leaves of these Trees, I think it need no longer remain a Surprize on this Head, when I say that the *Hermodactyles* are Fruit, notwithstanding all that Authors have hitherto said concerning their being Roots; and the Figure of the *Hermodactyles*, here given, will show to the contrary, it being easie to judge that they are Fruit and not Roots: And the more so, from what was writ from *Marseilles* the last Year, that the *Hermodactyles* coming from *Egypt*, were the Fruit of a large Tree: Chuse such as are fresh, large, well-fed, reddish without, and white within; the driest, and least full of Dust that can be got: It is a Commodity of which they lay in no great Store, it being so ready to decay, or Worm-eat, as I mentioned before; they are much us'd in Physick amongst several gale-nical Compositions.

The *Hermodactyle* is a tuberos or bulbous Root, as thick as a *Lemery*. little Walnut, being of the Shape of a Heart, red without, and white within; of a spongy, light Substance, without Fibres, easie to break, and crumble into Powder like Meal, of a sweetish Taste, a little glutinous; it is brought dry from *Egypt* and *Syria*. The common Opinion is, that it is a Sort of *Colchicum*, call'd by *Gasp. Baubinus*, *Colchicum radice siccata Alba*; the *Colchicum* with the white dry'd Root; and by *Lobel*, the *Hermodactyle* of the Shops that is not poisonous;

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There are others that believe it is a Kind of *tuberosus Orrice*, call'd by *Casp. Baubinnus*, *Irís tuberosa folio anguloso*, the tuberosus Orrice with the many corner'd Leaf, and by *Marthiolus Hermodactylus verus*. Mr. Pomet is of a quite different Opinion, as you have it before, for these two Reasons: The First, because this is more of the Shape or Figure of a Fruit, than of a Root; and the Second, because they write from *Marseilles*, that the *Hermodactyles* come from *Egypt*, and that they are the Fruit of a large Tree: The first Reason does not appear a good one to me, because I have found *Hermodactyles* to be more like the Shape, or bear a greater Resemblance to a tuberosus or bulbous Root, than that of Fruit; and if one considers the Substance, it is very like the Root of *Arum*, and several others: The second Reason does not better convince me than the First; for those who writ from *Marseilles*, that the *Hermodactyle* was a Fruit, do not appear to have been better inform'd, or understood the Matter any clearer than before; so that we ought to suspend our Judgment on this Affair, and wait till it is decided by more Travellers that can give a better Light into this Business, and sufficiently clear up our Doubts: It is a singular Purge, expelling tough Flegm, and clammy Humours, from the Joynts and extreame Parts of the Body; and is accounted a Specifick against the Gout in the Hands and Feet, given in Powder from half a Dram to a Dram; and in Infusion, from two Drams to half an Ounce. The *Hermodactyle* Pills are good against Palsies, Tremblings, Convulsions, Cholicks, Gouts, &c. being given from two Scruples to four.

20. Of Jujubs.

Pomet. THE *Jujubs* are the Fruit of a Tree which grows commonly in *Provence*, but chiefly in the Garden of *Hyeres*, near *Toulon*, where it is in such great Quantities, that almost all we sell comes by the Way of *Marseilles*: That Tree that bears them is of a moderate Height, and the Leaves are greenish, thin and fibrous; after which comes Fruit of the Bigness of one's Thumb End; green at first, and something reddish as they ripen.

Chuse your *Jujubs* fresh, large, well fed and fleshy, of a good Kind, that have been well dry'd, that they may keep without Danger of rotting; and take Care that they be not kept in Places too moist, or gather'd when they are too ripe, for that is the Way to loose 'em all: They taste, when well gather'd, and rightly manag'd, like Raisins of the Sun, with one Stone, like a Prune-Stone, in the Middle. *Dodonæus* saith, they are of two Kinds, viz. the Red and White; and the Red are of three Kinds, to wit, *Jujuba major*, *Jujuba Minor*; and *Jujuba Agrestis*: The First, which grew originally in *Africk* and *Egypt*, and were thence transplanted into *Italy*, *France*, &c. are those which we chiefly use, being moderately hot and moist. This Plum is an excellent Pectoral, and opens the Body, temperating the Sharpness of the Blood and Humours; it expectorates rough Flegm, and is good against Coughs, Colds, Hoarseness, Shortness of Breath, Wheezings, Roughness in the Throat and Wind-Pipe, Pleurifies, Heat of Blood, Exulceration, or Excoriation of the Kidneys and Bladder, cleansing them; and by their mucilaginous Quality, making the Passages slippery: They are us'd, in a Decoction, for Stone, Gravel, &c. or for opening Obstructions in the Liver, Spleen, Dropsy and Jaundice, by Urine.

Jujuba, or *Zizipha*, a large Fruit of the *Ziziph* Tree, is like a moderate siz'd Prune or Plum, oblong or oval, Red without, Yellow within, fleshy and tender, of a sweet and vinous Taste, having a tough Skin, and a hard, strong Kernel: The Fruit grows upon a Tree call'd *Ziziphus*, by *Tournefort*, and wants little of the Plum-Tree in every respect; but is crooked, cover'd with a rough uneven Bark, that cracks or splits: The Branches are hard, furnish'd with strong Thorns; the Leaves oblong, something hard, terminating in a blunt Point, of a fine, shining, green Colour, slightly endented on their Sides; the Flowers growing among the Leaves, being tied by short Stalks; each of which, according to Mr. *Tournefort*, is commonly compos'd of five Leaves, like a small Rose, which is placed in the Middle of the Cup, of a grassy or pale Colour: When the Flowers are gone, the Fruit, or *Jujubs*, succeed;

ceed; being green at first, and reddish as they ripen: This Tree grows in the hot Countries, and is very common in *Provence*, and in the Isles of *Hieres*, near *Toulon*, from whence the dry'd Fruit are brought; they are Pectoral and Aperitive, being usually employ'd in Pufans for Diseases of the Breast; they sweeten the Sharpness of the Humours, by their sweet and glutinous Substance, and provoke Spitting.

21. Of Sebestens.

Pomat. *Sebestens* are a blackish Fruit, that are brought by the Way of *Marseilles*, from the *Levant*, &c. The Tree that bears this Fruit is about the Height of our common Plum-Trees; the Leaves gree and almost like them, but that they are a little rounder: The Flowers are whitish, in Form of a Star, from whence comes the Fruit, about the Size of ones's Finger End; it hangs to the Branch, by a little white Cup, as it is brought to us.

Chuse your *Sebestens* fresh, plump, moist, and full of Pulp, of a black, brown Colour outwardly, adorn'd with white Caps, which is an essential Sign of their Newness, and such as have neither been wash'd nor rub'd; the Flesh is sweet, viscous and pulpy, therefore reject such as are otherwise, and whose Caps are gone, which is a Token they have been wash'd or rub'd; and also take care not to chuse those that are hard, small, and of a reddish Colour.

The Way of using the *Sebestens* is much the same as that of the *Jujubs*, and their Virtues a-like, so that One is frequently us'd for the Other: The *Egyptians* make a Gluey Sort of Birdlime of the viscous Fruit, which is call'd *Alexandrian Birdlime*; but as this seldom comes amongst us, we use that which is made in several Parts of *France* in *Normandy*, and about *Orleans*. This Birdlime is prepar'd from the inner Rind of the green Bark, and that of the Holly-Tree, steep'd in a Pond or Pit, and afterwards beat together in a Mortar, 'till it is reduced into a Paste, and then well work'd with the Hand, and wash'd in the Water; it is put up in Barrels, to be sent to several Parts: The Choice of it,

is to take such as is the greenest, the least ferid, and freest from Water that can be got: The Use of it being to catch Birds, and other Creatures of the like Nature.

Schroder says, the Plumbs of the *Sebesten*-Tree are small, with a three-corner'd Stone; they are temperate in respect of Heat, and moist, soften, and prevent, or allay the Acrimony of Humours; us'd chiefly in Defluxions of Rheum, Obstructions of the Belly, and quench Thirst: You may make a Decoction of them with Wine and Water, to move the Belly gently to Stool; or make an Electuary of them thus: Take *Sebestens* without the Stones, Prunes ston'd, Pulp of Tamarinds, of each five Ounces; Violet-Water two Pints; Juice of the Herb Mercury, clarify'd, four Ounces; Sugar Penids half a Pound: Of the four greater cold Seeds, blanch'd, of each two Ounces; Diagridium three Drams: Boil the *Sebestens*, Prunes and Tamarinds, in the distill'd Water, which being dissolv'd, mix with the Juices; then add the Penids and Pulp of Prunes, which being dissolv'd also, mix the Diagridium, and make an Electuary. It purges, and is good against exquisite, continual Fevers, taking away their vehement Heat, quenches Thirst, causes Rest, and carries off the Sharpness of Humours, and provokes to Urine.

Sebestena, or *Prunus Sebesten*, is a Fruit the Size of a small Acorn, that *Lemery* is oblong, roundish and black, wrinkled as a little Prune, of a sweetish, viscous, or clammy Taste, cover'd at the upper End with a small woody Cap, of a whitish Grey: The Fruit grows upon a Tree of the same Name, resembling the Prune Tree; only that the Leaves are a little more Swallow-tail'd and indented; the Flowers are small, white, and like those of the *Geranium*: This Tree grows in *Syria*, *Egypt*, &c. Make Choice of your Fruit, according to the Directions given by *Pomat*; they contain in them much Oil, and some essential Salt; are moistening, emollient, sweetening, pectoral, and serve to open the Breast, cleanse the Reins, provoke Spittle, and relax the Bowels.

22. Of Dates.

Pomet. **T**Here are three Sorts of *Dates* which we sell; the Best are those which grow in the Kingdom of *Tunis*. There are likewise some that come from *Sally* in *Africk*, but those are lean and dry, and differ much from the others of *Tunis*, which are fat and fleshy: We have others that are brought from *Provence*, which do sell well, being large, fleshy, fair without, and white within. The Tree that bears this Fruit is the Palm, which is so well known throughout the whole World, it wou'd be unnecessary to describe it.

Chuse such *Dates* as are large, full and fleshy, of a golden, yellow Colour without, and white within; the Taste sweet and pleasant; let the Pulp be firm, white about the Stone, and reddish towards the Bark; of a *Malaga* Wine-like Taste, which being shaken makes no Noise: If they are small, hard, without Pulp, or rattle, they are nought: Those of *Tunis* are worth much more than those of *Sally* or *Provence*, as hinted before. These *Dates* are so common, that they serve for the Subsistence of more than an hundred Millions of Souls; but for medicinal Uses, they are not much employ'd, saving in the *Diaphanicon*, or Electuary of *Dates*, some pectoral Pilsans, with *Sebestens* and *Fujubs*, &c. besides which, they are frequently eat as other Fruit.

Dactyli, or *Fructus Palmae*, the *Lemery*. *Dates*, are oblong, roundish Fruit, a little larger than one's Thumb, fleshy, of a yellowish Colour, sweet and agreeable to the Palate, being enclos'd in a long, round, strong, hard Nut, of an Ash-colour'd Grey, cover'd with a little, thin, white Skin, and is brought chiefly from *Tunis* in *Barbary*; it grows upon a large Tree, call'd *Palma Major*, or *Palma Dactylifera*, whose Trunk is large, round, straight, high, cover'd with a thick Bark, rising all the Way with several scaly Knots, which makes it advantagious to climb; the Leaves only grow at the Top longwise, pointed as those of the Flower-de-Lis, spiring, and opposite one to the other, branching about four Foot long, and as thick as one's little Finger;

triangular, hollow, spongy, and bending Archwise; the Flowers are white, and grow together on a Cluster, like a Bunch of Grapes, and are succeeded by the *Dates*; which, when ripe, serve for the Food, or Supply, of vast Numbers of People in the *Indies*, *Syria*, *Africk* and *Egypt*; but what are brought hither, serve only for Physical Uses, being detersive, and something astringent; but allay the Acrimony of the Stomach, strengthen the *Fetus* in the Womb, moderate the Scouring of the Guts, and are cooling in inflammatory Fevers: They are reckon'd, peculiarly serviceable, to destroy all tartarous Mucilage, and other gross Humours that breed Stone, Gout and Rheumatism.

23. Of Palm Oil.

Palm Oil, or Oil of *Senega*, is an unctuous Liquor, as thick as *Pomet*. Butter, of a Gold-colour'd Yellow, and a Violet, or Orrice Smell, especially when it is New and Right. This Oil is made by Ebullition, or Expression from the Almond or Kernel, from a Fruit that grows by Clusters, of the Size of an Egg, and which bears about a Hundred of them together. The Tree which produces this, is a Sort of Palm that grows commonly in *Africk*, especially at *Senega*, and in *Brasil*. The *Africans* make this Oil after the same Manner as they make Oil of Bays at *Calvissou* in *Languedoc*, and it serves 'em to eat, as we do Butter; as to that which is old made, they burn it in Lamps.

Chuse your Palm Oil fresh and new, of a good Smell, and sweet Taste, so that it be as pleasant and grateful as the best fresh Butter we have, and of the highest Colour. The white Colour it acquires by Age, has made some People fancy, that the Palm Oil is white: Take care it be not compounded of Wax, Oil Olive, Orrice, Powder and Turmeric, as it happens to some you may meet with, where the Merchant, or Buyer, understands how to counterfeit it; but the Cheat is easie to detect, because the true Palm Oil loses all its Colour, if it is expos'd to the Air, which the Counterfeit Oil will not do; besides, the true Palm Oil, that becomes white,
in



24.

The Palm bearing

Dates.

Large Cokar Nuts in their

Shells.



25

Nux Vomica.

The Tree bearing
the Cocos.



Long Cokar.

The Palm fruit of w^{ch}

Palm oil is made.

Palm fruit of ye Isle
of Ceilan.

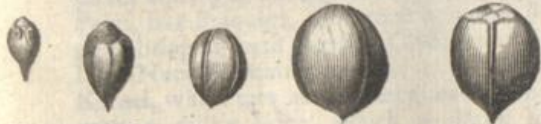


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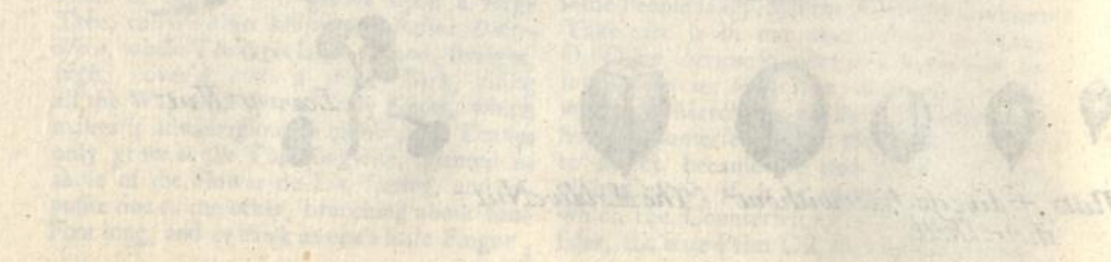
Levant Nut



Cokar Nuts of diverse Sizes without
their Shells.

The Maldive Nut.

Palm This tree is found in the East Indies, and grows to the height of 100 feet. The trunk is straight and smooth, and the leaves are large and pointed. The fruit is the Palm, which is used for oil and for wine. The trunk is used for building and for fuel. The leaves are used for thatching and for making mats. The fruit is used for oil and for wine. The trunk is used for building and for fuel. The leaves are used for thatching and for making mats. The fruit is used for oil and for wine.



in Course of Time, will recover its natural Colour, by melting it over a gentle Fire, which happens not to the adulterate Composition. They use this Oil to ease the Gout, and cure cold Humours.

24. Of Cokar-Nuts.

Pomet. THESE are Fruit of various Sizes and Shapes, as represented in the Figures of them, which are engrav'd from the Originals which I have in my Hands: They are proper for several Sorts of Works; as Bowls, Beads, Snuff-Boxes, &c. The only Place in *Europe*, where they trade most with those Kind of Fruit, is at *Dieppe*. I shall not stop here to describe the Trees which bear them, but shall only say, that this is a different Sort of Palm-Tree; but as so many Authors have treated of it, I shall add nothing more. The *Cokar* furnishes the Work-Men with considerable Business, that deal in *Beads* and *Snuff-Boxes*; and the larger Sort is of such vast Use in *Africk*, *Arabia*, and several other Parts of the World, that many Millions subsist by Means of it only, producing so many Necessaries of Life, which were I to enter into a Detale of, it wou'd swell this Chapter to too great a Bulk. There is another Sort, but much more scarce, which *J. Baubinus* calls *Nux Indica ad Venena celebrata*; sive *Coccus Maladiva*; the *Indian Nut*, famous against Poison, or the *Maldive Nut*, I know no difference of this from the other *Cokar*, than that it is much longer and sharper pointed; the high Virtues ascrib'd to this, is the Reason why it is so very scarce and rare.

The *Cokar-Nut*, describ'd by other Authors, is said to be an *Indian Nut*, which grows as plentiful, if not more abundantly in the *Spanish West-Indies*; as *New-Spain*, *Campeche*, *Bay of Mexico*, *Cuba*, *Hispaniola*, *Guatimale*, *Jamaica*, &c. The Tree ascends direct and high, having on its Top a Tuft of Palm, like Branches, of a most beautiful Figure, bringing forth monthly Clusters of very large Nuts; containing within a very large Kernel, which eats as pleasant as an Almond, with a milky Juice, which is drank for quenching Thirst.

The Kernel is cover'd with a very hard

Shell, of which the *Turners* make Vessels and drinking Cups; some so large as to hold a Quart, three Pints, or more; and the Shell is cover'd with a thick Rind, which being beaten, becomes Hards like Flax or Hemp, of which Cloathing is made, Cords, Ropes, and the like; so that the *Cokar-Nut Tree* seems to be well provided with all Necessaries for Human Life; as Cloathing, Vessels of Use, Meat, Drink, &c. The milky Water, within the Nut, is pleasant both to quench Thirst, and also to nourish the Body; and by the Heat of Fire, it will thicken into a Jelly, like a Custard made of Cows Milk; otherwise it is an excellent pleasing Liquor, cooling, moistening and sweetning the Juices; for which Reason it is said to be good against Consumptions and Hectick Fevers, abating all preternatural, and irregular Heats. The Branches of the Trees being cut yield a pleasant Liquor, which being distill'd, gives a strong *Agua-Vita*: The Kernel, besides its serving for Meat, yields, by Expression, an Oil, which is better than any Oil Olive, not inferior to the best Oil of sweet Almonds; of the Branches they make Houses; of the Trunk their Boats and Ships; of the course Hards, on the Outsides, their Cables; of the finer Stuff, Sails for Ships, and Cloth, as aforesaid.

25. Of the Vomiting Nuts.

THE Vomiting Nuts are round, flat Nuts, of the Size and *Pomet.* Shape represented in the Figure of Dates; they are of divers Colours; as Yellow, White, Brown, &c. These Nuts, according to the Relation of some Persons, are of the Size of our Rennet Apples, which grow upon a large Plant in several Parts of *Egypt*, from whence come the Vomiting Nuts we now sell. The best Relation we have of the Growth of them, as well as their Description, is to be met with from *Mr. Paul Hermance*, Physician and Botanist of *Leyden*, one of the most able Men of his Age. This Relation of his has a great deal of Analogy, with that I shall here take Notice of, except that he says that they grow only in the Isle of *Ceylan*; whereas every Body knows
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they come from several Parts: He says, likewise, that there is another Sort of *Nux Vomica*, which comes from the Isle of *Timor*, and that the Fruit are not so big, by three Parts in four, as that of *Ceylan*; and that the Plant is call'd a Briony Wood: *Lignum Colubrinum*, is *Arboris Timorensis radix lignosa*, &c.

They are brought from *Egypt*, the *Levant*, *East-India*, and are generally flat, round, and of the Thickness of a Crown Piece, almost like Lupins, but larger; hollowish on the one Side, and a little bunch'd round; on the contrary, of a greyish Colour, with a Kind of Freeze, or soft Cotton, covering the Whole; but of so hard and horny a Substance, that it cannot easily be beaten into Powder, but must be grated, or ground in a Horse-Mill: The chiefest Things they are us'd for, is to insatuate Birds, as Crows, Ravens, Pigeons, &c. It is said it will kill Dogs, Cats, and other Creatures, if it be given mix'd with their Meat: And it is probable, that if it kills not such Creatures as Wolves, Foxes, Tygers, &c. yet possibly it may so stupifie and disguise them, that they may be the more easily master'd and kill'd by Mankind: It is also mix'd with Paste, and given in a Bait to catch Fish withal; this has been given inwardly, to three or four Grains, for several Intentions, but is much better let alone, since there are so many Remedies that may be us'd with less Danger.

Nux Vomica, is a little flat Fruit, *Lemery*. as round as a Farthing, downy or lanuginous, of a greyish Colour, hard as Horn, of various Colours within; sometimes Yellow, sometimes White, and sometimes Brown: Some People believe this to be the Kernel of a Fruit as large as an Apple, that grows upon a great Plant in several Parts of *Egypt*; but the Truth is, no Body as yet truly knows the Origine of the Vomiting Nut, and that there is nothing to be depended on the Histories concerning it. Chuse such as is large, clean, and new, to be employ'd chiefly for intoxicating of Birds and Fish, tho' it is not poisonous if given to Men, but may be us'd in small Quantities, and is reckon'd deterfive, drying, resolute, being apply'd externally and internally; is commended as useful to resist Poison, and

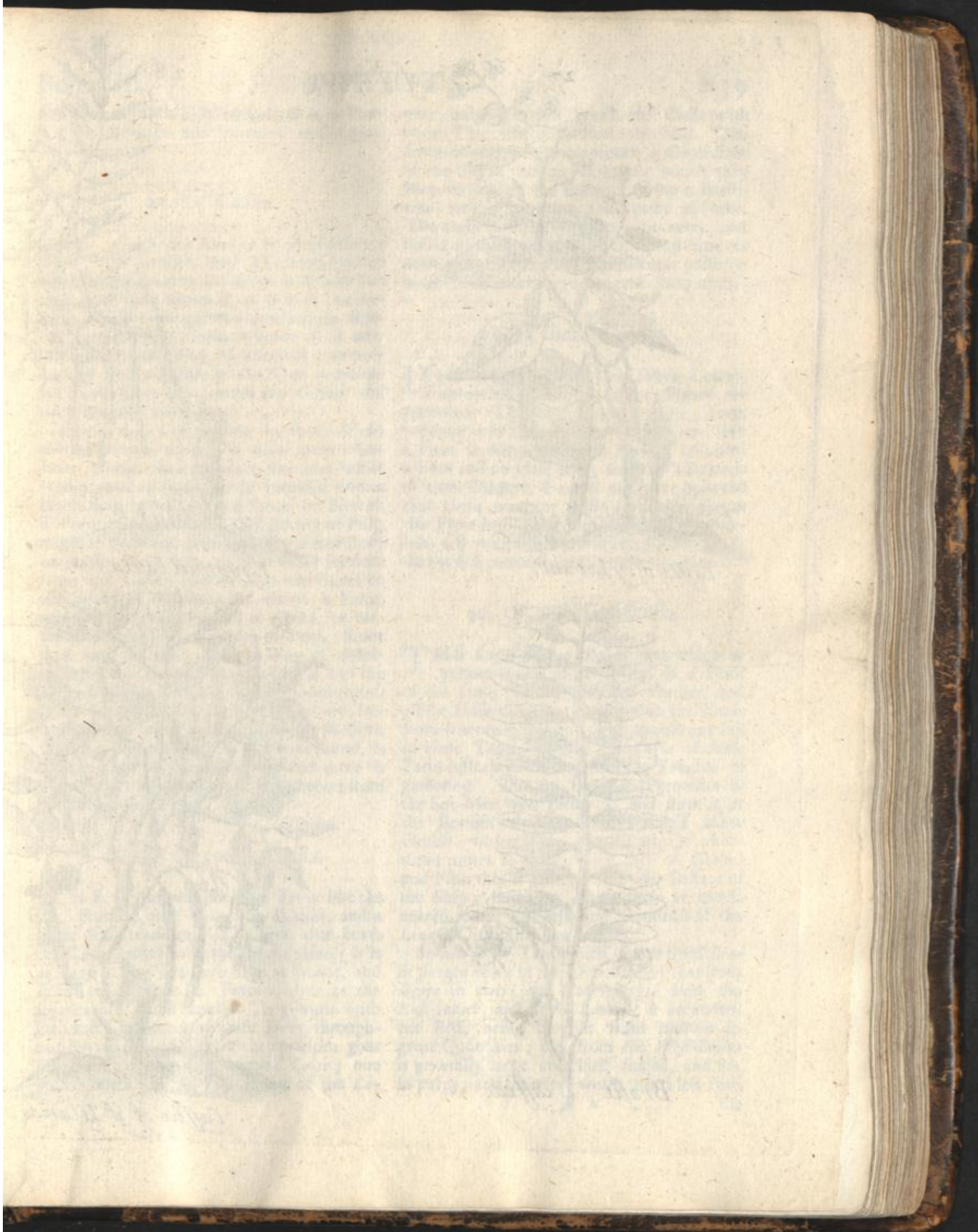
drive away Melancholy and Vapours by Perspiration.

26. Of the Levant Nut or Berry.

THESE Berries which we now sell by the Name of the *Levant*, *Pomet*, or Eastern Berry, are a small Fruit of the Size of a good large Bead, half round, and something of the Shape of a Kidney, as you will see represented in the Figure of the Date. These Fruit are of a reddish Colour, and hang to the Plant which bears them, by a little Stalk of the same Colour. In these Fruit are found a little Kernel, which is divided into several Parts, which are very subject to worm-eat; therefore chuse those that are heavy, fresh, the highest colour'd, largest, and least fill'd with Dirt that may be; they are serviceable to destroy Vermine, being usually mix'd with *Stavesacre*.

There is, besides, another Fruit call'd the *Fagara* of *Avicenna*, which is almost like the *Levant Berry*, or *Coculus Indus*, and whose Figure is shewn with that of the Date. *Lemery* says there are two Sorts of it, the *Fagara major*, which is as large as a Chick Pea, which is cover'd with a delicate fine Bark, betwixt a black and an ash Colour: The Second is call'd *Fagara minor*, which is of the Figure and Size of a *Cubeb*, of a brown Colour, and aromattick Smell, and the Taste a little bitter and piquant; both which partake of the Nature of the *Cubeb*s, being good to strengthen the Stomach, assist Digestion, and expell Poison.

Some Authors call the *Levant Nut*, or the *Coculus Indus*, the *Baccæ Orientales*, which are Berries brought from the *East-Indies*, as also from *Turkey*, round, and a little larger than Bay-Berries, hollow within, and of a brownish Colour, or rather of a blackish ash Colour; on the Outside, having a white Kernel within, and of a hot Taste, drawing Water into the Mouth; and as is reported, grow many together like Ivy-Berries, yet each by itself, on a Stalk. Some will have them to grow on a Kind of Night-Shade, others on a Kind of *Tithymal* or *Spurge*; but the Truth is scarcely yet known: They are chiefly us'd for.





Cassia of the Levant.



Egyptian Cassia.



Brasil Cassia.



Cassia of the Islands.

for Baits to catch Fish withal, or in a Powder to kill Lice and Vermine in Childrens Heads.

27. Of Cassia.

Pomet. **C**assia is a Kind of Fruit of different Lengths and Thickness, which hangs to the Branches of different Trees: The First and most esteem'd, is that of the *Levant*. This *Cassia* grows plentifully in several Parts thereof, from whence it is now brought by the Way of *Marseilles*, as may be seen by the Figure of the Tree represented in the Cut; the Leaves are Green, and the Flowers Yellow.

Chuse this *Cassia* fresh, in thick Sticks that are heavy, not laid in of a brown Colour, whose Bark appears fine and white within, and is supply'd, or furnish'd with a black Pulp, a white, hard Stone or Kernel, in Form of a Heart: This Marrow, or Pulp, ought to be sweet, without being either sharp or musty, and such as will easily separate from the Cane; beware that the Canes be not knotty or crooked, but all of a Piece, and without being subject to shake, or rattle with the Kernels void of Pulp. Some will have it, that the true Way of distinguishing of the *Levant Cassia*, is by the Length of the Sticks; which nevertheless is no general Rule, because those are frequently met with in the *Antilles*, or Western Islands: But the best Way I have found, is to take that of *Marseilles*, because there is none comes that Way, but what comes from the *Levant* and *Egypt*.

28. Of Egyptian Cassia.

THE *Egyptian Cassia* is a Fruit like the Former, only that it is thinner, and a great deal tenderer. The Tree that bears this *Cassia* grows to a prodigious Size; it is as large as any Tree we have in *France*, and differs not from the Former, but as the Leaves are much small. They meet with such vast Quantities of these Trees, throughout *Egypt*, that the *Cassia* they produce goes for almost nothing at *Grand Cairo*; one wou'd chuse this as soon as that of the *Le-*

vant, only that they break the Cases with their Thumbs to get out the Pulp. The *Levantine* and *Egyptians* make a Confection of the *Cassia*, being yet green, which they keep to loosen the Belly, it being a Medicine very convenient, and easie to take. The *Cassia Confect* ought to be new, and boil'd to the Consistence of a Syrup that is neither eager or musty: Some People preserve it, as the *Levantine*, to keep the Body open.

29. Of Brasil Cassia.

IT grows in *Brasil*, from the Trees, Leaves, Flowers and Fruit, as in the Figure represented. The *Cassia* which these Trees produce is so large, that if I had not seen a Piece in Mr. *Tournefort's* Hands, of about a Foot and an Half long, and the Thickness of three Fingers, I cou'd not have believed that there was any *Cassia* so thick: But as this Fruit is of little Use, I must, nevertheless, tell you, that the worst *Cassia* we use, is that which comes from the *American* Islands.

30. Of the Island Cassia.

THE *Cassia* of the Isles is that which at present is us'd at *Paris*, and is a Fruit of the same Nature with the Former, and all the Difference is according to the Places from whence it comes. The *Antilles* are full of these Trees, so that the *Cassia* of those Parts costs them nothing but the Trouble of gathering. 'Tis the Profit or Perquisite of the Sea-Men who gather it, and stow it at the Bottom of the Ship amongst other Goods; which is the Reason why it oftentimes comes so dirty, being full of Gravel and Filth that it gathers from the Ballace of the Ship; however, chuse such as comes nearest to the Fineness and Goodness of the *Levant Cassia* that you can get.

Scroder says, That which comes from *Brasil* purges more in one Ounce, than that from *Egypt* in two; yet that brought from the *East-Indies*, and by the *Levant*, is accounted the Best, being brought from *Bantam* in great Quantities; that from the *West-Indies* is generally large and thick rinded, and not so pulpy, and therefore worth much less than

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the *East-India*: The Pulp gently loosens the Belly, and brings forth the Excrements without griping, temperate in respect of Heat or Cold, and moderately moist: It is good for such as are troubled with Fevers, the Pleurisy, or any Inflammation of the Liver or Spleen, being mix'd with Water, and Drinks of a cooling Nature. It is good to cleanse the Reins and Ureters, to bring forth Gravel and Stone, being a Preservative in those Diseases, if drunk in a Decoction of Cicers, Parsly Roots and Liquorice: It is extracted by forcing the Pulp, taken out of the Cane, through a Sieve, under which is a Vessel of hot Water, that by the Help of the Vapours, the Pulp being stir'd about in the Sieve, it may the easier pass thorow, when hot; and that you ought to extract it but just at the Time of using, because it grows sower with keeping. There are several other Extracts, according to the Nature of the Occasion.

Cassia fistula Alexandrina, sive Lemery. *Purgans, or Canna fistula*, is a Reed or Cane, the Length usually of a Man's Arm, thicker than one's Thumb, and almost round or cylindrick, woody, of a blackish Colour; the Bark is as hard as Wood, compos'd of two Cods, but equally joyn'd together, which cannot be separated but by breaking their Junctures; the Hollows, or Cells, are divided by thin Partitions, but very hard ones, that are fill'd with a Pulp, or Substance, like Marrow, that is liquid, black, and sweeter as Sugar: Each of these Cells contains a thick Seed, like a little Pea, that is flat, and almost round, of a yellow Colour. This Cane is the Fruit of a large thick Tree, which grows in *Egypt*, the *Indies*, and several other Parts of the World: The green Leaves much resemble those of the Walnut-Tree; the Flowers grow in Numbers upon one Stalk, compos'd each of five Leaves, dispos'd in a Circle, of a yellow Colour.

When the Flowers are fallen, the *Cassia* sticks grow out and harden themselves, so that they break one against the other, when the Wind is strong, and make such a Noise, that they may be heard two Leagues round. The best *Cassia* is that which comes from the *Levant*; but it is so dear and scarce in *France*, especially in War-Time, that we are oblig'd

to make use, commonly, of such as comes from *Egypt* and the *Antilles*; that of the *Levant* and *Egypt*, is brought to us by the Way of *Marseilles*, but the others by *Dieppe*, *Robelle*, &c.

31. Of Tamarinds.

Tamarinds are sharp acrid Fruit, which are brought from the *Levant*; sometimes in Bunches, but more commonly freed from their Stalks: The Tree which bears them has very small Leaves; after which come white Flowers, almost like Orange-Flowers, from whence arise Husks that are Green at first, and grow Brown as they ripen, when the Inhabitants of those Parts gather them in Clusters, which they dry a little before they are sent hither.

Chuse your *Tamarinds* fat or oily, fresh, of a Jet black, and a sharp pleasant Taste, which have not been laid in a Cellar, which may be known by their too great Moisture, and their Smell of the Vault; besides, their Kernels that are blown up: Avoid such as are adulterated with Molasses, Sugar and Vinegar; they are much us'd in Medicine, because of their cooling, purgative Quality.

There grows a great many *Tamarind Trees* at *Senega*, where the Negroes make the Fruit into Cakes, after they have stoned them, and freed them from their little Stalks, which they make frequent use of to quench their Thirst: These *Tamarind Cakes* are very scarce in *France*. They cleanse *Tamarinds* like *Cassia*, and with Sugar make a Confection of it, which is not unpleasant.

Tamarindi, or Oxyphenica, is a Fruit about the Length of one's *Lemery's* Finger, as broad and thick as the Thumb, cover'd with a green Bark at the Beginning, but that grows brown as it ripens, and is so tender that it easily falls off, or separates; the Fruit affords a black, sowerish, or sharp Pulp that is grateful to the Taste, and that hangs by long Fibres, or woody Strings, form'd in the Nature of a Bunch: They take this Pulp from the Seeds or Pepins, as they do that of *Cassia* or *Lupins*.

The Tree which bears the *Tamarinds* is call'd *Tamarindus*, by *Gerard*, *Parkinson*, *Bauhinus*



M. ... M. ... M. ...



Tamarinds.



Citron Myrobalans.



M. Indian.



Chebulick M.



Emblick M.



Bellerick M.

binus and *Rajj*; or *Siliqua Arabica*, que *Tamarindus*, the *Arabian Date*, which is the *Tamarind*, or *Balam Pulli seu Mederam Pulli*; it is as big as an *Ash* or *Cherry-Tree*; the *Trunk* is large, cover'd with a thick, ash-colour'd *Bark*; the *Wood* is hard, the *Branches* furnish'd with a great many *Leaves*, like those of the *Femelle Fern*, long as one's *Hand*, compos'd of several small *Leaves*, rang'd on the *Side*, hard, nervous, or stringy and *Green*, of a pleasant *Taste*; the *Flowers* springing from *Wings* of *Leaves* joyn'd *Eight* or *Ten* together, like those of the *Orange-Flower*, white colour'd, sometimes strip'd with red *Veins*; the *Roots* are long, large and red: This *Tree* grows in several *Parts* of *India*, as *Cambaya*, *Senega*, &c. The *Leaves* are proper for quenching *Thirst*, and cooling in burning *Fevers*, being taken in *Decoction*.

The *Indians* separate the *Tamarinds* from the *Bark* and the *Bunch*, after having dry'd them a little, as we have 'em now frequently amongst us, hanging one to another. Chuse the *Newest* that are hard as *Paste*, pulpy, black, of a sharpish grateful *Taste*, and vinous *Smell*; they yield a good deal of acid *Salt*, *Oil* and *Flegm*; are detesive, gently laxative and astringent; they allay, by their Sharpness, the too great *Motion* of the *Humours*, abate feverish *Heat*, cool and quench *Thirst*: They are given in continual *Fevers* and *Loosness*, being taken in *Decoction*, *Bolus*, &c. or a *Pulp* may be made, as of *Cassia*, *Dose* from an *Ounce* to two; it strengthens the *Stomach*, creates an *Appetite*, resists *Vomiting*, and cuts tough *Flegm*; an *Extract* is made thus: Take *Tamarinds*, boil them in fair *Water*, strain, clarify with the *White* of an *Egg*, and thicken by consuming the *Water* to a due *Consistence*; *Dose* from two *Drams* to half an *Ounce*: It cools *Inflammations* of the *Stomach* and *Liver*, *Reins*, *Back* and *seminal Vessels*; is good in *Catarrhs*, *Rheums*, *Eruptions* of the *Skin*, salt and sharp *Humours*, *St. Anthony's Fire*, &c.

32. Of Citron Myrobalans.

Pomet. THE *Citron*, or *yellow Myrobalans*, are *Fruit* which grow in several *Parts* of the *Indies*, especially about

Batacala and *Goa*, upon *Trees* whose *Leaves* are of the *Shape* represented in the *Cut* of them. When these *Fruit* are ripe, they are of the *Figure*, or *Likeness* of the *Mirabel Plum*, enclosing a *Stone* which yields a *Kernel* like the *white Pine*: The *Indians* candy this *Fruit* while it is *green*, as we do *Plums*, and they serve to loosen, or relax the *Bowels*. The *Portuguese* and *Dutch* bring us this *Fruit* thus candied for the same *Purpose*; but the greatest *Quantity* is brought us dry, which the *Apothecaries* keep for several *Galenic* *Compositions*, after the *Stone* is broke. Chuse your *Citron Myrobalans* of a reddish *Yellow*, long, well fed, heavy, and hard to break, of an astringent, disagreeable *Taste*; and beware of being impos'd upon by any of the other four *Sorts*, to wit, the *Indian*, *Chebulick*, *Emblick*, or *Bellerick*.

33. Of Indian Myrobalans.

THE *Indian Myrobalans* are small long *Fruit*, of the *Size* of a *Child's Finger End*, black without and within, without *Stone*, and very hard, that are brought from the *East-Indies*, where they grow in great *Quantities*, and from whence they take their *Name*: The *Tree* which bears these has *Leaves* like a *Willow*, after which come *Fruit* of the *Size* and *Shape* of a *Spanish Olive*, which are green at the *Beginning*, and grow browner as they ripen, and blacken in *drying*; as we have 'em now brought to us, they are hard, and black as *Ebony*: Chuse those that are well fed, dry, black, of a sharpish astringent *Taste*, and the heaviest you can get.

34. Of Chebulick Myrobalans.

THE *Chebulick Myrobalans*, or those call'd *Quibus*, are *Fruit* very like the *Citron*, except that they are bigger, blacker, and longer. The *Tree* which bears them is as high as an *Apple-Tree*, and has *Leaves* like the *Peach*, with *Star Flowers* of a reddish *Colour*: These *Sorts* of *Trees* are to be met with about *Decan*, or *Bengal*, where they grow without *Culture*: Chuse these *Myrobalans* fleshy, the least wrinkled and black,

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that is possible, such as are resinous within, of a brown Colour, that has an astringent Taste, and also a little Bitterness.

35. Of Bellerick Myrobalans.

THE *Bellerick Myrobalans* are small Fruit of the Bigness of a Nutmeg, a reddish Yellow without, and yellowish within, in which is found a Stone supply'd with a Kernel of no Virtue: The Tree which bears this is large, and the Leaves like those of the Bay-Tree; the Fruit is found hanging to the Branches, in Shape of little Goards, of a yellow Colour; 'tis of little Moment to direct you to the Choice of them, since they are good for little or nothing.

36. Of the Emblick Myrobalans.

THE *Emblick Myrobalans* are blackish Fruit, of the Bigness of Galls, easie to divide into Quarters, for which Reason almost all we have brought are after this Manner. The Tree that bears them are as high as the Palm, and the Leaves are almost like the Fern: Chuse such as are least fill'd with their Stones and other Trash, which they are very subject to be; but on the contrary the most fleshy, and blackest you can meet with. The *Indians* do not use the *Emblick Myrobalans*, either to candy, when green as the others, or break for their Kernels; but they imploy them to dye Skins, as the Leather-Dressers do *Sumach*, and also to make Ink. Some hold that all the *Myrobalans* grow upon one and the same Kind of Tree, which is far from Truth, as I have shown, for some of 'em grow fifty or sixty Leagues from one another. The *Citron Myrobalans*, which the *Indians* call *Arare*, purge Bile: The *Indian*, which those People call *Rezanuale*, and *Belleris Goin*, purge Melancholy: The *Emblick*, call'd *Annual* by the *Indians*, and the *Chebulick Areca*, purge Flegm; besides, these five Species of *Myrobalans* us'd sometimes in Pharmacy, call'd the *Areca*.

Myrobalani, or *Myrobalanes*, are *Lemery*. a Fruit the thickness of a Prune, which is brought to us from *India* dry; there are five Kinds of it; the First

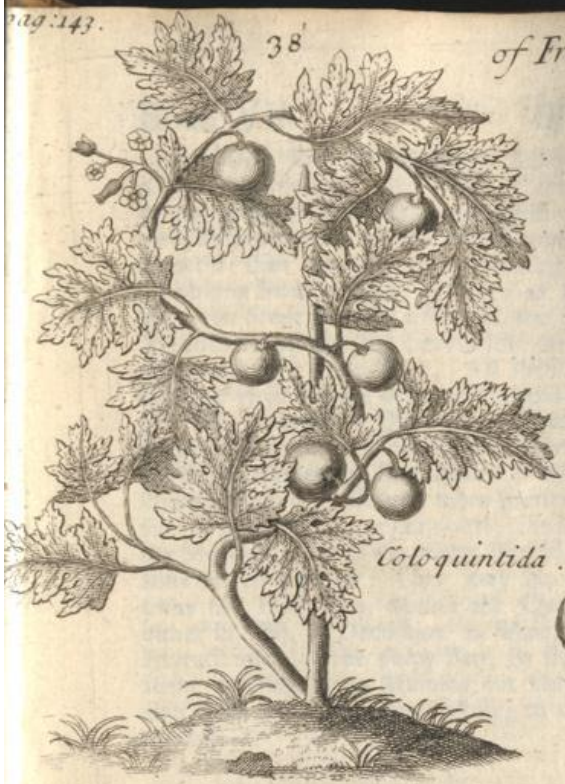
call'd *Myrobalani Citrini*; the Second, *Myrobalani Indici*; the Third, *Chebuli*; the Fourth, *Emblisci*; the Fifth, *Bellerici*. The Citron, or yellow Sort, are small, oblong, or oval, the Size of an Olive, or little bigger, rais'd on several Sides, containing each a longish Stone; they grow upon a Tree resembling a Prune or Plum, but that bears Leaves like a *Service Tree*; it grows without Management or Care, in *India*, and particularly near *Goa*. This Kind of *Myrobalan* is the most us'd of all the Sorts in Physick; it ought to be chosen fleshy, heavy, hard, of a reddish, yellow Colour, and an unpleasant astringent Taste.

Myrobalani Indici sive Nigri, sive Damasceij; the *Indian*, or black *Myrobalans*, are oblong Fruit, the Size of a small Acorn, rough and ridged, Lengthways, of four or five Sides, very hard, hollow within, and void of a Stone; they grow upon a Tree, whose Leaves are like those of the Willow, &c. as describ'd in *Pomet*.

Myrobalani Chebuli, Quebuli, Chepuli, Ceguli, or *Chebulick Myrobalans*, are Fruit like Dates, oblong and sharp, or pointed at that End, which bends to the Tree, having five Corners or Ridges, of a yellowish, brown Colour; they grow upon a large Tree like a Plum-Tree, that grows in *India* without Culture; the Leaves are like those of the Peach-Tree, the Flowers form'd Starwise, of a Colour tending to red: Make Choice of large, fleshy, hard *Myrobalans*, of a dark yellow Colour, and an astringent Taste, inclining to bitter.

Myrobalani Emblici, Embelgi, Emblegi, Ambegi, Deseni, or *Emblick Myrobalans*, are a Fruit that are almost round, and about the Size of a Gall Nut, rough on the Outside, and ridg'd on the six Sides, of a dark brown Colour; containing each a thick Nut, like a Filbert, rais'd on six Corners, of a yellow Colour; the Fruit grows upon a Tree the Height of the Palm, having long Leaves cut small, and indented very like the Fern; we have these brought to us cut in Quarters, separated from the Stone and dried: You ought to chuse them clean, without Shells, blackish without, grey within; of an astringent Taste, attended with a little Sharpness: The *Indians* dye Skins, and make Ink with them.

Myro-



38

Coloquintida.

Large Indian Pine Nut in the Husk.



The same cut of Husk.



The Palma Christi in Husk.



of same cut.



Pine Apple.

39

Common Pine Nut in Husk.



of same cut of Husk.



a small Pine Kernel.



The Barbary Pine Nut in the Husk.



of same cut of Husk.



of Ricinus leaf.



The Ricinus.



41

a branch of Ben Tree.

The Ben Fruit.



A Ben Husk.



42

A Pistachia Nut.



Myrobalani Bellerici, Belleregi, Bellegu, or *Bellerick Myrobalans*, are Fruit of the Size of the common Sort, oval, or almost round, hard, Yellow, more united, and less angular or corner'd than the others, containing each an oblong Stone or Nut, as large as an Olive; the Stone encloses a little Kernel: The Tree that bears this has Leaves like the Bay, and as big as a Plum-Tree. All these Sorts of Fruit yield a great deal of essential Salt, and Oil, a moderate Quantity of Earth and Flegm: They are all gently purgative and astringent, something like *Rubarb*; but the Citron Kind are esteem'd more particularly for purging the bilious Humours; the *Indian* the Melancholy, and the others for the Serous or Flegmatick: They may be given from six Drams to double the Quantity, either in Pills, a Decoction in Wine, or an Extract made of the pulpy Part, by steeping them in Wine, then straining out the Infusion, and inspissating, or thickning to a Consistence.

37. Of the Areca.

Pomet. **T**HE *Areca* is a Fruit whereof there are two Sorts; to wit, one that is half round, and the other pyramidal: These small Fruit resemble one another entirely; especially within, they are like a broken Nutmeg, and are brought to us from several Parts of *India*; but as we trade in them no otherwise than as a great Rarity, I shall not trouble you further about them, only that the Tree, bearing the *Areca*, is from a Branch of the Peppers already describe'd.

Areca Palma Species, Scalig. A. Lemery. roca sive Fanel Clus. in Garz. Ludg. Palma cibus fructus sessilis Fanel dicitur. Avellana Indica. The Palm, whose Fruit is call'd *Fanel*, or the *Indian* Filbert, is a Species of the Palm Tree, very high and straight, that grows in *Malabar*, and several other Parts of *India*; the Flowers are small, white and almost without Smell; the Fruit is of an oval Figure, the Size of a Nut, having a green Bark or Peel, at first, which becomes very yellow as it ripens, soft and very hairy; the Bark or Rind being taken away, there appears a Fruit the Size of a

Filbert, sometimes half round, sometimes pyramidal; which, being broken, resembles that of a Nutmeg in Fineness.

The Fruit which the *Indians* call *Cbofool*, not being as yet half ripe, makes those that eat it giddy and drunk: When ripe it is insipid and astringent; they reduce it to Powder after having dry'd it in the Sun, and having mix'd it with Bede, burnt Oyster-Shells, Camphore, Aloes Wood, and a little Ambergris; they form 'em into Troches, which they chew in their Mouths to make 'em spit and purge the Head.

38. Of Coloquintida.

Coloquintida is a Fruit of the Size of our Renner Apple, that grows *Pomet.* upon a climbing or viny Plant, that has green Leaves, very like those of the Cucumber. This Fruit being upon its Stalk, is of the Colour of the *Callebasb*, and grows plentifully in several Parts of the *Levant*, from whence they are brought to us, freed from the first Skin, or outward Shell, which is Yellow.

Chuse the finest white *Coloquintida* Apples, that are light, round, and as little foul and broken as may be. Those who have their *Coloquintida* from *Marseilles*, or other Parts, order their Correspondents, if they wou'd serve them well, to take care that the Apples be not broken, and the Pepin, or Seed, shak'd out; tho' out of an hundred Weight of *Coloquintida*, they shall not find Forty fit for Use, because of the gross Part, and the Seeds which ought to be thrown away.

Coloquintida is one of the bitterest and most purgative Drugg in Physick; therefore it ought not to be us'd, but with great Precaution, and especially not without throwing away the Seeds. The Confectioners cover these Seeds with Sugar, and sell them to catch or delude Children with, and People of Quality upon extraordinary Occasions; but the Apothecaries keep these by them to powder, and put into their purging Compositions, especially the common Lenitive Electuary, which is a great Abuse, and a very wicked Practice.

Colo-

Colocynthis, vel Colocynthis fructu Lemery. rotundo minor, vel Cucurbita Sylvestris fructu rotundo minor: The lesser *Coloquintida* with the round Fruit, or the lesser wild Gourd, with the round Fruit; is an Indian Plant which bears several Stalks that creep upon the Ground, hairy and rough; the Leaves grow singly ry'd to long Stalks, running one from another, large, indented, hairy, rough and whitish, especially on the Outside, mark'd with several white Spots; the Flowers are of a pale Yellow, succeeded by a Fruit about the Size of a moderate Orange, almost round, naturally pretty dry and light, cover'd with a hard Bark, or entire Shell, that is of a yellowish, shining Green. The *Indians* separate, or pull off this Bark, and having dyed it within, that is, the fleshy Part of the Fruit, they bring these Apples of different Sizes, white, spongy, light, and of an intolerable Bitterness, which is what we call *Colocynthis Officinatum*, or the *Coloquintida* of the Shops; there are several Cells or Apartments fill'd with large Seeds, as those of *Melon*, but shorter, more fleshy, and a great deal harder, of a yellowish Colour, inclining to white: They cultivate this Plant in several Parts of the *Levant*.

Chuse such as are fine, large, white Apples, fleshy, well dry'd, light, that will easily break, and are very bitter; they yield a great deal of Oil, together with volatile and essential Salt. The *Coloquintida*, separated from the Seeds, is call'd Pulp of *Coloquintida*, and is often us'd in Physick; it purges violently by Stool, is proper to evacuate the serous Humours of the more gross Parts of the Body, and is recommended in the Epilepsie, Apoplexy, Lethergy, Small-Pox, overflowing of the Gall, Sciatica and Rheumatism; but ought never to be admittred alone, but us'd in Compositions, as Pills, Confections, Troches, and the like.

39. Of Indian Pine Kernels.

Pomet. THE *Indian Pine Kernels* are little Almonds of a yellowish white Colour the Size of a Pea, but much longer; of a disagreeable Taste, attended with a great Acrimony. These little Kernels

are cover'd each with a Pellicle, or white Skin, very fine and thin, and a small Shell that is hard, but not very thick, which makes that it will break easily. These small Fruit grow in a Husk, or triangular Shell, where there are very often three Kernels together. The Plant that bears this Fruit is call'd, in *Mr. Hermans Paradisus Batavus*, *Ricinus arbor fructu glabro granatiglia Officinis dicta*; which signifies the *Ricinus*, or a Kind of *Vervain Tree*, with the smooth Fruit call'd in the Shops, *Tyle Seed*, or *Tilli-Berries*; the Figure of the Plant, the Leaves and Flowers are unknown to me; nevertheless, I believe it is this Plant, as here represented, that bears the *Indian Nuts*, which ought to be chosen fresh, plump and fleshy; the least fill'd with Husks, Shells, or other Filth and Dirt that can be. Take care that they be the true Nuts, and that the *Palma Christi* be not impos'd upon you in their Stead, which is difficult enough to distinguish, when the *Palma Christi* is not speckled; for which it is so, you can scarce be deceived, otherwise when it carries the Colour of the *Indian Nut*, 'tis not easie to know the Difference.

The Use of these Nuts, or the Kernels of 'em, is to purge; and it is, indeed, one of the greatest Purgatives we have, which makes it that we ought not to meddle with them, but with great Care and Precaution, nor venturing to administer them but to strong robust Bodies: As to the Quantity, one may take One, Two, or Three, according to the Constitution of the Person. Some affirm that it is nothing but the thin Membrane, or Skin, that covers the Kernel, which gives it the purgative Quality, which I can assure you is not so.

There are other *Indian Pine Kernels*, which we call, improperly, little *Pine Kernels*; besides, we sell another Sort, call'd *Barbary Pine Kernels*, large *Indian*, or *American Pine Kernels*; and are those Sorts which *Baubinus* calls *Ricinus Americanus, femine Nigro*; the *American Pine* with the black Seed.

Besides these, there are two Sorts of *Indian Pine-Nuts* which we do not trade in at all, by Reason of their great Scarcity: The First are Kernels of the Size and Shape of the Filbert, extremely white, and are cover'd with a hard Shell of different Colours;

louts; to wit, grey and reddish; these grow three together in a Shell, of a triangular Figure; the Plant which produces them being call'd *Ricinus fructu Maximo*, or the *Ricinus*, with the large Fruit.

The second Sort are little long Kernels, of the Bigness of a Pin's Head, spotted a little, as the *Palma Christi*, which grow three together, in a little three-corner'd Pod, of the Size of a Pea: These little Pods, or Shells, differ from the other Sort, in that about the Shell and the Husk there are five little bairy greenish Leaves, which altogether resemble the Figure taken from them. The Plant Leaves which these small Pine Kernels have, are exactly like those of Dittany, only that these are greenish, and those of Dittany are whitish. These little Fruits are extremely scarce, and the Plant that bears them is call'd *Ricinus Indicus fructu minimo*, the *Indian Pine* with the least Kernel. As for the *Palma Christi*, the Great and the Small, together with the *Spurge Berry*, I shall say nothing, because many Authors have treated of 'em; and the rather, because honest People will have nothing to do with them.

40. Of the white Pine Kernels.

These are a white Sort of little longish Almonds, that are round on one Side, of a sweet Taste, to which they give the Name of sweet Pine Kernels. These small Almonds are cover'd with a thin Pellicle, or Skin, that is light, reddish, and has a very strong Nut. These Nuts, supply'd with Almonds, are found in the Pine Apples, and are call'd, according to their Subject, Pine-Nuts, Pine-Kernels, or Almonds from the Pine Fruit: Those we now sell come from *Catalonia*, as likewise *Provence* and *Languedoc*, and several other Parts of *France*. To get the Kernels from the Pine-Apples, they are thrown into a hot Oven, where the Heat obliges them to open; afterwards they break the Nuts, and take from thence the Kernels, which are sent into different Parts of the World: Chuse 'em white, the largest and least mix'd with Shells and Skins that you can get, and which are of a sweet Taste; in a Word, which neither smell of Oil or Mustiness: They are much

us'd, especially in *Lent*, to make several Sorts of Ragoos: The Confectioners cover them with Sugar, after having stoved them sometime to take out the Oil: They make an Oil of 'em by Expression, which has the same Virtues with Oil of sweet Almonds, especially when the Kernels are fresh and new: They are sometimes us'd to feed *Canary Birds*; and a PASTE made of the Powder after the Oil is press'd from them, is good to wash the Hands with.

Ricinus Vulgaris, according to *Baubinus* and *Tournefort*, or *Ca-Lemery*. *caputia major Vulgaris*, the common *Ricinus*, or greater Spurge, is a Plant that has the Resemblance of a small Tree, whose Stalk rises six or seven Foot high, thick, woody, hollow within like a Reed, branching at the Top, of a dark, purple Colour, cover'd with a white Powder like Meal; the Leaves are in the Beginning round, but as they grow bigger they become corner'd, and divided like the Fig-Leaf, but much larger and soft to the Touch: The Flowers are so many pale *Stamina*, Threads, or Chives, which do not last long, and which leave nothing after them, either of Seed or Berry: These Fruit growing separately, upon the same Stalk, dispos'd in the Nature of a Bunch, that is prickly and rough to the Hand: Each of these Fruit has three Sides, and is made up of three *Capsule* or Coverings, which contain each an Oval, or oblong Seed; pretty thick, of a livid Colour, spotted without, and fill'd with a white tender Pith: When the Fruit is full ripe it is full of Chinks, or Cracks, by which the Seed rushes out with force; the Root is long, thick, hard, white and stringy: They cultivate this Plant in Gardens, not only for its Beauty, but because it drives away the *Moles*; it grows of different Sizes and Height, according to the Places wherein it is set; for in *Spain* one may see them of the Height of a Man; and in *Candia* there are others that grow to the Bulk of large Trees, provided there be Poles for them to mount on: The *Ricini*, or *Tyle-Berries*, are us'd in Medicine, and contain in them Plenty of Oil and Salt; they purge violently all sorts of Humours, and may be given from one Grain to six.

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There is an Oil made of them by Expression, after they have been well beat, call'd in Latin, *Oleum de Kerva*, *Oleum Cicinum*, *Oleum ficus Infernalis*: It purges only by rubbing the Stomach and Belly with it: It kills the Worms, cures the Itch, Deterges, old Ulcers, and allays the Suffocation of the Womb. These Berries are brought from *America*, and are call'd, in Latin, *Grana Tiglia*, *Tyle-Berries*, or *Indian Pine Kernels*; because, in Shape and Size, they resemble the Pine Kernels, which are larger than these, grow in a Shell like them, but are not thorny. There are several Sorts of *Pine Kernels*, from the several Sorts of Pines, which produce them; of which I shall give you an Account of four; one whereof is cultivated, and the other Three wild.

The cultivated Pine is call'd *Pinus*, or *Pinus Sativa*, vel *Domestica*, by *Baubinus*, *Raius*, *Tournefort* and *Gerard*: The Trunk of which is large, upright and tall; naked, or bare at the Bottom, and full of Branches at the Top, cover'd with a rough, reddish Bark; the Wood is firm, strong, yellowish and scented; the Branches are dispos'd in order; the Leaves grow two and two, long, and small like Threads; hard, durable, and constantly green; pointed or prickly at their Tops; surrounded at the Bottom with a membranous Sheath. The Husks or Shells, are of several membranous Foldings, which contain two Cells, fill'd with nothing but a light Dust; these Husks leave no Fruit behind them, growing upon the same Stalks with the Leaves, and begin by a Button, which arrives to be a large scaly Apple, almost round, or pyramidal, of a reddish Colour: These Scales which form it are hard, woody, thicker commonly at the Point, or Top, than at the Bottom; hollow lengthwise, with two Cavities, each of which contains a hard Shell, or oblong Nut, cover'd, or edg'd with a thin, light, reddish Rind; they call these, in Latin, *Strobili*, seu *Pinei*, seu *Nuces pineae*, or *Pine Nuts*, which enclose in each an oblong Kernel, half round, white, sweet to the Taste, and tender.

The second Sort is call'd *Pinus Sylvestris*, by *Raius*, &c. or *Pinus Sylvestris vulgaris Genevensis*, by *Baubinus* and *Tournefort*, the common wild *Geneva Pine*; this grows,

usually, less high than the cultivated, but sometimes it attains to the same Height and Size, its Trunk more frequently straight, but is sometimes crooked; the Leaves are long and narrow; the Fruit much smaller than the First, more resinous, and falls easily when ripe: This Tree grows in mountainous and rocky Places.

The third Sort is call'd *Pinus Sylvestris Mugo*, see *Crein*, or *Pinaster Austriacus*, the *Austrian wild Pine*, being a diminutive Pine, which grows not above the Height of a Man; it divides it self from the Root into several large Branches, that are flexible and pliant, spreading wide, cover'd with a thick, rough Bark; the Leaves are of the same Form, and dispos'd like the cultivated Pine, but much shorter, thicker, fleshy, less sharp at their Ends, and greener: The Fruit are not so big as those of the *Larix*, or *Cyprus*, but they are scaly, form'd pyramidally like other Pine-Apples; the Root is thick and woody: this Plant grows in mountainous and stony Ground; as about the Alps, and among other Rocks.

The fourth Sort is call'd *Pinus Sylvestris Maritima*, conis firmiter ramis adherentibus, by *Baubinus*, *Ray* and *Tournefort*, or *Pinus Sylvestris altera Maritima*, the wild Sea Pine: This is a small Tree, whose Wood is white, strong scented and resinous; the Leaves are like those of other Pines; the Fruit are in Pairs, and shap'd like those of the cultivated Pine, but a great deal less, being ty'd strongly to the Branch, by their woody Stalks: This Plant grows in mountainous Parts, near the Sea.

All the Pines that grow in the hot Countries yield Plenty of Resin, by Incisions made in their Bark; they afford Abundance of Oil and essential Salt: The Bark and Leaves of the Pine are astringent and desiccative. We have *Pine Kernels* from *Catalonia*, *Languedoc* and *Provence*, which are taken from the Pine Apples, as taught by *Pomet*: Chuse such as are new, plump, clean and white, that have a good sweet Taste; they contain a great deal of Oil, and some Salt; are pectoral, restorative, sweeten and correct the Acrimony of Humours, increase Urine and Seed, cleanse Ulcers of the Kidneys, resolve, attenuate, and mollify; and may be us'd internally and externally.

41. Of the White Ben Kernel.

Pomet. **T**HE white *Ben* is a triangular Fruit of different Colours, the Size of a Hazel Nut, being white or greyish, in which is found a white Almond, of a sweet Taste, disagreeable enough. The Tree which bears the *Ben* is very scarce in Europe, and the Impression I have here given you, is taken from that which is at Rome, in the Garden of Cardinal *Farnese*.

Chuse such Kernels as are white, fresh, and the heaviest you can get; they are of no other Use, that I know of, but to make Oil of, which has a great many good Qualities; the First is, that it has neither Taste or Smell, and never grows rank, which makes it of great Use to the Perfumers and others, for preserving the Scents of Flowers, as Jasmine, Oranges, Tuberoſe, and the like: With this Oil it is they make all their sweet Effences, adding to the Flowers aforementioned, as they fancy, Ambergrise, Musk, Civet, Benjamin, Storax, Balsam of Peru, &c: They grow in Syria, Arabia, *Aethiopia* and *India*, where they come to perfection, which they scarcely ever do in Europe.

The whole Nut is of a purging Quality, and the dry pressing, or Powder, after the Oil is taken out, is of a cleansing Nature, and drying; the Shells, or Husks, bind extremely: The Kernels bruised, and drunk with a little Ale, purge the Body from gross and thin Flegm: The Oil, which is drawn out of the Nut, does the same; provokes Vomiting, and cleanses the Stomach of much foul Matter gather'd therein; but the Nut itself, in its gross Body, does much more trouble the Stomach, unless it be roasted at the Fire, for then they lose much of their emetick Quality, and only purge downwards; and they are given in Clysters, with very good Effect, to cleanse the Bowels, and cure the Colick. The Kernels, taken in Posset-Drink to a Dram, mollifie the Hardness of the Liver and Spleen: The Oil, besides its excellent Use to the Perfumers, is employ'd by the Glovers and Skinners, to preserve their Leather from Spots or Stains, or from ever growing mouldy, as those

perfum'd with Oil of Almonds do. It more easily extracts, and longer retains the Perfume of any Thing infus'd in it, than any other Oil whatsoever; being drop'd into the Ears it helps the Noise in them, and Deafness also: The Kernel used with Vinegar and Nitre, is good against the Itch, Leprosy, running Sores, Scabs, Pimples, and other Defecations of the Skin; mix'd with Meal of *Orobis*, and apply'd Plaisterwise to the Side, it helps the Spleen, and eases the Gout, and Nerves which are pain'd with Cramps, Spasms, Colds and Bruises; mix'd with Honey, it dissolves Nodes, Tophes, Knots, and hard Tumours.

Ben Parvum vel Balanus Myrsifca, Lemery. Pharagon incolis ad montem Sinai, or Granum Ben; the *Ben Berry* is a Fruit like a Hazle-Nut, oblong, triangular, or rais'd with three Corners, cover'd with a Rind, or thin Scale, pretty tender, and of a grey or white Colour; within the Bark or Rind is a white, oily Almond, of a sweetish Taste: the Fruit grows upon a certain Tree in *Aethiopia*, resembling the Tamarisk; chuse such as is new, large, and well fed; of which there is an Oil made as of Almonds, by Expression, call'd *Oleum Balaninum*, and which has this particular Quality, not to grow rancid with keeping. The *Ben* purges upwards and downwards all bilious and pituitous Humours, given from half a Dram to a Dram and half; externally it is deterſive, resolute and drying.

Besides this, there is another Species of *Ben*, that is much larger than what I have been speaking of; it is call'd by *Monard*, in his History of Druggs, *Ben Magnum, seu Avellana purgatrix*, the Great *Ben*, or purging *Filbert*: It grows in *America*, and is brought sometimes from *St. Domingo*, but is very scarce in *France*; it purges upwards and downwards; the *Indians* use it for the Wind-Colick; the Dose from half a Dram to a Dram; they weaken its force by roasting of it.

42. Of Pistachia Nuts.

THE *Pistachia* is a Fruit of the Size and Shape of a green Almond, which we bring from sever-

Pomet.

ral Parts of *Persia*, and other Places in *Asia*, especially about a Town call'd *Malaver*: The Tree which bears them is much of the Height of a young Nut-Tree, and the Leaves almost round; after which comes Fruit in Clusters, very beautiful to look upon, being green mix'd with Red; under the Skin or Husk is found a hard white Shell, which contains a Kernel or Almond, of a green Colour, mix'd with Red on the outside and Green within; of a sweet pleasant Taste. Chuse your *Pistachia's* in the Shell, very heavy and full; in short, so that three Pound weight of them in the Shell may yield a Pound when broken, that is a Pound of Almond.

As to the broken *Pistachia's*, chuse the newest, that are red without and green within, and the least bruised that can be: As to their Size, some esteem the largest and others the small, especially the Confectioner, when he is to use them for Candying over with Sugar, in order to make what they call *Pistachia Comfits*. They are very little us'd in Physick, except that sometimes they put 'em into some Galenical Compositions, being a proper Restorative in old Age. They make an Oil of the *Pistachia*, but it is of so little Use, I shall say nothing of it.

Pistacia, *Phylacia*, *Fistici* or the *Lemery*. *Pistachia*, is a Fruit of the Shape and Bigness of the green Almond, which is brought from *Persia*, *Arabia*, *Syria* and the *Indies*; they grow in Clusters upon a Kind of Turpentine or Fir-Tree, call'd *Terebinthus Indica*, by *Theophrastus*, or the *Pistachia* of *Dioscorides*; by *Tournefort*, &c. and by *Parkinson*, *Nux Pistacia*. This Tree bears Leaves made like the common Fir, but larger, and are fibrous or stringy, and sometimes divided at the End and sometimes pointed, ranged several upon a long Rib, terminated by a single Leaf. The Flowers are dispos'd in Bunches, in which are fix'd at the Bottom, Chives or Threads, which rise to the top of the Flower of a purple Colour: These leave no Fruit behind them; the Fruit growing upon Stalks that bear no Flowers at all.

The *Pistachia* has two Barks or Rinds, the First is tender, of a greenish Colour, mix'd with red; the Second is hard as Wood, white and brittle, they enclose a Kernel of a green Colour mix'd with red

on the out-side and green within, of a sweet agreeable Taste. They are Pectoral, Aperitive, Moistening, Restorative, fortify the Stomach and procure an Appetite: The ripe Nut in Substance is freely and liberally eaten by People of Quality, as well to gratify the Palate as for any Physical uses.

43. Of Almonds.

WE usually sell two Sorts of Almonds, to wit, the Sweet and *Pomet*. the Bitter; the Trees which produce these are so common, I did not think it proper to give any Description of them, contenting my self only to say that both Sorts of Almonds come from several Parts; as *Provence*, *Languedoc*, *Barbary*, and *Chinon* in *Touraine*; but the most valued of all, are those that grow about *Avignon*, because they are usually large, of a high Colour, that is to say, reddish without and white within, of a sweet pleasant Taste, which is contrary to those of *Chinon* and *Barbary*, that are small and half round. As to the Use of the Sweet Almond it is so considerable, and so well known throughout the World, it wou'd be needless to mention it; I shall only treat of the Oil, as being a Commodity of great Consequence considering the vast Consumption that is made of it. There are some of the Sweet Almonds sold in the Shell, the Best of which are reckon'd those that break easily under the Thumb. These are of scarce any other Use than to furnish Gentlemens Tables as part of the *Desert*.

Amygdala, or the Almond, is the Fruit of a Tree, call'd in Latin *Lemery*. *Amygdalus*, or the Almond-Tree, which is cultivated in our Gardens. The Leaves are long, narrow, and ending in a sharp Point, of a bitter grateful Taste, they resemble the Peach Leaves, and are hardly to be distinguish'd from them when pluck'd from the Trees, except that they are tougher or more pliant; the Flower is also very like that of the Peach, but much whiter, and less Purgative; it is succeeded by a hard, woody Fruit oblong, cover'd with a hairy greenish Husk that is fleshy; it contains within it an oblong flat Almond, which all the World knows. There are two Kinds of Almonds,

of Fruits .



Almonds .



Citrons .



Citrons .



The sweet or Portugal Orange

48



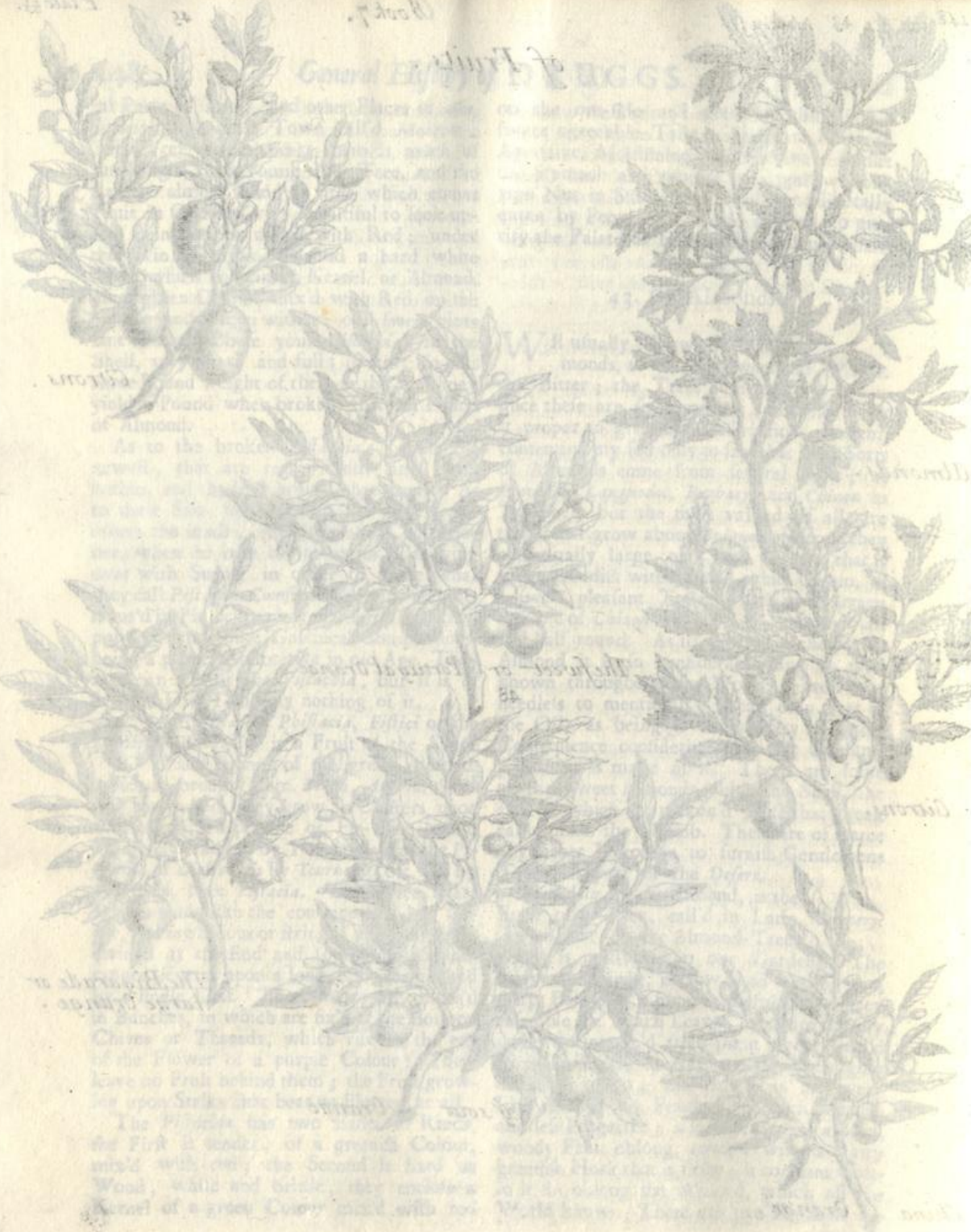
of sour Orange

China Orange .



The Bigarade or large Orange .

General History of Plants



The fruit is round, and is covered with a thin rind, which is very bitter, and is not fit for use. The leaves are very fragrant, and are used in the preparation of perfumes. The wood is very hard, and is used in the construction of ships. The bark is very bitter, and is used in the preparation of medicines. The plant is native to the East Indies, and is now cultivated in many parts of the world.

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monds, [as said by *Pomet*]; the First whereof, or the Sweet, are pleasant to eat, of good Nourishment and proper against Lasks and the Bloody-Flux, they are Pectoral and Opening, good against Coughs, Cold, Asthma's and Consumptions: An Emulsion or Milk made of them with Barley-Water, is a good Drink in Fevers, Diarrhea's and Dysenteries. The Virtues of the Oil will be mentioned under that Head.

44. Of Oil of Sweet Almonds.

Pomet. OIL of Sweet Almonds is prepar'd several Ways; Some do it by Blanching, and others by Pounding, some reduce 'em into a PASTE, by beating the Almonds, some only bruise them and so sift them. In short, some use good Almonds, and others bad Ones, and every one according to his Capacity and his Conscience, but the Method of expressing the Oil is so commonly known that it wou'd be trifling to pretend to give any Account of it, at this time of Day; only to inform you that there are two Sorts, the one drawn by the Fire, and the other without, which is call'd the Cold-drawn Oil, and is only proper for internal Use, the Hot being subject in a short time to grow rank and stinking. After the same manner Oil of Bitter Almonds is made, chiefly for External Use; as likewise Oil of Walnuts, Hazel-Nuts, Ben, white Pine-Kernels, and of the larger Sort call'd Oil of the Infernal Fig, which is much us'd by the Savages to kill Vermine; as also, a cold Oil is drawn from White-Poppy Seeds, the four cold Seeds, Linseed, and the like, by way of Expression. As to the Way of chusing all these Sorts of Oils, the best Advice I can give you is to deal with honest People that are above putting a little Cheat upon you, and not to deal with Hawkers, nor run from Shop to Shop, but give a Price for that which is good in its Kind.

Besides the Oil, there are Mackaroon's made by the Confectioners out of the Almonds blanch'd and beat up to a PASTE with Sugar, &c. The Almond-PASTE which remains after the Expression of the Oil serves the Perfumers to sell for scouring the Hands clean, and making the Skin smooth. The Oil by Expression new drawn, is good a-

gainst Roughness and Soreness of the Breast and Stomach, Pleurifies, Coughs, Asthma's, Wheezings, Stitches, Hectick Fevers, Ulcers in the Kidneys, Bladder, Womb, and Guts, and helps Scalding of Urine. Oil of Bitter Almonds helps Deafness if dropt into the Ears, as also Pains and Noise therein; Outwardly it softens hard Nerves, takes away Spots in the Skin, and brings down the great Bellies of Children. Oil of Bitter Almonds given inwardly with *Manna* and *Sugar-candy* is good against Cholick and Stone, Gripes in Children, Dry Coughs, and for Women in Labour: Some say that the Oil of Sweet and Bitter Almonds both may be preserv'd from being rank, by the Help of Spirit of Wine tartariz'd.

45. Of Citrons.

THE *Citrons* both the sweet and soure, are Fruit so common *Pomet.* and so well known in most Parts of the World, that I shall pass by their Description, and content my self to say that what we sell come from *St. Remmes* about *Genoa*, *Nice* and *Manton*, a little Village belonging to the Duke of *Savoy*, from whence they are brought by Sea and Land to *Marseilles*, *Lions*, *Rouen* and *Paris*. The Sale of Citrons is not made in the Cities aforesaid, except *Nice*, but by the Determination of the Council of the Place, which happens twice a Year, that is to say, in *May* and *September*: sometimes three Times a Year, according as the Crop or Harvest is considerable. When the Sale is over, and that some Merchants wou'd have only the Choice, they throw by such as will pass thorow an Iron Ring made round, for that Purpose, for all that go thorow only serve to make into Juice, which they transport to *Avignon* and *Lions*, for the Dyers in Grain. As to the Choice of sweet or soure Citrons, the Commodity is too well known to need any Direction.

46. Of Oil of Citron.

WE sell two Sorts of *Citron Oil*, to wit, the Common, and the Essence of *Cedre*, or the Essential Oil; the First and most valued is that, which bears the Name of the

the *Cedre* or *Bourgamot*, which is made two Ways, either by the *Zest* or the rasping or grating of the Citron-peel fresh: Or else by an Alembick and Water they draw a white odoriferous Oil, altogether like the Oil of Sweet Almonds, but that it is not so gross and fat. The second Sort is the common Oil of Citrons, which is greenish, clear, and fragrant, and is made by the Alembick, with the Lee or Settling that is found in the Bottom of the Cask, wherein juice of Citrons has been kept, fifty Pounds whereof will afford three Pounds of clear Oil, more or less, according to the Goodness and Newness of the Citrons. These Oils are us'd by the Perfumers, because of their agreeable Smell, especially the Essential Oil. As to the soure *Bourgamot*, 'tis a Juice made from a certain Kind of half-ripe Citrons that come from *Bourgaire* near *St. Remmes*, from whence it is carry'd into several Parts. The Use of it is likewise for the Perfumers, and several other Persons that have Occasion for them.

47. Of Candy'd Citron.

WE have small Citrons brought from the *Maderas* of different Sizes, candied two Sorts of Ways, to wit, Dry and Liquid: The Dry are very pleasant to eat, which when they are well done are tender, green and new. There is another Sort besides this, that comes from the *Maderas*, candied Dry, the best of which is the freshest, in little Quarters, clear and transparent, very green on the Outside, and the most frosted with the Candy within that can be, very fleshy, easy to cut, and well dry'd, not full of black Spots, which happens not to it but by Moisture, which it gets by Age.

The Citron-Peel is much us'd, because it is excellent to eat; there is besides such as we call Chips, that are cut into little Slices or Pieces. The *Turks* with the Juice and Sugar make what they call *Sorbec*; the best of which comes from *Alexandria*: With the clarified Juice and fine Sugar we make Syrup of Citron, to cool the Blood and quench Thirst. That which is made at *Paris* is not fit for any thing, being made chiefly of the decay'd Citrons.

Citron Peels come also to us from *Spain*

and *Portugal*, those which look brisk or fresh, and of a lively yellow Colour, that have a fragrant Smell are best; if the Colour and Smell be decay'd, they are not of much value: When rightly order'd they are Cephalick, Neurotick, Stomachick, Cardiack, Hysterick, and Alexipharmack, good against all cold and moist Diseases of the Head and Nerves, Bitings of Serpents and mad Dogs, and all Sorts of malign and pestilential Diseases; Measles, Small Pox, Plague, Surfeits, &c.

Under this Head it may not be improper to say something of *Limons*, which are much of the same Nature; They grow in all the Southern Parts of *America*; as also in *Spain*, *Portugal*, *Italy* and *France*, and with much Care and Housing in the Winter in *England*. The Juice, which is that we intend to speak of here, is sharper than that of *Citrons*, and therefore dryer and cooler; it is of good Use in Weakness of the Stomach, Vomitings, violent Burning Fevers, as also in Malignant and Pestilential Fevers, and in Diseases of the Kidneys and Bladder: It is also us'd as a Menstruum to dissolve the Bodies of some Mixtures and Drinks. A Syrup of *Limons* for the same Purpose is made with an equal Quantity of Sugar, and thus the Juice is preserv'd; for if it be kept long by it self, it will be apt to grow musty and lose its Acidity, and then the Juice is spoil'd.

Citream Vulgare, as *Mr. Tournefort* calls it, is a little Tree that is always Green, whose Branches spread out wide and are pliant, cloath'd with a smooth green Bark; The Leaves are plain, long, and large as the Walnut, pointed like those of the Bay-Tree, but more fleshy, indented on their Sides, of a fine green shining Colour, especially on the Outside, and of a strong Flavour: The Flower is made up of five Leaves round, the Colour white, inclining to red or purple, of a Pleasant smell, supported by a round hard Cup. When the Flower is gone, the Fruit forms it self usually oblong, sometimes oval, and sometimes almost round; as thick as a large Pear, cover'd with a rough uneven Rind, fleshy, thick, of a green Colour at the Beginning, but as it ripens, it becomes of a light Yellow without, white within, of a very agreeable Smell, and a biting Aromatick Taste. This Rind covers a Vesicular

ficulous Substance, divided into several Cells or Partitions full of a Juice that is acid, and very pleasant to the Taste, and with some oblong, white, pithy Seeds, of a Taste that is a little bitter. The Fruit carries the Name of the Tree that bears it, which is the Citron-Tree; cultivated in the hot Countries, as *Italy*, *Provence*, or *Languedoc*: The Fruit is chiefly us'd in Physick, the Leaf and Flower very rarely.

These two latter, namely, the Leaf and Flower afford Abundance of Oil, Volatile and Essential Salt. They are Cordial and strengthen: The Rind, especially the very outward Part that is Yellow, yields a good deal of Volatile Salt and Oil; it is proper to fortify the Heart, Stomach and Brain, to resist Poison. The Juice contains in it a Quantity of Essential Salt and Flegm, but very little Oil: It is Cordial, cooling, proper to abate the Heat of the Blood, to precipitate the Bile, to quench Thirst, and resist Poison. There is a Way of sticking a Citron all over with Cloves, to carry in the Pocket to smell to in any Epidemical Sickness, in order to drive away the Contagion. There is another Kind call'd the *Sweet Citron*, because not sharp as the other; but in no Esteem either for its Use or Beauty.

48. Of Oranges.

Pomet. THE sweet and soure Oranges come from *Nice*, *Aficuta*, *Grave*, the Isles of *Hyeris*, likewise from *Genoa*, *Portugal*, the *American Islands*, and *China*; but the largest Store of those we use now come from *Provence*, where they are sold indifferently without any Method or Order. Oranges as well as Citrons are so common I shall make no Description of them.

Oranges are candied whole, after having been scoop'd and emptied or peel'd entire; and these are what we call *Whole Oranges*, or *Candied Orange-Peel*. The Finest is that which is made at *Tours*, because it is clearer, more transparent, and of an higher Colour: We have *Orange-Peel* cut in Chips made at *Lyons*, which is what we call *Orangeat*. The other chief Use we make of Oranges of all Sorts, both sweet and soure, and the *Begetrade* is to candy the Flowers, which come

chiefly from *Italy* and *Provence*: The distill'd Water is what we call *Naphtha*, or *Orange-flower Water*, which is mostly us'd by the Perfumers; that which is best, ought to be of a sweet Smell, bitter Taste, very Pleasant, and of that Year's Distillation; for what is kept above the Year loses its Smell. Those who distil *Orange-Flowers*, draw a clear Oil of a strong Fragrancy, which the Perfumers call *Neroli*; the best is made at *Rome*, and afterwards that in *Provence*: Notwithstanding some will assure you this is an Error, and that there is better made at *Paris* than either in *Italy* or *Provence*; the Reason is, because *Italy* and *Provence* being hotter than our Climate, the Sun more readily exhales the Odour, but with this difference notwithstanding, that we cannot draw the same Quantity of Oil, as in the hot Countries, because all the World knows that the Smell of Flowers proceeds from nothing but the Heat of the Sun and the Dew, which makes that in *Italy* and *Provence* they undergo several more Distillations. And therefore the Flowers that are in Prime one Month in *Paris*, hold two in *Provence*, and Three in *Italy*, because of their greater Nearness to the Sun.

The People of *Provence* bring us an Oil, which they make from the *Zest*, and the outward thin Rind of the *Oranges* by means of an Alembick and Water, and this Oil is of a strong, sweet Smell. They bring besides, another Sort we call *Orangelettes*, made of the *Orange-Kernels* or *Seeds*, which they distill in an Alembick, with a sufficient Quantity of Water; after having infus'd it five or six Days in the said Water. This Oil is of a golden Yellow, and a strong fragrant Smell. The Oils of *Oranges* are excellent Remedies for curing Worms in little Children, and likewise the Water made in drawing the Oil serves for the same Purpose: Upon this Account the Perfumers of *Provence* transport a great deal in Bottles and Barrels to several Parts to give to young Children. The greatest Quantities of this Oil are made at *Grave*, *Biot*, three Leagues from *Grave*, and at *Nice*: I ought to inform you, that most of the Oils which come from *Provence* are adulterated or mix'd with Oil of *Ben*, or *Sweet-Almonds*; for which Reason they ought not to be bought by honest People.

Astruc.

Aurantium, Arantium, Aureum Lemery. *malum, Pomum Nerantium vel Anerantium*, is a Kind of fine Yellow, sweet scented, round Apple, that grows upon a Tree call'd in Latin, *Malus Arantia, sive Arangius*; the Leaves are of the Shape of those of the Bay-Tree, but much larger, always green, having a fine, white, fragrant Smell, compos'd usually of five Leaves that stand round, and are supported by a Cup. This Tree is cultivated in all our Gardens, but especially in the warm Countries.

There are generally two Sorts of Oranges, one small, yellow, greenish, bitter and sharp; the other large, of a fine golden Colour, and sweet to the Taste: The Bitter is most us'd in Physick, from the outward Rind of which they make Zests, which are endow'd with a great deal of exalted Oil and Volatile Salt, which contains almost all the Scent of the Fruit; the Juice is acid, and consequently full of essential Salt. The Rind of the bitter Orange is much esteem'd to recreate the Spirits, strengthen the Stomach and Brain, resist the Malignity of Humours, and excite Womens Courles.

The Juice of the bitter Orange is Cordial, and the Flower Cephalick, Stomachick, Histerick, and proper against Worms: The other Orange contains in it a sweet and pleasant Juice, compos'd of a great deal of Flegm, a little Oil and essential Salt, whereof the Rind likewise partakes in the same Degree: The Fruit is moistening, cordial, cooling, and good to allay Thirst in continual Fevers: The Seed has the same Virtue as that of the Citron, but is seldom us'd in Physick.

Others there are who divide the Oranges into three Sorts; the Crab or sour Orange; the Bitter or Seville, and the *China*, or sweet Orange: Of all which, the Seville or Bitter Orange is of most Virtue, and mostly us'd in Physick; as the Peel for Confections, the Oil for Perfumes, Juice for Syrups; for Candyng, Flowers; Seed or Kernel for Emulsions, and the Water or Spirit for a Cordial; in all which Forms they are Stomachick, Cephalick and Anticolick.

49. Of the Ananas, or King of Fruits.

Pomet. IT was thought a just Appellation, after Father *Du Tertre*, to call the *Ananas* the King of Fruits, because it

is much the finest and best of all that are upon the Face of the Earth. It is for this Reason that the King of Kings has plac'd a Crown upon the Head of it, which is as an essential Mark of its Royalty; and at the Fall of the Father, it produces a young King, that succeeds in all his admirable Qualities. It is true, there are others besides that bud again underneath the Fruit, and the same at the Bottom of the Stalk that produces the *Ananas* in much less Time, and with the same Ease with that which bears the Crown: But it is also true, that the Fruit which produces this, is incomparably much finer than the others.

This Fruit grows upon a round Stalk, the Thickness of two Thumbs, and about a Foot and half high, which grows in the middle of the Plant, as the Artichok in the midst of its Leaves; they are about three Foot long, four Fingers broad, hollow like small Canes, and altogether hairy, or rather bristly on the Sides or Edges, with little sharp Prickles, and ending with a sharp Thorn like a Needle. At first the Fruit is not so big as one's Fist; and the Cluster of Leaves, which is the little Crown born upon the Head, is red as Fire; from every Scale or Shell of the Rind of the Fruit, which in Shape, tho' not in Substance, is very like the *Pine-Apple*; there arises a little purplish Flower, which falls off, and withers as the Fruit encreases.

They are distinguish'd into three Sorts, namely, the large white *Ananas*, the Sugar-Loaf, and the Rennet Apple: The first is often eight or ten Inches Diameter, and five or six high; their Flesh white and fibrous, but the Rind of a golden Yellow; when it is ripe it sends forth a ravishing Smell, which is as strong as that of the Quince, but much more delicate; but tho' it is much larger than others, the Taste is not so excellent, neither is it so much esteem'd; it sets the Teeth on Edge, and makes the Gums bleed more than the others.

The second Sort bears the Name of the *Sugar-Loaf* from its Shape and Form, that entirely resembles it: It has Leaves a little longer and narrower than the former, and that are not so yellowish; the Taste is bitter, but it makes their Gums bleed that eat much of it. I have found in this Kind a Seed like

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The Ananas or King of Fruits.



51

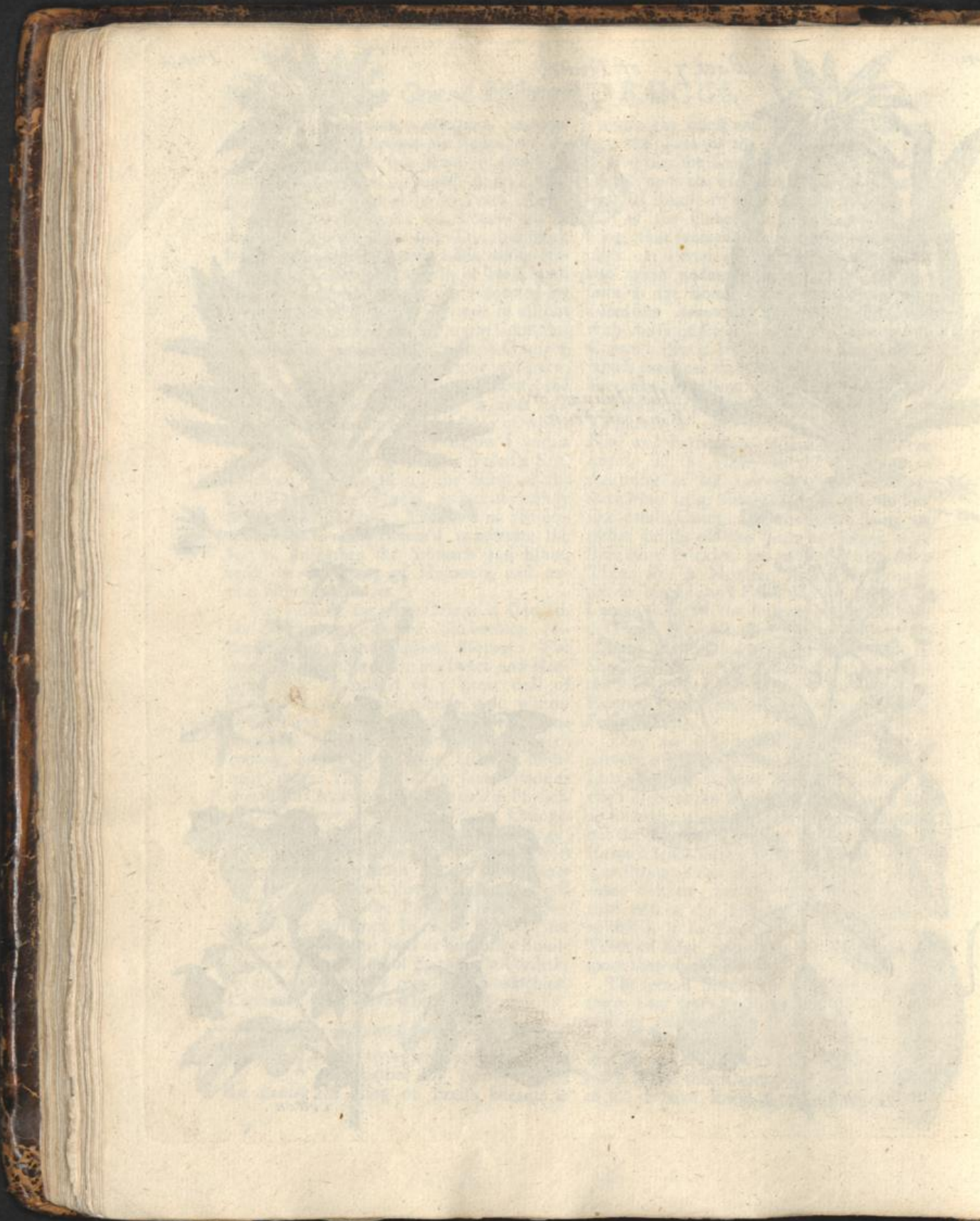


Dog Wort Cotton.

50



Cotton.



like a Sort of Cresses, tho' it is the general Opinion that the *Ananas* does not seed at all.

The Third is the least, but the best, and is call'd the *Renner-Apple*, because of its Taste in particular, and Smell, that both agree to that Fruit; it seldom sets the Teeth on Edge, or makes the Mouth bleed, if it is not eat of to a great Excess indeed: All agree that they grow after the same Manner, bearing all their Tufts of Leaves, or their Crown upon their Head; and the *Pine-Apple* Rind, that rises and cuts like that of the *Melon*, and is very fleshy and fibrous, the One as well as the Other; this altogether melts into Water in the Mouth, and is well tasted; that it partakes of the *Peach*, the *Apple*, the *Quince*, and the *Muscadine Grape* altogether.

Some to take away the Quality it has of bleeding the Gums, and inflaming the Throats of such who eat too much, or before they are full ripe, after having pair'd off the Rind, and cut it into Slices, they leave it a little while to steep in *Spanish Wine*; and it not only frees the *Ananas* from this ill Effect, but it communicates to the Wine a most agreeable Taste and Smell. There is a Wine made of the Juice, almost as strong as *Malmsey*, and which full intoxicate as soon as the best and stoutest Wine in *France*. If you keep this Wine above three Weeks, it will be almost quite dead and spoil'd; but if you will have Patience with it for a little Time longer, it will recover itself perfectly, and be stronger and better than before; when moderately us'd it is good to exhilarate the Spirits when oppress'd, prevent the Nauseating of the Stomach; is good to relieve the Suppression of Urine, and is a Counter-Poison for those who have eat too much of the same Fruit, so as to surfeit or be disturb'd with it. We sell at present the *Ananas Comfits* at *Paris*, which are brought from the *Indian* Islands, which are very good, especially for aged People to restore the natural heat, and comfort feeble Spirits.

Ananas, *Nanas*, or *Jayama*, is *Lemery*, a very fine *East-India* Fruit, which grows upon a Plant like a *Fig-Tree*, and of the Size of the *Artichoke*. This Fruit is adorned on the Top with a lit-

tle Crown, and a Bunch of red Leaves like Fire: The Rind appears with a Shell like those of the *Pine-Apple*, but separate like that of the *Melon*; the Flesh is fibrous, but dissolves in the Mouth, having the delicious Taste of the *Peach*, the *Quince* and the *Muscadine Grape* altogether.

There are three Sorts as Mr. *Pomet* has describ'd them from Mr. *Du Tertre*: They make a Wine from the Juice, which is almost equal to *Malmsey* Sack, and will fuddle as soon; it is proper to strengthen the Heart and Stomach against Nauseating, to refresh and recruit the Spirits; it excites Urine powerfully; but grown Women ought to avoid it, because it procures Abortion: They make a Confection of the *Ananas* upon the Spot, which is brought hither whole; this is good to warm and restore a weak and aged Constitution.

50. Of Cotton.

Cotton is a white soft Wool, which is found in a Kind of brown *Pomet*, Shell, which grows upon a Shrub, in Form of a Bush, according to what *Father Du Tertre* says of it. At first, when the Islands were inhabited by the *French*, I saw them, says he, fill their Houses full of *Cotton* in hopes it wou'd yield them great Profit in Trade; but most of the Merchants wou'd not meddle with it, because it took too much Room in the first Place, and was subject to take Fire, decay, and the like.

This Shrub grows in a Bush, and the Branches that stretch wide are well charg'd with Leaves, something less than those of the *Sycamore*, and almost of the same Shape: it bears a great many fine, yellow, large Flowers; the Head of the Flower is of a purple Colour, and it is all strip'd on the Inside; it has an oval Button that appears in the Middle, and grows in Time to the Size of a *Pigeon's Egg*; when ripe it becomes black, and divides itself into three Parts at Top, the *Cotton*, or *Down*, looks white as Snow: In the Flake, which is swell'd by the Heat to the Size of a *Pullet's Egg*, there are seven Seeds as large as *Lupins*, sticking together; within it is white, oily, and of a good Taste.

X

This

This Cotton comes in great Quantities from all the Islands, and the Natives take great Care in the Cultivating of it, as a Thing very useful for their Bedding: I have observ'd one Thing of the Cotton Flower not known to any Authors yet, or at least not taken Notice of; which is, that the Flowers, wrap'd up in the Leaves of the same Tree, and bak'd or roasted over a Fire of burning Coals, yields a reddish viscous Oil, that cures in a little Time old standing Ulcers. I have often experienced it with very good Success: The Seed of this Shrub will make the Perroquets fuddled; but it is beneficially used against Fluxes of Blood and Poisons.

We sell several Sorts of Cottons, which only differ according to the Countries from whence they come, and the various Preparations made of them. The First is the Cotton in the Wool, that is to say, that which comes from the Shell, from which only we take the Seed: Those Cottons come from Cyprus, Smyrna, &c. The Second is the Cotton in the Yarn, which comes from Damascus. The Jerusalem Cottons, which are call'd Bazac; the lesser Bazacs; the Beledin Cottons; those of Gondezel, Morasin and Genequin; but of all the Cottons, we sell no better than that of Jerusalem and the Islands. The true Bazac, or Jerusalem Cotton, ought to be white, fine, smooth, the best spun, and most equal, or evenest that can be. As to the Cotton in Wool, the whiter, longer, and sweeter it is, the more valuable it is. Those who buy in whole Bales, ought to take care it be not damag'd with Mould, Mustiness, or Wet. Cotton has many Uses too well known to insist on. As to the black Seed which is found in the Cotton, there is an Oil made of it, admirable for taking away Spots and Freckles, and to beautify the Face, and has the same Virtues with Oil of the Cokar Kernels, made after the same Manner by the Natives, especially in the Island of Assumption, from whence almost all the Cokars we now sell are brought.

Xylon, Coto, Gossipium, Cotone-Lemery, um, Bombax Officinatum, or the Cotton of the Shops, is a Plant whereof there are two Kinds; the First is call'd Xylon sive Gossipium herbaceum, by J. Baubinus, Ray and Tournefort, Gossipium frutescens annuum, by Parkinson and Gossipium

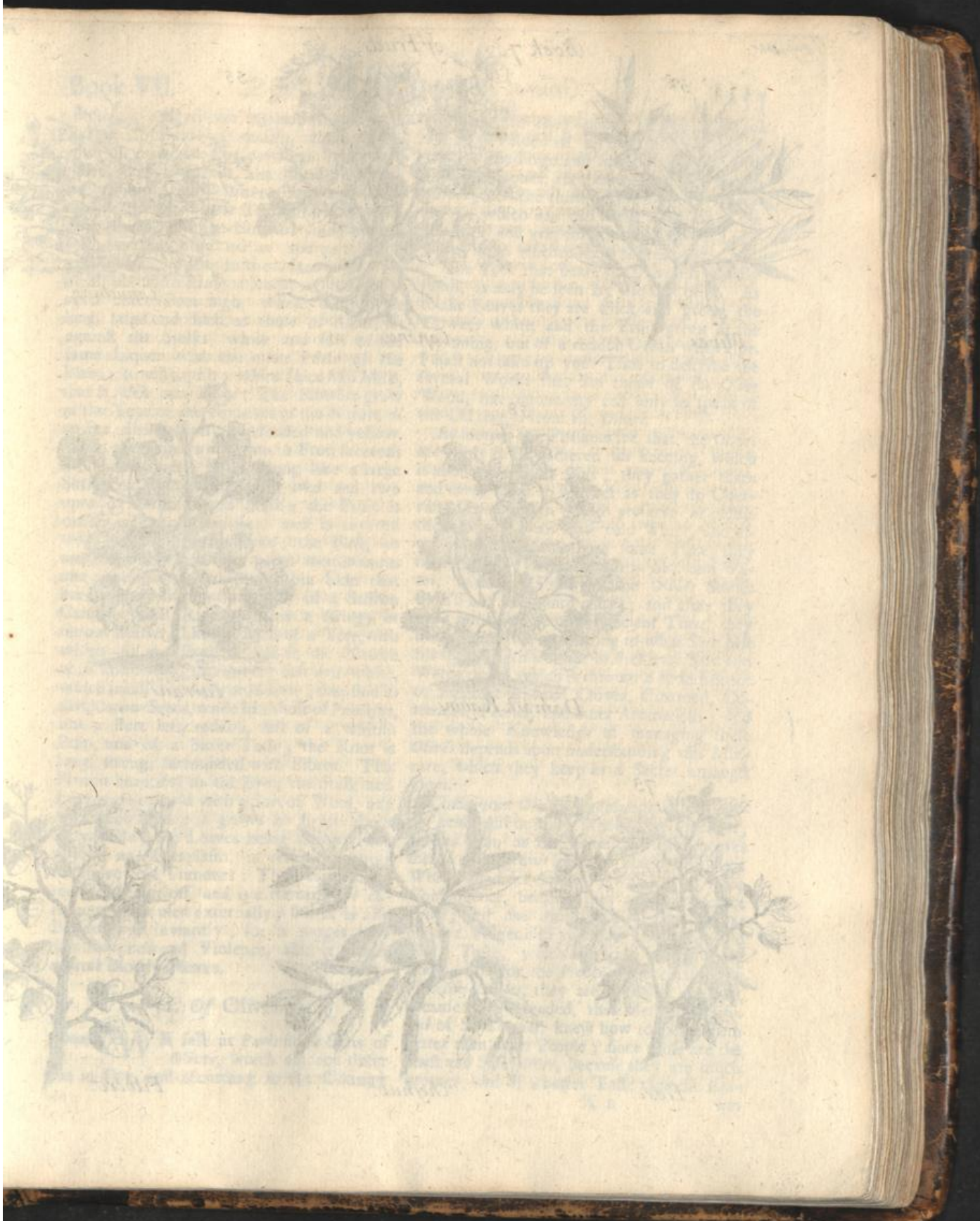
frutescens semine albo, by C. Baubinus; which signifie either the Herb-Cotton, the Annual Shrub-Cotton, or that with the white Seed; It bears a Stalk of a Foot and a Half, or two Foot high, that is woody, cover'd with a reddish hairy Bark, divided into several short Branches; the Leaves are a little less than the Sicamore Leaves, shap'd almost like those of the Vine, hanging to long Stalks, adorn'd with a Nap or Hair; the Flowers are numerous, fine and large, having the Shape or Form of a Bell, slit or cut into five or six Divisions to the Bottom, of a yellow Colour, mix'd, with red or purple: When the Flower is fallen, it is succeeded by a Fruit the Bigness of a Filbert, which being ripe opens into three or four Quarters or Partitions, from whence appears a Flake of Cotton, white as Snow, which swells up or tumefies by Heat, to the Size of a little Apple; it contains in it gross Seeds like small Peas, oblong, white and cottony; each having in it a little oleaginous Kernel that is sweet to the Taste.

The second Sort is call'd Xylon Arboreum, or the Tree Cotton, by J. Baubinus, Ray and Tournefort; it differs from the former in Bigness, for this grows into a Tree or Shrub of four or five Foot high. The Leaves approach, in some Measure, to those of the Linden Tree, indent'd deep into three Parts, without Nap or Down: The Flowers and Fruit are like those of the other Kind. The two Species of Cotton grow in Egypt, Syria, Cyprus, Candia and the Indies: The Flowers are vulnerary; the Seed pectoral, proper for Asthma's, Coughs, to procure Seed, consolidate Wounds, for Dysenteries, Scourings of the Belly, Spitting of Blood, &c.

§I. Of Dog's Wort Cotton.

THE Hoiëtte, or Dog's-Wort Cotton, is a Kind of Cotton from Pomet, the Husk, which grows upon a Plant which the Botanists call Apocynum Cynocrambe, which signifies Dog's-Cabbage, or Dog's-Wort, which is represented in the Print of Cotton; this grows plentifully near Alexandria in Egypt, especially in moist and marshy Grounds, from whence we have what is now sold amongst us; this has no other Use than to line the Robes of Persons of Quality.

Apo-





Apocynum Egyptianum lactescens Lemery. *Siliqua Asclepiadis* C. Bauhinus, vel *Apocynum Syriacum*, seu *Palestinum* sive *Egyptiacum*, the Syrian, Palestine, or Egyptian Dog's-Wort; *Apocynum Egyptianum floribus spicatis* Tournefort, Egyptian Dog-Wort with Spike-Flowers; and by some *Esula Indica*, or the Indian Spurge: This is a Plant which grows in the Nature of a little Shrub, with straight Rods, or Shoots, of about three Foot high, whose Leaves are long, large and thick as those of Aloes, set against the Stalks, white and full of the same Liquor with the other Parts of the Plant; to wit, with a white Juice like Milk, that is acrid and bitter: The Flowers grow at the Tops of the Branches in the Nature of an Ear, Bell-fashion'd, ended and yellow. When the Flowers are gone, a Fruit succeeds as thick as one's Fist, oblong like a large Sheath or Case, which hang two and two upon a hard crooked Stalk; the Fruit is call'd, in *Egypt*, *Beidelfax*, and is covered with two Rinds or Barks; the First, or outermost of which, is a green membranous one; the Second resembles a thin Skin that has been dress'd or smooth'd, of a Saffron Colour. This Rind contains a stringy or fibrous Matter, like the Moss of a Tree, with which all the Fruit is full in the Nature of a fine Cotton, that is very soft and white, which is call'd *Houatze* or *Houiette*; they find in this, Cotton-Seeds, made like those of *Pumkins*, but a Part less, reddish, full of a whitish Pulp, and of a bitter Taste; the Root is long, strong, surrounded with Fibres. This Plant is beautiful to the Eye; the Stalk and Leaves are cover'd with a Sort of Wool, and are full of Milk; it grows in *Egypt* about *Alexandria*; the Leaves being stamp'd and apply'd as a Cataplasim, is reckon'd proper to resolve cold Tumours: The Juice makes the Hair come off, and is a Remedy for cutaneous Cases used externally; but it is also Poison given inwardly; for it purges with that Sharpness and Violence, that it causes mortal Bloody-Fluxes.

52. Of Olives.

Pomet. WE sell at *Paris* three Sorts of *Olives*, which do not differ but in Size, and according to the Country

from whence they come. Those of *Verona* are most valued of all the three Sorts; to wit, of the large and small, and those with the great Stones, are those next to the *Spanish-Olives*; and the third Sort are the *Provence-Olives*, which are call'd the *Picholine* or the *Pauline*; and very improperly *Lucca* or *Luke-Olive*, from whence there comes none.

The Tree that bears the *Olives* is usually small, as may be seen by the Cut of it. As to the Leaves they are thick and green, the Flowers white, and the Fruit green at the beginning, but of a reddish Green when ripe. I shall not take up your Time to describe the several Works that are made of the *Olive* Wood, but content my self only to speak of the Oil that is from the *Olives*.

As soon as the Peasants see that the *Olives* are ready to be gathered for keeping, which is about *June* and *July*, they gather them and carry them to Market as they do *Cherries*: Those who wou'd preserve or pickle them, throw them into cold Water, and after they have lain there some Time, they take them out and put them in Salt and Water, with the Ashes of the *Olives* Stones burn'd and made into a Lye; and after they have remain'd there a sufficient Time, they barre'l them up, according to what Size best fits them, with a Brine or Pickle of Salt and Water, upon which is thrown a little Essence or Tincture made of Cloves, Cinamon, Coriander, Fennel, and other Aromaticks; and the whole Knowledge of managing these *Olives* depends upon understanding this Mixture, which they keep as a Secret amongst them.

Chuse your *Olives*, but especially the *Verona*, new right or true, firm and well pickled; for as soon as the Brine or Pickle Leaves them, they grow soft and black, and, in a Word, good for nothing; which is of some Consequence, because they are pretty scarce Fruit; for the *Spanish-Olive*, they are as big as a Pidgeon's Egg, of a pale Green and bitter Taste, which does not please every Body; but for the *Provence*, especially the *Picholine-Olives*, they are reckon'd the best, because it is pretended, that *Messieurs Picholini* of *St. Chemas*, knew how to pickle them better than other People; since those are the finest and best *Olives*, because they are much greener, and of a better Taste than the *Pauline*

line and other *Olives* of *Provence*; they are of delicate Nutriment, Stomachick, Pectoral, Antiscorbutick, gently loosen the Belly, and are chiefly us'd as Salleting.

Olea, or the *Olive-Tree*, is of *Lemery*. a moderate Bulk or Size, whereof there are two Sorts, one cultivated and the other wild; the First is call'd *Olea Sativa* by *Dod.* both the *Baubinus's*, *Ray* and *Tournefort*, the planted or cultivated *Olive*, whose Trunk is knotty, the Bark smooth, of an ash Colour; the Wood pretty solid, of a yellowish Colour, the Taste a little bitter; the Leaves are longish and narrow, almost like the Willow, pointed, thick, fleshy, oily, hard, and of a pale Green without, and whitish underneath, but without Hair or Down, hanging by short Stalks opposite to one another: There arises betwixt the Leaves, Flowers dispos'd in white Bunches, that are supported upon Stalks, consisting each of a single Leaf, rais'd to the Top, and slit in four Parts, but that grows narrower, or contracts itself at the Bottom into a Pipe: When the Flower is gone there follows an oblong or oval Fruit, green, fleshy, succulent, which is call'd *Oliva*, or the *Olive*; this is less or bigger, according to the Place where it grows: That which grows in *Provence* and *Languedoc* is as big as an Acorn; that which *Spain* produces is larger than a Nutmeg, both Sorts have a little acrid bitter Taste, and contain under the fleshy Part an oblong stony Nut, which has a Kernel enclos'd within it. This Tree is cultivated in *Spain*, *Italy*, *Languedoc* and *Provence*.

The wild *Olive* is call'd *Olea Sylvestris*, by *Gerard* and *Raij*; or by *Tournefort* and others, *Olea Sylvestris Folio duro subius incano*; it differs from the former in that it is much less in all its Parts, and that the Leaves are much whiter underneath: They grow likewise in the hot Countries, and they pickle them up with Salt and Water to make 'em fit for eating; for as they are taken from the Trees, they have an unsufferable Taste: They likewise make Oil Olive from them, by Expression, as may be seen in *Lemery's Universal Pharmacopœia*. This Oil is Emollient, Anodine, Resolutive, Deterfive, proper for Bloody-Fluxes and the Colick; the *Olives* abound with a great deal of Flegm and essential Salt, which they lose in being

squeeze'd, or passing thro' the Press; the Leaves are astringent: The *Olive Branch* was always the Emblem of Peace, as the Laurel is of Glory. There are certain wild *Olives* grow near the red Sea, that throw forth a Gum very proper to stop Blood, and cure Wounds.

53. Of Oil Olive.

BESIDES the *Olives*, we make a considerable Business of the *Oil*, *Pome.* which is so necessary to Life, that we may bring it in Competition with Bread and Wine. The Way of making *Oil Olive* is little different from that of *Almonds*, since it depends upon nothing else, towards the making of good *Oil*, than after the gathering of the *Olives* when they begin to redden, that is to say, when they are full ripe, which is in *December* and *January*, to press out the *Oil* in the Mills for that Purpose, which produces an *Oil* that is sweet, and of a pleasant Taste and Smell; and this *Oil* is what we call *Virgin-Oil*, the most valuable of which is that of *Grasse*, *Aramont*, *Aix*, *Nice*, likewise some other Places: But as the new-gather'd *Olives* do not yield the Quantity of *Oil* which those do which lie some Time upon the Floor; those who wou'd have a great deal of *Oil* leave the *Olives* to rot, and afterwards press them; but the *Oil* which they produce is of an unpleasant and disagreeable Taste and Smell. Some also, to make them yield the more, throw boiling Water upon what remain'd of the first Pressing, which they squeeze over again; and this *Oil*, made thus, is what we call *common Oil*, not varying in Goodness, but according to the Places from whence it comes. The Best common *Oils* come from *Genoa*, *Oneille*, and other Parts of *Italy*, and from *Provence*, and the Worst come from *Spain*, but especially from *Majorca* and *Portugal*.

The Choice of *Oil* is so well known to all the World, it wou'd be usefess to insist upon it: And *Oil Olive* is so much used, that we have no Sort of Commodity, whereof we make a greater Consumption, in that few can be without it; besides its Use in Medicine, as being the Basis of all compound *Oils*, *Cerecloths*, *Balsams*, *Ointments*, and *Plasters*. Besides these great Qualities that are

are in *Oil Olive*, I shall not stop to say that it is a Natural Balsam for the Cure of Wounds, being beat up with Wine; and it is of Wine and this *Oil* that the *Samaritan* Balsam is made, and it is a Medicine in vogue at this Day, as well with the Rich as the Poor. *Oil Olive* is also useful for Burning, especially in Churches, and the like; because it does not stink so bad as other Sorts of Oils: Besides it lasts longer, but its Dearness makes it that the Poor cannot use it. We likewise have a considerable Trade in Nut-Oil, which we have brought us from *Burgundy*, *Touraine* or *Orleans*, which bears a great Price, because it is much us'd by Painters and other Workmen, as Printers, Rolling-Press Workers, and the like; and besides there's a great many who use it for the Cure of Wounds, as being a Natural Balsam, and so for Frying withal. As to its Use for Burning, it is a very ill Practice, because it is quickly consumed, and moreover, it is reduced to a Coal. We make further a considerable Dealing in Oil of Rapes, which we have from *Flanders*, and a common Sort from *Champagne* or *Normandy*. So likewise we have Oil of Camomil and Linseed from *Flanders* and other Parts, especially when Train or Whale-Oil is dear. Besides the *Oil of Olives* compleat, which is as I have said, what is press'd out of ripe *Olives*, and is brought to us frequently from *Florence* as well as *Genoa*, there is the *Oil Omphacine* press'd out of unripe *Olives*, for which Reason it is cooling, drying, and binding, used in several Compositions for strengthening the Stomach, healing Exulcerations, cooling the Heat of Inflammations and repercussing Tumours in their beginning; hereof is made *Oil of Roses*, *Omphacine* and *Oil of Quinces*. The *Oil of ripe Olives* heats and moistens moderately, whereof the Old mollifies more than the New, but the last is best for internal Uses, and loosens the Belly, taken in warm Ale or the like to an Ounce; it corrects the Dryness or Huskiness of the Breast, and allays the Pains of the Belly, relaxes the Ureters, cleanses and heals them: It is us'd with warm Water to provoke Vomiting, and cleanse the Stomach. A *Linfus* is made of it, with Syrup of Violets against Hoarseness and Shortness of Breath, and to open Obstructions of the Breast or Urinary Passages; it is us'd in Clysters to

loosen the Belly, and mollify the harden'd Excrements: The distill'd *Oil Olive* is that which is call'd *Oil of Bricks*, which is a subtil and piercing Oil and of great Virtues, but not much us'd, because it stinks so egregiously, tho' good in both Gout and Palfy.

§4. Of Soap.

BESIDES the great Consumption made of *Oil Olive* for Works where requisite, for different Foods and for Physick, it is made the Basis or Ground work of several Sorts of Soaps which we sell: I mean those of the best Sorts, the most valuable of which is the *Alicant-Soap*, next the *Carthagena*, the Third is the true *Marseilles Soap*, the Fourth that of *Gayette*, the Fifth the *Toulon-Soap*, we falsely call *Genoa-Soap*. Soap is a Composition of *Oil Olive*, Starch, Lime-Water, and a Lixivium or Lye of Pot-Ashes, mix'd all together by boiling into a Paste, which is made into Balls or Cakes, in the Form and Figure as they are now brought to us. As to the Mixture or sprinkling of their Green and Vermilion together, I shall say nothing, it being a Secret the *Soap-Boilers* keep among themselves; nevertheless I have been assur'd that they mix red Oker of Copperas, and that from *Aqua fortis*, which is the *Caput Mortuum* of Vitriol, call'd *Colcothar*; but as I am not certain, I shall say nothing further of it.

The Choice of *Soap* is to have it dry, well marbled or stained, and True from the Place whence it derives its Name; that is to say, that such as is sold for *Alicant* be true *Alicant*; and so of the rest. The *Toulon-Soap* shou'd be Dry, of a white tending to a little blewish Colour, cur even, glossy, and of a good Smell, and the least fat or oily that can be: As to the marbled Sort, that which is of a red Vein on the side, and of a fine Green and Vermilion within is most esteem'd, because it is best mark'd, of most Use, and the best Sale. As to the Virtues of *Soap*, they are well enough known, but as few will imagine it is of any great Use in Medicine, I must nevertheless declare that it is us'd with Success in the Cure of cold Humours, being dissolv'd in Spirit of Wine; and there is a Plaster compos'd of it, call'd the *Soap Plaster*, which has very great Virtues, as many Authors do affirm. Besides the Sorts of *Soap* that

that

that I have been speaking of, there is a Kind made at *Roison*, which is of a certain Grease that is found upon the Kettles and Pots of the Boiling Cooks and Tripe-Dressers; but as this is a pernicious Soap, I shall say no more of it, but that it serves the poor People. We sell a Liquid or soft Soap, which we call *Black Soap*, made at *Abbeville* and *Amiens*, of the Remains of burnt Oil, but as this Soap is of a brown Colour, there comes from *Holland* a green Sort, because instead of the burnt Oil they make use of Hemp Oil, which is green. The black *Abbeville-Soap*, which we sell in little Barrels, is much in use amongst the Cap-Makers, and several other Workmen or Artificers. The green, liquid or soft Soap from *Holland* is us'd by several to rub on the Soles of the Feet of such as are in Fevers, which is pretended to carry them off, which ought not entirely to be rejected, since I have known Persons who have been cured by it: But as this Soap is very scarce in *France*, since none comes there in Time of War, they must content themselves with that of *Abbeville*.

55. Of Capers.

Pomet. *Capers* are Buds or Tops of Flowers which grow upon a Plant that is a Shrub about *Toulon* and other Parts of *Provence*, from whence come almost all the *Capers* we now sell: They likewise come from *Majorca*, as you will find hereafter.

We sell several Sorts, that scarce differ but as to their Size, and the several Countries that produce them, from whence they take their Names; for 'tis a certain Truth, that all the *Capers* eaten in *Europe*, except those of *Majorca* come from *Toulon*, likewise from the Names of places they are call'd *Nice* or *Genoa-Capers*; whereas they are all the same, and ought to be call'd *Toulon* or *French-Capers*. When they are ready to be gather'd, they ought to be done so in four and twenty Hours; for if they are not gather'd exactly during the Time of Budding, they open themselves, and are neither proper for Pickling, or making Vinegar. When the Peasants have gather'd their *Capers* before they pickle them, they run them thro' Sieves whose Holes are of different Sizes, by which means they have *Capers* of several Sorts, which nevertheless

come from the same Plant; however the lesser the *Capers* are and full of Stalks, the more they are valued. As to the *Majorca-Capers*, they are little dirty Salt ones, whereof there are some Sale in Times of Peace. At *Lyons* they eat another Sort of flat *Capers* with a rank salt Taste; but this Sort being seldom or never demanded, we sell but very few of 'em: But much more of two other Sorts of Flowers pickled in Vinegar, One whereof is call'd Monks-hood, and the other Broom or Broom-Buds; which Plants are so well known they need no Description.

Capparis Spinosa fructu minore, folio rotundo, The Round-leav'd *Caper*, with the less prickly Fruit, says *Lemery*; *Baubinus*. This is a little Shrub adorn'd or furnish'd with crooked Prickles, the Branches are bending, the Leaves round, and something bitter to the Taste; it bears Sprigs, or little distinct Stalks, carrying on their Tops small Heads or green Buds, which are gather'd when at their full Growth before they are blown, to pickle for Preserving: When the Bud is full blown, there appears four white Leaves like a Rose, supported on a Cup, likewise of four Leaves, in the Middle of which rises a Spire that ends in a Bud. When the Flower is gone, this Bud, according to *Mr. Tournefort*, produces a Fruit whose Shape resembles that of a Pear, which encloses in its Flesh several small Seeds, lodg'd each in a small Nich or Corner. The Roots are long and thick, from whence the Rind or Peeling is separated to dry; it ought to be thick, hard, whitish, difficult to break, and of a biting Taste. The *Caper* Tree or Shrub is cultivated in *Provence*, especially about *Toulon*.

There is another Species, or Kind of *Caper*, which differs from that we have been speaking of, in that it is not prickly, and that the Fruit is larger, it is call'd by *Casp. Baubinus*, *Capparis non Spinosa fructu majore*, the greater *Caper*, without prickly Fruit; this grows in *Arabia* of the Height of a Tree, and retains its Leaves all Winter. The *Caper*, and the Bark thereof, are both us'd in Physick, and yield a great deal of essential Salt and Oil. They excite or promote an Appetite, strengthen the Stomach, are aperitive, and particularly serviceable in Diseases of the Spleen: The Bark of the Root is very aperitive and proper to open Obstructions of the

the Spleen, and other *Viscera*, to dissipate Melancholy, and resist Poison. The Pickle is us'd as Sauce with Meat, and is made of Vinegar, Salt-Water, and a proportionable Quantity of Spirit of Wine, which preserves the Pickle and the Things pickled.

56. Of Bay-Berries.

Pomet. **B**ay-Berries are Fruit of the Bigness of one's little Finger end, green at the Beginning, and which grow browner as they ripen: These Berries are as well known as the Tree that bears them, of which it wou'd be needless to make mention, only so far as to say, that they ought to be chose fresh, well dry'd, the best fed, and the blackest that can be, take this Precaution that they be not Worm-eaten, to which they are very Subject.

These Berries are of some Use in Physick, but more considerably with the Dyers and the Farriers. They are much us'd in *Languedoc*, and make into Oil, as I shall shew in the next Chapter; and tho' they grow plentifully in several Places of the *Streights*, yet they are brought to us from *Port O Port*, of a blackish brown Colour, having a Kind of hot oleaginous Taste. They are cephalick, neurotick, alexipharmack and anticolick; they mollifie, discuss, expel Wind, open Obstructions, provoke Urine and the Terms, facilitate the Travel of Women in Labour, and help Crudities in the Stomach; they are good for the Nerves in Convulsions and Palsies, give Ease in the most extream Colicks, and take away the After-Pains of Women in Child-Bed; they are us'd in Powder, Decoctions, Tincture, Spirit, Electuary, Plaister and Oil, the last of which is made by Distillation, which discusses Wind, cures the Colick, Cramps, Convulsions, Palsies, Pains, Old Aches, Gouts, Lameness, Numbness, Sciatica. Dose inwardly, from four Drops to six; or outwardly, a Drop or two put into the Ear, helps the Hearing; it is also excellent for Diseases of the Skin; as Dandriff, Morpew, Sore Heads, Scabs, &c.

Laurus, or *Laurus Vulgaris*, The *Lemery*. Bay is a Tree which grows usually of a moderate Height in temperate Climates, but which rises higher in the hot Countries, as in *Italy*, *Spain*, &c. The Stem is smooth without Knots; the Bark something thick, the Wood porous and easy to

break; it bears long Branches, and its Leaves the Length of one's Hand, two or three Fingers broad, pointed, hard, always green, a little succulent, stringy, smooth and fragrant, of an acrid, aromatick Taste, and a little bitter, tied by short Stalks. The Flowers are each of a single Leaf cut into four or five Parts of a white or yellowish Colour, succeeded by Berries the Bigness of a small Cherry, oblong, green at first, but brown as they grow riper: There is found upon the Skin a pretty hard Shell, which contains within it a longish Seed. These Berries are odorous, aromatick, oily and bitter: The Roots thick and uneven, the Tree grows in hot dry Places, is improv'd in Gardens, the Leaves are useful in Medicine, and yield a good deal of Oil, and volatile Salt.

57. Of Oil of Bays.

THE Oil of Bays, or *Oleum Laurinum*, *Pomet.* is an Oil made of the Bay Berries, by bruising them and letting them stand in warm Water several Days in *Balneo Marie*, then distilling by an Alembick, which is barrel'd up to be transported to several Places. That which is mostly sold in *France*, is brought from *Provence* and *Languedoc*, especially from a Place call'd *Calingson* near *Montpellier*, from whence the Best is brought: As for that of *Provence*, it is nothing else but Fat and Turpentine colour'd with *Verditer* or *Nightshade*. Therefore use none but that from *Languedoc*, as being the best of all, when it has all its requisite Qualities, which are to be new, well scented, of a good Consistence, and of a green Colour, tending something towards the Yellow, and meddle not with that which is green, shining, liquid and of another Smell than the Bay, such as that of *Provence*, or what is made at *Lyons*, *Rouen* or *Paris*, by knavish People who have no Conscience, but wou'd impose their Rubbish upon the World for a good Commodity; such are those who counterfeit and sell *Rosin* for *Scammony*, *Arcanfon* for *Gum Guaiacum*, fat Pitch for *Benjamin*, and *Kitchinstuff* discolour'd with green, for Oil of Bays, *Turmerick* for *Saffron Powder*, and *Honey* boild up with a *Hodg-podge* of powder'd Roots for *Treacle*, and in a Word, all Sorts of Drugs sophisticated to deceive

deceive the Publick, and to make a better Advantage than their Fellow-Traders; which is a Thing I fear too much practis'd all over *Europe*, as well as in *France*.

58. Of Damask Raisins.

Pomet. THE Raisins call'd the *Damask*, are the flat ones of the Length and Thickness of one's Thumb End, which we have brought from *Damascus* the Capital of *Syria*, in Bags or Bales. Chuse the newest, largest, and best fed, and beware they are not *Calabrian Raisins*, or flat Jubes, and made up in Form of the *Damask Raisins*, as it happens but too often to several *Grocers*, who make no Difficulty to sell the one for the other; which nevertheless are easie to distinguish, because the *Damask Raisins* are thick, large, fleshy, dry and firm, and are seldom without two Kernel-stones or Pepins; neither are they of such a faint disagreeable Taste as those of the *Calabrian*, which are of a fat, soft and sweet sugary Taste as well as the Jubes.

The *Damask Raisins* are much us'd in *Pectoral Ptisans* and *Decoctions*, and are frequently join'd with *Fujubs*, *Sebestens* and *Dates*; likewise in *Syrup of Marsh-Mallows*, in the *Healing Lohoch*, *Lenitive Electuary*, *Confection of Hamech*, and in the *Electuary of Fleawort*. Raisins are nothing else but *Grapes* dip'd several times in *Boiling Water*, and dry'd in the *Sun*. *Damask Raisins* are most approv'd of; but we commonly use those that are prepared in *Narbon* in *France*, and out of which there is a strong Spirit extracted, or a good Sort of *Brandy*: They are endued with much the same Properties as *Figs*. Take Raisins of the *Sun* half a *Pound*, Boil them in a sufficient Quantity of generous *Wine*, Pulp them thro' a *Hair-Sieve*, and add two *Ounces* of *Hyslop* in *Powder*, of the *Cooling Species*, or *Powder of Pearls* one *Ounce*, and make an *Opiate* to be taken to the Quantity of two *Drams* in an *Asthma*.

59. Of Currans.

Pomet. THE Raisins of *Corinth*, or *Currans*, are little Raisins or *Grapes* of different Colours, being black, red and

white, and commonly of the Size of the red *Gooseberry*: The *Vine* that bears this is low, furnished with thick *Leaves* very much indented, which grow plentifully in a vast spacious *Plain* that is situated behind the *Fortress of Zant* in *Greece*. This *Plain* is surrounded with *Mountains* and *Hills*, and is divided into two *Vineyards*, in which are *Abundance* of *Cyprus*, *Olives* and *Houses* of *Pleasure*, which make, together with the *Fortress* and the *Mount Discoppo*, a *Prospect* perfectly beautiful.

When these little Raisins are ripe, which happens in *August*, the *People* of *Zant* gather and stone them, then spread them upon the *Ground* to dry, and when dry'd carry them into the *Town*, where they are thrown thorow a *Hole* into the great *Magazine*, call'd the *Seraglio*; where they are squeez'd so close by them that own them, that they are oblig'd to use *Iron Instruments* to pull them out, and when they are pull'd out, to put 'em into *Casks* or *Bales* of different *Bigness*, and to make 'em so tight as they are brought to us, they employ *Men* to tread them with their *Feet*, for which *Purpose* they rub 'em well with *Oil* beforehand.

Sometimes also we bring Raisins from *Naxos*, *Lepanto*, and *Corinth*; from whence they take their Name: The *Englifs* have a *Factory* at *Zant*, govern'd by a *Consul* and six *Merchants* to carry on their *Commerce*, which brings in no small Advantage, for they consume more *Currans* in a *Year* than all the rest of *Europe*. The *Dutch* have a *Consul* and two *Merchants*, and the *French* a *Commiffary* that does the *Duty* of the *Consul* and *Merchants* under one. The *People* of *Zant* believe to this *Day* that the *Europeans* use these Raisins to dye *Cloths*, not knowing that they are for *Eating*.

This *Fruit* is so common upon the *Spor*, that they sell not for above 3 *Livres* or a *Crown* a *Hundred Weight*, and at *Marseilles* are not sold under nine or ten *Livres*, according to the *Crop* and *Hazard* of the *Sea*; which when free, the *Englifs* and *Dutch* bring 'em plentifully from thence to *Bordeaux*, *Rochelle*, *Nantes* and *Roüen*, where we Buy them at an easier *Price*, than at *Marseilles*. Chuse such as are the newest, and freshest, small and in the close *Mafs* unpick'd

pick'd, and not rub'd over with Honey; they open Obstructions, and nourish much, being of excellent Use to restore in Consumptions and Hecticks; they are good in Coughs, Colds, or Asthma's, either in Decoction, Honey, Syrup or Conserve.

Vitis Vinifera, the Wine-bearing Lemery. Vine, is a Shrub whose Stem or Stalk is winding or crooked, cover'd with a cracking Bark, reddish, bearing several long Shoots, furnish'd with Wyers, that creep and cling to the neighbouring Trees or Props. The Leaves are large, fair, broad, almost round, jagged and cut in; green, shining, and a little rough to the Touch. The Flowers are little, compos'd usually of five Leaves each, dispos'd round, of a yellowish Colour, and fragrant. The Fruit are round or oval Berries, pressing close one against the other in a thick Bunch, green and sharp at the Beginning, but in ripening they become of a white, red, or black Colour; and are fleshy, full of a sweet agreeable Juice. They are call'd in Latin, *Uva*, and in French, Raisins, as we now call them when dry.

When in Spring Time they cut the Tops of the Vines in the Sap, there naturally distills or drops a Liquor in Tear call'd, *The Bleeding of the Vine*, and in Latin, *Aqua Vitæ*, which is aperitive, detersive, proper for the Stone and Gravel, being taken inwardly: The Eyes are likewise wash'd with it, to destroy the Humours, and clear the Sight.

The Vine Buds, tender Leaves and Clingers, which they call in Latin, *Pampini seu Capreoli*, are astringent, cooling, proper for the Flux of the Belly and Hemorrhages, being taken in Decoction; they are likewise made into Fomentations for the Legs, and to procure Rest. The Shoots or Wood of the Vine are aperitive, being made into a Decoction. The Raisins, while green, are call'd in Latin, *Agrestæ* or *Verjuice*, being astringent, cooling, and provoking to an Appetite; when ripe they quicken the Stomach, loosen the Belly, and when press'd become Must, which is afterwards made into Wine.

Raisins are either dry'd in the Sun, or before the Fire, to deprive them of their Flegm, and make 'em capable of keeping; they are call'd *Uva Passæ*, seu *Passule*, or

dry'd Raisins. There are several Sorts after the same Manner as the large, which are call'd *Uva Damascene*, or Damask Raisins, and the small call'd *Uva Corinthis*, the Corinthian Grape or Currans; they are all proper to sweeten the Asperity of the Breast and Lungs, to soften the Bowels, and relax the Belly, and to promote Expectoration, being cleans'd from their Stones, which are astringent.

The Husk, or Skin of the Grape, which remains after the last Expression from whence they draw the Must is call'd, in Latin, *Vinacea*: They throw this on Heaps, to the End that it may ferment and grow hot; then they wrap it round the Member or the whole Body of the Patient afflicted with the Rheumatism, Palsy, or Hip Gout, to make 'em sweat, and to strengthen the Nerves; but it sometimes raises the Vertigo, by Means of the sulphureous Spirit that ascends to the Brain.

60. Of Raisins, Grapes or Jubes.

THESE are such as we have brought from Provence, especially *Ros-Pomet. quevarre* and *Ouriol*: For when the Raisins are ripe they gather the Bunches, dip 'em in Liquor, and afterwards put 'em upon Hurdles, and the like, to dry in the Sun, turning them from one Side to the Other, by which Means they dry equally; and when they are dry they put 'em up in little Chests of white Wood, such as they are brought over in: And to answer the Quality required, they ought to be new, dry, in fine Bunches; that is to say, the less plump and stony that may be, but to be clear and bright, of a sweet sugar Taste.

There are other Sorts of Raisins that come from other Places, which we call *Picardans*, which are much less, drier, and skinnier; in a Word, less than the *Jubes*. We sell great Quantities of *Calabrian Raisins*, which are Fat, and of a very good Taste: The *Maroquins*, which are black Raisins; the Raisins of the Sun, which come from Spain, which are those whereof they make their Spanish Wine, are dry'd red and bluish Raisins, and of a very good Taste. The Spanish Raisins, of the less Sorts, are something

thing larger than those of *Corinth* and several others.

There are a vast Quantity of other Sorts whereof there are great Trade and Abundance of different Wines from; as those of *Spain, Alicant, St. Laurence, Frontignan, Hermitage, Burbataume* or *Languedoc*, and several others. There are other Sorts from which we drive a great Trade of Brandies, that come from *Cognac, Blois, Saumur*, and other Parts; besides which, there are several other Kinds of Brandy, as that made from Beer, Cider, Fruits, &c. but as they do not properly relate to this Head, I shall pass them by.

The Use of Brandy is so common at this Time, we have no Occasion to enter into a Detail of it any farther than it relates to Medicine, in which it is us'd to strengthen the Nerves, abate Pain, refresh the Spirits, and dispose the Parts to Perspiration. We make from Brandy, by an Alembick, a spirituous Liquor that is clear and transparent, call'd Spirit of Wine; which if good and true ought to be white, and when set on Fire that will burn off without any Moisture remaining, to know whether it is truly deflegmated, or Proof-Spirit, as it is term'd, is to try it with Gun-Powder in a Spoon; which if it burns dry, and afterwards fires the Gun-Powder, it is an infallible Sign of its Goodness.

61. Of White and Red Tartar.

Pomet. **W**Hite and red Tartar is a Sort of Stone which is found sticking to the Casks of white or red *German* Wines, and are nominated according to the Thickness it is of, and the Place from whence it is brought. The finest Tartar is that of *Germany*, as well because of its Thickness, as the Time that it remains in the Casks, where it obtains the Name of white or red Tartar: The First, according to its requisite Quality, it being thick enough, easie to break, white without, and brilliant within, and as little earthy or dreggy as may be; and the Red is the better the nearer it approaches to the former. The Second is what comes from *Provence* and *Languedoc*, which comes nearest to that of the *Rhine*. The Third Sort is what we now call the Gravel

of *Lyons*, which differs not from that of *Paris*, only that it is a little thicker, and of a higher Colour. The Use of Tartar and the Gravel, is for the Dyers, Goldsmiths and Refiners, to blanch Silver; and likewise for several Chymical Operations as hereafter: The White is preferable to the Red, being much better.

62. Of Chrystals of Tartar.

THE Cream or Chrystals of Tartar, is a white or red Tartar reduced to Powder, and by Means of boiling Water converted into little white Crystals, after the Manner as will be shew'd hereafter. The best Cream of Tartar is brought us from *Montpellier*, and other Parts about *Nismes*, where they make great Quantities, but the last is less fine than that of *Montpellier*.

To purifie Tartar; take good white Chrystalline Tartar, ten Pounds, beat it into fine Powder, and dissolve it in six Gallons of boiling Spring Water, and continue the Boiling 'till it is dissolved; then presently strain it hot thro' a Bag, and stir the strained Liquor continually round with a wooden Slice 'till it is cold, then let it rest, and in two or three Hours after, the pure and fine Tartar will sink to the Bottom of the Vessel, in the Form of an impalpable and shining Powder. This Tartar is good to attenuate and dissolve gross and tartarous Humours, which cause Obstructions in the first Region of the Belly, Liver, Spleen, Mesentery, Pancreas, Reins and Womb; it is an universal Digestive and Deoppilative, and for this Reason is commonly given as a Preparative to stronger Purgations; and it is good for all such as are naturally hot and coltive, and do not easily go to Stool, gently opening and loosening the Bowels, without offending the Stomach, or disturbing the other Functions of Nature; Dose from two Drams to half an Ounce and upwards.

For cristallizing and making Cream of Tartar: Dissolve what Quantity you please of the best white Tartar, in a large Quantity of boiling Water; which Liquor pass hot thro' a Bag, into an Earthen or Glass Vessel; evaporate about half of it away, and then set it in a cool Place to cristallize for two

or

or three Days; evaporate again half the Liquor, and cristallize again, 'till you have got all the Tartar; what swims on the Top is call'd the Cream of Tartar, and the Shooting on the Sides are call'd Cristals of Tartar. The Virtues of both these are the same with the former, being aperitive and purgative, good for Cachectical, Hydropical, and Astmatical Persons, and excellent against *Tertian* and *Quartan* Agues; and the Dose and Way of giving are the same.

63. Of the Vegetable Salt.

THE *Vegetable Salt*, or soluble Tartar, is the Cream and Salt of Tartar, dissolved together, which is lately come into Practice, and is said to be the Invention of Friar *Auge* the Capuchin; the Sale of which has been considerably great, since some have dispos'd for him, of two hundred Weight of the red Tartar, and above a thousand Weight of Cream of Tartar. Take Cristals of Tartar in Powder, eight Ounces; pure Salt of Tartar, four Ounces; mix them, and in a glaz'd earthen Pipkin; put upon them three Pints of pure Spring Water; boil gently for half an Hour; then letting it cool, filtrate and evaporate to Dryness; so will you have eleven Ounces, at the Bottom, and six Drams of a white Salt, which keep in a Glass close stop'd for Use: This will dissolve in any cold Liquor, and is call'd the *Vegetable Salt*: It has all the Virtues of purified Tartar aforegoing, and may be given from a Scruple to a Dram in any proper Liquor; but because this Remedy is appropriated to open Obstructions of the Liver, Spleen, Womb, &c. and that Iron is one of the chiefest Specificks for this Purpose; you may, by the following Method, unite the two Ingredients into one.

64. Of Chalibeated Tartar.

TAKE of the purified Tartar before, one Pound; clear Filings of Iron or Steel, two Ounces; pure Rain Water, eight Pints; boil all in a clean Iron Kettle, as long as to boil an Egg fit for eating, or somewhat longer; then pass it thro' a woollen Strainer,

and stir the Liquor 'till it be cooled, and you shall have a Powder of a chalibeate Tartar, of a greenish Colour, and shining when dry; containing in it the Vitriol of Mars: This is incomparably more aperitive than the foregoing Preparations, and has all the Virtues of them exalted to a high Degree, and therefore a most prevalent Thing against the Green-Sickness, and other Histerick Diseases; but if you prepare it of the purified Tartar that is soluble, it will easily dissolve in any Liquors, and so be more fit for Use. Dose from half a Scruple to half a Dram. *Note*, That the Artift had best prepare the purified Tartar, of which this is to be made, by itself, because most of what is sold in the Shops, is adulterated with Alum or Nitre, or both; or you may make it thus:

Take of Tartar cristalliz'd, one Pound; Rust of Iron, three Ounces; Water, six Quarts; boil all together for half an Hour, or so long as to dissolve the Tartar; strain it hot thro' a Bag into an Iron Kettle, and in twelve Hours it will shoot into brown Cristals at the Sides and Bottom of the Kettle; decant the Liquor, evaporate it half, and set it to cristallize again in the former Kettle; continue these Operations 'till you have all your Tartar; which dry in the Sun and keep for Use. It is a good Remedy for Obstructions, especially against Quartan Agues, having all the Virtues of the purified Tartar, but much more powerful: Dose from fifteen Grains to two Scruples in Broth or other proper Liquor.

65. Of Soluble Tartar Chalibeated.

TAKE of Tincture of Mars, one Pint; of the purified soluble Tartar, four Ounces; mix, dissolve by boiling, and evaporate to Dryness; so will you have eight Ounces of a soluble chalibeate Tartar in a black Bowder, which keep for Use in a Glass close stop'd: It has all the Virtues of chalibeate Tartar before, and of the Tincture of Mars, being powerful to remove all Kinds of Obstructions; cure Cachexies, Dropsies, Nephritick Colicks, Obstructions of Urine, and Stoppages of Terms in Women: Dose from ten Grains to thirty.

66. Of Soluble Emetick Tartar.

Take purified *Tartar* or Crystals in Powder, four Ounces; Spirit of Urine, or Sal Armoniack, as much as to cover it two Inches; mix and dissolve; then add Glass of Antimony in fine Powder, one Ounce; pure Spring Water, ten Ounces; boil in a Sand Heat seven or eight Hours, putting in more Water as the Liquor consumes; then filtrate and avaporate to dryness. Or thus, Take of the soluble *Tartar*, four Ounces; Glass of Antimony in fine Powder, one Ounce; fair Water a Quart; mix and boil seven or eight Hours, putting in more Water as the Liquor consumes, then filtrate and evaporate to Dryness, so will you have a grey Powder of the same Virtue with the former.

It is a most powerful Thing against all long continuing and obstinate Diseases in any Part of the Body, disposing the Patient to Health: It prevails against Melancholy Madness, Frenzies, Deliriums, and particularly against all Manner of inveterate Pains of the Head, whether *Idiopathick*, or by Consent of Parts: It is powerful against the *Virtigo*, Epilepsy, Apoplexy, Difficulty of Hearing, Ringing, and Noise in the Ears, Loss of Memory, Nauseousness and Loathing at the Stomach, Weakness thereof, Want of Appetite; Wind and Pain in the Stomach and Bowels; the yellow Jaundice, Dropsy, tedious and long continued Tertian and Quarran Agues, putrid and acute Fevers; Poison immediately received, a bilious Pleurisy, and all Diseases arising from Cholera; virulent Dysenteries, the Plague, Hungarick Fever, and the like. It is an Emetick that works with little Violence, and may be given from five Grains to fifteen in Mutton, Chicken, or Veal Broth.

67. Of the Distillation of Tartar.

Pomet. **T**Hat which is call'd a Distillation of *Tartar* is the bruising white and red *Tartar* to a Powder, and putting it in an earthen Pot, so as to draw off by the Force of the Fire a Flegm, which is a white

Water without Taste, that ought to be thrown away: When the Flegm is separated there remains a reddish Water, which is the Spirit of *Tartar*, and after that a black Oil that is fetid and very thick; which is what we now call black Oil of *Tartar*, or Oil of *Tartar* by the Retort: That which remains in the Retort like Coal, after having been calcin'd and whiten'd, by the Means of hot Water, is made into a very white Salt, which is the true Salt of *Tartar*. The Spirit of *Tartar* rectified, that is to say distill'd or drawn over again, is very proper to cure the Epilepsy, Palsy, Asthma and Scurvy: The Dose is from one Dram to three, in a convenient Liquor.

The black Oil of *Tartar*, by the Retort, is admirable for the Cure of Scabs, and other external Remedies; but as it is too fetid, they may rectify it with rich dry'd Earth, before they make Use of it. The Salt of *Tartar* is very necessary to make the vegetable Salt with; and something considerable in Physick, as well as to take out the Tincture of Vegetables, and to make white Oil of *Tartar*, call'd the *Oleum Tartari per Deliquium*, or Liquor of *Tartar*.

Most of those who make the Salt of *Tartar* never trouble themselves about drawing off the Spirit or Oil, but only calcine the red *Tartar* over a Coal Fire, 'till it comes to a Whiteness, and so put it up into Bottles for Use. The true fix'd or Alcaline Salt of *Tartar*, ought to be pure, white, dry, piquant to the Taste, attended with a little Bitterness; and when it is thrown on a Coal Fire, does not sparkle at all.

Abundance of Chymists, especially the meaner Sort, sell a Salt of *Tartar* made with Saltpeter, which deceives the Eyes of those who know no better than that it is extremely white, but the Use of it is very mischievous; tho' the Cheat is easie to discover, because this will sparkle upon the Fire, which the True will not do.

They make of the true Salt of *Tartar*, after they have set it in a Cellar, a white clear Oil, which is what we improperly call Oil of *Tartar per Deliquium*. Those who would make this Oil, take the calcin'd *Tartar* and place it in a Cellar or Vault, in a Glass hung up in the Air, and the Oil which flows from it is clear and fine as if it had been made from

from the Salt; This Secret is owing to a Lady at Paris, who discover'd this for Beautifying the Face without subjecting it to Wrinkles. There are some People who make this Oil by dissolving Salt of Tartar with Water, and sell it for true Oil, which can never answer, because this is reddish, thinner, and is more acrid than the other; so that it will fret the Skin in a little Time, if laid upon it.

68. Of Tincture of Salt of Tartar.

Pomet. THE Tincture of Salt of Tartar is made of Salt of Tartar that has undergone the strongest Degree of the Fire, and afterwards is dissolv'd in Spirit of Wine tartariz'd, which after it has stood in Infusion some time, is pour'd off, or decanted into a Bottle to be well stop'd and kept for Use. This Tincture when rightly prepared, ought to be of a noble red Colour; it is us'd in Physick chiefly for the Scurvy, and to cleanse the Blood; Dose from 20 to 40 Drops. It is observable the better Colour this Tincture is of, the better it is prepar'd, and the older it grows, the more decay'd and fainter the Colour is.

69. Of Tartar Vitriolate.

Pomet. MAGistry of Tartar, or *Tartar Vitriolate*, is compos'd of Salt of Tartar or Oil of Tartar *per Deliquium*, and good Spirit or Oil of Vitriol mix'd together and dry'd by a Sand heat to a very fine white Salt; which if right, ought to be as dry and light as possible; but take Care, that it be not made of Cream of Tartar boil'd in Spirit of Vitriol, as happens too often, and sometimes of Salt-Petre fix'd, or with Crystal Mineral: That made with Cream of Tartar is easie to discover, when reduc'd to Powder, by the Hardness of the Grain, which is usually met with in Breaking it; and the Last, because it will sparkle on the Fire, and easly dissolve. This is frequently us'd in Physick, as a good Aperitive, &c. and ought to be kept in a Glass Viol close stop'd, because it is apt to run to Water.

70. Of Volatile Salt of Tartar.

TAKE Volatile Salt of Tartar, of the Lees of White-wine express'd and dry'd in the Sun, or otherwise; put them into a Retort, and distil with a gradual Fire, as you have it Taught by Mr. Charas, in his *Royal Pharmacopœia, Galenical and Chymical*, Printed in the Year 1676. This Volatile Salt is of a strong Diaphoretick Nature, but is more particularly aperitive and diuretick; it ought to be very white, and of a Smell almost as quick and penetrating as the Volatile Salts of Animals; it may be given to five or six Grains in good Wine or other Liquors.

71. Of the Gravel or Stone Tartar.

THE Ash-colour'd Gravel is made from the Wine Lees calcined dry, and that it may have the due Quality required, it ought to be a Stone new Made, of a greenish white Colour, and of a saltish bitter Taste. This is us'd by the Dyers and other People that have Occasion for it; and the best is that which comes from Burgundy, because it is made of the Best, and therefore must needs be much better than what our Vinegar-Brewers make.

As this is Wine Lees calcin'd, they make of it by means of Hot-Water which has almost the very same Virtues with Salt of Tartar, except that it is more corrosive, as well as the Oil *per Deliquium* that is made from it. This is also employ'd with Quick-lime to make a Salt, which after it has been fus'd in a Crucible, is cast upon a Stone or into a Basin, and after it is cold, is cut into little Tablets, and put into a Bottle well stop'd, and these little Stones, are true Caustick Stones. They are likewise made together with Oak-Ashes, Alum and Quick-lime by the Assistance of hot Water and Fire; and these are call'd Velvet Causticks, because they operate so gently.

Tartarum or Tartar, is a hard, stony or crusty Matter, which is found sticking to the insides of Wine Casks; this Tartar is compos'd of the

grossest

grossest and most saline Part of the Wine, which is separated by Fermentation, and harden'd to a stony Substance on the Sides of the Cask. There are two Sorts of Tartar, one call'd white Tartar, that is made from white Wine; and the other red Tartar, that is made from red Wine.

The white Tartar is separated in much less and thinner Pieces than the red Tartar, but is much Finer, and fuller of Salt. Chuse the thickest, heaviest and most brittle, of a greyish or ash-colour'd white, clean, Cristalline and shining within, and of a sharpish pleasant Taste.

The red Tartar is divided into large thick Pieces, being to be chose, pure, dry, reddish and weighty: this Tartar is courser than the White, but of the same Taste, and contains the same Principles, but less of Salt. The best Sort comes from *Germany, Languedoc* and *Provence*. White Tartar is purified by Boiling in Water, and straining it thro' woollen Bags, then evaporating and cristallizing the Liquor, which makes what we call Crystals of Tartar. The Scum or Cream that floats at top during the Evaporation, is call'd Cream of Tartar; this when dry'd, is confounded with the Crystals, which ought to be in little clear shining Bodies, pure, white, heavy and dry, of a sharpish agreeable Taste; it is us'd to blanch Wax, and also to clarify Whey, a Dram being sufficient for a Pint. This white Tartar yields a great deal of essential acid Salt and some Oil.

Red Tartar yields less Salt than White, but more Oil and Earth: They both make Vinegars when dissolv'd in Wine; the Crystals differ not from the Tartar it self, but that they contain less earthy Parts in them. All the *Tartars* from Wine are aperitive, and something laxative, open Obstructions, and excite to Urine, allay or abate Fevers, and are proper to dissolve tough Flegm in the Glands; the Dose of Tartar depurated is from a Dram to three Drams.

72. Of German Black.

Pomet. WE have brought from *Mayence, Francfort, and Strasburg*, a Black in Stone and Powder, which is made from

Wine Lees burnt and cast into Water, and after having been dry'd, ground in a Mill, and sifted, having burnt Ivory, Bones, or Peach-Stones added to it: and when they are all well-ground and mix'd together, they make what we call *German Black*, which the moister it looks of the most shining Colour being made of Ivory Black, the Better it is, and exceeds that made of Bones and Peach-Stones, and the worst Sort of Lees, for it is on the Goodness of the Lee, that the Fineness of the Colour depends. There are other Blacks made at *Troyes, Orleans* and *Paris*, which bear the Name of the Place where they are made. They are all of 'em of no other Use than for the Rolling-Press Printers.

73. Of Figs.

FIGS are Fruit that are of several Colours; to wit, the green, the violet, the white, and other Colours; but of all the Sorts, we sell none but the violet and the common *Figs*. When *Figs* are ripe, the People of *Provence* gather them and dry 'em upon Sieves and Hurdles. We have three Sorts of *Figs* in *Provence*, viz: The violet, the *Marseilles*, and another thick fat *Fig*; the violet *Figs* ought to be large, dry'd, fresh and well blown; those of *Marseilles* small, while new, dry but not rotten or decay'd, and the fat *Figs* as like those of *Marseilles* as possible.

The *Fig-Tree* is so familiar in hot Countries, that there is not any other so frequently to be met with, either about their Houses or in the Fields. It has a large Trunk, full of Branches spreading largely abroad, the Wood is very spongy, of a white Colour, pretty much resembling Vine Leaves, but a great deal larger, and pouring forth a Quantity of milky Juice. The Fruit comes from the Wing of the Leaves, being three corner'd, and of the Shape of a Pear, in which are contain'd Flowers by the singular Contrivance of Nature, as *Valerius Cordus* has first of all observ'd; these Flowers are single leav'd, small concave like a Spoon, ending in a small Point, and of a whitish Colour, inclining to a Purple, with a Pointal or Rudiment of a Seed in the Cavity of the Flower,

Flower, and dwindling away into a Fruit call'd a *Fig*; being outwardly of a greenish Colour inclining to a violet: To which Colour the *Fig* of *Marseilles* are esteem'd next; These being ripe and dry, stop *Catarrhs* or *Defluxions* falling upon the *Voula* and *Wind-pipe*, and qualify the acrimonious Serum, trickling down upon the Lungs. In *Portugal* especially in the Kingdom of *Algarve*, there is a hot, fiery, inflammable Spirit drawn from *Figs* by *Distillation*, which they use instead of *Aqua Vitæ* or *Brandy*.

These several Preparations of *Figs* are good, Take four Ounces of dry'd *Figs*, Boil them in a sufficient Quantity of fair Water, and make a *Pisjan* to be aromatiz'd with some Drops of Oil of *Sassafras*, or the like, to be given in the *Small Pox*, *Measles* and *Asthma*: Or, Take fat *Figs* two Ounces, bruise and infuse them in a Pint and half of Spirit of Wine a whole Day, then Strain out the Liquor, burn it away to the Consistence of a Syrup, to be given in a Cough, *Hoarseness* and *Shortness of Breath*: Or else, Take of the Roots of *Marsh-Mallows* and *White-Lillies* of each two Ounces; of *Mallows*, *Violets* and *Pellitory Leaves*, of each a Handful; *Fenugreek-Seeds* two Ounces, twenty fat *Figs*, *Flowers of Camomile* and *Melilot* one Pugal, Boil them in a sufficient Quantity of Water, and then pulping or forcing them thro' a *Hair-Sieve*, add of the Ointment of *Marsh-Mallows* two Ounces, of the Oil of *Worms* one, and make a *Pul-tise* to help *Suppuration*.

Ficus, *Ficus Communis*, or *Ficus Lemery*. *Sativa*, The *Fig-Tree* is of a moderate Height, whose *Stalk* is not straight, but the *Bark* is smoother than ordinary Trees, of an *Ash-colour*, the *Wood* is spongy and soft, and white within; the *Leaves* are large, broad, thick, cut in five Divisions or angular Parts, like those of the *Vine*, but much larger and harder, rougher and blacker, hanging by a *Stalk* that throws out a milky Liquor when broke. This Tree neither bears Flower nor *Husk* or *Shell* that appear; but many *Botanists* pretend that the Flowers are enclos'd in the Fruit, and that they are certain *Threads* like the *Stamina* that are found in the young *Figs*.

This Fruit, when no bigger than a *Pea*, is call'd *Grossulus*; when something larger en-

creas'd, but yet not ripe, *Grossus seu grossa*; and when entirely ripe, *Ficus*: It grows of the Size and Shape of a *Pear*, of a greenish Colour, whitish without, and reddish within; fleshy, succulent, viscous, and of a sweet delicious Taste: it affords a Flat and almost round Seed. The Roots of the Tree are numerous, long, fair, hard to break, supply'd with Filaments of a yellow Colour. They propagate the *Figs* presently in temperate Climes, but the best grow in *Languedoc*, in *Provence*, and other hot Countries. There are two Species which differ in Figure, Size, Colour and Taste; They are all hard of Digestion because of their viscous and tough Substance. When they are dry'd in an Oven, they are call'd dry'd *Figs*, *Caricæ* or *Ficus Passæ*, then they serve for Food and Physick, being easie of Digestion since they lost great store of their viscous *Flegm* by the Heat of the Oven in Drying: *Figs* yield a great deal of Oil, and essential Salt: These soften the Acrimony of the Humours, fortifie or strengthen the Breast, hasten the Birth, ease Diseases of the Kidneys or Bladder being taken in *Decoctions*, or else they relieve sore Mouths and Throats in *Gargles*, or apply'd externally to any Part, give Ease and promote *Suppuration*.

Ficus Indica, vel *Ficus Indica foliis Mali Cotonæi similibus, fructu ficibus simili in Goa*, according to *C. Bauhinus*. This is a Tree that grows near *Goa* in *India*; it is large, very high, and thick, it extends its Branches very wide, from whence arise *Fibres* like those of the *Cuscuta*, of a golden Colour, which being arrived or come from the Ground they grow strong and take Root by little and little from the great Trees, which stretch themselves over all the New filaments, that adhere likewise to the Earth and produce Trees after the same manner, and so on perpetually; so that these *Figs* multiply in such a manner as to fill a large Country with Trees of such a large Kind and such a Height, that they form a spacious massy Forest, which becomes a great Relief and advantagious Shade against the Sun-Beams. The Leaves of the young Branches are like those of the *Quince*, green without, and white and lanuginous underneath, and serve for Food for the *Elephants*; the Fruit of the small *Fig* is made like ours, but red

as Blood without and within, sweet and good to eat, but nothing like the *European Fig*. The *Indian Fig* is moistening, cooling, pectoral, and the Bark of the Tree serves for Cloathing.

74. Of Brignole Prunes and Prunelles.

Pomet. Besides Figs, we have considerable Dealings in *Prunes of Brignole*, which are brought from *Provence*, especially *Brignole*, a little Village near *St. Maximin*, from whence it takes its Surname. These *Prunes* are brought in long Cases, but more usually in Boxes that are cover'd with white Paper artificially cut; these *Prunes* or *Prunelles* ought to be dry, fair and fleshy, and when the Paper is cut, if the Cover be dry, it is a certain Sign that they are good.

We sell Abundance of *Prunes* and *Prunelles*, as the Large and the Small, *St. Catherine Prunes*, and the little black *Damask* and *St. Julian Prunelles*, which we have from *St. Maure's*, *Chinon*, and other Parts of *Touraine*. Besides we sell a great deal of *Prunelles* which are longish and come from *Bordeaux*, and several others from *Monturel*, *Perdrigon*, *Imperial*, and generally all Sorts of Fruits, dry and liquid, which we have brought from other Parts, but especially *Tours*, as dry'd Pears, Apples and Cherries; with Variety of others that are kept for Eating in *Lent*: The Choice of all these Fruits is to have them New in Boxes, or little Chests, that are lined within and cover'd without.

Prunum or *Prune*, is a Fruit of *Lemery*. several Kinds, according to the different Places where it grows, both as to Shape, Size, Colour and Taste; but they are all so well known I shall only mention the black *Damask Prune*, which we use in Physick, call'd in Latin, *Pruna parva dulcia atro cerulea*, the little, blewish, black, sweet *Prune*; they are of a moderate Size, round, fleshy, cover'd with a black Skin; their Substance red, succulent, not sticking to the Stone, but of a good Smell and sweet pleasant Taste; The Stone is small, longish, stony, enclosing a little Kernel almost round or oval, of an agreeable Taste, inclining to be bitter. These *Prunes* grow upon a Kind of

Prune Tree of a moderate Height and Size, call'd *Prunus Sativa fructu parvo dulci atro ceruleo*. The Leaves are longish, pretty broad, slightly indented on the Sides; the Flower is compos'd of five Leaves, dispos'd like a Rose of a white Colour; this Tree is cultivated in the Gardens.

The *Damask Prunes* ripen towards Autumn, and are to be chosen pretty large, well fed, ripe, new gather'd, of a good Taste and Smell; they yield a great deal of Flegm, Oil and essential Salt. They dry great Quantities of these *Prunes* in their Ovens about *Touraine* and near *Bordeaux*, and disperse 'em all over *France* and other Parts in the Winter; that which is call'd the *Prunelle* ought to be taken fresh, fleshy, dry, soft and of a good Taste. Fresh or dry'd *Damask Prunes* are moistening, emollient, laxative being taken in Infusion, Decoction, or eaten in Substance. They find sometimes upon some Sorts of *Prunes*, a white, shining, transparent Gum, which the Merchants mix sometimes therewith, it being very like it in Colour and Virtue; it is good for the Stone or Stone Colick, given in Powder or Mucilage.

75. Of the Large Chestnut, call'd by the French Marons.

These are Fruit which we trade in *Pomet*. as well as the *Limogin Chestnuts*; but as they are very common, I shall not insist upon a Description, only inform you, that the best Sort are those about *Lyons* and the *Vivarez*; which when good, shou'd be large, fresh, firm and Ash-colour'd. As to the small *Chestnut*, they come near to the large, but only that they are clearer and much redder. Their Use is to eat as well as the other *Chestnuts*, as all the World knows: Besides these are of some use in Physick, because they are more astringent.

Castanea, or the *Chestnut Tree*, is of two Kinds, one Domestick and *Lemery*. the other Wild. The Domestick is call'd *Castanea Sativa* by *Casp. Bauhin*, this is a great spreading Tree at this Day cultivated by all People as well for its Beauty as its Profit, and so well known to every Body, we may be excus'd a Description. The wild *Chestnut*

76.



Bazdyendge

Polipody of y^e Oak.

78



Aleppo Galls.



light Galls.



Bourdeaux Galls

Chestnut is call'd *Castanea Sylvestris*, *quæ peculiariter Castanea*, or *Castanea Minores*, the Lesser *Chestnut*; this differs no otherwise from the former, but as it grows wild instead of being improv'd, is much less in Size, and the Fruit smaller. It grows plentifully in the *Limosin*, in *Languedoc*, and supports a great many Persons in the World and especially the Poor. The large Sort of *Chestnuts* that grow in the hot Countries are call'd *Marone* or *Marons*, most of which are brought from the *Vivarez* and the *Limosin*: Chuse such as are largest, the most fleshy, and of the best Nutrient; they all abound with a good deal of Oil and a little Salt. The *Chestnuts*, especially the small, are astringent, and the Rind is us'd to stop the *Fluor Albus* in Women.

76. Of the Oak.

Pomet. THE *Oak* is a Tree known to all the World, as well because of its Durableness, as for the different Uses made of it. This Tree was for its Virtue, Strength, Firmness and Duration, by the Ancients dedicated to *Jupiter*. Some pretend that this Tree is a mortal Enemy to the Olive and the Walnut Tree; so that neither of them can live near it.

The first Thing and the most considerable we have from the *Oak* is the *Misseltoe*, which is an Excrecence that is found clinging to the Top of the said Tree. This Production appears extraordinary, in that the *Oaks* do not produce the *Misseltoe* in all Places: There is little that I know like that which is met with betwixt *Rome* and *Loretto*, especially near a little Village nam'd *Foligni*, which is about the Mid-way. This Excrecence resembles the Branches of Trees, and is of a solid, heavy Substance, of a reddish Brown outwardly, and of a yellowish White within, where is found a Sort of *Turnsol*.

The Branches that are so hard and compact, bear several little Sprigs which intermingle with each other, and from whence arise a great many longish, thick Leaves, that are semi-circular, of a pale Green, and bear little whitish Berries, altogether resembling our little white Currans; and these Berries contain a viscus Humour, which the Ancients

us'd to make Glue of. The *Misseltoe* furnish'd with its Leaves continues always green during the Time it remains upon the Tree. Chuse the largest, heaviest, and best fed: You may know if it be true by the deep Colour, and the *Turnsol* that is within, but the surest Way is to see that some Part of the *Oak* hangs to it. They attribute a great many Virtues to the *Misseltoe* of the *Oak*, and the Ancients revered it, and held it sacred as well as the Tree it self. *Julius Cesar* and *Pliny* say, that the *Druids* assembled themselves under these Trees to perform their Devotion. There being a Country we call at this Day the *Druids Town* near *Chartres*, where it may be seen that the *Oak* bears the *Misseltoe* in *France*.

This *Misseltoe* taken inwardly, is esteem'd an excellent Remedy against the Palsy, Apoplexy and Falling-Sickness. Because of its extraordinary fine Virtues, which wou'd be too many to enumerate, the *Italians* treat of it very largely under the Name of the Wood of the *Holy Cross*.

The second Thing we have from the *Oak*, is a little Plant we call *Polypody* of the *Oak*, which is like what we have from Walls; This Sort of Plant grows from places where the Branches of the *Oak* are forked, by means of some small Earth that lights there, and the Water which drops upon it: It grows likewise upon the Stump of the said Tree; we rarely use this *Polypody*, because it is not so proper, since that is much better which grows upon old Walls, which is the Sort that is brought to us about *Paris*. Chuse such as is new, plump, dry, brittle, of a reddish tawny Colour on the Outside, and greenish within; the Taste being sweet and Sugar-like, enclining something to a Liqueur Taste.

Quercus Vulgaris, the Common *Oak*, *Lemery*. is a thick, straight, durable Tree, spreading its Branches wide; the Trunk is cover'd with a thick rugged Bark; the Leaves are large, longish, and broad, deep slash'd or indented, hanging upon short Stalks: The Flowers are in long Shells or Husks, compos'd of little Threads hanging upon one another by a fine Fibre or String: These Husks leave no Fruit behind them, the Fruit growing in different Parts, which are the Acorns; that are about the Size of the Olive of an Oval

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or

or cylindrical Figure, tied at that End that is towards the Tree; each being contain'd in a hard grey Cup, call'd in Latin, *Cupula seu Calyx*. This Acorn is cover'd with a hard Rind, that is smooth and shining; green at First, but yellowish as it grows riper: Within this Rind we meet with a Sort of a Kernel, or hard fleshy Seed, compos'd of two Lobes. The Acorns hang upon the Tree by long or short slender Stalks, and their Taste is astringent.

All the Parts of the *Oak* contain in them a good deal of Oil and Essential Salt. The Leaves and Bark of the *Oak* are astringent, resolving, proper in the Sciatica, Gout and Rheumatism, being us'd in hot Fomentations; they stop Fluxes of the Belly and Hemorrhages, being taken in Decoction. The Acorn, call'd in Latin *Glans Quercina*, is likewise employ'd in Medicine; chuse such as are large and plump, separated from the Rind, and dry'd gently; but take care of Worms, to which they are subject, let 'em be reduc'd to Powder before using; they are astringent, and proper to appease Wind-Colicks, and the Fluxes of Women newly delivered.

77. Of Oil of Acorns.

Pomet. Besides the *Polypody*, the *Oak* produces *Acorns* which are its proper Fruit, and every Body pretend to make and sell the Oil; but as I never saw any to this Day, I shall say nothing of it, but that all the Oil of *Acorns* that the People of *Provence* send us, is nothing but the *Ben* or *Nut Oil*, in which the *Acorn* has been infus'd. The great Rarity of this Oil, is the Reason that the World attributes such great Virtues to it, just like that of the true Oil of *Talck*: There may be a true Oil of *Acorns* drawn by the *Retort*, but it will be black, and of an ill Smell.

The *Oak* produces over and above the *Acorn*, the *Misseltoe*, and *Polypody*, a Moss which is what we call *Ufnea*, and enters the Compositions of the *Cyprus Powders*; those of *Franchipane* and *Le Marefcale*, or the *Farriers Powder*, which we have brought from *Montpellier*. The true Description of making these Powders is unknown to me,

which obliges me to refer the Reader to a Description made by the *Sieur Barbo* in a little Treatise of his, printed at *Lyons*.

78. Of Galls.

Galls are the Fruit of a Kind of *Pomet*. *Oak*, that grows plentifully in the *Levant*, especially about *Aleppo* and *Tripoli*, which are those we call *Aleppo* and *Tripoli Galls*: Besides, they are brought from *Smirna*. There are some grow in *France*, in *Provence* and *Gascoigny*, but much inferior to those of the *Levant*, in that they are usually reddish, light, and altogether smooth; and those of the *Levant* are prickly, from whence they are denominated the prickly Galls, more heavy, blackish, or greenish, or whitish. The Variety of these Fruit is the Reason why they are put to different Uses. Those of *Aleppo* and *Tripoli* are for dyeing Black, and making Ink; the White to dye or stain Linnen, and the Light *French Galls* for Dying Silk: All the Sorts are of some Use in Physick, especially the more astringent and styptick they are; being good to draw together, and fasten loose Parts, to dry up Rheums and other Fluxes, especially such as fall upon the Gums, Almonds of the Throat, and other Parts of the Mouth; us'd in a Decoction in Water or Wine they cure *Diarrheas*, *Dysenteries*, and are good against all Weakness of the Bowels. A Fumigation in Claret is good for Women to sit upon, that are troubled with a Flux of Reds or Whites, or falling down of the Womb; as also of the Fundament: The Ashes quenched in Wine or Vinegar being apply'd stanch Blood; and the Powder of the crude *Galls* may be given inwardly from ten Grains to a Scruple, to all the Purposes aforesaid.

There grows upon a Species of *Oak* in *Turkey* a little reddish Fruit, of the Bigness of a Hazel-Nut, call'd by the *Turk*, *Bazdyendge*, whose Figure is represented by the Impression of the *Oak*. The *Levantine*s, especially those of *Aleppo*, take a hundred Drams of *Cochineal*, which they call *Corneti*; fifty Drams of *Bazdyendge*, and fifty Drams of Tartar; and after powdering them all, they make a very fine *Scarlet*. This Fruit is very scarce in *France*, which makes the I can say no more of it.

Galls,

Galla, or the *Gall-Nut*, is an Ex-Lemery. crescence which grows upon an Oak in the *Levant*, whose Origine proceeds from this, that certain Insects bite the tenderest Part of the Tree; so that an Humour flows out into a Shell or Bladder, which fills and hardens as it grows on. There are several Sorts of *Galls*, that differ according to their Size, Shape, or Colour, by the Surface of them, being smooth or rugged; they are usually round, and as big as the common Nut; some as the Filbert, rough or prickly, white, green or black. The best come from *Aleppo* and *Tripoli*; chuse the best sed and weightiest.

There are also *Galls* grow in *Gascoigny*, and in *Provence*, which differ as those of the *Levant* do; they being smooth, light, reddish, and afford a less Tincture: They are astringent, and enter several medicinal Compositions; as Plaisters, Oynments, Injections, Fomentations, &c.

Polypodium, or common Polypody, hath a Root taking a very slight and superficial Hold of the Earth; it is pithy and brittle, about the third Part of an Inch thick; within it is of a pale green Colour, but outwardly a little reddish, and cover'd over with fine thin Scales when it is fresh and green; but being dry, it becomes of a more red Colour; it is knotty, or full of round Knobs, and adorned with several small Filaments like Hairs; its Pith is sweetish, with somewhat of a sharp, austere, or styprick Taste. The Leaves spring out of the Knots, or hollow Knobs of the Roots; they are single, about nine Inches in Length, and parted into several Jaggs or Scollops, cut close into the Ribs; they are sharp-pointed, of a light green Colour, and growing alternatively opposite to one another: It bears no Flowers, but there arise several small Knobs like Blisters, upon the lower or under Part of the uppermost Jaggs of the Leaves, rank'd in a double Order; they are round, and about the sixth Part of an Inch thick, consisting of a fine Dust; that is first a little yellowish, and turns of a bright golden Colour: Every Grain of this Dust is a Sort of small Coffin, or Seed-Vessel, being of a round Figure, and membranous, which when ripe breaks into two equal Parts, and pours forth several

Seeds so small, that they can scarcely be discern'd by the naked Eye.

Polypody grows upon Rocks, old Walls, and ancient decay'd Trees; but that which grows upon old Oaks is reckon'd the Best; upon which Account Polypody of the Oak is commonly prescrib'd, and is rank'd among the purging Medicines; yet *Dodonæus* denies its cathartick Quality; neither ought we to dissemble the Matter, for the Decoction of it scarcely moves the Belly, but the Powder of it does something, being given from one Dram to two Drams.

This Root contains a great deal of Oil, and no small Quantity of an acid Flegm; but this is, as it were, suffocated by the Oil, which is the Cause that it produces no Alteration of Colour on the blue Paper, when it is dip'd in the Infusion of it. There is likewise a large Quantity of Earth extracted from Polypody by a chymical Resolution; its from this Earth that its styprick and brackish Taste proceeds: The Roots are very properly administr'd in all Distempers proceeding from a saltish Disposition of the Blood; such as the Scurvy, Rickets, and Hypochondriack Passions: They also help to abate an inveterate Cough, when it is attended with a saltish Spittle. They are prescrib'd in Potions and Apozems, from one Ounce to two.

Take of Polypody of the Oak two Ounces, Salt of Prunella one Dram; infuse them in a Quart of warm Water; strain it, to be taken by Cupfuls or Spoonfuls, as an Apozem. Or take Polypody of the Oak one Ounce and half; Elecampane-Roots three Ounces: Infuse them all Night in a Quart of warm Water; in the strain'd Liquor add two Ounces of *Calabrian* Manna; mix and make a *Priisan* to be drank. Take of the Decoction of Polypody-Roots six Ounces, in which infuse two Drams of Sena-Leaves; in the strain'd Liquor dissolve the Electuary of *Diacarthamum*, three Drams; mix and make a purging Potion. Polypody-Roots are us'd in the Catholick Electuary, in Lenitive Electuary, the Confection of *Hamech*, the Panchymagog Extract of *Hartman*; *Quercetan's* Pills of Tartar, and in the *Hiera* of *Coloquintida*.

79. Of Agarick.

Pomet. *Agarick* is an Excreſcence that is found upon the Trunks and large Branches of ſeveral Trees, but chiefly upon the *Larch* Tree, call'd by the Latins, *Larix*, and upon ſeveral Sorts of Oaks; but the beſt of all ought to be ſuch as is white, light, tender, brittle, and of a bitter Taſte, pungent, and a little ſtyprick; and this is the *Agarick* the Ancients uſe to call the Female: As for that which is term'd the Male, it is uſually heavy, yellowiſh and woody, which ought entirely to be rejected for phyſical Uſes. The beſt *Agarick* is that from the *Levant*, it being abundantly better than what comes from *Savoy* or *Dauphiny*. We have likewiſe ſome brought from *Holland*, that is rasp'd and blanch'd on the Outſide with Chalk: In ſhort, none is fit for Uſe but the *Levant Agarick*.

Agarick was a Medicine ſo familiar to the Ancients, that they made uſe of it not only for Purging Flegm, but likewiſe in all Diſtempers proceeding from groſs Humours and Obſtructions; ſuch as the Epilepſy, Vertigo, or Giddineſs of the Head; Madneſs, Melancholy, Aſthma, and Diſtempers incident to the Stomach, and the reſt of that Kind; yet they complain'd that it weaken'd the Bowels, and purged too churliſhly; upon which Account *Galen* ſteep'd the Powder of it with Ginger, and gave it to a Dram in Oxymel or Honey of Squills. It is preſcrib'd in Powder, tho' rarely from a Dram to two; but in Decoction, or Infuſion, from two Drams to half an Ounce.

By a Chymical Diſſolution it paſſeth almoſt all away into Oil; it yields no volatile Salt, but abounds with a Sort of ſcaly Earth, and an acid Flegm, from whence the Infuſion of *Agarick* makes the blue Paper of a purple Colour. Hence it clearly appears, that it ought to be correct'd with Cloves, Cinamon, Mace, Mint, Wormwood, and others of this Kind. Its Slowneſs in Working may be help'd or promoted with Scammony and Calomel; or it may be wet in ſome purging Decoction made of *Aſarabacca*, *Sena*, and other Purgatives, and then dry'd again, and form'd into Lozenges,

adding Balaſam of *Peru*, or Oil of Cinamon, to correct it.

Lozenges are commonly prepared in the Shops; but we muſt not forget to take Notice, that *Lufitanus* admoniſhes us to make uſe of the Troches of *Agarick* or Lozenges, while they are fresh and new made, leaſt their Virtue be weaken'd by long keeping. Beſides the Troches, there is an Extract and Roſin prepared from *Agarick*; it is likewiſe uſed in the Confection of *Hamech*, *Hiera Piera*, the bleſſed Extract and Pills of Euphorbium.

80. Of the Confection of Hamech.

Agarick being one of the Ingredients of this Compoſition, *Pomet.* which we have brought from *Montpellier*, together with Confect of Hyacinth and Alkermes, Treacle and Mithridate; I thought it not improper to mention it in this Place, tho' it is almoſt out of Practice in ſome Countries; it remains a good Medicine ſtill, if faithfully prepared; however, I ſhall only give you the Receipt, and leave you to conſult the Method of preparing it in the Diſpenſatories of Mr. *Charas* and others.

Take Polypody of the Oak, Raiſins ſtoned, Damask Prunes, of each four Ounces; Citron, Chebulick, and *Indian Mirobalans*, Violet Seed, Coloquintida, white *Agarick*, *Sena*, of each two Ounces; Wormwood, Thyme, of each one Ounce; red Roſes, Aniſeed and Fennil, of each ſix Drams; Juice of Fumitory depurated, a Quart; Sugar and pure Honey, of each three Pounds; *Caffia* and *Tamarindes* pulp'd, and pure Manna, of each four Ounces; Rubarb, white *Agarick*, *Alexandrian Sena*, of each ſix Ounces; the five Myrobalans and Epithymum, of each ſix Ounces; Cinamon and Ginger, of each two Drams: Mix all together according to Art, and make a ſoft Electuary, working it well, and preparing it truly, and it will keep a long Time. This Confect, thus artfully made, is of a ſhining Black, and a good Conſiſtence: This, with the other before-mentioned, we reckon the five great Compoſitions of the Shops.

We

We sell likewise dry'd Mushromes, and black Sow-Bread, which are brought from *Provence* and *Languedoc*, with the Bulbs of Tube-rose, *Ranunculus's* and Junquils, which come from *Italy*, *Provence*, and some from *Constantinople*, together with Jew-Ears, &c. And they bring us from *St. Fleur* in *Auvergne*, a certain grey Earth, in little Shells, which is what we call *Perelle*, and the People of that Country tear from the

Rocks. This Earth is produc'd by the Winds which carry the Earth upon the Rocks; and by the Rain and the Sun this Earth is calcined after being wet: The Use of it is to make *Orseille*, of which Mention was made in the Chapter of *Turnsol*. We sell besides a certain Herb, which we call *Presse*, and the *Botanists Equisetum*, or Horsetail; which the Cabinet-Makers, and other Artificers in Wood, use to polish their Works withal.

BOOK the Eighth.

Of GUMS.

P R E F A C E.

WE distinguish Gums into two Sorts; namely, such as are aqueous, and such as are resinous: We understand by the aqueous Gums, those that will dissolve in Water, Wine, or other the like Liquids; as Manna, Gum Gutta or Gamboge; and by the Resinous, those that will not dissolve but in Oil, as Gum Elemy, Tacamahaca, and the like, as you will find by the subsequent Discourse. There are some who will add to these two Sorts a Third, which they call the Irregular, and which they pretend will, without Trouble, dissolve in Water or Oil as Myrrh and Benjamin. If Seeds, Roots, Woods, Barks, Flowers, Leaves and Fruits, are so difficult to distinguish one from the other, it cannot be less to have a perfect Understanding of Gums; in which Traffick several Nations have made it their Business to impose upon us.

I. Of the Manna with which God fed the Israelites in the Desert.

WHEN the Israelites had pass'd the red Sea in a miraculous Manner, and were deliver'd from their Enemies, the Famine pursued them into the

Desert, and they murmur'd against *Moses*: But that faithful Minister of God, made his Supplication to Heaven, and God delay'd not to give them Food; for there fell a great Storm of Hail in their Camp, and the next Morning it rained Manna upon the Earth, which was continued for forty Years; during the Time the Hebrews remain'd in the Desert.

Desert.