
SECTION III.

DISTILL'D WATERS.

Aque Stillatitiæ simplices.

- A** Bsinthij vulg.
Angelicæ.
Artemisæ.
Cardui benedict.
Cerasor. nigr. *Fruct.*
contusis nucleis.
Chamæmeli *Flor.*
Fœniculi.
Hyssopi.
Melissæ.
Menthæ.
Papaver. Rhæad. *Flor.*
Petrofelini.
Pulegij vulg.
Rosarum *Flor.*
Rutæ.
Sabinæ.
Sambuci *Flor.*

Distill'd Simple Waters.

Of Angelica.

Baulm.

Black Cherries, with their Stones crack'd.

Camomile Flowers.

Carduus benedictus.

Elder Flowers.

Fennel.

Hyssop.

Mint.

Mugwort.

Parsley.

Pennyroyal.

Red Poppy-flowers.

Rose-buds.

Rue.

Savin.

Wormwood, *common.**

To

* The shops were formerly burthen'd with an uselesse *farrago* of simple waters; the number whereof is here justly retrench'd, and only the more efficacious retain'd. It is certain, that nearly the whole number here set down possess the medicinal virtues of the respective simples; whereas in abundance of Pharmacopœia's we have several simple waters that can lay no great claim thereto; such are those of Succory, Fumatory, Plantain, Oak, &c. and even of the present catalogue there might lie some objection against the *Carduus*, Mugwort, and red-Poppy Water; which should seem as is but too common, retain'd more out of custom than from any certainty of their being impregnated with the virtues of the plants; since they contain so little essential

To these may be added, tho' 'tis rather procured by resolution than distillation,

Aqua Spermatis Ranarum,

Frog-Spawn Water.

Hang any quantity of *frog-spawn* in a bag, so that the water may run from it, into a vessel set underneath to receive it; and to every pint of the liquor, thus obtain'd, add a dram of roch-alum. *

For the manner of procuring other simple waters, see among the chemical preparations, under the article of *Essential Salts*. †

tial oil. But this objection is entirely set aside by the following rule, wherein such kind of plants are expressly order'd to be imperfectly fermented before distillation; which so unlocks the substance thereof, as to permit their efficacious parts to rise. And this may give us a specimen how thoroughly acquainted the compilers of the dispensatory were with the natures of things, and how well qualified for the work they undertook. But for a fuller illustration of this point, and ascertaining the precise doctrine it leads to, we must refer to *Boerhaave's New Method of Chemistry*, where these matters are very instructively handled. PRACTICE, pag. 57. 69.

* This is a much better *Frog-Spawn Water* than we find order'd in other dispensaries; the addition of the alum, and the manner of preparation, by resolution, considerably increase its virtues; whereas that obtain'd by bare distillation gives us little more of the spawn than its useles phlegm. As it stands here, it seems design'd as a cooler, for external uses.

† Where such Waters are judiciously order'd to be made by dissolving in clear spring-water, the essential salts of the more fix'd vegetables, that yield no virtue by distillation. Which is prescribing with a thorough mastery of both the Pharmacies.

G E.

GENERAL RULES

For the Diffillation of

SIMPLE WATERS.

- I. *The plants, with their several parts, ought to be fresh gather'd. **
- II. *Being first a little bruis'd, let twice their own quantity of spring-water be pour'd thereon; but less will suffice in case they are juicy. For every pint of water thus added, draw off half a pint, by the alembic, with its refrigeratory; the junctures being first luted. But black-cherries require no water to be added to them.*
- III. *Those plants which abound with an aromatic and fragrant oil, should be immediately committed to distillation: but those that contain a more fix'd oil, or owe part of their virtues to a kind of volatile salt, such as Wormwood, Carduus benedictus, Mugwort, Camomile, &c. ought first to undergo an imperfect fermentation, with yeast; that is, they should be distill'd in the*

* For thus alone you will obtain their fine volatile parts; or, to speak in the language of that admirable chemist *Boerhaave*, the native, or presiding spirit thereof. But if this be the sole point in view, 'tis better not at all to bruise, or so much as crush the subject. See *Boerhaave's New Method of Chemistry*, pag. 12, 20. PRACT.

begin

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*beginning of the fermentation, without staying till it is finish'd.**

IV. *If any drops of oil float upon the surface of the water, they must be carefully taken off. †*

Aqua Cinnamomi sine vino.

Cinnamon Water without spirit.

To a pound of Cinnamon add twelve pints of spring-water, and let them steep together for two days; then draw off the water till it ceases to run milky. ||

Aqua Cinnamomi cum vino.

Cinnamon Water with spirit.

Infuse a pound of Cinnamon in a Gallon of French Brandy, and distil off the water as the former. ||||

Aqua

* For if the fermentation be once finish'd, the oily part of the plant is become inflammable spirit.

† Otherwise essential oil might come to be given instead of a simple water; this therefore renders the water the purer, and fitter for immediate use: but then it will not keep so long, nor prove so strong as if the oil were suffer'd to remain a-top.

|| It is judiciously prescrib'd by Dr. Fuller, to add an ounce of white sugar-candy to each pint of this water, in order to prevent the separation of the ponderous oil; for want of which addition, or something like it, the small cinnamon water of the shops will not long keep good.

|||| If this water be required exceedingly fine, clear, and well flavour'd, it should not be drawn below proof, as the distillers call it; or no lower, or more aqueous than pure Brandy: but as here order'd, it seems design'd

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Aqua Reginae Hungariae.

Hungary Water.

To two pounds of Rosemary flowers, add two quarts of rectified spirit of wine; and just as the flowers are fresh gather'd, let them immediately be distill'd. *

COMPOUND WATERS.

Aqua Absinthij composita.

Compound Wormwood Water.

Take of *Calamus aromaticus*, Galangal, and Zedoary, each two ounces; the yellow part of fresh Orange-peel, and of Cinnamon, each four ounces; the leaves of common Wormwood, half a pound; those of Mint and Sage, each two ounces; the lesser Cardamoms, Mace and Nutmeg, each one ounce: slice or cut those ingredients that require it, bruise the others, and pour thereon two Gallons of *French Brandy*; let them steep together for four days, then draw off two gallons by the alembic. †

Aqua

sign'd to be drawn considerably lower; as indeed it must, to gain the full virtues of so large a proportion of Cinnamon; in which case it will turn milky, like the former; a due quantity of spring-water being put into the still to answer that demand.

* This ought to be done *in Balneo marie*, without the addition of water; which might take off from the delicate, native flavour of the Rosemary-Flowers.

† This appears to be an excellent compound Wormwood water; the addition of the Orange-peel, which o-
thers

Aqua Alexiteria.

Alexiterial Water.

Take of the fresh leaves of *Carduus benedictus*, Baulm, and Scordium, each three ounces; those of common Wormwood and Mint, each two ounces; those of Rue and Angelica, each one ounce; add two gallons of spring-water, and distil according to the rules of art.

But observe that the water thus obtain'd will be the better, provided the *Carduus*, Wormwood and Scordium be first ferment-ed.*

Aqua

thers omit, will make it wonderfully grateful, stomachic and cardiac; but the oily ingredients being in so large a proportion, 'tis judiciously order'd to draw off no more than the quantity of spirit pour'd on; that is, not below proof, otherwise the oils would turn the water milky, and make it displeasing to the eye, and apt to rise ungrateful upon the stomach.

* That is, fermented only in part, till the bodies of the plants are so far open'd as to afford their proper medicinal virtues by distillation, without turning to inflammable spirit; as was directed by the preceding rules, for the distillation of simple waters. By the way, we may here observe the difference made by the judicious compilers between *simple* and *compound* waters: the vulgar esteem those as *simple waters* which are made without spirit, only by the distillation of vegetables, whether one or more, and spring-water; and those as *compound waters*, which are prepar'd with spirit; tho' it be only from a single ingredient: thus both small and strong cinnamon water, *Hungary* water, &c. in some Dispensatories are found among the compounds; but
with

Aqua Bryoniae composita.
Compound Bryony Water.

Take of Bryony Roots, one pound; Pennyroyal and Rue, of each half a pound; the tops of Savin, an ounce; the leaves of Mugwort, Dittany of *Crete*, Cat-mint, Basil, and the flowers of Feverfew, each half an ounce; the Yellow of fresh Orange-peel, and of Lovage-feed, each two ounces: upon these ingredients, when duly cut and bruis'd, pour two gallons and a half of *French* Brandy; then let them infuse together for four days, and afterwards draw off two gallons and a half. *

Aqua

with the Royal College of *Edinburg*, that deserves to be call'd a simple water, which is made from one simple ingredient; and that a compound, which is made from more; whether the liquor added in either case be aqueous, spirituous, or both. Thus under the title of simple waters, or rather, (which shews their great exactness,) after the catalogue of aqueous simple waters, come Cinnamon water and *Hungary* water, as being prepar'd from single ingredients; and among the compounds, Alexiterial water, as drawn from several plants; tho' not a drop of inflammable spirit enters its composition.

* The compound Bryony water of the Dispensatory of the Royal College of *London* seems to promise fairer than this for an hysterick, on account of the myrrh and castor they add; but the authors of the present, doubtless consider'd that little of either, suitable to this intention, and especially of the myrrh, would rise by distillation; so play'd the good husband, and shew'd their sagacity in

Aqua Epidemica.

Plague-Water.

Take of the roots of Master-wort, and Butter-bur, each four ounces; wild Valerian, *Virginia* Snake-root, and Zedoary, each an ounce and half; the leaves of Baulm, Rue, and Scordium, each three ounces; the seeds of Angelica, and those of Lovage, of Juniper-berries and Bay-berries, each two ounces: Bruise, slice, or cut the ingredients, as they shall require, pour thereon two gallons and a half of *French* Brandy; and when they have stood to digest for four days, draw off the like quantity, *viz.* two gallons and a half. *

Aqua Mirabilis.

The wonderful Water.

Take of the lesser Cardamoms, Cloves, Cubebs, Galangal, Mace, Nutmeg and Ginger, each one dram; the yellow part of Citron-peel, and of Cinnamon, each three drams;

in dropping 'em; having otherwise treated each in a suitable manner, to gain their medicinal parts and virtues. See *Tincture of Myrrh*, and *Tincture of Castor*.

* This composition is not, like the Plague-water of other Dispensatories, clogg'd with useles ingredients, that afford nothing proper to the intention, by distillation; such as Celandine, Carduus, Centory, Gentian, &c. but is directed with discernment, and design'd as a high carminative cordial in malignant cases, or great depressions.

of

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of the leaves of Baulm three ounces; bruise them together, digest them with three pints of *French Brandy*, and draw off the like quantity by distillation.*

Aqua Pretroselini composita.

Compound Parsley Water.

Take of Parsley-root, four ounces; fresh Horse-radish root, and Juniper-berries, of each three ounces; the tops of *St. John's wort*, biting Arsmart and Elder-flowers, of each two ounces; the seeds of wild Carot, sweet Fennel, and Parsley, of each an ounce and half; slice and bruise the ingredients, and add there-to two gallons of *French Brandy*: let them

* This is an excellent *Aqua mirabilis*; the addition of the Citron-peel, Cinnamon and Baulm, renders it very agreeable to the stomach, and greatly increases its cordial virtues; Cinnamon, as *Dr. Fuller* judiciously observes, being one of the most pleasant, as well as most effectual of all the stomachic spices. And the like may be said of Citron-peel. We may likewise observe with what judgment the Juice of Celandine, retain'd by some other Dispensatories of prime note, is here drop'd by the Royal College of *Edinburg*, as of no manner of significancy. The original author of the composition, says *Dr. Fuller*, doubtless, observing the drinkers of strong waters very much inclin'd to the Jaundice, was willing to give them a specific for that disease, in form of a spirituous liquor, and therefore order'd the Juice of Celandine in this water: but this, the Doctor observes, was very ridiculous; because that juice, by distillation yields none of its bitter, acrimonious flavour, or medicinal virtue; but only a meer insipid and inefficacious phlegm.

steep

steep together for four days, and then draw off two gallons by distillation*.

Aqua Pæoniæ composita.

Compound Piony Water.

Take of the roots of male Piony, two ounces; those of wild Valerian, an ounce and half; and those of white Dittany an ounce; of Piony Seeds six drams; of the fresh Flowers of Lilly of the Valley, four ounces; of those of Lavender, *Arabian Stœchas*, and Rosemary, each an ounce and half; of the tops of Betony, Marjoram, Rue, and Sage, each an ounce: slice and bruise the Ingredients, pour upon them a Gallon and half of *French Brandy*, and after they have stood to steep for four days, draw off the same quantity of the water. ||

Aqua

* On the footing of the present practice, this water is very well contriv'd to answer its original intention, that of a diuretic, or lithontriptic: the *St. John's-wort* indeed may be objected to in distillation; but it is no less celebrated for its pungent volatile parts, than its nephritic virtue. The *Elder-Flowers* likewise will hardly pass without censure, unless it be recollected that they afford a well-scented water by distillation, and are allow'd to be discutient as well as emollient and anodyne; so that these being all the exceptionable ingredients in this composition; if they be granted not unsuitable, the rest are certainly excellent, and well adapted.

|| The compound Piony Water of the Royal College of London, is, in the opinion of a candid judge, *very faulty in its contrivance*, who therefore, with due submission, offers an amendment thereof; but to this I believe

F

lieve

Aqua Raphani composita.

Compound Radish-Water.

Take of the roots of Horse-radish, two pounds; those of Cuckow-pint, half a pound; the fresh leaves of Scurvy-grass, a pound; and those of Water-creffes half a pound; the Yellow of fresh Orange-peel, and Lemmon-peel, each three ounces; *Winter's* bark, two ounces; Nutmeg, an ounce: Cut and bruise the Ingredients, add to them three gallons of *French* Brandy, let them macerate together for two days, and then draw off three gallons. *

Aqua Theriacalis.

Treacle-Water.

Take of the fresh and green husks of Walnuts †, a pound and half; the roots of Butterbur,

lieve he would have no objection to make, no amendment to offer; so elegant, skilful, and efficacious is the composition, and yet so simple.

* It is doubtless much better here to use the bruised leaves of the scurvy-grass and creffes, than their expressed aqueous juice; as, with the addition of an extraordinary and detrimental trouble, is order'd by others; for after the expression, a large proportion of the salt, or volatile pungent part remains in the pressings, which to the making of the essential salt of any vegetable are always well wash'd with water to get it out.

† The green walnut-husks are here very judiciously order'd in substance, instead of the juice thereof prescribed by others; as containing more of the efficacious parts in proportion, capable of rising by distillation: The
Lem-

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bur, a pound; those of Angelica and Masterwort, each half a pound; of Marigold-flowers, the leaves of Baulm, Rue and Scordium, each three ounces; *Venice Treacle*, a pound; *French Brandy*, three gallons: Digest all together for four days, and afterwards distil off three gallons of water; to which add two quarts of distill'd vinegar.*

G E-

Lemmon Juice too, adopted by some in this composition, is here dropp'd, the distill'd vinegar, put into the water after distillation, richly supplying its place; and much better answering the intentions of a sudorific, and an alexipharmic; which seem principally aim'd at in this excellent composition. But instead of distill'd Vinegar, some unadvisedly add a corresponding proportion of spirit of Vitriol, or other mineral acid to their Treacle-water; which considerably alters the nature of the medicine. Vinegar is an acid made by a double fermentation, a thing *sui generis*, and not to be match'd by the acid juices of vegetables, whether Oranges, Lemmons, Citrons, Crabs, Barberries, &c. nor by those of minerals, whether Vitriol, Sulphur, &c. from all which it differs almost as much as from any thing else: true, it is acid upon the tongue like them; but it liquifies the blood, is antipeffilential, suddenly cures drunkenness, surfeits, the plague, and does a thousand things, both as a medicine and a menstruum, which they will not. For proof of this, see the History of Vinegar in *Boerhaave's New Method of Chemistry*.

* We have here in small compass, and without any great apparatus, a sufficient stock of compound waters, which may easily be made to answer all the intentions that can at any time require their assistance. The *Aqua Absinthij composita* is a very good stomachic; the *Aqua alexiteria*, an innocent, but powerful alexipharmic; the *Aqua Bryonia composita*, an excellent hysteric; the *Aqua Epidemia*, an invigorating carminative; the *Aqua*

F 2 *nira-*

GENERAL RULES for the Distillation of Compound Waters.

- I. *The plants, together with their parts, should be moderately and newly dried; except in those cases where they are order'd fresh and green.*
- II. *After they have been duly macerated or digested, such a proportion of Spring-water should be added thereto, as may, at least, prevent any empyreuma, or burnt flavour from the still.*
- III. *The quantity of the water drawn off need not always be precisely the same with that of the spirit * poured on; so as never to*

mirabilis, an excellent cordial; the *Aqua Petroselini*, an effectual diuretic; the *Aqua Peonia composita*, a very good cephalic; the *Aqua Raphani composita*, a fine antiscorbutic; and the *Aqua Theriacalis*, an admirable and sprightly fudorific: so that it is hard to say what of this kind could be farther desir'd, and at the same time well suited to the form and use of a compound water, to render the set more compleat; which again gives us to see the judgment wherewith this Dispensatory was compiled: Always to order but just what is sufficient, in the most suitable and effectual manner, bespeaks uncommon skill and sagacity in the prescriber. And this the reader cannot but be delighted to observe in the course of this Dispensatory; which to have here, once for all, remark'd, to give him the clue, will, we apprehend, be sufficient.

* *Dr. Fuller*, with good reason, wou'd have all compound waters distill'd from highly rectified spirit of wine, and pure water; by which means not only the composition will

to exceed it: for distillation may be continued to advantage, as long as the water comes over milky. *

IV. The liquor that runs off first in distillation, is sometimes kept separate, under the title of Spirit; and the succeeding part artificially fined down, or freed from its milkiness: but the best way is to mix the several runnings together, without clarification; so as that the waters may contain the full virtues of the respective plants, tho' they appear less clear, or pleasing to the eye, for it. †

will be untainted with the nauseous and fetid phlegm, constantly remaining in Brandies and the common Spirits sold by Distillers; but also a certain rule will be had for making the same waters, at all times and seasons, of the same degree of strength; and that too at a cheaper rate, than by trusting to what the Distillers call proof Goods: since one gallon of well rectified spirit of wine will give three of a compound water, as the Doctor judges, sufficiently strong.

* That is, as long as the essential oil continues to ascend in any quantity; for this mixing its small particles along with the phlegm or water, is what gives the milky cast.

† The reasons of these several rules are admirably deduced by the diligent *Boerhaave*, in his *New Method of Chemistry*; to which we, therefore, refer the Reader, who desires to see how just and rational they are, and from what depth of pharmaceutical knowledge deriv'd. See PRACTICE, p. 16, 18, 57, 69, & *alibi passim*.