

SECTION VIII.

SYRUPS.

Syrupus de Althæa,
Syrup of Marshmallows.

TAKE of the root of Marshmallows, two ounces; those of Asparagus, Liquorise, and Grafs, of each half an ounce; the herb Maiden-hair, an ounce; the leaves of Marshmallows, Mallows, Pellitory, Pimpinel-Saxifrage, broad-leav'd Plantain, and ston'd Raisins of the Sun, of each half an ounce; red Cicers, an ounce; Spring-water, three quarts: boil them together till one third of the liquor is evaporated; then strain the remainder, and add thereto four pounds of the whitest Sugar, and make a Syrup thereof, according to the rules of art, by boiling it *in Balneo Mariæ* *.

Syru-

* This Syrup ought to be made of a high consistence in hot weather; otherwise it presently runs into fermentation, and is spoiled in the capacity of a Syrup. The
four

Syrupus Artemisiæ.

Syrup of Mugwort.

Take of the roots of Madder, two ounces ; those of round Birthwort, and Turmeric, of each an ounce ; Spring-water, a gallon : boil them together till a fourth part be wasted ; and add, towards the end of the operation, leaves of Mugwort, an ounce ; those of Calamint, Dittany of *Crete*, Feverfew with the flowers, Origanum, common Penny-royal, Rue, and Savin, of each half an ounce ; the Seeds of *Daucus of Crete*, (or of wild Carot,) and those of Lovage, of each three drams : to the strain'd liquor put six pounds of white Sugar, and make it into a Syrup, according to the rules of art, by boiling it over a soft fire *.

four greater and four lesser cold feeds are here drop'd by the compilers ; I suppose as being judg'd foreign to the purpose.

* Dr. Quincy, in his Dispensatory, p. 395. tells us, that with all the emendations of the *London College*, made in this Syrup, " it is hardly like to recover the reputation of being good for any thing, unless among the women, with whom it has long implicitly been a favourite : " But here we have an emendation to the purpose ; as far as the nature of the thing will admit. The more fix'd roots of madder, birthwort, and turmeric will make a strong and suitable decoction, without loss of their medicinal parts ; and the more aromatic ingredients being added at the end, will in great measure preserve their respective virtues, in the Syrup.

Syrup-

Syrupus è Cortice Aurantiorum.

Syrup of Orange-peel.

Take of the external Rind of fresh Oranges, six ounces; Spring-water three pints: infuse them in a close vessel, with a gentle heat *in Balneo Mariæ*, for the space of six hours; then strain off the liquor, and add to it twice its own weight of white Sugar; and thus make it into a Syrup, without boiling*.

Syrupus è Succo Aurantiorum.

Syrup of Orange-juice.

Take of the clarified Juice of Oranges, a pint; white Sugar, two pounds; and make a Syrup thereof, without boiling, according to the rules of art †.

Syrupus Balsamicus.

Balsamic Syrup.

Take of Syrup of Sugar, two pounds; which being fresh made, and yet warm, but remov'd from the fire, gradually mix therewith half an ounce of the Tincture of *Tolu*; and keep

* Orange-peel abounding with a fine volatile oil, which evaporates by boiling; the syrup is prudently order'd to be made without so great a degree of heat.

† See the rules at the end of this Section.

them

them stirring till they are intimately united*.

Syrupus Capilli Veneris.

Syrup of Maiden-hair.

Take of the herb Maiden-hair, half a pound; shav'd Liquorise, two ounces; boiling Spring-water, three quarts: let them stand together for a night, then boil them a little, and strain out the liquor by expression; whereto add its own weight of white Sugar; and boil it to the consistence of a Syrup ||.

Syrupus Caryophyllorum.

Syrup of Clove-july-flowers.

Take of fresh gather'd Clove-july-flowers, clipt clear from their white heels, a pound; boiling Spring-water, a quart: let them stand together one night; then strain off the liquor, and add threeto twice its own weight of white

* This appears to be a much better way of making the *Syrupus Balsamicus* than by boiling the Balsam in water; which can never possibly keep it dissolv'd, and only retains some of the finer flowers, or light particles thereof; whereas the virtue of the Syrup seems, in good measure, to depend upon its actually containing the body of the Balsam, whence it has its name.

|| Dr. Quincy's character of this syrup appears to be very just; which those who please may see in his *Com-pleat Dispensatory*, p. 396.

Sugar;

Sugar; and thus make it into a Syrup, without boiling, according to the rules of art †.

Syrupus de Cichoreo cum Rheo.

Syrup of Succory with Rhubarb.

Take of Rhubarb, sliced and bruised, six ounces; boiling Spring-water, two quarts: let them infuse, in a gentle heat, for two days; and, after a very little boiling, strain off the liquor; to which add, of the clarified Juice of Succory, two quarts; and of white Sugar, six pounds; then boil them up to a Syrup; in which, whilst it is yet warm, mix a scruple of the distill'd Oil of Cinnamon, first receiv'd upon a little Sugar*.

Syrupus Hederæ terrestris.

Syrup of Ground-Ivey.

Take of the Juice of Ground-Ivey, and of white Sugar, each two pounds; and boil them together into a Syrup.

† Boiling, without great care, will destroy the fine colour of this syrup; for which reason it is much better to make it as here directed.

* What a difference is there between the *Syrupus de Cichoreo cum Rhabarbaro* of the London College and this? That is as confus'd and stuff'd with insignificant ingredients, as this is simple, elegant and effectual; yet as Dr. Quincy observes "it has the luck to be still "much in use." *Dispensat. p. 396.*

Syru-

Syrupus Kermesinus.

Syrup of Kermes.

Take of the Juice of Kermes Berries, a pound; white Sugar, two pounds; and make them into a Syrup, without fire ||.

That is the best esteem'd which comes to us, ready prepared, from the Southern part of France; especially if no fire be used in the making.

Syrupus è Succo Limonum.

Syrup of Lemmon-Juice.

This is made of the Juice of Lemmons, after the same manner as the Syrup of Orange-Juice.

Syrupus Myrtinus.

Syrup of Myrtle.

Take of Myrtle-berries, two ounces; Tormentil-root, red Roses, red Saunders, Pomegranate-bark, Balustines, and the seeds of Sumach, each an ounce: cut and bruise the ingredients, then boil them in a gallon of Spring-water, till only one half remains behind; to which, when strain'd, add four pounds of

|| The clarified Juice of Kermes is by Dr. Quincy prefer'd to the *Confectio Alkermes*; as being more grateful, and a finer cordial: but the best way of preserving it in perfection, is thus to make it into a syrup; so as to continue its fine colour and natural virtues.

white

white Sugar, and boil them together into a Syrup*.

Syrupus Papaveris albi, seu de Meconio, vulgò Diacodium.

Syrup of white Poppies, or Diacodium.

Take of the heads of the white Poppy, in a middle degree of maturity, and moderately dried, fourteen ounces; boiling Spring-water, a gallon: let them infuse for a night; then boil to the consumption of one half of the liquor; strongly press out the remainder, and add thereto three pounds of white Sugar; and boil them up to a Syrup †.

* This syrup is considerably alter'd for the better, from that originally ascribed to *Nicolaus*, under the same name, and adopted by the *London College*: 'tis more simple, and better contriv'd as a general astringent, by leaving out the acid juices of quinces, and pomegranates, the white saunders, the medlars, and the barberries; and adding in their stead Tormentil-root, and Pomegranate-bark.

† Dr. *Quincy* observes of this syrup, that clarification considerably deprives it of its virtue, as an opiate; and that, tho' made with the utmost care, 'tis on one account or other very apt to vary in point of strength; the physicians of *Edinburg*, therefore, judiciously order it, in the following rules for the making of syrups, not to be clarified at all; and endeavour to ascertain its strength by expressly requiring the decoction to be evaporated one half, before the sugar is added; which circumstances, tho' very material, are not so particularly regarded by others.

Syrupus

Syrupus Papaveris Rhæados.

Syrup of red Poppies.

Take of the fresh flowers of the red Poppy, a pound; boiling Spring-water, a quart; let them stand together one night; then strain off the liquor, and making it hot, infuse therein a like quantity of fresh flowers; strain the liquor again, add to it a pound and half of white Sugar, and then boil it up to a Syrup*.

Syrupus Pectoralis.

Pectoral Syrup.

Take of the roots of Marshmallows, and of *Florentine* Orrice, each an ounce and half; that of Liquorise, two ounces; and that of *Ellicampane*, an ounce; of the herb Maiden-hair, the leaves of Hedge-mustard, Ground-ivey, Hyssop, Horehound, and the flowers of Colt's-foot, of each half an ounce; twelve fat Figs;

* There seems here to be a little inadvertence, in ordering a double infusion of so large a proportion of the red poppy flowers, to be continued so long a time; for, being of a slimy, mucilaginous nature, they are apt, by this means, to make the strain'd liquor ropy, and dispose it to form clods in the syrup: it seems, therefore, better to make only a single infusion, and that too without standing long; for it will thus be richly enough impregnated with the flowers, and not extract much of their mucilage. The remark is made by Dr. Quincy, on the *London* College Dispensatory; and is obvious enough to those who have ever infused the flowers.

eight

eight ston'd Dates ; and two ounces of ston'd Raisins of the Sun : let the ingredients be cut and bruis'd, then boil them in a gallon of Spring-water, till there remains only three quarts of the liquor, when strained ; to which add of white Sugar, and the best Honey, each three pounds, and thus boil it to a Syrup †.

Syrupus è Floribus Persicæ.

Syrup of Peach-Blossoms.

This is made with the infusion of fresh Peach-Blossoms, in the same manner as Syrup of red Poppies.

Syrupus è Peto, sive Nicotiana.

Syrup of Tobacco.

Take two drams of the leaves of *Virginia Tobacco* ; half an ounce of shav'd Liquorise ; and six ounces of boiling Spring-water : let them infuse warm for a night ; then strain off the liquor ; put to it an equal weight of Honey, and boil it into a Syrup *.

Syrupus

† This appears to be a well-contriv'd composition for the intention express'd by its title ; and deserving a place in the shops of those countries where coughs and colds seem to be epidemical.

* *Virginia Tobacco* was never that I remember legitimately advanced to the honour of a compound before. Its virtues, when us'd internally, have hitherto seem'd best known among the vulgar ; who take it commonly enough, by way of infusion, for an emetic ; as the politer people

Syrupus Pæoniæ.

Syrup of Piony.

This is made with a double infusion of fresh Piony Flowers, after the manner of Syrup of red Poppies.

Syrupus Pulegij.

Syrup of Penny-royal.

Take of the leaves of common Penny-royal, six ounces; boiling Spring-water, three pints: let them infuse warm, in a close-vessel, for one night; then strain off the liquor, clarify it, and add thereto twice its own weight of white Sugar, so as to make it into a Syrup without boiling*.

Syrupus Quinque Radicum.

Syrup of the five opening Roots.

Take of the five opening Roots, each two ounces; Spring-water, three quarts: boil them

people do by way of errhine; and the multitude by way of fumigation or masticatory. This is certain, that it has considerable medicinal properties; witness the stupefaction, nausea, dizziness, vomiting, &c. it occasions to those who are unaccustom'd to take it: but as here prescribed, it seems principally intended as an expectorant; which intention is seconded by the Liquorise and Honey wherewith it is combined.

* The virtues of the plant will by this means be preserved, at least as effectually as in the distill'd water thereof; on which account it is an useful Syrup.

toget-

together till a third part of the liquor be evaporated; then press out the remainder, and with four pounds of white Sugar boil it up to a Syrup †.

Syrupus Rosarum Pallidarum.

Syrup of Damask Roses.

This is made with a triple infusion of fresh Damask Roses, after the manner of Syrup of red Poppies*.

Syrupus de Rosis siccis.

Syrup of dried Roses.

Take of red Roses, a pound; and of boiling Spring-water, two quarts: let them steep together for a night; then, after a little boiling, strain off the liquor; add thereto three pounds of white Sugar, and boil it up to a Syrup.

Syrupus Sacchari.

Syrup of Sugar.

Take of white Sugar, and Spring-water,

† Why the compilers should here drop the Vinegar, which is originally ordered in this Syrup, and not only makes it grateful, but increases its virtues as an aperient, I do not well conceive; unless they judge it may more advantageously be added, at discretion; when the case requires it, or the Syrup comes to be used.

* A triple infusion of the roses is here very proper; because their purgative virtue is but small; and no particular quality in the subject forbids it, as in the red poppy-flowers.

each a like quantity; and boil them up to the consistence of a Syrup*.

Syrupus de Spina Cervina, seu Rhamno Cathartico.

Syrup of Buckthorn.

Take of the clarified Juice of ripe Buckthorn-berries, three quarts; brown Sugar, four pounds; and, with a gentle fire, boil them to a Syrup; and whilst it is yet warm, mix therewith a dram of the distill'd Oil of Cloves, received upon a little Sugar ||.

Syrupus de Stœchade.

Syrup of Stœchas.

Take of the flowers of *Arabian Stœchas*, four ounces; those of *Rosemary*, an ounce; of the herbs *Calamint*, *Organy*, and *Thyme*, each an ounce and half; the tops of *Betony* and *Sage*, of each half an ounce; the Seeds of

* This is a kind of general, or universal syrup, and very proper to be always kept ready in the shops; for with a little management, it may expeditiously be made to answer abundance of others; as by the addition of chemical oils, &c. a remarkable instance of which nature we have in making the *Syrupus Balsamicus*. Besides, 'tis no inconsiderable use thereof readily to dulcify juleps, or the like, instead of Sugar; as being merely neutral, and having no particular taste but that of sweetness.

|| To add the corrector here in the form of a chemical oil, saves the trouble of steeping the spices, order'd for that purpose in the *London Dispensatory*, and answers the end more certainly.

sweet

sweet Fennel, Piony, and Rue, of each three drams : bruise them gently, and pour thereon three quarts of boiling Spring-water : let them infuse warm, for a night, in a close vessel ; then strain off the liquor ; let it clarify by standing, and add thereto twice its own weight of white Sugar, so as to make a Syrup without boiling*.

Syrupus è Symphyto.

Syrup of Comfrey.

Take the fresh roots of the greater Comfrey, and the fresh leaves of Plantain, of each half a pound ; bruise them together, and strongly press out their Juice : upon the pressings pour a quart of Spring-water, and boil it to the consumption of one half ; then strain off the liquor, and mix it with the express'd Juice ; add thereto an equal weight of white Sugar, and boil them to the consistence of a Syrup †.

Syrupus Tussilaginis.

Syrup of Colts-foot.

This is made of the Juice of *Colts-foot*, in the same manner as Syrup of *Ground Ivey*.

* This Syrup is but little known in our shops ; tho' formally order'd in the *London Dispensatory*.

† The *Syrupus de Symphyto* of the *London College* is much more complex than this ; and thence scarce ever judg'd worth the making.

Syrupus Violarum.

Syrup of Violets.

Take of the fresh-pick'd Flowers of *March* Violets, a pound; and five half pints of boiling Spring-water; let them infuse, for a night, in a close earthen vessel, glazed on the inside; then strain off the liquor, and dissolve therein twice its own weight of white Sugar, so as to make a Syrup without boiling*.

GENERAL RULES for the
making of S Y R U P S.

- I. *The Sugar employed for Syrups made without coction, should first be boil'd with water to a candy consistence †; observing to clarify it with the white of eggs, and by despumation. But the whitest and purer Sugar, and Sugar-candy, do not require this labour. The Sugar, thus prepared, ought*

* The *London Dispensatory* has two Syrups of Violets; *Syrupus Violarum*, and *Syrupus à Succo Violarum*: but that here order'd may well serve for both; as indeed the Syrup made by infusion appears to be every way the best.

† This is giving a standard for the strength or real quantity of the Sugars employ'd; for when boil'd to a candy-consistence, they contain but just so much water as will keep them from burning; which is a determin'd proportion: whereas different kinds of Sugars hold more or less aqueous matter, according to their manner of preparation, refining, accidents of the weather, &c.

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afterwards to be powder'd, that it may dissolve the easier.

- II. Tho' a double weight of Sugar, in proportion to the liquor, may be required in making such Syrups; yet a less proportion will generally suffice. First, therefore, dissolve only an equal quantity of Sugar; then, by degrees, add a little more in powder, till it remain undissolved at the bottom; to be afterwards incorporated by the gentle heat of a Water-Bath*.
- III. Acid Syrups, or those made with the Juices of Fruits, should not be put into copper vessels, unless such as are tinn'd †.
- IV. What was before said of Decoctions in general, is also to be understood of Decoctions for Syrups. The vegetables used either for Decoctions or Infusions, are to be moderately dried; unless where they are expressly requir'd fresh-gather'd.
- V. Syrups made by coction are to be clarified with the white of eggs, except Diacodium;

* This rule will not appear unnecessary to those who reflect how nice an affair it is to hit the precise consistence of a Syrup to fit it for keeping, without candying, or growing too thin, and in hot weather, without falling into fermentation.

† Yet it is very remarkable, that acid Syrups may, without the least damage, be made in naked copper-vessels; provided you do not suffer them to cool, or remain for any time over the fire without boiling; in either of which cases the acid will presently dissolve part of the metal.

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which,

which, therefore, requires the purest Sugar.

VI. The solutive and purging Syrups, ought rather to be made of brown Sugar.*

* Tho' this, as being foul and droffy, will generally come out the dearest; so that some chuse rather to make the infusion or decoction the stronger, and use Sugar that is already refined to their hands.



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