

An Ancient MSS. Recipe Book.

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Mr. Shenstone said he had found this book, which appeared to have belonged to an apothecary at Colchester, in looking over some old books, and he thought it would be interesting to the Society, and had better be placed in the library. He read a few extracts from it to show the character of the recipes in use in the eighteenth century:—

In looking through some business papers I chanced upon an old MSS. book, which appears to me to be of some interest.

It is a thin, quarto volume, with a soft vellum cover. The writing upon the first pages is in the cramped, but neat, writing characteristic of the seventeenth century. Upon the fifth page and later in the book more modern writing appears. The following entry concludes the 11th page:

"John Richardson, his book, July ye 30, 1713." On page 29 there is a recipe for Mr. Great's "Nost Vinum." Mr. Great was a Colchester apothecary of some repute, and was the maker of the "Candied Bringo," which was first made by Great's master, "Thomas Buxton," an apothecary and Alderman of our Borough in the time of the Civil War.

I think we may fairly assume from the above that this book was a recipe book of some Colchester Apothecaries or Chemists at the latter end of the XVII. and the commencement of the XVIII. centuries.

There is always a charm about an ancient MSS. It brings one even more in touch with life in early times than a printed volume, and this small volume has some interesting features.

The first few pages consist of orthodox pharmaceutical recipes. They are for plasters, waters, pills, lozenges, liniments, poultices, syrups, etc.

The following recipes will give an idea of the contents of this portion of the book.

EMPLASTRE DIAPALME.

R. Litharge Amicus. 2 pounds.
Olei. Olive. Veteris 2 pounds.
Aquefont q. s.

Fiat Emplastrum Secundum Artem.

AQUA CARUI COMPOSITIE.

R. Semina Carui 6 ounces.
Anisum 2 ounces.
Flores Anthos 6 drachms.
Corticis Limonum
Siccati Caryophylli ana. . . . 5 drachms.
Spiritus Vini conglit ii

Misco Fiat, Digestum et Distillet Secundum Artem.

From the above and other recipes it would appear that what in modern times would be known as spirits were at that time included under the term aqua, and indeed in our lavender water and eau de Cologne we have a modern survival of this application of the term water.

In the following recipe a sign is used to indicate the first ingredient. The sign is more like that which indicates tartar than any I know.

PILULÆ DIAPHORETICÆ MATH.

R. Salis? 4 ounces.
Eliborus Niger
Epi. In. Spt. Vin. Ext. Ana 2 ounces.
Oleum Terebinthine, q. s.

Fiat Massa Secundum Artem Det. Ep. Ad Eij.

With the change in handwriting a change in the character of contents appears, and in this latter portion of the book, intermixed with the Latin recipes, are household recipes; amongst these we find one headed "Peter Seliter for his Horse;" also "Mrs. Cole's Cordiale for ye Spotted Peavour," and recipes "To Candy Orring, Lemon, Citron, etc." "To Preserve Apricots and Pears," ending with the name and date referred to above. Then follows another medley of Latin and English recipes, some of which are very odd and suggestive, as, for instance, the following:

SCROBEUS DENTIFRICE.

Take powder of Tiles $\frac{3}{4}$ ss, moisten it at several times with oil of Tar till it hath imbibed its own weight and bring it to the consistence of paste, ye add white Tartar $\frac{3}{4}$ ss, bread burnt black $\frac{3}{4}$ j, make it into a powder.

Rub ye teeth with it when grown foule yellow or black and wash it off with warm wine.

The teeth are never overgrown with lapis Dentalis while the gums are sound and rise up to ye middle of ye tooth in a pointing shape and stick fast to it, but gums ye are spongy are apt to bleed flacid and loose from ye tooth and give way for external injuries to come at ye teeth and don't supply y^m with good nourishment, but prevent it. Such occasions those stony concretings.

A REMEDY TO CURE AND PREVENT PILES.

R. The Parings of Stone Horse Hoofs, Rinds of Cheshire Cheese, Shreds of Scarlet Cloth, all these cut small and burnt in a chaffing dish sett in a close stove over the smudge. Probatum est Dr. M.

THE METHOD OF FLUXING OR SALIVATING.

Rj. Corosive Mercury Sublimat finely pulverized and Laevigat $\frac{3}{4}$ ss. Put it in a Quart of fountain water, set it in a warm heat for 24 hours, decant it through paper, then give ye patient one small spoonful by morning fasting, let him keep warm, and he will soon salivate, let him salivate so much as nature can well bear, then stay it with cinnamon water ye best $\frac{3}{4}$ ss. Elec. Dioscordium 32, mix y^m and let ye patient take, it immediately stopps ye salivating. Let his eating and drinking be regular, Probatum est.

I wonder whether the author tried this remedy upon himself, not many patients nowadays would care to repeat the process.

DR. RAULE SYRURGIAN SNAIL WATER.

Take Canary 8 Quarts, Snails 1 Peck, Earthworms 2 Pints, Angelica Celandine, tails tongue Elecampane Barberry bark Beton, Red Dock root Rosemary blooms of each 2 handfulls Rue one handfull

Liquorice sliced $\frac{3}{4}$ 4, Raisons of ye sun Stoud Ibi Figs $\frac{3}{4}$ ij, Hartshorn $\frac{3}{4}$ 4, Crocus $\frac{3}{4}$ p, Cloves $\frac{3}{4}$ ij. Still y^m in a Lambick.

Amongst these miscellaneous recipes I might mention the following:

"To make a Girl or Maid a good colour." "A Fume against Ye Plague, Shoe Balls," &c., &c.

Another interesting feature in this book is a method of distilling water, and the rough drawings of the following apparatus:

Cucurbit.	A Cold Still.
Mattars or Bolt-head	Copper Alembic.
Retort.	A Pelican.
Receiver.	A Crucible.
Alembick.	A Circulating Glass.
Test.	Digestion Furnace.
Althana.	A Sand Furnace.
Balneum Mariee.	Parabolic Furnace.
	Elptic Furnace.

I think I have quoted sufficiently to show that this little book gives a fair picture of Pharmacy at the end of the XVII. and commencement of the XVIII. Century.—*Pharm. Journal.*

Heliotropin.

After the elaboration of an improved method of preparation, we are in the position to again lower the price of this article considerably. This departure is for the purpose of giving a new impulse to the employment of this valuable perfume, and especially to render its use on a large scale in the violet soap industry possible.

The utility of heliotropin in the perfumery of better class toilet soaps has been formerly much disputed, principally on the ground of its supposed influence upon the color of fat soaps prepared with it. This assumption has been proved, however, to be the result of prejudice, for there exist at present in commerce a whole series of light heliotrope soaps that are faultless in their keeping qualities. We have set ourselves the task of forming our own independent opinion as to the practicability of heliotropin, and of in some measure smoothing the way for those who, in the present condition of the market, are disposed to approach the question practically more closely.

Heliotropin is employed to the greatest advantage in solution, and not in the dry state. Its ready solubility in all essential oils, and in spirit, is an immense aid to its employment. The quantities used must be fairly large. With less than 500 grammes heliotropin to 100 kilos. soap an altogether satisfactory result is not obtained; a fine, strong, toilet soap requires 1 kilo to 100 kilo.

The odor is much increased and improved by the addition of 100 grammes cumarin. Petitgrains oil, bergamot oil, and lemon oil are very pleasant in conjunction with heliotropin, the rather heavy odor of which is rendered more piquant and refreshing by the addition of these oils.—*Schimmel's Report*, October, 1892.

Digitalis leaves, it is claimed, are quite often worked up by Germans as tobacco.