HESTERCOMBE
paradise restored

Recipes and Remedies

An 18th century collection by Margaret Bampfylde of Hestercombe

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All proceeds from sales help support
the continuing restoration and maintenance of Hestercombe House and Gardens

Hestercombe Gardens Trust

Contents

Left: View of Hestercombe House, c.1700

Margaret Ware
Margaretta Bamfylde.
The best may fall

The best may slip, & the most cautious fall
He's more than Mortal that never can at all

Foreword

Becoming mistress of a great house would have been a daunting prospect for any woman, even someone as bred to the task as heiress Margaret Warre Bampfylde. The role involved managerial responsibility for every aspect of the household, from what was sent to the table to how the furnishings were cleaned, from the number of staff required to what to do if the family or their servants were ill or suffered an accident. One of the resources women used to help in these many aspects was a book of household recipes.

Despite the growth in the number of printed alternatives, a sufficient number of manuscript recipe books dating from the eighteenth century have survived to indicate they remained a feature of life in many households, being compiled by both women and men. Their content ranged widely, including cookery recipes, medicinal and sometimes veterinary remedies, beauty preparations and instructions for making household necessities such as ink, paint and soap. Recipes were collected from friends and family but also more widely, via acquaintances and even newspapers, and these volumes became a treasured store of collected wisdom, often passed down from mother to daughter and beyond. Heirs to the Renaissance tradition of books of secrets, manuscript recipe collections were also precursors to the later eighteenth-century enthusiasm for commonplacing with their occasional inclusions of poems, drawings and worthy texts from other sources.

The effort that went into creating such a manuscript should not be underestimated. The ability to write was by this time widespread among the upper classes, but the use of ruled lines in the first few pages of the Hestercombe manuscript indicates that perhaps the young Margaret was not yet confident in her ability to keep her writing on track.

The necessary materials – paper, quills, ink and the powdered resin known as pounce for blotting – would need to be assembled, the ink having perhaps been made according to Margaret's recipe; there would have to be sufficient light and a surface on which to rest, possibly a table or writing desk; and writing itself was not the scribbled activity we know today, but much more laborious, with frequent stops for more ink or to sharpen the quill with a penknife. There were also decisions to be made about the order of the recipes, whether to separate different types or write them as they came, and the use of devices to help find a particular recipe again, such as indexes or an alphabetical arrangement.

The information so carefully recorded was thus valuable to its compilers: as an aide-mémoire of a trusted technique or a favourite dish; as a kind of written first-aid kit in case the worst happened and a physician was not at hand; or as a fond memento of advice from a family member or friend. A recipe book could function rather more overtly as a display of knowledge, the embodiment of a woman's domestic skills that she could then share with or show off to those around her, and also as a space where she could try on the mantle of a 'domestic goddess', presiding over hearth, home and health with equanimity. Fascinating for us today are the occasional glimpses of biography and personality such a manuscript affords: the multiple remedies for gout with which Margaret's husband and a son both suffered; the careful instructions for best preserving hams to feed a large household; the glue for shellwork, a popular pastime – fragments of a life told through recipes.

Sally Osborn

Left: Front cover of Margaret Bampfylde's recipe book

Liquorice balls for a cold

Take a pound of fresh English liquorice, Scrape it & cut it in Bits & bruise it, put it into a jugg or tankard, put to it ℔ Cyprus Water, colds foot water, & red rose water, of each half a pint, infuse 24 hours close cover'd, & then Strain it through a thin Strainer, then put it into y^e mortar again & pound it very well, working it with y^e liquor & so scrape it out with a Screw very dry. then Set y^e juice on a clear coal fire, & let it boyle reasonably fast till y^u find it about half wasted & begin to thicken, then take half a pound of white Sugar candy powder'd & Sifted, stir in half of it, let it Still boyle continually Stirring it, & then put in y^e other half of y^e Sugar, so let it boyle. let a drop fall on a plate & if it comes clean of it is enough, Scrape it from y^e bottom of y^e dish, & put in a little musk & amber, Stir in 2 or 3 Spoonfuls of fine Sugar; let it dry a little longer on y^e fire, then take it out & beat it in a fine mortar and

Recipes & Remedies

For they Eyes

Take to ounces of eye bright one ounce of red fennill Seeds half an Ounce of nuttmegs make it all into a fine powder and take as much as will ly Loafe Sugar as them all, mix them and take as much as will ly upon a 6 pence Every morning in tea or what you pleas.

Liquorice balls for A cold

Take a pound of fresh English liquorice, Scrape it & cut it into Bitts and bruise it, put it into a jug or tankard, put to it Hyssop Water, colds foot water, and red rose water, of each half a pint, infusing 24 hours close covered, and then Strain it through a thin Strainer, then Put it into the mortar again and pound it very well, wetting it with the liquour and so press it out with a Screw very dry. then Set the juice on a charcoal fire, and let it boyle reasonably fast till you find it about half wasted and begin to thicken, then take half a pound of white Sugar candy powder'd and Sifted, stir in half of it, let it Still boyle continually Stirring it, and then put in the other half of the Sugar, so let it boyle. let a drop fall on a plate and if it comes clean of it is enough, Scrape it from the bottom of the dish, you may Put in a little musk and amber, Stir in 2 or 3 Spoonfulls of fine Sugar let it Dry a little longer on the fire, then take it out and put it in a fine mortar and Pound it very well, with a little gum dragon Steep'd in the Queen of Huny Water, and when it is pounded very white, work it up with some fine Sugar In Balls, and dry them in the Stove. they must be kept Drye.

A rich Balsam

Take of the best Spirit of Canary one pint put it into a glass bottle, and put into it of Sarsapurilla 3 ounces, China roots 2 ounces, both in gross Powder, stop the bottle very well and Shake it together, till the Spirit is tinctur'd yallower than Gold, than decant the Spirit off into a nother bottle and to 2 pound of Spirit (by adding to it) put 10 ounces of Gum-Guaiacum in fine powder Stop the bottle and Shake it together for 2 or 3 days till 'tis All disolv'd when the dreggs are Setl'd, clear it off again into a fresh bottle and To 2 pound or pints, put an ounce of natural Balsam of Peru and mix all well together, by agitation which will be in a day if well followed then add to it a half an ounce of the best Balsam of Giliad. Cork the bottle and tie it close and work it all well together for 2 or 3 days till 'tis all well mix't and incorporated when you think 'tis enough you may put it into little bottles close corked for your use 'twill keep an hund years and 'tis good for all

Left: Part of the first page of Margaret Bampfylde's original manuscript

inward bleedings or bruises in any part to be taken inward one spoonful in a glass of warm ale.

To Stue Rabbets

Take 3 Rabbets and parboil them but not too much, put into the belly of one an onion a little parsley and the liver, then pull the flesh of the bones in little long flakes; put it into the Stue-pan with a pint of white wine, let it Stew till 'tis pretty tender, then take the liver, onion and parsley and Shred it very Small with an anchovie; put in a bit of lemmon pill which you must take out when ready then put in the juice of one large lemmon and a little vinegar and Salt and then thicken it up with half a pound of butter, fry'd bits of bacon and artichoake bottoms balls and sweet-breads and such things as you like or can get.

To Make Davenport hens

Take 4 of the largest young fowles let them hang one night then take off the liver the hart and the gizard the tenderest part and shred it very Small 1 handfull and half of young Clary 4 anchovies and an onion and the yokes of 8 eggs hardboild Shred it all as small as If t'was pouned and mix it all together Season it with Cloves mace Cinamon and pepper to your tast, Stuf the fowls with it and Sow the vents up very close that no water may get in they must be boild in Salt and water till they are almost fit to eat then take them up and drain them and put them into a Stue-pan of butter and let them brown and when they are enough take them up and put them into a dish of melted butter with a Spoonfull of Catchup and so send 'em to table.

To Preserve green Figgs

Scald the figgs untill they will peel then take them up and put them into cold water then scrape their upper Skin from them and put them into another cold water then cover them close and sett them on a gentle fire till they are green then way your figgs and to every pound of figgs take a pound of Sugar and a pint of water boile your sugar and water togeather and Skim them then put in your figs and give them a wash or two then Set them by till the next day so doe four or five times then boil them up and add a pound of sugar with 4 lemons there Shou'd by 3 pints of water and 3 pound of double refine sugar to two pounds of figgs and a hole made in the figgs with a Skure.

To make white elder wine

Take 6 Gallons of water 10 pound of white Sugar 6 pound of Reasons of the Sun Ston'd, boile these togeather an hour then take the flowers of elder when they are ready to fall off and rub Slightly to the quantity of a quarter of a peck, put them in when the Liquor is almost cold, a day after put in 6 Spoonfulls of

Sirup of Lemons, and 9 of good yeast and 2 days after put it in a vessel it must be full with it, at 6 months end or sooner if fine it may be Bottled.

To make Scevicha

Take a quart of white wine Vinegar, a Small quantity of Coriander seeds bruised, three cloves of Garlick Sliced, four peny-worth of Safren and as much Sceviche powder as will lye upon a Shillin. infuse these upon a Slow fire not to boyle, then run it through a Sive.

To Preserve the Golden or Barefoot Pippins

Take two pound of Barefoot Pippins, pare them and quarter them but not Core them, put them in a pint and half of Water, sit them on the fire and boyle them apace till the apples look clear and begin to break, then take it off and Strain it through a hair Sieve and Set the Juce by for Jelly, then take a pound and half of Barefoot Pippins and cut them through the middle as you do Oranges, Core them and pare them and Weigh them again, take the full weight of Double refine Sugar, beaten in Small Lumps, put the Sugar in a Silver Bason, with 3 or 4 Spoonfulls of Water, Set it on the fire, and let it Boyle apace, till the Sugar is all melted, then take it of and Scum it very clean, have the Pippins ready pared and put them in as fast as you can, you must not put in the Pippins till the Syrrop is pretty cool, then set them on the fire again and let them Boyle as fast as they can all over, then you must have Some Orange or Lemmon peel, Boyled tender in water, and cut as fine as possible and Throw in it, let them have one Boyle togeather, then take your Jelly and put in 6 spoonfulls of Rennish Wine and about a quarter of a pound of Sugar more, Set it on the fire to keep just Warm and when the Pippins begin to Look clear, then put in the Jelly and let it Boyle all togeather, when they are near enough take Juce of 3 Lemmons and warm it, and put to them and let them Stand on the fire a little after the juce is in, then put them into your Glasses.

They will be as clear as possible.

For the Ricketts

Take Six Spoonfulls of Hysope water, Six of harts-toung water, Six of Syrrop of Gillyflowers, and as much of the Confection of Alkermys as the Quantity of a Hasell nutt, mix it well togeather, then put into it as much Spirit of Vitirol, as will give it a pleasant Sharpness, give a good Spoonful every Morning, fasting, for three Mornings following and fast an hour after, then leave three days, and take it as before, so repeat it as often as you See fit.

To Make
Orange Custards

Take 13 eggs yolks and whites, beat them well togeather, and put to them a pint of Cream, mix it with the eggs, then take the juce of ten good Sevell Oranges, make it Sweet as Syrrop, and set it over the fire, and make Boyle, then Strain it, and let it Stand, till its almost Cold, then Strain the Eggs and Cream into the Juce, Stiring it well to=geather, so put it over a very quick fire, Still Stirring it, or Milling it like Chocoleat, till it Comes as thick as Cream, then put it in your Glasses, you must Sweeten the Eggs, and Cream, before you put it to the Syrrope.

To Make
Ginger bread

Take three pound of fflower dry'd 2 ounces of beaten Ginger, half of pound of loaf Sugar, mix all these well togeather, then take three pound of treakle, and haff a pound of melted butter, make this into a paste, put it in what form you will, lay them on tin plates butter'd and flower'd, bake it in a pretty hot oven and when they are risen and fallen again they are enough when they are out of the oven and Cold, put them in to harden in the oven, put in canded. orange and Lemmon peel and carraway Seeds whole and coriander Seeds bruised just as you put them into the Oven.

Sir William Bassets
Consumption water

Take a great peck of garden Snailes, and make a great fire of Charcoal, when it is burnt clear make a hole in the midst of it, and put in the Snailes covering them with fire, till they have done hissing, then wash them with beare and bruise them in a Stone morter, Shells and all, then take a quart of eartheworms, Slice them and Scower them with salt, and wash them with bear, and beat them to pieces in a Stone morter, then take of celindine, egremony, angelica, Bittony, wood=Sorrel, reddock roots, and the inner rine of a Barberry tree, and Rue, of each two handfulls, one handfull of Bears=foot, a large quart of rosemary, flowers put in close, of fenny=greet, turmericke, and cloves, of each 3 ounces, a Shillings worth of Saffron, put all these in a brass pot, and put to it three gallons of Strong Ale, and 6 quarts of white wine, and Stop it very Close, and let it Stand all night, the spices must be bruis'd, but not too Small, and lay'd next the harts=horn, which is to be 16 ounces, it must be lay'd on the top of all; with the Saffron which must be dry'd and crumbl'd in the morning early, put fire under it of Charcoal and Still it off with a Moderate fire, drawing 8 or 9 quarts, When you take it take 3 or Spoonfulls and make it as hot as milk comes from the Cow, and put in as much white Sugar=candy or loafe sugar as will

make it very Sweet, you must take it in a morning fasting and fast an hour after it or more, if you can, and at 4 in the after noon.

Coll: Strangways Drops

Take of Balsam of Peru one ounce, the best Styrax Calamita 2 ounces, Benjamin impregnated with Sweet Almonds 3 ounces Aloes soco Or socotrin, myrrh, elicit, purest frankinsence, roots of Angelica, flowers of St Johns=wort, of each of these half an ounce, Spirit of wine half a pint, beat the drugs above mention'd togeather, and put them into a bottle well Stopt, and Set it in the Sun all the day then Strain it threw a fine cloath and put it into small bottles for your use they must be very close Stopt, There is no cutt with Iron or a Scald if not mortal but it will heal it in 8 days time, by putting it with a feather cotton or Injection, after a wound is drest with this there will come no matter from it; it cures the Collick pains in the Stomach Bloody flux or Looseness taking 5 or 6 drops of this in 3 spoonfulls of Broath or a glass of warmed Claret; its very good for the gout, Ulcers, Cancers Cankers hemerads all Swellings or Contusions, and festulas of any Age or in any place by Aplying it to the afflicted place with a feather, tis admirable in the Spoted feavour taking 5 or 6 drops in a little Broth it cures the pain of the teeth aplying it to the place with some cotton; it cures all bites of venemous Creatures particularly mad Doggs aplying it to the place or taking 5 or 6 drops inwardly, it is good for sore eyes putting it into the eye with a feather, you must never warm it, and before Stop the bottle very close as soon as you have done with it, if a wound has been dress'd with other medicins you must wash it with hot wine before you aply this, and with this there is no need of tents or plasters. its an infallable cure for a Prickt horse, droping a drop or two into the wound when you Drain the Nail or Stubb or any other thing.

A Remedy for the Small Pox

Take three pints of Sack, boyle in it one handful of Rew, and one of Sage, till one pint be wasted, Strain it and Set it on the fire, put to it one peny-worth of Long pepper half an ounce of ginger, a quarter of an ounce of Nutmegs, all beaten together let it boyle a little then add to it two peny-worth of trakle, four penyworth of Metridate and a quarter of a pint of the best Angellica water, Take of it Morning and Evening a Spoonfull and half, if infected, or otherwise a Spoonfull.

A Sweetening Diet Drink

Take Sassafrass Shav'd 4 ounces, Guaicum 2 ounces China and Virgina Snake root of each 2 ounces, Dwarf Elder and Hartstongue of each 2 large handfulls, Liverwort a large handfull, Parsley roots 4 ounces Raisons of

the Sun Ston'd broun figgs Slic'd of each half a pound, boile all these ingredients in 3 gallons of midling Wort with=out hops till 2 quarts is wasted, then tunn it up as common drink at 4 or 5 days old begin to drink it, you must drink half a pint in the morning, and always at meals.

Houghtons Tincture

Myrrh, Cardimums seeds of Each half an Oounce, Carduns Seeds 2 Drams take the outward peel off of 12 Sevil Oringes infuse them in a Quart of the best brandy 3 weeks then Strain it off and infuse in the same Liqour one ounce of Gentian fluid With a little Cochineal and Saffron tied in a fine Cloth to give a red tincture let it infuse 3 weeks then Stren it off Stop it Close for use it must be kept Close while infuseing Add Zedoary roots Galangale Snakeroot of each 3 drams

To Stew Pullets

Take fine young pullets cut of the pinions and truss them Short make a savoury light forst meat of veal with anchovies high seasoned fill the bodys with thin slices of bacon between the lays of forced meat fill the breast with the Same tye them close at the neck then stew them in as much Liqour as will Covour with a bunch of Sweet herbs and an Onion with Cloves and a little salt when enough take the Liqour from them Skim of the fat and Shake in a little flower to thicken it add to it the Oyster Liqour give it a boil putt in the yolks of 2 Eggs and half a pound of butter fling in the Oysters being Stewed when very thick dish up the fowls and power the Sauce over them you may add the Juce of a lemon and a little white wine and a few balls.

For a Sore Throat

Take half a pint of Vinegar, one Spoonful of Mustard, and two Spoonfuls of Honey, make it hot, and Gargle your Throat with it often To make French Bread the receipt I had from France: Take Four pound of flour, and a quart of Milk, three Spoonfuls of Yeast, and one ounce of Salt, put it when Mix'd before the fire, and there let it Stay, till it breaks a top, then make it up into Loaves, and bake them in the oven for one hour.

To make Chocolate Bread

Take a pound of fine flower Sift in to it two Spoonfulls of Suger Take half pound of butter melt it in a pint and quarter of milk and when it is all most Coald work it into your flower with 3 egs and half a pint of good yest make it up into Small Loaves and Sett them before the fier to rise and when well risen then Set them into a quick Oven and when they are baked Cutt Every Lofe into Slices Set them againe into the oven and let them Stay Till they are very Crispe.

To Make Shrub For Punch The Best Way

To a Gallon of Rum, put a quart of Orange juice, and a pound and quarter of Sugar, barrel it for a fortnight, and when fine, draw it off into a pan, and mix it all together and then bottle it.

To Stew Carpe White

Wash the blood of the Carpe out with a good quantity of white wine and three spoonfulls of Elder vinniger then take 2 anchovies and put into the pan with a sprig of time and a Chop'tt Oinion and let it stew with the Carpe till it Comes to about Six Spoonfulls then put a pound of butter or more according to the bigness of your Carpe take the liver Chop it very Small and Stew it with the Carpe Give the Carpe half a Spoonful of Vinegar and put them into Water and they will purge themselves clean from the Mud.

To Make a Pint of Ink

Take two Ounces and half of Galls, Split them small, One ounce and half of Hungary Copperice, One Ounce of Gum Araback put it into a pint of Rain Water, in a Bottle and Shake it every day for a week till it is desolv'd, then put in a Glass of Red Wine.

To Make Shrub for Punch

To a Gallon and a Pint of Brandy, put a Quart of the Juice of Lemons, and Oranges fresh Squeez'd and Strain'd, and two pound of double refin'd Sugar, pare half the rinds, and Steep them one night in the Brandy and juice, then Strain it off into a Barrel, Shakeing it 4 or 5 times a day, for 5 or 6 days together, then bottle it off, it will keep years.

Varnish for Iron Grates

Take very near the quantity of an ounce of white Lead, and two full ounces of black Lead, Let 'em be both beaten, and Sifted, very fine, and mixt together with as many whites of Eggs and fair Water well beaten together as will make it as thick as Cream. Clean your Irons very well from the Sut and black, and then with a painting brush lay it on your Iron, in a day or two when 'tis quite dry, rub it with a clean, dry, hard brush 'till 'tis bright.

the Hampshire method for curing Bacon

The general food is Barley-meal: and when the Pig is kill'd, rub the flitches with common Salt, Salt-petre, and brown Sugar; the Gammons only with the two last; of which a Small quantity will do: as for the quantity of common Salt, put half a Bushell upon a Pig of ten Score, and in that proportion corn one of any other weight: the Salt is to be laid on at two different times, Some as Soon as the Pig is cut out, and the rest at the distance of a week, when the

flitches might be moved: after this turn them thrice in the Succeeding Month, and then commit im to the Smoke:

To make Cream Pancakes

Break eight eggs into a clean Pan, and beat them very well, then put into them 1 quart of Cream, and Eight Spoonfuls of Flower, and a little Salt, and mix them very well together. Then strain the Batter through a hair seive into Another Pan. Melt one pound of Butter and put it to the Batter, and mix all well together. Then make the frying Pan very clean and smooth, and make it hot, put in a little of the Batter, and fry it over a Gentle Fire.

A Receipt for Stitch water

Take a gallon of the Strongest ale wort before the hopps is put in, and put it into your cold Still, and put as much horse dung, warm from the horse, as will make it as thick as a hasty pudding and let it Stand all night in your Still, you must put on the top to keep the Spirit in, the next morn put to it a pint of common Treacle, and half an ounce of powder'd Ginger, and 12 penny worth of Saffron, Stir all this together, and Still it with a gentle fire.

To Make Cyder Brandy or Still plain Spirit

Take new Cyder as Soon as it has duly Fermented, and distill it in a Worm twice, the Second time when you put it into the Still, put one third of fair Water, and a large handful of burnt Salt, for that will flux the Spirit, and make it run exceeding fine, then to make it Brandy, you must mix fair water with the Spirit, till you have brought it near about the Strength of Brandy, then to every Gallon of Spirit put two pound of Pruins broke in a Mortar with the Stones, and let it infuse in a Barrel, till you find all the virtue of the fruit in the Spirit When you bottle it to every Gallon put an ounce of Sweet Spirit of Nitre, and Colour it with burnt Sugar, half a pint of burnt Sugar will colour a Hogshead of Brandy or any other Lyquor.

To make Elder-berry Water

Take Elder-berries when full ripe, and put them into a Tub with as much Strong Beer as will Something more then Cover them. Cover the Tub that the Strength of the beer may not waste, and let it work together for about a week, Stirring it often in a day; then distill it in an Alimbeck with a moderate fire keeping the head very Coole.

A receipt to make Hams Pr: Beauleu

Burn your Pig, let your Hams hang 3 Days then make the Pickle following, take some Pump water enough to cover your Ham, and to each Ham one pound of Salt,

a quarter of p'd of Salt Peter, a quarter of an ounce of Black Pepper and as much cloves pounded, after your Pickle is well boiled and very much Scum'd, you must put in your Spice, and add to your spice two handfuls of Juniper berries boil these a quarter of an hour, then set it by to be Cold. Have a Clean Tub with a Close cover, then take all Sorts of Sweet Herbs Thyme, marjoram, Winter Savory, Sage, a few bay leaves and Rosemary, put a lay of these herbs in the bottom of your tub then a Lay of Hams and so on till all your Hams are in, and take care the Hams are covered in the Pickle. have a Hole in the bottom of your Tub, and draw of all your Pickle dry every ten Days, and fling it up again, leave the Hams in the Pickle five weeks, then Smoak them if possible with Sweet Herbs Seven Days, after they are Smoak'd, rub them with Lees of Wine, and bury them in the ashes of Sweet herbs for a week, then dry them well and put them away for keeping in a Dry place.

The Pickle when you have taken out your Hams if boiled and very well Scum'd will keep good till next year close Stop'd, by only adding a little fresh Salt, if you put your Pork in the Pickle which you design for barrelling 3 or 4 Days and then you put it in other pickle it will be excellent.

Rice Puding

Take a quarter of a pound of ground rice, boile it in a pint of Cream and a pint of Milk, and a little Cinnamon, Stir in half a pound of butter while it is hot, and a half a pound of Sugar, grate in the rind of an Orange or a Lemon let it Stand till 'tis cold and then add eight or nine Eggs leaving out four whites bake it an hour and a quarter with plain puff past under.

Lyquor to boile any Sort of fish

Take Vinegar, Salt, whole pepper, an Onion, horse radish a faggot of Sweet herbs, and as much water as will cover the fish, let them boile very gently till they are ready.

you may boile Carpe in this Liquor, only take them out when ready, and lay them in your Stew pan with Some of the liquor they were boiled in and some red or white wine, and the blood Sav'd in vinegar with a Shalot and anchovie chop'd very fine, let them ly a quarter of an hour, and then give them a gentle heat to make them thoroughly hot then thicken your Sauce with butter and flower if brown, or with Cream and yolks of Eggs if White.

When you bleed the Carp Save the blood in wine and Vinegar and keep Stiring it or it will Curdle.

To prevent the Small Pox from piting and to take of the redness after the Small Pox

Take half a pound of unsalted butter; put it into a clean frying pan and break into it when melted Six Eggs let them fry till they are as black as the bottom of the frying pan, and as hard as may be; then Strain off the butter through a Cloth into a Gallipot, and keep it for use: When the Pox begins to dry away, You must warm it and anoint the face with a feather as often as you please. It can't well be too often.

LimeWater For the Scurvy by Mr Hooton

Take two ounces of Sassafras Shaved very thin, one ounce of Coriander Seeds one ounce of Gum Guaicum, three ounces of Stick Liquorice Infus'd in one Gallon of Lime water, three or four days. If the Lime is Strong you may put a Gallon and half of water to a pound of Lime.

For a Bruize Strain or a fresh Wound

Take half a pint of Vinegar half a pint of Water and the Whites of 4 Eggs beat well together and applied to the part injured. repeat it often. This was constantly used by an experienced Surgeon in the Army with great Success.

For the Gout or Scurvey

Take Speedwell or Veronica, gather it just before it Flowers, and dry it in the Shade, that which grows at the root of Oaken Trees is reckon'd the best. Infuse it in Water 'till it is of the colour of green Tea, and drink it, but if you make it too Strong it will have the Same effect as an Opiate.

For A Cough

Take the yolks of two new laid Eggs beat them; two Spoonfuls of Rum, two Spoonfuls of Clarifyde hony, two Spoonfuls of Sweet Oyl, a little Lemon juice, mix all well together, and take a Spoonful when the Cough is troublesome.

For a Cough

Take a Lemon, boyle it till it bursts mix it with Sugar and 2 ounces of oyl of Almonds, 3 spoonfuls of Syrup of Clove-Gilly flowers. 'Tis very good for a Cough or cold.

For A Purging

Take Black-berries when they are full grown just before they turn black, dry them in an oven then powder them and take as much as will ly on a Shilling. The Syrop of black-berries is also very good for that disorder, and the leaves made to Tea has done great Service.

For The Gout

Take Burdock Leaves in the Spring, distill them in a Cold Still, drink half a pint of the water every Morning fasting, Sweetned with two Spoonfulls of Elder Berry Sirup, for a

Month, or Six Weeks, Spring, and fall, the Water you keep round the Year must be double distill'd which is done by throwing the water first drawn off, upon fresh Leaves, but what you drink immediately need not be Still'd but once. It has done great Service in Gouty disorders.

Tincture of Rue

Take the Blossoms of Rue and infuse in rectified Spirit of Wine and after you have Strain'd it off infuse in it a little Snake root, Saffron and Cochineal.

A Cure for the Gout taken out of the newspaper

Half an Ounce of Hierapicra and eight Grains of Cochineal, both in fine Powder, put both into a pint of the best red port. Let it Stand 24 Hours, Shake.

A Cure for the Dropsy taken out of the NewsPaper

Take Sixteen large nutmegs, Eleven Spoonfulls of Broom Ashes dried and burnt in an Oven, an ounce and half of Mustard Seed bruis'd, an Handful of Horse-Radish Scraped; all to be put in a Gallon of Strong Mountain Wine, and Stand three or four Days: Then a Gill or Half a Pint to be drank Fasting every Morning, and to Fast an Hour or two after it. It has cur'd when People have been dying.

Calves Lungs Water

Take a Gallon of Milk the Lungs of a Calfe while warme Cut in pieces, a peck of Garden Snails wash't in water then beat them in a Mortar till the Shells are broken, twelve whites of Eggs four Nutmegs quarter'd Distill them together in a Cold Still.

This Water is Excellent in an Hectick Fever or any Consumption drink of it Sweeten'd with white Sugar Candy or Loafe Sugar.

For the Worms

Take four ounces of Quicksilver boile it in a quart of water till two parts of three is consum'd give to a man a pint, and in proportion to Children, give with it a little Rhubarb or Manna.

For a Cough

Take one Ounce of Sperma Cetti, 1 Ounce of Sugar- Candy the yolk of a new laid Egg beat them all in a Morter till they are Smooth as Oil, then mix it with a pint of penny Royal water, put it in a Bottle and Shake it very well. Take a Spoonful now and then in the Day time and two or three Spoonfulls going to Rest.

Gascon Powder

Take of Pearle, Red Corrill, Crabs Eyes, burnt Harts horn and white Amber of each one ounce, finely powder'd, then add as much of Crabs Claws as of all the rest, make it into a

Past with jelly of hartshorne, wherein has been infused a little Saffron, and an Adders Skin, role it into Balls and keep it dry, you may if you please add to this one dram of the best Orientiall Beazor, prepar'd, it will make it a greater Cordiall, but the Apothecary's make it without.

A Conserve for any Feverish disorder

Take One pound of wood Sorrell and three pound of the best Loafe Sugar beat it in a Morter till it comes to a pulpe then put one ounce of Diascordium, one ounce of Methridate, half an ounce of Venice Treakle, one dram of Saffron pound all these things together 'till they are well mixt.

Give to a grown person as much of this conserve as a Wallnut, to a young or weak body as much as a large Nuttmeg three nights successively going to bed, and drink a tea dish of small Cordiall water after it, you must lye a little warmer than usuall.

For any decay of the Lungs

Take one Pint of the best Rum, half a pint of penny royal water, a quarter of a pint of red fennell water, a quarter of a pint of Hysop Water, one or two Cloves of Garlick, two pound of brown sugar Candy, boyle this to a Syrop and take two Spoonfulls every morning fasting, and every Night going to bed. – this has done great Cures.

Another receipt for the Lungs

Take Anniseeds, Corriander Seeds, Lycorice and Elycampain of each one ounce roast 2 or 3 Cloves of Garlick, and make all to an Electuary with hony, and take the bigness of a Nutmeg every Morning fasting and every night going to bed.

Drops for a Consumption and a Cough

Take a Pint of Oyle of Turpentine, four Ounces of flower of Brimstone, put them into a fine Urinall, and Stir them together Cover the Urinal with white paper prick't full of holes wrap the Urinall in Hay and place it in a Skillet of Water keep a Constant fire under it two days and two nights, together never Suffer it to boyle but keep it always Scalding hot, keep hot water in a pot to fill the Skillet as it wasts when it looks of an deep Amber Colour it's enough; then Strain it through a flannell Cloath and keep it close Stopt for Use. Take nine drops of it in a little Small Beer morning and Evening, fast two hours before, and two hours after, tobe taken three Days, and rest three Days, till recovered. This Medecine has Cur'd when the person has been given over by the College of Physicians.

This Calves Lung Water may be drank with this Medecine.

For the Rheumatism

At the declination of the Moon, take these powders, Scamine, white Turbeth, Harmiodactill, white Sugar, Senna, Cinamon, Sassapherella, of each a dram, divide them into Six equall parts, and take one paper at a time in a glass of white Wine, you may drink another of plain wine to wash it down, you must take but two papers in a Morn and Stop 2 days between each dose, this must be done three Moons Successively.

Another

Take a Small bundle of Mountain flax about the bigness of your little finger, boyle it in a pint of ale untill it be half wasted, and so drink it.

Another for the same distemper

Take a quart of the best white Wine, infuse in it two ounces of White Mustard Seed 24 hours take half a pint Morning and Evening.

For the Stone

Take the Juice of Onions in a Glass of white Wine, it is a Violent Medecine and must be taken with Caution but has done great Service. An Onion Pancake for the Small of the Back apply'd warm and often repeated has given great Ease in that Distemper.

Black Salve A Plaister for a Sore breast or any wound

Take a pint of Salad Oyle, 3 quarters of a pound of red Lead 2 ounces of oyle of roses 2 ouces of oyle of Swallows, 2 ounces Populeon, half an ounce Sperma Ceti, 2 ounces of Deers grease, an ounce and half of Bees Wax, the red lead must not be put in till the other has boyled, then put it in by degrees and boyle it over a Slow fire 'till 'tis black.

Another for a Sore breast

Take 2 ounces of Bees Wax, and 2 ounces of Venice Turpentine, dissolve the wax over the fire, and then put in the turpentine, when it melted, dip in your Cloths like Sear cloths and keep them for your use, the Breast must be wrapt all over in them, it will dissolve all manner of hardness without breaking the Breast, the plaisters may be put on the day you are brought to bed or as soon as your breast grows hard and troublesome, if you have a great quantity of Milk dip flax in Spirit of Wine and put under your Arms, and it will soon dry it up.

For a Cancer or Kings Evil

Take the Corns of a Stone horse or Gelding, wash them clean in white Wine, and dry them in an Oven after bakeing, or before the fire, till they will Snap when you break them, then grind them into a fine powder and Sift

it, take 20 grains mixt with an equal quantity of beaten Mace, and it into two Spoonfulls of Sack, take it early in the Morning and Sleep after it, and the last thing going to bed, you may put the powder into fair Water and drink the Sack after it, if you like it best, you must take Strong Physick once a week and in Six weeks time take away a little blood, and if you find the Mace too hot lessen the quantity by degrees and take but half as much as the powder, the juice of Elder leaves taken once a week, two Spoonfulls at a time besides the Physick is very good with it, and in the winter this juice made into syrop, you must abstain for all Salt, Sower and windy diet and drink often a glass of wine at Meals, or Constantly is best, you must take it on till you are cured.

To Stop a Purging

Take two handfuls of five leaved Grass, boyle it in two quarts of Milk till a pint is Consumed, drink about three quarters of a pint Morning and Evening, for a week together.

For the Jaundice

Take a Lemon pick out the Seeds, and fill up the holes with Saffron, put it before the fire in a China Saucer and let it Roast, then cut it to pieces and put it into a quart of white Wine, and drink 5 or 6 Spoonfuls Morning and Evening.

A Seed Water for the Wind

Take half a peck of dry'd Cammomile flowers, half a pound of Juniper berries, a quarter of a pound of Carraway Seeds, and a quarter of a pound of Anniseeds, infuse them in water 24 hours than Still them in a hot Still or an Alimbeck, the Seeds must be bruised.

To Make Treacle Water

Take an Ounce and half of Hartshorn Shavings, boyle it in 3 Pints of Bugloss Water, till a third part is consumed, then add 3 pints of white Wine, a pint and half of red Rose Water, one pint of the Water of distilled Rosemary flowers, of green Wallnutts, Rue, Cardus, Benedictus, Angelica, Baume, Scabious, and Motherwort, of the Juice of each of them half a pint. Of the flowers of Rosemary, Burrage, Bugloss, Bettony, Sage, Marygolds, Cowslips, of each a handfull. of Scordium 3 handfuls. of Citron rinds, Elicapain, Gentian, Cyprus, Tormentill, of each an Ounce. London Treacle and Venice Treacle one pound. Mitridate 2 ounces. Mix all these together bruising the herbs flowers and roots. Let them stand infusing 48 hours in a Glass close cover'd, distill them over a gentle fire.

To stop a Purging

Take a Quart of New-milk, and half a pint of Plantain water: Set your milk over a soft fire, and let it boyle up; Then throw in a little of

the plantain water, just to Sink the rising of milk. Let it boyle again, and, throw in Some more of the water as before, which continue to do till the whole is in; and then let it boyle a turn or two. You may drink it either warm or cold, as often and in Such quantity, as you like, or occasion requires.

For a Thrush

Take half a pint of Red-rose water, an ounce of Sugar Candy, and the yolk of a new laid Egg. Beat your Sugar Candy Small, and set it in the rose water over a fire, 'till it is dissolv'd; and boyles up: then take it off the fire, and put in your Egg, being well beaten and mix'd with a little of the Rose water cold, to prevent its Curdling. Warm a little at a time, and wash the Childs mouth with a cloth several times in a day, and let it Swallow a spoonful of it after.

To Make Rhubarbe Brandy

Take a Pint of Brandy and Infuse in it, Six drams of Rhubarbe, 2 ounces of Raisins Ston'd, half a dram of Annis Seed, half a dram of Sweet Fennel Seed, Ten grains Cochineal l5 Grains of Saffron, half an ounce Lyquorice.

A Sweat for a Rheumatism

Take half an ounce of the Chimical Oyl of Anniseed, mix it with half a pint of Canary, and Sweat between blankets 3 or 4 hours in the Morning, drinking Sack Whey or water Gruell.

A Clister to Stop a Purging in a Child

Take Chamomile Flowers, Rue, half an ounce of Chalk, red rose leaves dry'd a little Diascordium boyle it in Scald Milk, and so give it, if the Purging is very Violent add 4 or 5 drops of Laudinum and 4 or 5 of Strangways Drops, for a Grown person put more Ingredients of all Sorts.

To Stop A Purging

Take two Spoonfuls of Brandy, the yolk of an Egg, a little Loaf Sugar, and a good deal of grated Nuttmeg beat it will together and take it when the Purging is Violent, it must not be hot.

another for the same

Make a Clyster with red wine.

For the Ague

Take from ten to twenty drops of Spirit of Lavender in Sage Tea This cures when Bark will not, and never fails.

For the Bite of a Mad Dog

Scrape the wound immediately with a knife, then wash it with Salt and Water, take Rue, Sage and wild Daisies, the Leaves and Flowers, each a Small Handful; Roots of

Sweet-Bryer and Scorzinera, chopt Small each a Handful; Six Cloves of Garlick, Common Salt a Dram; beat them to a Mash, part of which apply as a Poultis, and renew it daily; pour half a Pint of White Wine on the rest of the Ingredients, and mix them well in a Mortar give the Patient a quarter of a Pint of the Liquor 'prest' out and fast five Hours; repeat both Nine Days together, which can not be omitted without extream Danger, this receipt is recommended by a Prelate of our Church and has been used with success.

Another for the Bite of a Mad Dog taken out of Cathrop Church in Lincolnshire, where almost the whole Town had been bitten by Mad Dogs, and all that took this Medicine did Well, and the rest dyed Mad

Take the Leaves of Rue, pick'd from the Stalks and bruised, Six Ounces; Garlick pick'd from the Stalks and bruised, Venice Treacle or Mithridate, and the Scrapings of Pewter of each four ounces. Boil all these over a Slow Fire in two Quarts of Strong Ale till one Pint be consumed, then keep it in a Bottle close Stopt and give of it Nine Spoonfuls to a Man or Woman, warm, seven mornings together Fasting, This will not fail if it be given within nine days after the biting of the Dog; apply some of the Ingredients from which the Liquor was Strained to the bitten Place.

The taking either of these Remedies is not inconsistent with dipping in the Sea, or having the Wound immediately laid open by Some Skilful Surgeon to take out as much as possible of the Venom before it has infected the whole Mass of Blood, or if a Surgeon should not be near, heat an Iron red Hot and hold to the place bitten, till you draw a Blister, which will prevent the Infection from Spreading, and will be of great Service.

For an Ague

Take two ounces of the best powdered Bark three penny worth of Saffron three penny worth of Cochinuel two Nutmegs dried and powder'd, Infuse all in a Quart of Port Wine 24 hours often in the time, Shakeing the Bottle Strain in it and take half a nogan Morning Noon and Night on an Empty Stomach, fasting an hour after at the least. Add to the ingredients, a pint more and it will be as good as the first after ten Days, Shaking the Bottle every Day.

For a Purging Lady Orrery

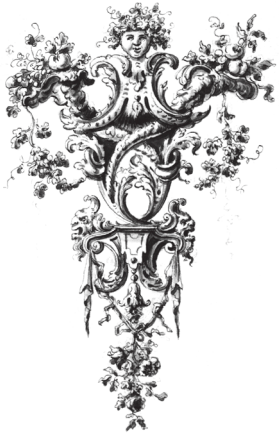
Take a breast of Mutton, boil it in a Gallon of Water till it comes to 3 quarts. Never Skim the broth, but drink it off fat and all together. This has Stoped bloody fluxes and is very safe to drink as often as the person pleases.

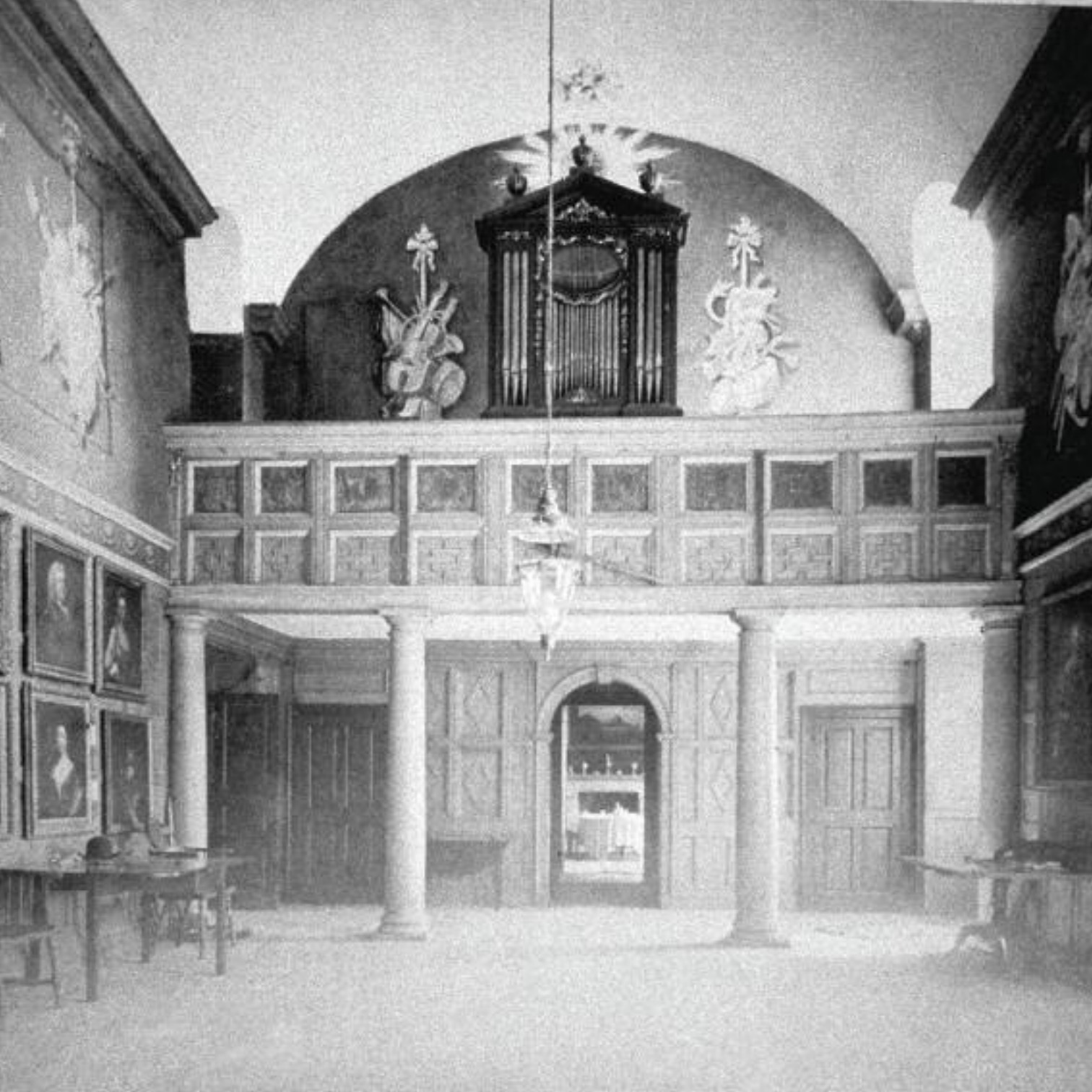
To Make a Quart of Ink

Take five ounces of galls split small three ounces of Hungary Coppery two ounces of Gums=araback, put these into a quart of Rain=water till dissolved in the Botle, Stirring it severall times a day for a week let it Stand in the botle near a gentle fire for 3 or 4 days wch will make it infuse the Bitter then put a glass of red wine into it the same when tis too thick the Galls shd be infused 3 days before the rest of the ingredients are put in and Strained from the liqaor.

(Ink Recipe from John Bampfylde's Estate Accounts for Hestercombe 1724-32 [SCRO DD/SAS C/795 PR71])

Chaulk and Gum water the
best thing to Stick on Shells,
also to fasten Cheney Over doors
and to prevent their falling.





Afterword

> 'Wool and flax were spun by the women of the household, who were also engaged in needlework, embroidery, cooking, curing, preserving, wine-making and the preparation of medicines from herbs.'
> (Olive Cook, *The English Country House* [London: Book Club Associates, 1974], p. 108)

The collection of recipes and remedies reproduced in this booklet is attributed mainly to Margaret Bampfylde (1694-1758), the only daughter and heiress of Sir Francis Warre (1659-1718) of Hestercombe, Somerset, who married John Bampfylde (1690-1750) of Warleigh, Devon, on the 18th of October 1718 in the Warre family chapel. Margaret's collection was originally compiled in a neatly-written, lined parchment notebook, which she is believed to have begun composing around 1720. It is now kept in the Somerset Heritage Centre in Taunton, preserving for future generations an absorbing glimpse into the range of herb-based medicines, 'cure-alls' and complex, often expensive drugs that formed the basis of domestic medicine in the early 18th century. Although predominantly in her own hand, the collection also includes remedies contributed by others – there are at least four other writing styles evident, including that of John Bampfylde (For a Bruize strain or a fresh Wound, p16). The notebook also provides insights into the intricacies and delights of Georgian cookery. In total there are 22 recipes, 51 remedies, and 2 household formulas (ink & varnish) in Margaret's thirty-page compilation.

Margaret Bampfylde

Margaret Bampfylde was born at Hestercombe on the 20th of January 1694, one of only two children born to Sir Frances Warre and his second wife, Margaret Harbin (1667-1719). A younger brother, Francis, died in 1706 aged 8 years. Margaret's future husband, John Bampfylde was born on the 8th of April 1691 at Warleigh, Tamerton Foliot, Devon, north of Plymouth on the River Tavy, where his family had lived since 1631. Like many of the 'men of the county', John was involved in local politics. The second son of Hugh Bampfylde and only brother of Sir Coplestone Warwick Bampfylde, third baronet, of Poltimore, Devon, he had been elected Member of Parliament for Exeter in 1715 and remained in office until 1722. He was re-elected as MP for Devon in 1736 and served until 1741.

The couple's wide ranging social connections were largely a reflection of their politics, including not only Tory party notables such as Sir William Wyndam (1687-1740), acknowledged party leader and Chancellor of the Exchequer 1713-14, and the vociferous Jacobite, Sir Watkin Williams Wynn (c.1693-1749), but also backbench county MPs like Sir Hugh Acland of Killerton, Devon (1697-1728), Sir John Chichester of Youlston Manor, Devon (1689-1740), Sir Halswell Tynte of Halswell, Goathurst (1705-30), and Thomas Strangways Horner (1688-1741) of Mells Park, Somerset.

Margaret's collection of remedies reveals three additional family connections. 'Sir William Bassets Consumption Water' (p10) points to an association with the long-time Tory MP for Bath who died in 1693 and whose 1300-acre (526-hectare) estate at nearby Claverton drew praise from antiquary and biographer, John Aubrey, in 1684-5 for the excellence of its vineyards. 'Coll: Strangways Drops' (p11) is probably a reference to Colonel Thomas Strangways (1643-1713) of Melbury Sampford, Dorset, long-time leader of the Dorset Tories and – with Sir Francis Warre – a member of the political pressure group, the October

Left: The Great Hall, Hestercombe House as photographed in 1872

Club. 'For a Purging Lady Orrery' probably implies a friendship with Henrietta Douglas, Lady Orrery (d.1732). Lady Orrery was wife of John Boyle, 5th Earl of Orrery (1706-1762) of Marston Bigot near Frome in Somerset.

The Bampfyldes were regular visitors to London, generally from October or November (for the King's Speech) until Parliament went into recess in the spring. Accompanied by a retinue of servants, they probably occupied a furnished rented house, most likely in the Strand or Pall Mall. When travelling alone, John Bampfylde sometimes lodged with Mr. Pearce, a tailor, who let rooms in Arundel Street in the Strand, or with Margaret's maternal uncle, the historical writer and nonjuror, the Rev. George Harbin (c.1665-1744), who lived on Golden Square near King Street. According to George Harbin, Margaret entertained their guests 'with the easynesse, vivacity & gayety, which were the particular graces of Mrs. Warre' (her mother, Lady Warre).

Margaret Bampfylde enjoyed a particularly close relationship with her uncle, the Rev. George Harbin, and it is partly from their correspondence 1719-44 that we are aware of her, and her husband's, great devotion towards their children. John Bampfylde's first wife, Elizabeth Basset of Heanton Court, Devon, had died childless, but Margaret bore him nine children in quick succession, two sons and seven daughters. (Sadly, only four survived into adulthood.) 'I am very much pleased with the news of you being in child', wrote Harbin to Margaret on Boxing Day 1719, 'your friends…rejoice that you are now likely to be the instrument of supporting an ancient and noble family, that you are presenting to the world a gentleman who will probably be an ornament to this country, an honour to his parents and a blessing to all that know him'. The first child and heir, Coplestone Warre Bampfylde (1720-1791), was clearly the favourite. The household accounts record numerous gestures of parental kindness towards 'Cop', as he was affectionately known. In 1721, Margaret Bampfylde donated a silver paten to the parish church of St Mary's in Kingston, probably in thanks for the safe delivery of her son. On the 28th of February 1723 John Bampfylde gave the ringers of Kingston five shillings for announcing the youngster's third birthday: in 1725 he bought Cop his first horse from 'Sr Jn Chichesters man' (£2-2-0); and in 1727 Bampfylde paid Mr. Hele, the Kingston Schoolmaster (£3-3-0) to teach his son to write. The young man was then educated at some of the finest public schools in England (Blundell's School, Winchester College) and at its oldest university (Oxford). Travel abroad was strongly encouraged – 'I wish you and Mr. Bampfylde heartily joy of the honour (which) have done to your son and daughter in their late travels' (Revd. George Harbin to Margaret Bampfylde, July 1744) – and both George Harbin and Sir William Wyndham were consulted regarding a suitable military academy 'for the learning of those exercises which are most fit for a gentleman to be bred to' (i.e., fencing, speaking French or Italian, equitation).

Girls were usually given more practical training in preparation for their future domestic role and to attract suitors. At home, or by outside 'masters' (e.g., keyboard teachers, dance instructors, private tutors), Coplestone's five younger sisters, Margaretta (1722-93) Frances (1723-56), Elizabeth (1727-1802), Anne (1729-42) and Charlotte (1732-42) probably received instruction in sewing and needlework, drawing, singing, playing an instrument, dancing, and possibly even speaking French or Italian. There is certainly evidence in the household accounts that fine cottons such as cambric, lawn, and muslin (plain and ornamented) were acquired in quantity from mercers in London and Taunton, as were pins, thread, 'riband', silk, crepe, serge, and the costly, but delicate, Brussels lace. Elizabeth, Frances, and Margaretta also set about acquiring books of country dances, minuets

and rigadoons from London booksellers and a harpsichord – the principal keyboard instrument of the day – was acquired. In all of their endeavours, the Miss Bampfyldes were apparently successful, at least according to the Revd. George Harbin who, in a letter to Margaret Bampfylde, dated 3 July 1744, also suggested that Miss Frances, who was his goddaughter and had only just reached the age of majority (21), 'will be inferior to none of them in those accomplishments which are proper for her sex, and therefore I am not a little proved when I hear she has the ambition (young as she is) of making a figure in all assemblies of her sex, equal to the greatest ornaments of it'. Harbin goes on to state: 'I therefore compliment Frances upon her conquests at the approaching Races at Wells, and humbly begs she will take care to bear her prosperity with moderation.'
Sadly, Frances's 'conquests' did not bear fruit and she died unmarried at Hestercombe in December 1756, predeceasing her mother by two years. Her elder sister, Elizabeth, passed away in Bath in January 1802, also a spinster. Margaretta Bampfylde was the exception, marrying George Tyndale Esquire (1704-1771) of Bathford and the City of Bristol at Hestercombe in December 1753. Margaretta eventually gave birth to six children, including her brother Coplestone's heir to the Hestercombe Estate, John Tyndale Warre (1757-1819).

> '. . . to my Dear Wife Margaret Bampfylde the use of all my household Goods furniture pictures and plate of what kind soever which shall be in my house at Hestercombe at the time of my decease and also the use of all my other plate . . . and likewise the use of all my Jewells (over and besides her paraphernalia) for and during so long time as She shall happen to live and continue my Widow . . . I further give and bequeath to my said Wife my Coach and Coach harness and all my Coach horses which I shall be possessed of at the time of my death and also I will and direct that the said Margaret my Wife shall have any three of my Saddle horses (after my Executor hath first taken his Choice of one) the same to be chosen and Elected by her or her order within one Month after my decease . . .'
> (Will of John Bampfylde, Esq., dated 1742, codicils 1742, 1748, proved 1751 [SCRO DD/DP/68/6])

During Margaret Bampfylde's eight years of widowhood (1751-1758), the Estate accounts are particularly detailed. They indicate that she lived out the remainder of her life comfortably, benefiting from an annuity of 300 pounds settled on her by her husband, John Bampfylde, under the terms of their marriage agreement and finding stimulation in travel, music, family, good food, and extended visitations with friends and neighbours. In the latter category could be found the Sanfords (Walford, West Monkton & Nynehead Court), Periams (Sandhill Park, Bishop's Lydeard), Crosses (Fyne Court, Broomfield), Tyntes (Halswell, Goathurst), Pophams (Bagborough House, West Bagborough), Dykes (Tetton, Kingston St Mary) and Cockerells (Bishops Hull). Further afield Margaret shared her 'lively and agreeable airs' with the Boswells, Carews (Crocombe Court), Palmers (Fairfield, Stogursey), Trevelyans (Nettlecombe) and Codringtons (Charlton House, Wraxall) amongst others. She travelled about the locality in a horse-drawn coach ridden by 'Jack the Postilion'[2], but she also amused herself with extended visits to the fashionable spa towns of Bristol and Bath, making the slow, arduous, and often dangerous journeys – 'the Bath Coaches being robd: almost every day' – in a hired coach. In addition to the allegedly curative waters of their respective hot springs, the two resorts contained assembly rooms for concerts and balls, pleasure gardens for promenading, and theatres for the enjoyment of opera, drama and comedy. Bath also provided considerable opportunities for shopping, as Margaret's accounts for 1756 amply demonstrate: 'pd for 4 pair of Cotton Stockings & 2 pr of thread £1-4-0' (21 Oct.); 'pd Carter the Shoemaker £0-17-0' (10 Nov.); 'pd Mr. Collins for

stays £2-2-0' (12 Nov.); 'pd for Books £1-5-0' (14 Nov. 1756) etc. Bath was not an inexpensive destination and on this particular visit, which lasted 48 days (28 Sept. 1756 to 15 Nov. 1756), Margaret spent the substantial sum of £94-2-4. Payments were made to Mrs. Jones (for lodgings), Doctor Harrington, the 'Musick', the 'Pump' (hot springs), also the baker, butcher, porters, waiters and maids. Fresh flowers were needed, and money had to be paid out for 'standing the Coach' (parking) and for a 'Chairmen to Carry me for fifteen Shillings a Week'. (Sedan chairs were widely available to transport women and the infirm through the town's steep streets and narrow alleys.)

Evening assemblies of the day were described as 'general meetings of polite persons of both sexes for the sake of conversation, gallantry, news and play.' The 'Miss Bampfyldes' (Elizabeth & Frances) were among those present at the Bath assembly of 17 November 1756 and it is probable that their mother, who had by this time left for a brief stay in Bristol, had joined them here earlier in the month. While in Bath, Margaret had also taken the opportunity to spend time with her eldest daughter, Margaretta, and her husband George Tyndale. The young couple had, subsequent to their marriage in 1753, taken up residence 'on Miles' Hill (Bath) – a pretty house, very well furnished'. Among those that Margaret met while dining here was Mary Delany (1700-1788), the noted artist, court favourite and letter-writer: 'Mrs. Bampfylde and I talked over old stories and old friends, particularly Mr Harbin' (but also Sir Francis Warre). Margaret, who took great pride in her personal appearance, undoubtedly greeted Mrs. Delany in her finest apparel. She, after all, possessed suits of 'Mignot' (mignonette) and 'Point' (lace), a quilted coat of expensive black silk, an arresting capuchin (a hooded cloak), and gowns of cotton, satin and 'Crimson India Persian'. Accessories included combs, painted fans, various stockings (silk, cotton, thread), shoes in a wide range of colours (black satin, green satin, flowered, blue & gold, white & gold), numerous pairs of gloves (black silk, 'Irish', 'Lamb'), and many many handkerchiefs (black, white gauze, brown gauze, 'India', 'Dresden'). 'Jewells' generously decorated with precious stones completed Margaret's formal attire – her pair of three-drop diamond earrings contained 130 diamonds alone – leaving little doubt as to her wealth and social status. They included stylish earrings (brilliant-cut diamond, rose-cut diamond & amethyst, pearl), necklaces (pearl, bloodstone, amber, coral), and rings (brilliant-cut diamond, emerald, cornelian).

Back at Hestercombe, Margaret Bampfylde kept birds (larks and a parrot), hosted visits from friends and relations (eg. Alexander 'Sanny' Malet & his wife, Anne), attended to the day-to-day running of the Estate, which now comprised '17 heads,' and enjoyed the company and friendship of her children. The family's main forms of entertainment were reading, needlework, conversation, card games, dancing, and listening to, or playing, 'the musick'. The last was an enduring theme. Margaret had played a keyboard instrument from at least the age of sixteen (beginning with the spinet), there were payments in the household accounts for 'fiddlers', especially around Xmas, and a minstrels gallery, dating from medieval times[5], remained in use overlooking the Great Hall. The substantial Hestercombe library, with its wide-ranging subject matter, mirrored the marked increase in publishing that had accompanied the late 17th century surge in English literacy. Supplied in large part by two Taunton booksellers, Mr. Axe and Mr. Henning, its over 1,300 volumes contained many literary works of interest to Margaret, both for her personal enjoyment and for the edification of her daughters. Examples are *The whole duty of a woman: or a guide to the female sex. From the age of sixteen, to sixty, &c* (1695); *A natural history of uncommon birds, and of some other rare and undescribed animals* by George Edwards (1743-51); *Shakespeare* by Sir Thomas Hanmer (1744); and *Occasional Poems, translations, fables, tales, etc.*

by William Somerville (1727). For national news or reports from abroad, the Bampfyldes subscribed to *The London Evening Post* (1727-97). Local and county news was the preserve of the *Taunton Journal* (1725-?); *Western Gazette* (1737-); and *Bath Journal* (1743-?).

Margaret Bampfylde's Recipes

> 'It was a bold man that first ate an oyster.'
> (Jonathan Swift, *A Treatise on Polite Conversation. Dialogue 2*, 1738)

As was the custom in the early 18th century among the gentry, Margaret Warre and her family would probably have dined at 2:00 or 3:00 in the afternoon, having breakfasted at 9:00 or 10:00 that morning, with nothing in the interim. Their meals were probably taken in the spacious wood panelled room on the south side of the Great Hall, seated on leather upholstered chairs around a large walnut table amidst an assortment of landscape paintings and family portraits. An array of plate was available for the occasion – an inventory taken after John Bampfyle's death in 1750 listed over 300 pieces, including four dozen silver plates, silver spoons bearing the Warre crest, and a dozen agate-handled knives 'with as many Silver 3 Prong'd forks in a case'.

The fare was simple, but abundant. Estate grown fruit (Mazzard cherries, walnuts, apples, pears, figs, melons, oranges) and vegetables (broad beans, peas, carrots, corn, radishes, leeks, onions, savoy cabbage, spinach etc.) were supplemented by purchases of lemons, Seville oranges, Malaga raisons, almonds, currants, rice, butter, cheese (Membury from Devon was a particular favourite), sugar in 7 lb loaves from Lisbon via Bristol and sugar candy. A number of herbs and spices were bought at Bristol and Bridgwater, both for cooking and for medicinal use (aniseed, nutmeg, mace, ginger, coriander), meat was readily available in the form of beef, chicken, veal, lamb, turkey, geese, partridge, 'wildfowl' (wild duck, woodcock, snipe) and, despite the difficulty of carriage, seafood (lobster, crab, sole, herring, salmon, mackerel, oysters, anchovies, trout, catfish). A reliable supply of venison was delivered by the gamekeepers of neighbouring estates, including Nettlecombe (Sir John Trevelyan), Halswell (Sir Charles Tynte), Poltimore (Sir Richard Warwick Bampyflde), Orchard Portman (Henry William Portman), Dunster Castle (Alexander and later Margaret Luttrell) and Colcombe Castle near Shute, Devon (Sir John Pole). Roasting was the preferred method of cooking meat in the 1700s, with boiling next followed by stewing and frying.

Margaret's notebook contained recipes for both fish and fowl. The latter included 'To Make Davenport Hens' (p8) and 'To Stew Pullets' (p12); the former comprised 'Lyquour to boile any Sort of fish' (p15), and 'To Stew Carpe White' (p13). Carp and other local fish such as bream, pike and trout may have been obtainable on the Hestercombe Estate. The household accounts record the purchase, in January 1713, of '100 yards of fishing' (net) and there were at least eight spring-fed ponds on the property by this time: one in the West Combe (1699); three in the East Combe (c.1698) and one in Great Hawkmoor. A fifth body of water, the 'poole garden', was in existence by 1714 in the park together with two serpentine lakes.

Sir Francis Warre is known to have had a fondness for sheep's trotters and Margaret Bampfylde enjoyed both brawn and elver cakes (a form of pie consisting of baby eels). There were payments for laver, the sea weed-based cake/bread that was then popular in West Somerset and North Devon, providing a much-needed source of iodine, and a recipe for the New World dish of marinaded seafood, ceviche, was included in Margaret's recipe book (p9).

The popular rural staple, rook pie, was almost certainly served at Hestercombe. Rooks were 'kept' in various locations about the Estate until at least 1872, possibly longer, including the park and the strip of woodland on the southern extremity of the property known as Sandilands. The young or fledgling birds were shot in May – when their meat (only the breasts and legs were used) was at its most succulent[9]. One 19th century family account stated that 'every May there was an assemblage of neighbours for rookshooting; it was made quite a grand day at Hestercombe strictly kept by Miss Warre (Margaret's great granddaughter, 1788-1872) as a constant law of the seasons.'

Although Margaret Bampfylde's notebook does not have a recipe for rook pie, it does contain instructions for preparing another abundant local food source, 'To Stue Rabbets' (p8). A further source of fresh meat was provided by a thatched dovecote shown in the foreground of the earliest known image of Hestercombe House, an oil painting of 1700. Squabs (unfledged young pigeons two to four weeks old) were the main product of the lanterned Elizabethan building, providing exceptionally tender meat that had long been coveted by the wealthy. The birds fed on spilled or wasted grain, as found in the farmyards and cultivated fields around the Estate, supplemented by minerals from a 'salt-cat' that hung inside the dovecote.

Dinner for the affluent typically comprised three to four courses. A starter course of soup was followed by fish, after which the first, or main, course was served. This consisted principally of a selection of meats, some flavoured with sauces and others presented with vegetables. (Melted butter, in generous quantities despite its cost, was the popular sauce for vegetables.) Lighter dishes of meat and fish made up the second course alongside sweet pies, puddings, and tarts. The meal was concluded with a dessert of jellies, sweetmeats (small elegant cakes), fruits, nuts and cheese, and when ice was available, 'iced creams'. Sometimes desserts would be taken as a separate course in the Banqueting House, thought to be the original use of Hestercombe's Octagon Summerhouse, which appears to have had its own small kitchen nearby.

The increasing use of sugar meant that the range of puddings served grew exponentially as the century wore on. (By one estimate, per capita consumption of sugar, much of which arrived from British plantations in the West Indies, increased 20-fold between the 1660s and 1775.) Margaret's notebook contained 7 sugar-based deserts in total, providing instructions on how to make orange custards (p10), ginger bread (p10), chocolate bread (p12), cream pancakes (p14) and rice 'puding' (p15).
After sampling such delights, it was customary for the ladies to withdraw to a side room. Following a period of private conversation, drinking and smoking, the men would rejoin the women for conversation, card games, and other amusements. A supply of Margaret's aniseed and caraway-based drink, A Seed Water for the Wind (p20), may have been on hand to minimize any embarrassment at this time.

Drink

Brandy was consumed in quantity on these occasions, as was claret, white wine and sherry (sack) – often transported overland from Minehead or Bristol. The first mention of cider production occurrs in the Hestercombe accounts in December 1698: 'To Grant Briant for Making the Syder'. In addition, there were regular purchases of cider by the hogshead (wooden casks holding 52.5 imperial gallons [198.7 litres]), although these diminished as the Estate became self sufficient under John Bampfylde who had purchased an apple mill and undertook a tree planting program in the 1720s. By 1750, however, upwards of 400 gallons of the popular drink were being cellared and Margaret Bampfylde included 'To Make Cyder

Margaret Bampfylde (1694-1758), only daughter of Sir Francis Warre, Bart, of Hestercombe and his second wife, Margaret Harbin. In 1718 she married John Bampfylde of Warleigh, Devon.

Hestercombe Gardens Trust

Above: Margaret Bampfylde (née Warre) b.1694.

Right: Portrait of Coplestone Warre Bampfylde (1720-1791), only surviving son of John and Margaret Bampfylde of Hestercombe, with a huntsman.

The painting shows Hestercombe House

and park, c.1740.

Private Collection

John Bampfylde (1690-1750),
of Warleigh, Devon, second son
of Hugh Bampfylde and only brother
of Sir Coplestone Warwick Bampfylde,
third baronet, of Poltimore, Devon.

Brandy or Still plain Spirit' (p14) and 'To Preserve the Golden or Barefoot Pippins' (p9) in her collection of remedies and recipes.

Like many of the gentry in the 18th century, John Bampfylde also brewed 'good October', a liberally hopped ale that had its origins in the 16th century and was so-called because October was considered by brewers to be the best month for brewing beer. October beer required at least a year of cellaring before it was fit to drink, although it was not uncommon to refrain from drinking it for 2 or 3 years. The resulting brew was strong (ABV of 10% or more), bitter, and medium to pale in colour. It was probably reserved for special occasions at Hestercombe although John Bampfylde is also known to have provided it to more distant friends and relations on occasion.

Margaret Bampfylde had a weakness for Raleigh's Confection, an infused fruit cordial of strawberries and black cherry brandy that was named after Sir Walter Raleigh (c.1552-1618). Her notebook also contained recipes for the alcoholic beverage known as shrub, a home-made cordial that became popular in England from the early 18th century as an ingredient in punches, particularly in the West Country where the smuggling of rum – a standard ingredient – and other luxury goods was condoned by almost every rank of society. Of Middle Eastern origin – the name comes from Arabic šurb, šarāb, from šariba 'to drink' – shrub consisted of a concentrate of fruit juice, usually orange or lemon, mixed with sugar and rum or brandy. To Make Shrub for Punch is a brandy-based version (p13); To Make Shrub for Punch the Best Way is rum-based (p13).

As an alternative to alcohol, Margaret favoured tea, coffee, and the widely-exported 'Bristol water'. The last originated from a spring in the River Avon at Clifton and was believed by some to cure everything from "feeble brains and pimply faces" to "old sores", diabetes and tuberculosis. Tea was a relatively new beverage at Hestercombe. Introduced into England in the late 17th century from the Far East, it was still considered an extravagance in 1720 due to its excessive retail price, the result of the East India Company's trade monopoly with China, and heavy taxation. The Commutation Act of 1784 eventually reduced the tariff from 119% to 12.5%. Tea-drinking soon became associated with gentility and fashion. This was in large part due to the influence of Charles II's Portuguese queen, Catherine of Braganza (1638-1705), who made her love of the drink known at Court when she brought a chest of tea to England as part of her dowry in 1662. Tea was soon being served not only in Coffee Houses but in the drawing rooms of the wealthy by women who had acquired all the necessary accessories for the purpose. Apart from a large silver tea table with a scalloped edge, Margaret Bampfylde also owned a handsome silver tea kettle with lamp, a silver tea pot with spoons and cream pot, three blue and white tea pots, eleven burnt china tea dishes with saucers, six green and red tea dishes with saucers, three ribbed blue and red tea dishes with saucers, a large red and white burnt china tea pot, and an ivory tea chest decorated with gilt (as a luxury item, tea was kept under lock and key). The tea of preference at Hestercombe was the choice black Chinese variety, bohea, first mentioned in the accounts of Sir Francis Warre in February of 1705. Purchases of the more delicate green teas did not begin until 1716. Tea was often served together with liqueurs and special glasses were designed for drinking cordials and ratafia. Coffee appears to have been a less frequent luxury, although by 1710 the kitchen at Hestercombe was equipped with a coffee mill, and there are scattered references in the accounts to the beverage being purchased in subsequent years from as far afield as London. Margaret purchased a fine silver coffee pot in January of 1757 (£3-19-6), having previously amassed a collection of 'blue and white' (china) and 'comon' coffee cups.

Medicine in early 18th century England

> 'I have swallowed the weight of an Apothecary in medicine, and what I am better for it, except more patient and less credulous, I know not. I have learnt to bear my infirmities and not to trust to the skill of physicians for curing them. I endeavour to drink deeply of philosophy, and to be wise when I cannot be merry, easy when I cannot be glad, content with what cannot be mended, and patient where there can be no redress. The mighty can do no more, and the wise seldom do as much.'
> (Elizabeth Montagu, author and literary hostess, 1739)

Historians generally regard the 18th century as a period of medical stagnation. The medicine of Antiquity, as epitomized by the writings of the Greek physicians Hippocrates (460 BC – c.370 BC) and Galen (AD 129 – c.210), remained fundamental, encouraging a physician-patient relationship in which doctors, in the absence of modern techniques and without an understanding of the value of detailed physical examination, relied primarily upon an analysis of the patients 'history' to diagnose illnesses. The physician was seen as a superior listener who could ascertain the root cause of ailments through intelligent questioning of the patient. Emphasis was placed on the promotion of good health by regulating diet, exercise, sleep and hygiene, and by encouraging moderation in all pursuits. The treatment of disease was largely predicated on removing noxious substances from the body (e.g., by purging, sweating, vomiting, blood-letting etc.), and great importance was placed on re-establishing the patient's 'natural balance' and strengthening the overall constitution.
Regrettably, the medical elite of the day, the London College of Physicians, chartered 1558, and the Company of Surgeons, formed in 1745, did little to challenge the status quo and it was not until the 19th century that the medical establishment was laid open to meaningful reform in the fields of education and research.

In the intervening period, the wealth and influence of the medical profession steadily increased. This was due, in part, to the increasing prosperity of an expanding English middle class, in which merchants, tradesman and shopkeepers came to have sufficient discretionary income to afford medical care. Most sought it out, creating a growing medical marketplace serviced by healers of all descriptions. Nonetheless, many, especially in the larger cities, continued to distrust the physician – they were derided in novels as 'Dr. Slop' and 'Dr. Smelfungus', appeared as the 'Company of Undertakers' in Hogarth's engraving of that name and were vilified in popular proverbs (e.g., 'one doctor makes work for another'). The criticism was not without some justification and it was not uncommon for unscrupulous practitioners, apothecaries, and surgeons to deceive their patients with suspect diagnoses and dubious cure-alls. Many physicians were plainly incompetent and some conducted their business without valid medical credentials or training; this despite the fact that the profession was regulated by London's Royal College of Physicians which limited its membership to academically trained practitioners.

In urban areas, a rigid three-tiered occupational hierarchy that had its roots in the 17th century still prevailed. Here the medical profession consisted of, in descending order of status (social and economic) the physician, the surgeon, and the apothecary. The apothecary was the 18th century equivalent of the modern day pharmacist. Unlike the academically-trained physician, both he and the surgeon learned their vocations by way of practical education or apprenticeships. Outside the capital most medical men combined the three occupations and functioned as general practitioners regardless of their

qualifications. Between 1718 and 1758 a total of eight physicians are known to have treated the residents of Hestercombe House. And although it is not clear to what extent doctors Hilliard, Haldane, Harrington, Dickson, Baker, Williams, Burton, and Wood also compounded their own drugs and performed surgery, we do know that despite having a laboratory in his house and being an expert in pharmacy, Dr. Claver Morris 'prescribed' while attending to the fatally ill Sir Francis Warre in November of 1718. He was clearly in regular contact with the apothecaries assigned to his cases and the Hestercombe Estate accounts refer to two of these, Mr. Daw of Taunton and Mr. Hayward.

The first of a series of national formularies was conceived by a panel of 24 members of the College of Physicians in 1618. Yet, few of the thousands of remedies listed in this or in the subsequent London Pharmacopoeias of 1621, 1632, 1639 or 1677 actually proved effective against disease. The 1721 version, contributors to which included Sir Hans Sloane, represented a major advance, providing accurate botanical descriptions of plants for the first time, omitting many of the frequently complex remedies previously used (compounds commonly required 10 to 30 components) and excluding sweetened spirits and cordials. But most medicaments, used simply or compounded by the apothecary under the supervision of the physician, were still of plant origin (roots, herbs, leaves, seeds), as they had been for centuries, albeit combined with mineral and/or metal-based medicines, such as antimony and mercury (e.g., 'For the Worms, p17). (Mercury in ointment, vapour bath or pill form was a popular, and to some extent successful, treatment for syphilis, giving rise to the expression: 'One night with Venus, a lifetime with Mercury'.) There was still a ready 'market' for unorthodox remedies or 'universal elixirs', which although in great supply, had at least been reduced in number by 1720 and were less hazardous than those available during the previous century. Horace Walpole (1717–1797), the famous author, politician, and patron of the arts, was venomous in his attacks on the alleged efficacy of these cure-alls, singling out for particular reproach Hungary water, a medicinal infusion of rosemary in wine to which Margaret Bampfylde was a happy subscriber. It was equally popular as a fragrance and was possibly formulated in the 14th century at the request of Queen Elisabeth of Hungary (1305-1380).

There were some important advances in the standards of English medicine in the 18th century: inoculation against smallpox was introduced in the 1720s; much improved household manuals were published (e.g., John Wesley's *Primitive Physic,* 1747 and William Buchan's *Domestic Medicine*, 1769); medical statistics were compiled with increasing accuracy and more provision was made for medical charities under the guise of 'pest houses', lunatic asylums, dispensaries, and public hospitals. West Country versions of the last were established in quick succession in Bristol (1736-7), Exeter (1741), and Bath (1742) and, interestingly, Taunton's first hospital, a failed attempt established in 1782, had among its most active trustees, Coplestone Warre Bampyflde. Significant progress in the field of surgery would have to await the development of antiseptic operating procedures and anaesthetics in the mid-19th century. Until that time lengthy or complex internal procedures were seen as too dangerous to be attempted, the patient being more likely to die from infection or blood loss than from the organ malfunction for which he or she was being treated. Blood-letting, the mainstay of the Ancients, continued to be the most common procedure performed by surgeons, persisting into the mid 19th century. John Bampfylde underwent this torment at least three times (February 1719, February 1723, February 1726), paying 10 shillings for the privilege on each occasion. The attending surgeon would have tied Bampfylde's arm to make the veins swell, cut him,

and then drained out a certain amount of blood to restore his health. Apart from blood-letting, Georgian surgeons confined themselves principally to the setting of fractured bones and 'external medicine' (i.e., dressing wounds, extracting teeth, lancing boils, treating syphilitic chancres etc.). In her collection of remedies, Margaret Bampfylde referred directly to the compatibility of small-scale interventions with the surgeon's art.

> 'The taking either of these Remedies (For the Bite of a Mad Dog [p21], Another for the Bite of a Mad Dog . . . [p22) is not inconsistent with . . . having the Wound immediately laid open by Some Skilful Surgeon to take out as much as possible of the Venom before it has infected the whole Mass of Blood.'
> (Margaret Bampfylde c.1720)

Illness and Sudden Death at Hestercombe

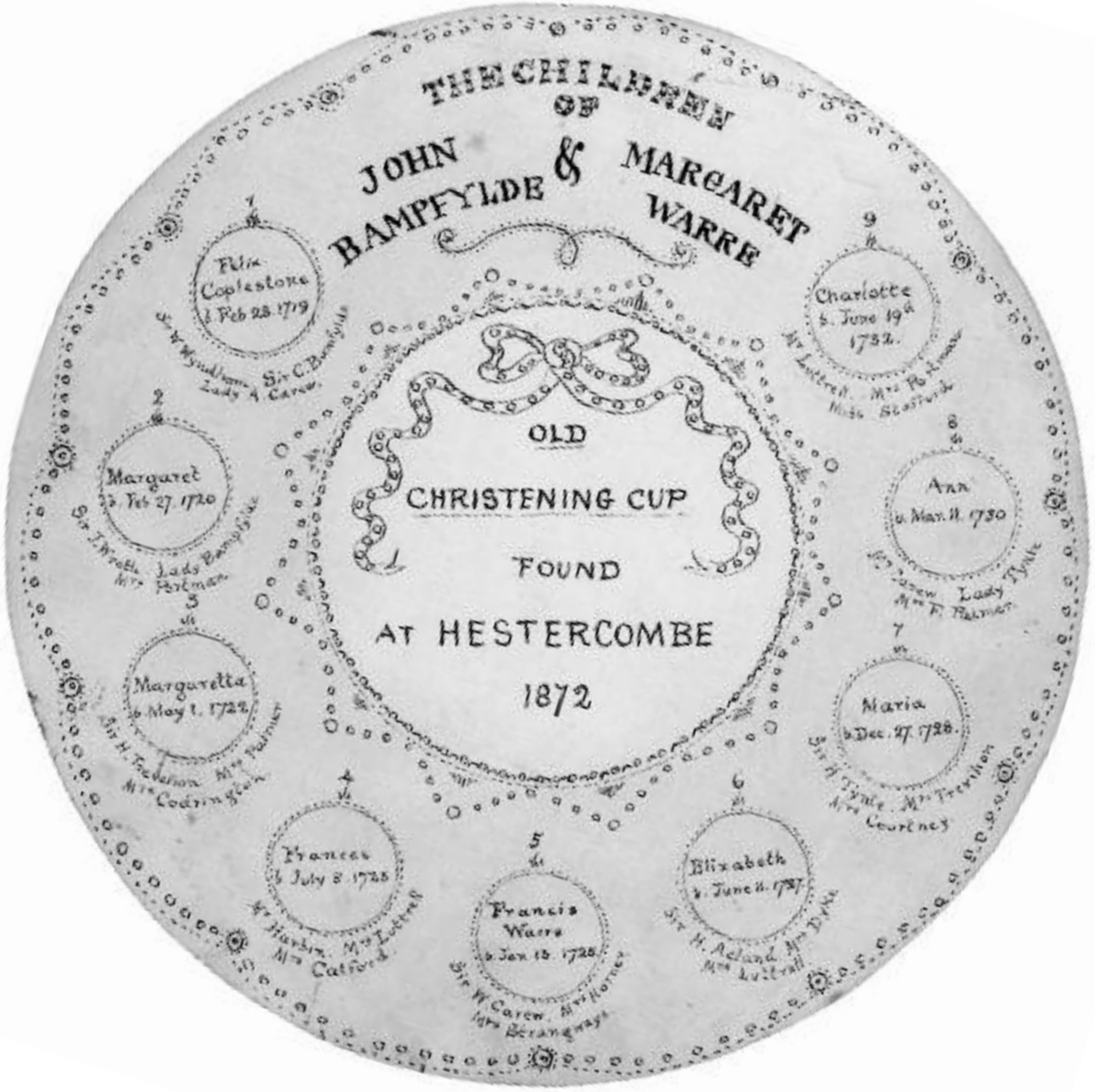
In a century where the average life expectancy at birth gradually rose to about 40, many in the Warre and Bampfylde families lived relatively long lives. This is perhaps not surprising, given the more comfortable living conditions, superior medical care and better diet available to them by virtue of their wealth. But shortened lives and sudden death were also realities at Hestercombe.

> 'I that was no perfect stranger to those children but had been often so charmed with their knowledge and behaviour in the Spring of their daies [days] as to persuade myself they would in a short time appear ornaments of their sex, should God be pleased to spare their lives . . .'
> (Rev. George Harbin to John Bampfylde 2 Oct. 1742 on the deaths of John's daughters Charlotte and Anne, aged 10 and 13 respectively)

The high rate of infant mortality (one year of age or under) that had severely affected English families in the 17th century continued into the early years of the 18th century, further exacerbated by the fertility crisis of 1650-1740. (The percentage of children born in London who died before reaching the age of five in 1730-49 was above 74%.) Perhaps it is not surprising then, that of the four children that were born to Sir Francis Warre and his two wives, Anne Cuffe (1660-1690) and Margaret Harbin (1667-1719), only one, Margaret (Bampfylde), survived to relative old age, dying in 1758 aged 64. William, the second son of Sir Francis Warre and Anne Cuffe, died an infant in 1681; Francis, the only son of Sir Francis Warre and Margaret Harbin, expired in 1706, aged only 8 years; and John, the eldest son of Sir Francis Warre and Anne Cuffe, was killed at Ghent in Flanders in October 1709, aged 31, a casualty of war. Margaret and John Bampfylde, suffered even greater misfortune, with five of their nine children dying in either infancy or early childhood. Apart from their eldest son and heir Coplestone Warre Bampfylde (1720-91), only Elizabeth (1727-1802), Frances (1723-56) and Margaretta (1722-93), survived into adulthood. Margaret (1721), Maria (1728-29) and Francis Warre (1726) succumbed as infants; Charlotte (1732-42) and Anne (1729-42) fell victim to a puzzling, and as yet unidentified disease, dying only days apart.

Dr Hilliard had been the Bampfylde family physician for at least fifteen years before he was called to the Estate to attend to John and Margaret's gravely ill daughters in the autumn of 1742. Anne succumbed to her illness first; she was only 13 years old. Her brother Coplestone wrote in September to Thomas Carew at Crowcombe:

> 'The sudden and unexpected Death of my poor Sister Nancy (Anne) is imputed by the Doctors to a Defect in her Liver, which they apprehend has been coming upon her for some time and at last turn'd to a Mortification which hurried her out of the World in a



Above: A representation of the engraving on the eighteenth century Bampfylde christening glass, detailing the dates of birth of John and Margaret Bampfylde's children together with their godparents – a social record that includes many of the leading families in west Somerset.

very few Hours. Miss Charlotte continues much in the same way as for some days past, She neither appears to be better nor worse as she has had Strength to struggle with her Fever so long & still seems in tollerable Spirits, The Doctors have yet hopes that she may get over it, this being the ninth night they apprehend some change will happen which is submitted to providence.'

On the 20th of September, an exhausted and dispirited John Bampfylde, although clearly prepared for the worst, wrote to Thomas Carew and praised the efforts of Dr Hilliard and his assistant, Dr. Baker to save Charlotte. In another letter to Thomas Carew he wrote:

'my Poor little Girle grows wors and wors & notwithstanding everything has been done for her that can be thought of.'

Charlotte died a few days later, aged 10.

Margaret Bampfylde's Remedies

The 51 remedies in Margaret Bampfyle's notebook promised relief from many of the general ailments of the day. There were, for instance, solutions for the common cold, small pox, gout, consumption or tuberculosis (TB), scurvy, rickets, gall stones, rabies, rheumatism, cancer, fevers of every kind, tooth ache, dropsy, worms, wounds/bruises, dysentery, sore eyes, and even flatulence.

Dysentery

Margaret devoted much of her ink to medicines intended to arrest the effects of dysentery. Also known as bloody flux and campaign fever, this unpleasant disorder of the intestines causes diarrhoea (with blood and mucus in the faeces), fever, abdominal pain, nausea and vomiting, resulting in dehydration and even death in extreme cases. Dysentery thrives in environments where poor hygiene and sanitary conditions predominate, as in the increasingly crowded towns and cities of Georgian England, ideal breeding grounds for bacteria and parasites. Margaret's eight remedies for this inflammatory bowel disease were designed to stop the 'purging' of body fluids caused by the characteristic bouts of acute diarrhoea. She prescribed everything from the ingestion of powdered blackberries (For a Purging, p16) to drinking plantain water (To Stop a Purging, p20), mutton broth (For a Purging Lady Orrery, p22) and concoctions of boiled milk with Creeping cinquefoil (To Stop a Purging, p20). Not to be forgotten were her herbal clisters (enemas), which could be made using either red wine (another for the same, p21) or 'Scald Milk' laced with laudanum (A Clister to Stop a Purging in a Child, p21).

Smallpox

Two medicines were described in Margaret's notebook with regard to the highly infectious, sometimes fatal, viral disease known as smallpox, the mortality rate of which reportedly varied between 5% and 20%. They were: A Remedy for the Small Pox (p11) and To prevent the Small Pox from pitting and to take of the redness after the Small Pox (p16). The 'pox', as it was also called, was an almost universal disease in the 18th century, characterised by high fever and widespread pustules that typically left permanent pits or scars. Inoculation, an ancient Eastern practice that involved intentionally infecting healthy people with a mild dose of the offending disease, was first adopted in England as a preventative measure against smallpox in the 1720s after Lady Wortley Montague (1689-1762), wife of the British ambassador in Constantinople, witnessed the success of the technique in Turkey. By mid century inoculation had become common in the countryside where it was often performed by general surgeons for a fee of one guinea.

Rabies

Colonel Strangways Drops (p11), For the Bite of a Mad Dog (p21), and Another for the Bite of a Mad Dog taken out of Cathrop [Caythorpe] Church in Lincolnshire, where almost the whole Town had been bitten by Mad Dogs and all that took this Medicine did Well, and the rest dyed Mad (p22) were all treatments for the dreaded rabies virus, a contagious and always deadly disease that is transmitted to humans via the saliva of infected animals, particularly dogs. Rabies attacks the central nervous system causing a painful death characterised by excessive salivation, delirium, convulsions and paralysis. The affliction, which spread through Europe during the 18th century, was not unknown in London where significant outbreaks occurred in the 1750s, prompting a large-scale cull of London's strays that recalled the plague culls of the previous century. Hannah Glasse published A Certain Cure for the Bite of A Mad Dog in her famed *Art of Cookery*, just two years before the outbreak peaked in 1759. An effective defence against the virus was not discovered until 1885 when the French chemist and microbiologist, Louis Pasteur (1822-95), successfully tested a vaccine on a human subject for the first time.

Gout

> 'The streets at Bridgwater were so very dirty that: tho I wore thick boots, I got wet in my feet, and ever since last night have felt gouty pain in one of my knees & feet, & as this is the season when that unwelcome visitr: generally plagues me . . . I arrived home on horseback from Brianstone (Bryanston, Dorset), and had you seen my legs & thighs the next day after my journey you would have been frightend: for they lookd: exactly like mortified flesh, and I don't find any benefit from all the various medicines I have taken on this accot: so that I begin to dread the consequences of the disorder.'
> (John Bampfylde to Thomas Carew, 5 January 1740).

The 18th century was without doubt the 'Golden Age of Gout'. The diet of the Georgian gentleman, which frequently consisted of liberal portions of port wine and meat proteins, caused high levels of uric acid to accumulate in the blood stream, bringing about severe pain and inflammation of the joints, especially those of the feet and hands. Famous sufferers included Dr Samuel Johnson, the poet John Milton, and Secretary of State, Philip Dormer, fourth Earl of Chesterfield. It is not surprising then that there are 4 remedies for gout in Margaretta Bampfylde's notebook: For the Gout or Scurvey (p16); For the Gout (p16); A Cure for the Gout taken out of the newspaper (p16); and Coll: Strangways Drops (p11). The efficacy of Margaretta's treatments for the persistent ailment – and even Dr. Hilliard's remedy for that matter – appears dubious, given the regularity with which John Bampfylde, and later his son, Coplestone, were afflicted with it. In January of 1782 the younger Bampfylde described a particularly trying episode to friend and neighbour Sir Charles Tynte: 'I am greatly recovered and hope very soon to be firmly stout upon my trotters, which have been too long fettered by the gouty humour lying dormant for want of due circulation and perspiration. I intended to have been at Bath before Christmas but was so lame and it was difficult to be convey'd out of my place.' Cop's library contained a copy of *Cases in the acute rheumatism and the gout with cursory remarks, and the method of treatment* (1774) in which London physician Thomas Dawson prescribed half-ounce doses of tincture of the root of the shrub guaiacum (p.54) during the painful stage of the disease.

Consumption

The eminent Greek physician, Galen, defined consumption as the 'ulceration of the lungs, thorax or throat, accompanied by a cough, fever, and consumption of the body by pus'. Also known throughout history as phthisis, Pott's disease and tuberculosis (TB), this infectious wasting

disease became increasingly common in Europe from the Middle Ages, reaching epidemic proportions by the 17th century (when it was labelled the White Plague) and maintaining this status for the next two-hundred years. Death by tuberculosis became common, so common that the noted English physician and TB authority, Richard Morton (c.1637-1698), could blithely state: 'I cannot sufficiently admire that anyone, at least after he comes to the flower of his youth, can dye (die) without a touch of consumption.' The squalor, cramped and overcrowded housing conditions, and poor nutrition that described most European cities were the root causes of the problem, creating the optimum environment for the propagation of the offending bacterium, *Mycobacterium tuberculosis*. One in seven deaths in London were attributed to the disease at the beginning of the 18th century. In 1720, the English medical writer, Benjamin Marten, famously speculated that TB could be caused by 'wonderfully minute living creatures (micro-organisms) . . . which being drove to the Lungs by the Circulation of the Blood … or … being carried about by the Air, may be immediately convey'd to the Lungs'. Regrettably, effective relief was still decades away and sufferers would continue to submit until the discovery of the sanatorium treatment of Silesian physician, Hermann Brehmer in 1854, and of the antibiotic streptomycin by Rutgers University researchers, Selman A. Waksman and Albert Schatz, in 1943.

Not surprisingly, given the high incidence of the often deadly condition, Margaret Bampfylde provided five remedies for consumption in her notebook: Sir William Bassets Consumption water (p10); Calves Lungs Water (p17); Drops for a Consumption and a Cough (p18); For any decay of the lungs (p18); and Another receipt for the Lungs (p18). Sir William Basset's mixture consisted of a sobering decoction of garden snails, earthworms, and various herbs and spices, combined with 'Sugar-candy or loafe sugar as will make it very Sweet'. The addition of sugar was also specified to enhance the palatability of Calves Lungs Water, a concoction of milk, eggs, nutmeg, diced calves lungs (warm), and garden snails. Drops for a Consumption and a Cough, which consisted largely of powdered sulphur dissolved in turpentine, was to be savoured in beer. There are also three remedies in Margaret's manuscript that carry the identical designation, 'For a Cough' (p17). Largely sugar-based (honey, sugar, rum, syrup) with egg yolk, oil and/or lemon juice added, these mixtures may well have been attempts to stem the persistent dry cough that typically plagues TB sufferers.

Dropsy

> 'The dropsy is a preternatural swelling of the whole body, or some part of it, occasioned by a collection of watery humour. It is distinguished by different names, according to the part affected, as the anasarca, or a collection of water under the skin; the ascites, or a collection of water in the belly; the hydrops pectoris, or dropsy of the breast; the hydrocephalus, or dropsy of the brain, &c. '
> (William Buchan, Domestic Medicine; or, the Family physician ... Chiefly calculated to recommend a proper attention to regimen and simple medicines, 2nd edn [Edinburgh: Balfour, Auld & Smellie, 1785], Ch. 37.)

Margaret underlines her personal treatment for dropsy (A Cure for Dropsy taken out of the NewsPaper [p17), with the assurance that 'It has cur'd when People have been dying'. Unfortunately, her father was not one of the fortunate, (although it must be recognised that Margaret's remedy may well have been intended for sufferers of anasarca and/or ascites only.) In 1718 Dr Claver Morris wrote:

> 'I went from Sr John Trevelian's to Sr Francis Warr at Hestercombe. I came thither about 3, and found Sr Francis seiz'd with a [blank] from a translation of

> a Dropsie to the Brain. I told my Lady Warr I had no hopes of relieving him and that I thought it as improbable as to throw 6 upon 6 Dies. Prescribed and lodg'd at Sr Francis Warr's.'
> (The Diary of a West Country Physician A.D. 1684-1726, ed. by Edmund Hobhouse [Rochester: Stanhope Press, 1934] p. 66.)

Sir Francis Warre's fatal attack of dropsy of the brain, or cerebral oedema as it is now known, may have been caused by an underlying condition affecting the flow of blood to his brain (e.g., heart disease, high cholesterol), or it may have been attributable to damage to this organ brought about by a head injury or by medical conditions such as stroke, brain tumour, brain haemorrhage, or even meningitis.

> 'TAKE juniper berries, mustard-seed, and horse-radish, of each half an ounce, ashes of broom half a pound; infuse them in a quart of Rhenish wine or strong ale for a few days, and afterwards strain off the liquor.'
> (William Buchan, ibid.)

It is not known what Dr. Claver Morris prescribed for Sir Francis's attack of dropsy on the 29th of November of 1718, but in his enormously popular *Domestic Medicine* (1785 edn), the physician and author, William Buchan (1729–1805) recommended exercise, abstinence from all drink and 'strong vomits, brisk purges, and such medicines as promote a discharge by sweat and urine'. Margaret's remedy for dropsy closely resembles Buchan's diuretic infusion of 'pungent and aromatic' vegetables, broom ashes, and berries but omits juniper berries in favour of nutmegs and directs that the ingredients be steeped in 'Mountain Wine' instead of wine or strong ale. Today, cerebral oedema is treated by surgical intervention.

Scurvy

For this vitamin deficiency disorder, which probably killed more English sailors and soldiers than enemy offensives in the 18th century, Margaret Warre provided two treatments: Lime Water for the Scurvy by Mr Hooton (p16), and For the Gout or Scurvey (p16). The fact that Margaret even felt a need to supply an antidote to this potentially fatal disease casts doubt on the dietary choices made by members of the Warre/Bampfylde household in the early 1700s: scurvy is caused by a deficiency of Vitamin C, yet fresh fruit and vegetables were readily available on the Estate (although their supply would naturally have diminished during the winter months). Moreover, there are instructions in Margaret's compilation for formulating a solution to combat rickets (p9), suggesting that some members of the household also suffered from a lack of Vitamin D or calcium in their diet. (Sources of vitamin D include oily fish, liver and eggs; calcium is found in dairy products, such as milk and cheese, green vegetables, such as broccoli and spinach, dried fruits, beans and pulses.) Interestingly, Mr Hooton's remedy for scurvy, with its reliance on limes, anticipated by almost three decades the findings of James Lind, the Royal Navy surgeon whose experiments would prove that the disease could be effectively treated, and prevented, by supplementing the diet with citrus fruit such as limes or lemons. Lind's experiments were described in his 1753 book, *A Treatise of the Scurvy.*

Cure-Alls

> '. . .to him What he Laid out for fasting [fastening?] the Horses shoes at Ninehead & for oyle of Turpentine for A new seve [sieve] for the stable & for mending the Harness.'
> (Sir Frances Warre's accounts, 15 March 1717)

Several of the 'universal elixirs' or 'cure-alls' that became fashionable in the early 18th century are mentioned

throughout Margaret Bampfylde's notebook. These include the complex and expensive London Treacle (p20), which was compounded of over 50 ingredients, some of which originated in Arab medicine; Hiera Picra (p17), a purgative of dubious standing made from aloes and canella bark; Oil of Turpentine (p18), a fluid that was obtained by the distillation of pine tree resin and was sometimes used to treat worms and fevers; Gascon's Powder (p17), a popular medicine for the common cold that had among its ingredients crabs eyes, oriental bezoar and red coral; and bezoar, a small stony mass found in the stomachs and intestines of certain animals, especially ruminants (hoofed mammals with four-chambered stomachs, such as cattle) and once used as a poison antidote.

Emetics and Purgatives

> 'I have made a trip to the Needle, and Mrs. B (Mary Bampfylde) took an Emetick there whilst I was drawing the rocks, there being always a considerable swell of the sea off the Island. However, it has done her no harm and she is mighty well after it.'
> Coplestone Warre Bampfylde to Edward Knight Junior Esq.., July 1770)

The common therapeutic practice of removing toxic substances from the body by administering emetics (to invoke vomiting) and purgatives (to evacuate the bowels) is also evident in many of the ingredients used in Margaret Bampfylde's book of remedies. We do not know the precise makeup of the 'Emetick' used by her daughter-in-law, Mary Bampfylde, on the Isle of Wight in 1770, but we are familiar with the herbs Margaret employed for this purpose, namely: turpeth mineral ('For the Rheumatism', p19), cowslip ('To Make Treacle Water', p20), liquorice root ('Limewater for Scurvey' by Mr. Hooton, p16), and Elecampane ('Another Receipt for the Lungs', p18).

Among the purgatives mentioned in Margaret's concoctions is Mountain flax ('Another for the Rheumatism', p19), Scammony ('For the Rheumatism', p19), Senna powder ('For the Rheumatism', p19), Hyssop ('Liquorice Balls for a Cold', p7), Rhubarb ('For the Worms', p17), and Elder ('To make Elder-berry Water', p14). As noted earlier, the drug Hiera Picra ('A Cure of the Gout taken out of the Newspaper', p17) was also considered a purgative, as was Manna ('For the Worms', p17), the sugary discharge of the Manna ash tree.

Kim Legate

Right: The panelled Dining Room, Hestercombe House c.1717 as photographed in 1872

Glossary

Adders skin
As recently as the 20th century, folklorists maintained that dried or cast-off adder skins could draw out sharp objects (e.g., thorns, splinters) if placed on the side of the hand or finger opposite the wound. When wrapped around an affected area, dried adder skins were also valued for curing rheumatism and headache. Powdered skins were added to potions for treating spleen disorders and consumption.

Ague
The English word for malaria, a term that remained in common usage until the 19th century. 'Ague' was used by Chaucer in *The Nun's Tale* and by Shakespeare in *The Tempest* and could be applied to any febrile condition characterised by recurring fever, chills, and sweating.

Alimbeck (Alembic)
An apparatus, consisting of two glass or copper vessels connected by a tube, used for the distillation of preparations in order to remove impurities.

Alkermys (Alkermes), confection of
Compound cordial of Arab origin formulated as a confection, originally using the insect kermes *(Coccus ilicis)*, but later substituting cochineal *(Dactylopius coccus)*. Quincy (1721) called it one of the 'five great compositions of the Shops' and Gerarde (1597) recommended it for treating 'melancholy deseases'. A simplified 18th century version reduced the supporting ingredients to three: rosewater, sugar, and oil of cinnamon.

Aloes soco or socotrin (socotrine)
The bitter juice of the tree-like succulent, *Aloe socotrina* (syn. *A. ferox*), was used largely as a dried latex by the ancients. It was known to the Greeks as a product of the island of Socotra in the Indian Ocean as early as the 4th century B.C. and was utilized in England from the 10th century onwards, primarily as a strong laxative and skin tonic.

Amber
Hard translucent resin derived from the fossilized remains of long-extinct trees, mainly conifers, in colours ranging from yellowish brown to milky white, red, blue or green. Long used as a medicinal panacea in Europe and the Middle East (e.g., Plague stomach ache, rheumatism, depression, insomnia, diarrhoea), but also valued for making jewellery and fine works of art.

Angelica
Scented Old World herb *(Angelica archangelica)* native to Northern Europe, the roots and fruits of which yield angelica oil, a valued ingredient in perfumery, medicine, and liqueurs. Popular during the Middle Ages as a protection from evil spirits and the Plague, it was also used to treat 'the bitings of mad dogs' and to alleviate the effects of gout, rheumatism, and disorders of the heart, spleen, liver, and stomach.

Anniseeds (Aniseed)
Aromatic Mediterranean herb *(Pimpinella anisum)* with liquorice-flavoured seeds that yield an oil long used to help relieve flatulence and colic and treat coughs, asthma, and bronchitis. Today this herb is also used to flavour dental preparations and mask the unpleasant taste of certain medicines.

Left: The early 18th century Column Drawing Room, Hestercombe House as photographed in 1872

Balsam of Gilead
Whitish-grey resinous gum with a balsamic odour obtained from *Commiphora opobalsamum* (syn. *Populus x jackii*), a small rare tree originally found growing in Gilead, a fertile mountainous region east of the Jordan River in ancient Palestine. Used in the manufacture of perfume and employed in medicine as a skin tonic and to treat respiratory infections.

Balsam of Peru
A thick liquid resin obtained from the large Central American tree *(Myroxylon balsamum* var. *pereirae)*, which is found mainly in the forests of El Salvador. Employed in the manufacture of perfumes and soaps, this has been used in medicine to heal wounds, treat respiratory conditions (e.g., coughs, bronchitis, asthma) and remedy skin problems (e.g., eczema, scabies, ringworm).

Baume (Lemon balm)
The fragrant southern European perennial herb *(Melissa officinalis)* was considered a 'calming' herb by 17th century medical practitioners, who steeped it in Canary wine to treat bites inflicted by venomous animals and insects. Used to treat gout, heal wounds and alleviate feverish colds, Lemon balm is now administered mainly in combination with other 'soothing' herbs (e.g., valerian, chamomile).

Bear's foot
One of the common names given to *Alchemilla vulgaris*, a low-growing herbaceous perennial native to Britain with astringent properties due to its high tannin content. Bear's foot was praised by the 17th century herbalist, Nicholas Culpeper, as 'one of the most singular wound herbs'. Today it is used to treat diarrhoea, ulcers of the mouth, menstrual disorders, and bleeding gums.

Benedictus
A southern European annual herb *(Cnicus benedictus)*, also known as the Blessed or Holy Thistle, that was held in high esteem by medieval monks who considered it a cure for everything from smallpox to headaches, being supposed to cure even the Plague. The naturalist, William Turner, described it in detail in his acclaimed Herball of 1568.
See also Carduus.

Bettony or Bittony (Betony)
Stachys officinalis, also known as Wood betony, is a bitter aromatic perennial herb, the dried leaves and flowers of which have been used from ancient times to treat complaints of the head (especially tension headaches), ward off evil spirits, aid the digestive system, and relieve gastric disorders. It was listed in many early 'Herbals' including *Medicina Britannica* (1666).

Bloody flux
The old name for dysentery, an inflammatory disorder of the intestine causing severe diarrhoea, fever, and abdominal pains. ('Bloody' flux referred to the fact that the resulting stool contained blood.) Typically caused by a bacterial or protozoan infection or by an infestation of parasitic worms, it frequently resulted in dehydration and death.

Brimstone, Flowers of
Flowers of brimstone, also known as Flowers of Sulphur, is a finely powdered form of sulphur that was well known to the ancients who used it as both a fumigant and as an ingredient in medicinal balms and antiparasitics. It has also been used to cleanse the blood, treat skin disorders (e.g., scabies, ringworm, acne) and mitigate the effects of gout, diarrhoea, scurvy, and rheumatism.

Broom ashes
Ashes of common broom *(Cytisus scoparius)* were once used to treat "dropsy", an old term for the excessive accumulation of fluid within the body, often due to congestive heart failure. The main medicinal ingredient in broom, sparteine, is now used to treat heart and circulatory disorders. Other preparations from broom have proven effective against gout, bladder and kidney infections, joint pain, and malaria.

Bryer (Briar), Sweet, roots of
Eurasian rose *(Rosa eglanteria* syn. *Rosa rubiginosa)* with prickly stems, fragrant leaves, and bright pink flowers, also known as Eglantine rose and frequently alluded to in the writings of English poets, from Chaucer onward. Oil from the seed has long been used to treat skin conditions (e.g., burns, scars, wounds) and the hips are valued as a rich source of vitamin C.

Borage
Past medicinal uses of this hairy aromatic blue-flowered European annual *(Borago officinalis)* of the family Boraginaceae include the treatment of melancholia, 'putrid and pestilential fevers', liver disorders (e.g., jaundice), consumption (TB), throat infections, and rheumatism (N. Culpeper, 1652). Long used in cookery, borage seed oil is a rich source of the essential fatty acid GLA (gamma linolenic acid).

Bugloss
This upright blue-flowered Mediterranean perennial herb *(Anchusa officinalis)*, also known as alkanet, belongs to the family Boraginaceae and is one of the four cordial flowers, the others being the borage, rose, and violet. Restorative conserves have long been made from its flowers, a decoction(q.v.) of the leaves and roots has been employed for treating chest and throat infections (e.g., bronchitis, coughs), and the roots soaked in strong ale or wine have been used to remedy dysentery.

Burdock Leaves
Burdock leaves *(Arctium lappa)* have been used in European herbal medicine since the Middle Ages, often as decoctions(q.v.) or teas. The 17th century herbalist, Nicholas Culpeper, valued them highly as a remedy for skin ailments (e.g., burns, snakebites, ulcers, sores), but the leaves have also been employed to aid digestion, treat hysterical disorders, and alleviate gout.

Bushell (Bushel)
Unit volume of measure in the British imperial system used for dry commodities (e.g., grain, vegetables) and equivalent to 8 imperial gallons or 36.369 litres. Although no longer used in Great Britain, the bushel is still employed (to measure grain) in the USA and Canada.

Cammomile (Chamomile) flowers
The fragrant daisy-like flower heads of the perennial Roman chamomile *(Chamaemelum nobile)* and the annual German chamomile *(Matricaria recutita)* have traditionally been recommended for the treatment of digestive and rheumatic disorders. The former is considered the more efficacious of the two due to its antispasmodic properties in the intestine.

Cardimums (Cardamoms) seeds
Aromatic seeds of the rhizomatous South Indian herb *(Elettaria cardamomum)* used since ancient times as a spice, but also in perfumery and medicine. Widely available to Europeans from the 16th century onward and traditionally employed (in soaps and handcreams) to treat asthma, bronchitis, heart problems, indigestion, urinary disorders, skin conditions, and (in alcoholic tinctures) indigestion.

Carduns (Cardoons) seeds
A thistle-like Mediterranean perennial *(Cynara cardunculus)* cultivated for its edible leafstalks and roots and once included in preparations used to treat consumption (TB). Artichoke Thistle, as it is also known, is now employed to enhance liver and gall bladder function, stimulate the secretion of digestive juices, (especially bile), lower blood cholesterol levels, and treat the early stages of diabetes.

Cardus (Carduus)
A yellow-flowered thistle-like Mediterranean herb *(Cnicus benedictus)* that was once valued as a heal-all against fevers of all kinds (e.g., the Plague) and was first described in W. Turner's wide-ranging *Herball* of 1568. Nicholas Culpeper (1652) recommended it for treating wounds, parasitic worms, liver conditions, maladies of the brain (e.g. headache, vertigo, dizziness) and depression. See also *Benedictus*.

Carraway (Caraway) Seeds
The aromatic seed-like fruit of this European herb *(Carum carvi)* has traditionally been employed as a diuretic and to aid digestion. Bruises were once treated with a poultice of seeds, colic could be relieved by applying a warmed bag of seeds to the abdomen, and flatulence was remedied by ingesting a confection of caraway, dipped in sugar. Now used mainly in cookery, confectionary and liqueurs.

Celindine (Celandine)
Wordsworth's favourite flower, the spring-flowering Lesser Celandine *(Ranunculus ficaria)* was well known to the herbalists of the Middle Ages, even appearing in Rhodion's celebrated German Herbal *Kreutterbuch* (1533). It was considered useful for treating consumption (TB) and was known to many as 'Pilewort' due to its reputation as an effective treatment for piles.

Chalk
Soft, white, porous sedimentary rock, which is a type of limestone composed mainly of the mineral calcite *(Calcium carbonate)*. Powdered chalk was used in the Middle Ages to treat scurvy and was later added to liquid medicines due to its ability to absorb toxins in the intestines. Today chalk is used in medicine mainly as an antacid and calcium supplement.

China roots
Probably refers to the thick fleshy greyish-brown root of the scrambling, woody climber, *Smilax china*, a south China native similar to Sarsaparilla. The roots, which are administered in the form of a decoction (q.v.), were introduced into Europe in 1535 as an infallible remedy for syphilis, certain skin diseases, rheumatism and gout.

Cloves
The scented dried flower buds harvested from the famous Spice Islands evergreen tree, *Syzygium aromaticum*, were regarded for centuries as an essential food flavouring and pharmaceutical panacea (for, e.g., nausea, flatulence, diarrhoea, indigestion). In 16th and 17th century Europe cloves were literally worth more than their weight in gold. Clove oil remains an effective dental analgesic.

Clove-Sully flower, Syrup of (Gillyflower)
See Gillyflowers, Syrrop (Syrup) of

Clister (Clyster)
An ancient term for enema, the process of introducing fluids into the rectum and colonvia the anus by means of a tube or pipe, often to relieve constipation or for cleansing purposes. *Clyster* is the Latin word for pipe.

Cochineal
A scale insect *(Dactylopius coccus)* native to Mexico and Central America, the females of which can be dried and crushed to create red dyes. Widely used to colour textiles and medicines in Europe from the early 16th century, cochineal dyes are now employed mainly as colourants for cosmetics and foods.

Colds foot (Coltsfoot)
This rhizomatous herbaceous perennial *(Tussilago farfara)* is native to Europe, but can also be found throughout Asia, including China where it has been part of Chinese folk medicine for centuries. Traditionally, coltsfoot has been used as an ingredient in preparations to treat dry cough, throat irritation, bronchitis, and a variety of other respiratory diseases.

Confection
In pharmacology, a medicinal compound sweetened with sugar, honey, syrup etc. to disguise the unpleasant taste of the medication found within. A famous example used by medieval physicians was known as sugar-plate, a sweetmeat made of gum dragon (q.v.), white sugar, and rosewater, beaten into a paste.

Consumption
Old term for tuberculosis of the lungs (TB), a condition which brings about a progressive wasting of the body and which is characterised by persistent coughing, spitting of blood, night sweats, and high fever. Consumption was a fatal disease up until the middle of the 20th century when drugs were developed that virtually eradicated the disease.

Corriander (Coriander) seeds
Fragrant spice *(Coriandrum sativum)* once believed to be a strong aphrodisiac (the crushed seeds were added to love potions during medieval and Renaissance times). In the 18th century the seeds were added to preparations for the treatment of colds and chest infections, but they are now used mainly to disguise the taste of unpleasant medicines.

Corrill (Coral), Red
Tree-like form of coral *(Corallium rubrum)* found in the Mediterranean and the Red Sea and harvested since antiquity for ornamental purposes (e.g., jewellery, weaponry). In the 18th century England powdered crushed red coral was one of the many ingredients employed in Gascoign Powder and Gaiking Powder (a version of Gascoign Powder).

Cowslips
Semi-evergreen Eurasian perennial *(Primula veris)* long used in herbal medicine, especially for skin ailments (e.g., measles). Nicholas Culpeper in his *Complete Herbal* (1653) observes that 'an ointment being made with the flowers takes away spots and wrinkles of the skin, sunburning and freckles, and adds beauty exceedingly'. The flowers are also considered a good sedative remedy.

Crabs' Eyes
A round solid mass found in the stomach of the crayfish and certain other crustacea, consisting mainly of carbonate of lime. Used in powdered form as an absorbent and antacid, Crab's Eye was also an indispensable ingredient in the popular 18th century cold nostrum Gascoign Powder.

Crabs' Claws
Once used in medicine for the same purposes as 'Crabs' Eyes', Crab's Claw came into use in the late 17th century, possibly earlier. An old recipe for Gascoign Powder suggests that it was just the tips (which contained no flesh) that were incorporated.

Cyprus
Probably refers to the Italian cypress *(Cupressus sempervirens)*, a tall columnar evergreen tree with thin grey bark. Londoner's burnt bundles of its branches to ward off the effects of the Great Plague and Nicholas Culpeper found the cones to be 'very astringent', recommending them for treating polyps, 'blotches and boils', and other similar conditions. Cypress oil remains an important ingredient in massage oils and colognes.

Decoction
Liquid medicine produced by boiling a substance, such as the leaves of a medicinal plant (e.g., Burdock), in a fluid (typically water) for the purpose of extracting the water-soluble components. This is in contrast to an infusion where the essence is extracted by means of steeping. Herbal remedies are mainly infusions.

Deer's Grease
Deer fat was highly regarded in folk medicine as the foundation for salves and ointments and was also used to treat dry or damaged skin on the hands and feet.

Diascordium
Medicinal preparation, the main ingredients of which were opium and the dried leaves of the water germander *(Teucrium scordium)*. Prior to the 18th century, this was a popular treatment for poison and for the Plague. The original formula appeared in the first authorised *London Pharmacopoeia* (1618), listing 17 ingredients, mainly herbs, that were to be combined with Canary wine. By the 1700s, it had been renamed 'Electarium e Scordio' or Electuary of Scordium (q.v.) and was being used as a painkiller and an astringent for wound care.

Egremony (Agrimony)
Probably refers to common agrimony *(Agrimonia eupatoria)*, a perennial Old World herb with pinnately compound leaves and tall spikes of yellow flowers. Pliny called this popular cure-all an 'herb of princely authoritie' and Gerard valued decoctions of its leaves for curing liver complaints (e.g., jaundice). It was also recommended for treating wounds/bites and diseases of the blood and skin (e.g. pimples, ulcers).

Elder leaves, juice of
Common elder *(Sambucus nigra)* is a bushy deciduous shrub with black fruit found in Europe and Asia. At one time the juice of its leaves was thought useful for alleviating inflammation of the eyes, and 'snuffed up the nostrils' it could 'purgeth the brain.' (Culpeper, 1653). By the 19th century it had gained a reputation as a good laxative medicine and elder tea with honey and sage was being prescribed for haemorrhoids.

Electuary
Formulated for the purpose of administering remedies orally, this was a medicinal syrup with a similar consistency to honey. It consisted of powders and/or other medicinal ingredients, as well as various sweeteners (e.g., honey, jam, sugar), which were added to disguise the unpleasant taste of the actual medication.

Elycampain (Elecampane)
Hardy Old World herb *(Inula helenium)* native to Central Asia with rayed yellow flower heads, aromatic leaves, and a thick root widely used in folk medicine as a tonic and remedy for coughs, bronchitis, chest infections and other pulmonary disorders. The root was often candied or taken in lozenge form.

Eye bright (Eyebright)
Perennial European herb *(Euphrasia officinalis)* used since the Middle Ages to treat eye complaints (e.g., infection, soreness, inflammation). Gordon's Liticium Medicina (1305), stipulated that it be taken 'outwardly in a compound with distilled water and inwardly as a syrup.' Nicholas Culpeper (1653) advised combining it with fennel seed and mace. Eyewash, drops, and liquid medicines containing Eyebright are still in use today.

Fennel Seed, Red
May refer to the reddish brown star-shaped fruit of the east Asian evergreen tree, Star Anise *(Illicium verum)*, the seeds of which have a flavour similar to fennel and are widely used in Chinese cookery. They became available to Europeans in the 17th century and were prized medicinally as a digestive tonic, helping to relieve flatulence, colic, indigestion, nausea and vomiting.

Fennel, Sweet
Aromatic Mediterranean perennial herb *(Foeniculum vulgare)* much revered by the Greeks and Romans. Medieval herbalists hung sprigs across doorways to ward off evil spirits and extracts of the seeds were employed by Victorian practitioners to treat nervous disorders of the stomach and clean teeth. It remains an additive in some toothpastes and an ingredient in cough preparations and colic relieving medicines for infants.

Fenny-greet (Fenugreek)
Clover-like Eurasian herb *(Trigonella foenumgraecum)* with aromatic seeds that have been used in folk medicine and cookery for centuries. A poultice made from crushed powdered seeds has been employed to treat skin disorders (e.g. boils, hives, eczema) and an infusion or aqueous extract of the crushed seeds was once employed internally to manage respiratory tract infections, fever, indigestion and appetite loss.

Frankinsence (Frankincense)
Aromatic resin obtained from the trees of the genus Boswellia, in particular *Boswellia sacra*, which is found in Arabia, Ethiopia, Somalia, and India. In use for almost 5,000 years as an ingredient in perfumes, cosmetics and incense (religious rituals) and once as valuable as gold, it has been used medicinally to treat a diverse range of diseases, including ulcers, skin conditions, respiratory complaints and eye disorders.

Galangale (Galangal)
Pungent aromatic rhizomes widely used for flavouring South-east Asian food (e.g., Thai) and derived from three spices native to the region: Lesser Galangal *(Alpinia officinarum)*, Greater Galangal *(Alpinia galangal)* and *Kaempferia galangal*.
With stimulant, carminative and stomachic properties, the ginger-like galangal is sometimes used medicinally to treat nausea, rheumatism, vomiting, constipation, respiratory disorders, ulcers, and stomach inflammation.

Gallipot
A small glazed pot or jar once commonly used by apothecaries as a container for medicines, ointments, and confections.

Galls
The name for abnormal swelling of plant tissue brought about by the parasitic attack of insects or micro organisms (e.g., fungi, bacteria, viruses). High in gallic and tannic acids, oak galls have been widely employed commercially in tanning, dyeing, and ink making. Medicinally, they have been used in formulations to treat chronic dysentery, diarrhoea, cholera, and gonorrhoea.

Gascon (Gascoigne) Powder
Crabs eyes, oriental bezoar, red coral, and white amber were among the many exotic ingredients used in the 18th century to make this popular cold nostrum. Sold into the mid 19th century in the form of small balls that resembled the old sore-throat remedy *sal prunella*, Gascoigne powder was prescribed mainly for the wealthy due to its excessive cost (about 40 shillings per ounce).

Gentian
For centuries digestive and bitter tonics have been made from the dried rhizomes and roots of several species of the perennial herb, Gentian, in particular *Gentiana lutea*, (European yellow gentian). The 17th century herbalist, Nicholas Culpeper also recommended using powdered Gentian to treat the 'biting of mad dogs and venomous beasts'.

Gillyflowers, Syrrop (Syrup) of
The gillyflower of Chaucer, Spenser, and Shakespeare was the carnation or clove pink *(Dianthus caryophyllus)* whereas today the term is applied to any of several plants with fragrant flowers, such as wallflowers and stock. Medicinally, gillyflower was administered in cordial syrups and conserves to lower fevers, treat nervous and coronary disorders, and mask the bitter taste of medical tonics.

Grass, five-leaved
Creeping native perennial *(Potentilla reptans)*, also known as European cinquefoil, possessing large yellow flowers and roots that have been employed medicinally since the time of Hippocrates. Recommended by the renowned 17th century herbalist and physician, Nicholas Culpeper, who prescribed the juice or a decoction for treating infections, fevers, diarrhoea, 'sore mouths, ulcers, cancers, fistulas and other foul or running sores.'

Gruell (Gruel)
A thin easily digested porridge that was popular during the Middle Ages. It was made by boiling the crushed grain of a range of cereals (e.g., oats, rye, barley, wheat) in water or, extravagantly, in milk.

Gum Araback or Gums-Arabic (Gum Arabic)
A natural gum made from the hardened sap of two species of the acacia tree, *Acacia senegal* and *Acacia seyal*, gum arabic was in use in pharmacies as recently as the 1970s. It was employed primarily as a thickening agent or mucilage to suspend medicinal compounds that were to be taken orally.

Gum dragon
Also called gum tragacanth, a natural gum procured from the dried sap of species of the shrub *Astragalus* of Western Asia, in particular *Astragalus gummifer*. In medicine gum dragon has been used as a thickening agent for liquids and to bind various powders together into balls to facilitate ingestion.

Gum Guaiacum
Pungent greenish-brown resin obtained from the wood and bark of the lignum-vitae tree *(Guaiacum officinale)*. First introduced into Europe in the 16th century from the West Indies as a remedy for venereal disease, gum guaiacum was later used to treat catarrh, gout, rheumatism, arteriosclerosis and female complaints.

Harmiodactill (Hermodactyl)
Heart-shaped bulbous root used by early Greek and Arabian physicians and probably derived from a variety of colchicum (Autumn crocus), hermodactyl was once highly valued as a remedy for severe gout and rheumatic complaints. It was first described as a treatment for gout in *De Materia Medica* by Pedanius Dioscorides (1st century AD.).

Harts-horn (Hartshorn)
Shavings or raspings of the horn or antler of a hart, or male red deer, were once used in various decoctions and ptisans, producing medicinal substances for the treatment of diarrhoea (hartshorn jelly), dysentery (coal of hartshorn), and fevers (salt of hartshorn or ammonium carbonate), to mention but a few.

Harts-toung (Hart's tongue) Water
Native evergreen fern *(Asplenium scolopendrium)* found in shady copses and named for the shape of its fronds, hart's tongue was highly valued traditionally in both infusion form (diarrhoea, dysentery) and as an ointment (burns, scalds, piles). The famous 17th century herbalist, Nicholas Culpeper, recommended it as an effective liver and spleen tonic.

Hemerads (Haemorrhoids)
Also known as 'piles', haemorrhoids are enlarged veins of the rectum and anus brought about by increased pressure in the rectal veins due to infection or increased abdominal pressure. Among the conditions that cause piles are pregnancy, diarrhoea, heavy lifting, and constipation.

Hierapicra (Hiera Picra)
Also known as 'Holy Bitter', Hiera Picra was a drug widely prescribed by 18th century physicians as a cure-all. A purgative, it was made from aloes, probably *Aloebarbadensis* (syn. *A. vera*), and canella bark processed into a powder and occasionally mixed with honey and other ingredients.

Hungary Coppery or Copperice (Copperas)
Copperas is an ancient name for *ferrous sulphate*, a chemical compound of iron and sulphur used in the manufacture of inks. The famous "iron gall ink", a purple-black ink widely employed from the middle ages until the end of the 18th century is one example. Its adherents included Leonardo Da Vinci and Rembrandt.

Hyssop Water
This long cultivated aromatic evergreen shrub *(Hyssopus officinalis)* was used by the ancient Greeks for purifying temples and is mentioned in the Bible: 'Purge me with hyssop and I shall be clean' (Psalm 51 v.7). Traditionally, hyssop has been given for stomach discomfort and for coughs and complaints of the throat and chest (e.g., asthma, bronchitis). Of late its significant antiviral properties (e.g., *Herpes simplex*) have come to the fore.

Infusion
Solution or tea produced for oral consumption by steeping or soaking a substance, such as an herb, in water in order to extract its medicinal properties.

Kings Evil (Scrofula)
An old term that probably refers to tuberculosis of the lymph glands, notably of the neck, King's Evil was so-named because it could reputedly be cured by the touch of royalty. From medieval times (Edward the Confessor) certain sufferers were presented with especially touched coins to be worn as amulets or charms. The last royal healer in England, Queen Anne, 'touched' 200 victims in 1712.

Laudinum (Laudanum)
Also known as tincture of opium, laudanum is a mixture of opium and alcohol used to control diarrhoea, alleviate pain, and relieve cough. It was introduced to western medicine in the 16th century by the Renaissance physician Paracelsus and became a popular cure-all during the Victorian period. Samuel Taylor Coleridge and Elizabeth Barrett Browning were among those who subscribed to its addictive properties.

Lavender, spirit of
The popular recipe, 'Compound Tincture of Lavender', (30 ingredients), first appeared in the *London Pharmacopoeia* at the end of the 17th century and was considered useful against epilepsy, vertigo, memory loss, and 'barrenness in Women'. Lavender oil is now used by herbal practitioners mainly as a restorative, to relieve stress and as an analgesic. It also remains popular in perfumery.

Liquorice or Lyquorice (Liquorice)
Liquorice *(Glycyrrhiza glabra)* root contains the powerful sweetening compound, glycyrrhizin, (fifty times sweeter than sucrose), hence its reputation as a flavouring agent. In the 15th century the plant was introduced by Dominican friars to Pontefract, West Yorkshire, which became renowned for the manufacture of soothing lozenges. Extracts have since been used in cough drops, laxatives and tonics for the treatment of bronchitis, arthritis, skin problems, and mouth ulcers.

Liverwort
The name 'liverwort' derives from two Anglo-Saxon words: 'lifer', meaning liver, and 'wyrt', meaning plant. In medieval times this division of small, green, prostrate, nonvascular plants *(Marchantiophyta)* was thought to be useful for the treatment of liver ailments, largely due to its connection with the genus *Marchantia*, which includes several species that resemble the lobes of a liver in outline (e.g., *Marchantia polymorpha*). Liverworts are found in moist habitats worldwide.

Manna
The ancient term 'Manna' refers to the hardened sugary exudation of certain trees, principally *Fraxinus ornus* (Manna ash), *Tamarix gallica* (French tamarisk), and *Larix europaea* (European larch). First harvested in 15th century Italy from *Fraxinus ornus* and used as a laxative, it is now used by English doctors primarily as a children's laxative or to conceal other medicines, and is usually dispensed in water or in some aromatic infusion with other purgatives (e.g., senna, rhubarb).

Metridate or Methridate
(Mithridatium, mithridate, mithridatum)
Costly polypharmaceuticals thought to provide a general antidote to poison or disease and named after Mithridates VI, king of Pontus (northern Turkey) 120 BC-63 BC. To prevent assassination, the king combined all substances known to be effective against poisons individually (e.g., hypericum, acacia, iris, etc.) into one cure. Approximately 65 ingredients were thus mixed with honey and then taken orally in wine. The actual components used have varied greatly over the centuries.

Motherwort, juice of
In 1653 Nicholas Culpeper *(Complete Herbal)* wrote of motherwort: 'There is no better herb to drive melancholy vapours from the heart, to strengthen it and make the mind cheerful, blithe and merry.' Apart from ameliorating the effects of depression, motherwort *(Leonurus cardiaca)* was used for centuries as a heart tonic and remedy for female complaints (menstrual and menopausal).

Mountain Flax
The mountain flax of Europe and Asia *(Linum catharticum)* has been cultivated for over 7,000 years. The herbaceous annual was known to the ancient Greeks, who used it to treat liver complaints and inflammations of the nose and throat. Jaundice, constipation, digestive problems, dropsy, and muscular rheumatism were among the other ailments remedied

by this traditional purgative, which is now valued as a dietary supplement, being a good source of essential fatty acids or EFAs.

Musk
Natural musk is a secretion obtained from the anal glands of the male musk deer and is one of the most expensive animal products in the world. It was widely used as a perfume fixative from ancient times until the end of the 19th century due to its penetrating odour, but has been replaced in modern times by a synthetic compound.

Myrrh
Aromatic reddish-brown resin derived primarily from trees and shrubs of the genus *Commiphora* of India, Arabia, and eastern Africa. In ancient times myrrh was used as an ingredient in incense and perfumes. The Egyptians also used it to embalm the deadand it was an ingredient in the "holy anointing oil" God commanded Moses to make (Exodus 30 v 22-25) In pharmacy myrrh has been used as an antiseptic, but it is most often employed in mouthwashes and toothpastes to prevent, and treat, gum disease.

Nitre, sweet spirit of
Produced by distilling alcohol with nitric and sulphuric acids, this is a pale yellow liquid that consists mainly of ethyl nitrate. It has been used as a diaphoretic (promotes sweating), diuretic and antispasmodic (prevents seizures/muscle spasms) and is the main ingredient in the traditional South African remedy for colds and flu known as Witdulsies.

Nogan (Noggin)
A small mug or cup; also a unit of measurement equivalent to one quarter of one pint.

Orientiall (Oriental) Beazor (Bezoar)
First introduced into medicinal use by Arab physicians in the 11th century, and highly prized in Europe by the 17th century, oriental bezoars were hard stone-like masses of foreign matter that formed naturally in the stomachs of certain mountain goats and gazelles indigenous to India and Iran. The ingredients of the smooth, glossy, dark green and usually oval object were hair, undigested vegetable matter, and the seeds and skins of fruits. Bezoars were once accorded extraordinary medicinal virtues, being considered a universal antidote against any poison for centuries.

Peck
A peck is a British imperial volume measure for dry goods equal to 2 gallons, or one fourth of a bushel, or 554.84 cubic inches (9.092 litres).

Penny Royal (Pennyroyal) water
The Edinburgh Dispensatory (1786) recommends the Eurasian perennial mint, Pennyroyal *(Mentha pulegium)*, for the treatment of stomach disorders and hysteria. Culpeper's *Complete Herbal* (1653) lists many more applications, often related to menstrual problems and childbirth, but also in connection with snake and dog bites. The species name, *pulegium*, is from the Latin word for "flea", a reminder of Pennyroyal's occasional use as an insecticide.

Pippin, Golden or Barefoot
Thought to have originated at Parham Park, near Arundel, Sussex, this variety of apple, which was recorded by Parkinson in 1629, was well known in England by the late 17th century. It was widely grown both commercially and in private gardens during the next century, as its intense fruity flavour was considered ideal for both cooking and cider making. The Golden Pippin remains in cultivation.

Plantain water
Many of the over 250 species of *Plantago* have leaves and seeds with medicinal properties. In his *Complete Herbal* (1653) Nicholas Culpeper observed: 'The (Plantain) water is used for all manner of spreading scabs, tetters, ringworm, shingles etc.' William Salmon's Botanologia (1710) specified common plantain (*Plantago major*) for the treatment of respiratory complaints, inflammation of the eyes, epilepsy, and jaundice.

Populeon
Unguentum Populeon, a soothing ointment made from the buds of the black poplar tree *(Populus nigra)*, was in use in England as early as the 14th century. The salve was recommended by Culpeper as 'singularly good for all heat, or inflammation in any part of the Body, and tempereth the heat of wounds' (*Complete Herbal,* 1653).

Quicksilver
The element mercury, also known as quicksilver due to its liquid, fast flowing characteristics, was known to the ancient Chinese and Hindus and has even been found in Egyptian tombs. It was used by the ancient Greeks in ointments and by the Romans in cosmetics. By the 18th century it had become a popular, and reasonably effective, remedy for syphilis in England.

Red Lead
One of the earliest pigments to be artificially formulated, the compound lead tetroxide (Red Lead) was popular with Byzantine and Persian illuminators and eventually appeared in European manuscripts and paintings, as well as in Central Asian and Chinese wall paintings. First isolated as a pure compound by Arabic chemists in the early 10th century, it has been superseded by the less toxic alternative, red oxide.

Red Rose Water
This fragrant preparation, a by-product of the production of rose oil, has long been regarded as a useful skin tonic and is still used cosmetically as a facial cleanser and toner (Cleopatra bathed her face in it). First produced by Muslim chemists in medieval times when it was often used to reduce or 'cool' fevers, rose water has also been employed for centuries to flavour food (e.g., Turkish delight), especially in the Middle East, India, and China.

Reddock (Red Dock, Water Dock) Roots
The herbaceous perennial *(Rumex aquaticus)* is commonly found in fields, meadows and ditches throughout Europe. Internally, the dried and powdered root has been administered as an infusion for relief of diarrhoea and to treat piles, bleeding of the lungs, and various blood diseases. Externally, red dock has been used chiefly to treat persistent skin disorders (e.g., ulcers, sores, psoriasis).

Rennish (Rhenish) Wine
Any of several dry white wines derived from grapes grown in the Rhine valley.

Rose Oyle (Oil)
This essential, but costly, oil from the petals of roses has been used in cosmetics, medicine and perfumery for centuries. The ancient Greeks, Romans and Arabs all included rose oil in their creams, lotions and soaps for its fragrance, anti-viral and bactericidal properties. The 17th century herbalist, Nicholas Culpeper, anticipated its current popularity in aromatherapy by recommending extract of rose for its cooling and astringent qualities (e.g., headaches, sore eyes).

Rosemary
The extract derived from this aromatic Mediterranean shrub (*Rosmarinus officinalis*) has a long history of medicinal use. It has traditionally been administered for heart and urinary ailments, chronic weakness, nervous disorders, blood pressure irregularities, and as a wash to strengthen the hair and reduce hair loss. In the late 14th century, its use in perfumery and aromatherapy was established when rosemary was incorporated into 'Hungary water' (p.37).

Rue
The strong-scented Mediterranean evergreen shrub *(Ruta graveolens)* was initially described as a medicinal herb by the acclaimed naturalist, William Turner, in Part 2 (1562) of his massive *Herball*. By the 18th century rue had developed a reputation for curing nervous disorders (e.g., hysteria, epilepsy), fevers, uterine problems, and infectious diseases (e.g., smallpox, measles).

Sack
An antiquated term referring to any of various white dry fortified wines that were imported by English merchants from mainland Spain and the Canary Islands in large quantities from the late 15th century onwards. Among the more popular varieties were Canary sack (Canary Islands), Malaga sack (Málaga), Palm sack (Palma de Mallorca), and Sherris sack (Jerez de la Frontera).

Saffron
A costly Old World spice, derived from the flowers of the saffron crocus *(Crocus sativus)*, saffron has a history of medicinal use that spans more than 4000 years and the treatment of more than 90 illnesses including kidney ailments (from 1550 BC) and cancers (medieval period).

Sage
Shrubby evergreen Mediterranean perennial *(Salvia officinalis)* with a lengthy history of medicinal use, as recorded by the ancient Egyptians, Romans, Greeks, and others. Internally, this herb has been recommended for the treatment of anxiety, insomnia, and digestive problems; externally it has been employed to deal with insect bites and infections of the mouth, throat, and skin. Some research also recommends the herb for treating diseases of the elderly (dementia).

Sarsapurilla, Sassapherella (Sarsaparilla)
Genus of perennial Central American vines *(Smilax)*, one species of which was once combined with sassafras in the manufacture of 'root beer' *(Smilax reglii)*. A popular European cure-all and treatment for syphilis from the mid 16th century, Sarsaparilla has also appealed as a general tonic and medication for wounds, rheumatoid arthritis, kidney complaints, and chronic skin diseases (e.g., psoriasis, eczema).

Sassafrass (Sassafras)
Sassafras *(Sassafras albidum)* is a deciduous eastern North American tree, the wood, bark and roots of which have long been used in flavourings (e.g., soft drinks, root beer). It has also been employed to make a calming tea, and as a pain reliever and treatment for rheumatism, scurvy, dysentery and gonorrhoea. Sassafras is little used in medicine today due to its toxicity.

Scabious
Field scabious *(Knautia arvensis)*, Devil's Bit scabious *(Scabiosa succisa)* and Lesser scabious *(Scabiosa columbaria)* all receive mention in 16th and 17th century English herbals. Nicholas Culpeper (1653) recommended a decoction of their juice for

cough, shortness of breath and other diseases of the lungs (e.g., pleurisy). John Gerard (1597) suggested the juice be combined with Treacle to 'free the heart from any infection or pestilence.' A decoction of the root was prescribed for sores, ulcers, and leprosy.

Scamine (Scammony)
Scamine or scammony *(Convolvulus scammonia)* is a species of bindweed native to the eastern Mediterranean region. The dried juice, or 'virgin scammony', is procured from the root and has long been recognized in medicine as *Scammonium*, a powerful purgative used in the treatment of severe constipation. The drug, which is frequently successful against roundworms and tapeworms, is little used now.

Scordium
This European herbaceous perennial *(Teucrium scordium)*, also known as water germander, was formerly valued as an antidote for poisons, a remedy for parasitic worms, and a dissolvent for blockages of the spleen, liver, and lungs. In the 16th century the leaves were a key ingredient in 'Electuary of Diascordium', a popular treatment for fevers, including the Plague, later an opiate for pain relief and an astringent for wound care.

Scorzinera (Scorzonera)
The south European perennial black salsify *(Scorzonera hispanica)*, or viper's grass, was introduced into Britain in the late 16th century. The herb, with its distinctive black taproots, was already known in Spain and Italy as a cure for snakebite. Since 1660, the medicinal value of viper's grass has been supplanted by its use as a highly nutritious root vegetable.

Scevicha, Sceviche (ceviche)
Ceviche is a New World seafood dish that originated in South America, possibly in Peru or Ecuador. It consists of raw fish marinated or 'cooked' in the acidic juice of the lemon or lime with olive oil, onions, chillies, tomatoes, and spices frequently added for additional flavour.

Senna, Powder of
Cassia senna and *Cassia angustifolia* are among the species of Cassia that have been used medicinally in Europe since the 9th century when they became known to the Arabian physicians, Serapion the Younger and Mesue. The principal curative use of their dried pungent leaves has traditionally been as a laxative, but in the Hestercombe *Book of Recipes and Remedies* they are described as a remedy for rheumatism. Cultivated in England by 1640.

Speedwell (See Veronica)

Sperma Cetti (Spermaceti)
The white waxy substance found in the head cavities of the spermaceti whale *(Physeter macrocephalua)* was much sought after by 18th and 19th century whalers due to its many commercial applications (e.g., pharmaceutical ointments, fine candles, waterproofing agents etc.). Medicinally, spermaceti was a common ingredient in wound ointments and was employed to ease the discomforts of consumption, diarrhoea, dysentery, and catarrh.

Spirit of Canary
Probably refers to Canary Sack, a strong dry sweet wine produced in the Canary islands, mainly Tenerife. It was popular in Northern Europe and Britain from the late 15th century until the 18th century when trade

sanctions and political turbulence steadily reduced demand. Henry IV called it 'a Marvelous searching wine'.

Spoted feavour (Spotted fever)
This term could refer to typhus or meningitis. The former is an infectious disease transmitted by body lice, the symptoms of which are skin rash (red and purple spots), foul-smelling breath, and high fever. The latter is caused by bacterial or spinal infection and brings about inflammation of the membrane that surrounds the brain or spinal cord. It is associated with fever, intense headache, vomiting, and stiff muscles of the neck or back.

St. John's Wort, flowers of
The perennial herb *(Hypericum perforatum)* is a European native that has been used for centuries in traditional medicine. St. John's Wort is used today to treat anxiety, depression and insomnia, but its anti-inflammatory properties are still valued for treating burns, bruises and painful wounds.

Stone Horse
An alternative term for stallion (uncastrated male horse) that was first used in popular English literature sometime before 1677.

Styrax Calamita
Fragrant greyish gum-resin obtained from *Styrax officinalis*, a small deciduous tree native to southern Europe and the Middle East. The Romans and Phoenicians obtained their supplies from Pamphyllia (now Antalya province, Turkey). 'Storax', as it was also known, was mainly valued by the Arabs for fumigations (incense) and perfume making. In 18th century England it was employed medicinally to treat asthma, catarrh, menstrual obstructions and TB.

Swallows, oyle (oil) of
Nicholas Culpeper's 1649 translation of *Pharmacopoeia Londinensis* describes this medicinal compound as consisting of a combination of Spanish wine, herbs and live swallows boiled down into a liquid. Frequently administered for sprains and bruises before 1660, oil of swallows appears to have been little used after 1700.

Tincture
Medicinal solution in which a constituent (e.g., seeds, roots, leaves) is pulverized and then soaked in alcohol to extract oils and other curative substances.

Trakle, treakle (treacle)
See Treacle, London, and Treacle, Venice.

Treacle, London
Treacle, also known as galene and theriac, was the name given to a range of popular, but expensive, healing potions compounded by physicians as an antidote treatment for fevers, poisons, venomous bites, and various other ailments from ancient times until the mid 18th century. *Theriaca Londinensis* (treacles were named after the cities in which they were produced) had, by some accounts, over 50 ingredients. One version, which contained opium, was used as a cure during the Great Plague of 1665.

Treacle, Venice
First manufactured in Venice in the 12th century, the costly medicinal concoction known as Venice Treacle was widely exported as a universal panacea and remained in use until the 19th century. It was once said to have contained 64 separate ingredients, including viper's flesh (a standard ingredient in most treacles), opium, cinnamon, and gum arabic. After being pulverised and reduced to an electuary with honey, the constituents were typically consumed orally with water or wine.

Turbeth (Turpeth mineral)
This highly toxic compound prepared from mercury and sulphuric acid is also known as yellow sulphate of mercury. Healde's *Pharmacopoeia* of 1788 described the odourless lemon-yellow powder as 'a powerful medicine' to be used primarily as an emetic (induces nausea and vomiting), linking it to the effective treatment of venereal diseases, 'obstinate' rheumatisms, ulcers, skin disorders and glandular obstructions.

Turmericke (Turmeric)
This rhizomatous Asian perennial *(Curcuma longa)* has been used medicinally for over 5,000 years, most famously in Ayurvedic (Indian) and traditional Chinese medicines to treat sprains and swelling associated with a spectrum of infectious diseases. Today, it is commonly used in fabric dyes and to flavour and colour foods (e.g., curry powders), although studies suggest potential in the treatment of arthritis, digestive and liver disorders, heart disease, head colds, and some cancers.

Turpentine, oyl (oil) of
An organic solvent produced by distilling pine resins and principally employed today in the manufacture of varnish. Medicinally, turpentine was once used to treat a wide range of disorders, including worms, fevers, wounds, pleurisy and pneumonia. It is still incorporated in some chest rubs for nasal and throat problems (e.g.,'Vicks'). A popular cure-all among Age of Discovery seamen, it was carried aboard Magellan's fleet during his initial circumnavigation of the globe (1519-32).

Turpentine, Venice
Pale green viscous turpentine produced by distilling the resin collected from larch trees, but with similar uses to Oil of Turpentine (which is derived from pine trees).

Veronica
European herbaceous perennial *(Veronica officinalis)*, also known as Speedwell, with great renown as a medicine, particularly in disorders of the lungs (e.g., asthma). Native Americans used it as an expectorant tea to alleviate bronchial congestion and the Victorians reduced it to a syrup with honey for treating skin conditions. The leaves and roots have tonic properties, hence its popularity as a 'strengthening' tea.

Virgina (Virginia) Snakeroot
Eastern North American perennial *(Aristolochia serpentaria)* once used as an ingredient in Portland Powder, a well-known 18th century gout medicine, and highly valued as an antidote to poisons induced by the snake, mad dog, or spider. By inducing sweating it helped to eliminate poisons. Although toxic in large doses, Virginia snakeroot was also believed to increase urinary flow and to stimulate blood circulation.

Vitirol (Vitriol), Spirit of
The name given to dilute Oil of Vitriol (sulphuric acid), renamed *Spiritus vitrioli tenuis* by the College of Physicians in 1740. The 1746 edition of the London *Pharmacopoeia* recommended a sweetened elixir made with the weakened acid as a substitute for those whose stomachs 'cannot bear the acidity of the Elixir of Vitriol'.

Whey
Also called milk plasma, the watery constituent of milk that separates from the thick, or coagulate, curd when milk sours, as in the process of making cheese.

Wood-sorrel
The first written reference to the medicinal use of Wood-sorrel *(Oxalis acetosella)* was made about 150 BC by the Greek physician and poet, Nicander of

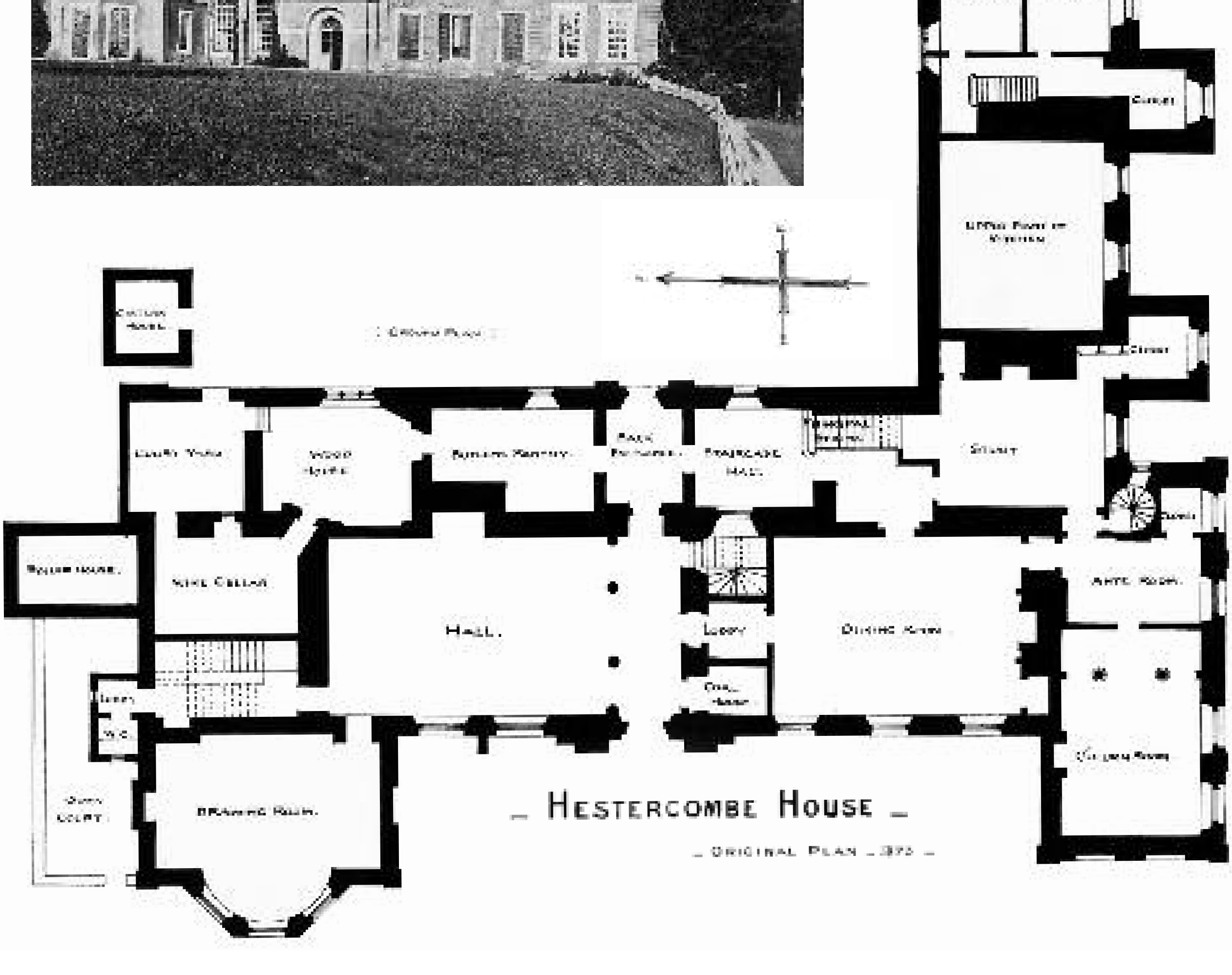
Colophon. The leaves have customarily been used to treat liver and digestive disorders, as well as to address urinary infections, gonorrhoea, scurvy and 'pestilential fevers'. Today Woodsorrel is little used due to the toxicity of the crystals it leaves behind in the body.

Wort

During the manufacture of beer, brewers use water and barley to create a sweetened liquid (the wort), which they subsequently flavour with hops and ferment with yeast. There are ten stages in the process. Malting and milling precede mashing, after which brewing, cooling and fermentation, maturation, filtering and bottling. Wort is produced during the mashing stage.

Zedoary root

The *Edinburgh Dispensatory* (1796) lists the pulverized rhizome of this fragrant East Indian perennial *(Curcuma zedoaria)* as an ingredient in Mithridate (pp. 10, 31) and Treacle (pp. 25, 28). Introduced to Europe in the 6th century by the Arabs, the herb is used in certain traditional eastern medicines to purify the blood, relieve flatulence, and aid digestion. As a food flavouring, it has been superseded in the West by ginger.



HALL.
LOBBY
STAIRCASE HALL.
WINE CELLAR
BUTLERS PANTRY.
BACK ENTRANCE.
WOOD HOUSE
DINING ROOM
ANTE ROOM.
DRAWING ROOM.
W.C.
_ HESTERCOMBE HOUSE _
_ ORIGINAL PLAN _

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Left: Hestercombe House as it appeared between 1730 and 1873

Acknowledgements

This book could not have been produced without the dedication of volunteers Margaret White for transcribing the original manuscript; Michael Chapman, past Fellow of the Royal Pharmaceutical Society and Sandra Sidaway, Member of the Royal Pharmaceutical Society, for researching and writing the glossary and Dr Anne Stobart, medical herbalist and founding member of the Herbal History Research Network, for proof reading the glossary and providing much useful advice along the way.

Thanks too to volunteer assistant archivist The Rev'd Ben Whitworth for his many years of dedicated support, James Hiam for fundraising and Richard Sainsbury, Delmar Studio, for photography.

The Hestercombe Gardens Trust is grateful to the Somerset Heritage Centre for making the original document available for research and to the Somerset Archaeological and Natural History Society for allowing pages of the manuscript to be reproduced.

Especial thanks must go to Kim Legate, Hestercombe's archivist, for initiating and then co-ordinating the whole project and bringing it to a successful conclusion.

Lastly, the Hestercombe Gardens Trust is greatly indebted to the Heritage Lottery Fund and the Aurelius Charitable Trust without whose generous grants this fascinating historic account could have not have been made available to the wider public.