

PIERRE-JOSEPH BUC'HOZ

# THE TOILET OF FLORA

**Pierre-Joseph Buc'hoz**  
**The Toilet of Flora**

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*The Toilet of Flora or, A collection of the most simple and approved methods  
of preparing baths, essences, pomatums, powders, perfumes, and sweet-sc:*

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**ADVERTISEMENT**

The chief Intention of this Performance is to point out, and explain to the Fair Sex, the Methods by which they may preserve and add to their Charms; and by which many natural Blemishes and Imperfections may be remedied or concealed. The same Share of Grace and Attractions is not possessed by all of them; but while the Improvement of their Persons is the indispensable Duty of those who have been little favoured by Nature, it should not be neglected even by the few who have received the largest Proportion of her Gifts. The same Art which will communicate

to the former the Power of pleasing, will enable the latter to extend the Empire of their Beauty. It is possible to remove, or, at least, to cover the Defects of the one Class, and to give Force and Lustre to the Perfections of the other.

The Author, however, though in general he has framed his Work for the Advantage of the Ladies, has not entirely confined it to them. The Virtues of Plants and Vegetables, beside the Service they furnish for the Toilet, have their Use in Articles of Luxury. He has thence been induced to address himself also to the Perfumer: and his Publication, he flatters himself, while it comprizes a very perfect Collection of the Methods which tend to improve Beauty, to repair the Wastes of Fatigue, and to avert the Marks of Age or Decline, includes likewise a full Account of whatever relates to domestic Oeconomy and Expence.

Uncommon Pains have been taken to improve the present Edition, which contains a System of the Cosmetic Art, infinitely superior to any that has hitherto appeared; and it has likewise uniformly rendered the various Prescriptions not only compatible with, but subservient to, the Preservation, and even the Improvement of Health; an Object of the greatest Importance in a Work of this Kind.

# THE TOILET OF FLORA

## No. 1. *An Aromatic Bath*

Boil, for the space of two or three minutes, in a sufficient quantity of river-water, one or more of the following plants; viz. Laurel, Thyme, Rosemary, Wild Thyme, Sweet-Marjoram, Bastard-Marjoram, Lavender, Southernwood, Wormwood, Sage, Pennyroyal, Sweet-Basil Balm, Wild Mint, Hyssop, Clove-july-flowers, Anise, Fennel, or any other herbs that have an agreeable scent. Having strained off the liquor from the herbs, add to it a little Brandy, or camphorated Spirits of Wine.

This is an excellent bath to strengthen the limbs; it removes pains proceeding from cold, and promotes perspiration.

## ***2. A Cosmetic Bath***

Take two pounds of Barley or Bean-meal, eight pounds of Bran, and a few handfuls of Borrage Leaves. Boil these ingredients in a sufficient quantity of spring water. Nothing cleanses and softens the skin like this bath.

### ***3. An Emollient Bath for the Feet***

Boil, in water, a pound of Bran, with a few Marsh-mallow Roots, and two or three handfuls of Mallow Leaves.

## ***4. An Aromatic Bath for the Feet***

Take four handfuls of Pennyroyal, Sage, and Rosemary, three handfuls of Angelica, and four ounces of Juniper Berries; boil these ingredients in a sufficient quantity of water, and strain off the liquor for use.

## ***5. An excellent Preservative Balsam against the Plague***

Scrape fine twelve Scorzonera and Goatsbread Roots; simmer them over a gentle fire in three quarts of Lisbon or French White Wine, in a vessel closely covered, to prevent the too great evaporation of the vinous spirit. When the roots are sufficiently boiled, strain off the liquor through a linen strainer with a gentle pressure: then add to it the Juice of twelve Lemons, with Cloves, Ginger, Cardamom Seeds, and Aloes Wood, grossly powdered, of each half an ounce; and about one ounce of each of the following herbs, viz. fresh Leaves of Rue, Elder, Bramble, and Sage; boil all together over a gentle fire, till one quart is wasted away; strain the liquor off immediately through a strong linen bag, and keep it in an earthen or glass vessel close stopped. Drink every morning fasting, for nine days together, half a pint of this Balsam, by which means you will be able to resist the malignancy of the Atmosphere, though you even visit infected persons. The same end may be promoted by washing the mouth and nostrils with Vinegar; and by holding to the nose a bit of Camphire, slightly wrapped in muslin; or by frequently chewing a piece of Gum Myrrh.

## ***6. An excellent Cosmetic for the Face***

Take a pound of levigated Hartshorn, two pounds of Rice Powder, half a pound of Ceruss, Powder of dried Bones, Frankincense, Gum Mastic, and Gum Arabic, of each two ounces. Dissolve the whole in a sufficient quantity of Rose-water, and wash the face with this fluid.

## ***7. A curious Perfume***

Boil, in two quarts of Rose-water, an ounce of Storax, and two ounces of Gum Benjamin; to which add, tied up in a piece of gauze or thin muslin, six Cloves bruised, half a drachm of Labdanum, as much Calamus Aromaticus, and a little Lemon-peel. Cover the vessel up close, and keep the ingredients boiling a great while: strain off the liquor without strong pressure, and let it stand till it deposit the sediment, which keep for use in a box.

## ***8. Perfumed Chaplets and Medals***

Take Marechal Powder, and make it into a paste with Mucilage of Gum Tragacanth and Arabic, prepared with All-flower-water (the receipt for which is contained in this book.) The mould into which it is put must be rubbed with a little Essence of Jassmine, or of any other sweet-scented herb, to prevent the Paste from sticking. This Paste in colour resembles Coffee.

## ***9. Receipt to thicken the Hair, and make it grow on a bald part***

Take Roots of a Maiden Vine, Roots of Hemp, and Cores of soft Cabbages, of each two handfals; dry and burn them; afterwards make a lye with the ashes. The head is to be washed with this lye three days successively, the part having been previously well rubbed with Honey.

## ***10. An approved Depilatory, or a Fluid for taking off the Hair***

Take Polypody of the Oak, cut into very small pieces; put them into a glass vessel, and pour on them as much Lisbon, or French White Wine, as will rise about an inch above the ingredients: digest in balneo Mariæ (or a bath of hot water) for twenty-four hours; then distil off the liquor by the heat of boiling water, till the whole has come over the helm. A linen cloth wetted with this fluid, may be applied to the part on which the hair grows, and kept on it all night; repeating the application periodically till the hair falls off.

The distilled water of the Leaves and Roots of Celandine, applied in the same manner, has the like effect.

## **11. *A Powder to prevent Baldness***

Powder your head with powdered Parsley Seed, at night, once in three or four months, and the hair will never fall off.

## ***12. To quicken the Growth of Hair***

Dip the teeth of your comb every morning in the expressed Juice of Nettles, and comb the hair the wrong way. This expedient will surprisingly quicken the growth of the hair.

Some, after having shaved the head, foment it with a decoction of Wormwood, Southernwood, Sage, Betony, Vervain, Marjoram, Myrtle, Roses, Dill, Rosemary, or Mistletoe.

### ***13. A compound Oil for the same Intention***

Take half a pound of green Southernwood bruised, boil it in a pint and a half of Sweet Oil, and half a pint of Red Wine, when sufficiently boiled, remove it from the fire, and strain off the liquor through a linen bag: repeat this operation three times with fresh Southernwood. The last time add to the strained liquor two ounces of Bears-grease.

This oil quickly makes the hair shoot out.

## **14. *A Fluid to make the Hair grow***

Take the tops of Hemp as soon as the plant begins to appear above ground, and infuse them four and twenty hours in water. Dip the teeth of the comb in this fluid, and it will certainly quicken the growth of the hair.

## **15. *A Liniment of the same Kind***

Take six drachms of Labdanum, two ounces of Bears-grease, half an ounce of Honey, three drachms of powdered Southernwood, a drachm and a half of Ashes of Calamus Aromaticus Roots, three drachms of Balsam of Peru, and a little Oil of Sweet Almonds. Mix into a liniment.

## ***16. To change the Colour of the Hair***

First wash your head with spring-water, then dip your comb in Oil of Tartar, and comb yourself in the Sun: repeat this operation three times a day, and at the end of eight days at most the hair will turn black. If you are desirous of giving the hair a fine scent, moisten it with Oil of Benjamin.

## ***17. Simple Means of producing the same Effect***

The Leaves of the Wild Vine change the hairs black, and prevent their falling off. Burnt Cork; Roots of the Holm-oak, and Caper-tree; Barks of Willow, Walnut-tree and Pomegranate; Leaves of Artichoaks, the Mulberry-tree, Fig-tree, Raspberry-bush Shells of Beans; Gall and Cypress-nuts; Leaves of Myrtle; green Shells of Walnuts; Ivy-berries, Cockle, and red Beet-seeds, Poppy-flowers, Alum, and most preparations of Lead. These ingredients may be boiled in Rain-water, Wine or Vinegar, with the addition of some cephalic Plant, as Sage, Marjoram, Balm, Betony, Clove-july-flowers, Laurel, &c. &c.

## ***18. To change the Hair or Beard black***

Take Oil of Costus and Myrtle, of each an ounce and a half; mix them well in a leaden mortar; adding liquid Pitch, expressed Juice of Walnut Leaves and Laudanum, of each half an ounce; Gall-nuts, Black-lead, and Frankincense, of each a drachm; and a sufficient quantity of Mucilage of Gum Arabic made with a decoction of Gall Nuts.

Rub the head and chin with this mixture, after they have been shaved.

## ***19. A Fluid to die the Hair of a flaxen Colour***

Take a quart of Lye prepared from the Ashes of Vine Twigs; Briony, Celandine Roots, and Turmeric, of each half an ounce; Saffron and Lily Roots, of each two drachms; Flowers of Mullein, Yellow Stechas, Broom, and St. John's-wort, of each a drachm; boil these ingredients together, and strain off the Liquor clear.

Frequently wash the hair with this fluid, and in a little time it will change to a beautiful flaxen colour.

## 20. *A perfumed Basket*

Place a layer of perfumed Cotton extremely thin and even on a piece of Taffety stretched in a frame; strew on it some Violet Powder, and then some Cypress Powder; cover the whole with another piece of Taffety: nothing more remains to complete the work, but to quilt it, and cut it of the size of the basket, trimming the edges with ribband.

## 21. *Natural Cosmetics*

The Juice that issues from the Birch-Tree, when wounded with an auger in spring, is deterfive and excellent to clear the complexion: the same virtue is attributed to its distilled water. Some people recommend Strawberry-water; others the decoction of Orpiment, and some Frog-spawn-water.

## ***22. A remedy for Corns on the Feet***

Roast a Clove of Garlic, or an Onion, on a live coal or in hot ashes; apply it to the corn, and fasten it on with a piece of cloth. This softens the corn to such a degree, as to loosen and wholly remove it in two or three days. Foment the corn every other night in warm water, after which renew the application.

The same intention will be yet more effectually answered by applying to the corn a bit of the plaster of Diachylon with the Gums, spread on a small piece of linen; removing it occasionally to foment the corn with warm water, and pare off the softened part with a penknife.

## ***23. A Coral Stick for the Teeth***

Make a stiff Paste with Tooth Powder and a sufficient quantity of Mucilage of Gum Tragacanth: form with this Paste little cylindrical Rollers, the thickness of a large goose quill, and about three inches in length. Dry them in the shade. The method of using this stick is to rub it against the teeth, which become cleaner in proportion as it wastes.

***24. A receipt to clean the Teeth and Gums, and make the Flesh grow close to the Root of the Enamel***

Take an ounce of Myrrh in fine powder, two spoonfuls of the best white Honey, and a little green Sage in fine powder; mix them well together, and rub the teeth and gums with a little of this Balsam every night and morning.

## ***25. Ditto, to strengthen the Gums and fasten loose Teeth***

Dissolve an ounce of Myrrh as much as possible in half a pint of Red Wine and the same quantity of Oil of Almonds: Wash the mouth with this fluid every morning.

This is also an excellent remedy against worms in the teeth.

## **26. *Another***

Dissolve a drachm of Cachoe (an Indian perfume) in a quart of Red Wine, and use it for washing the mouth.

## ***27. Or rather***

Bruise Tobacco Roots in a mortar, and rub the teeth and gums with a linen cloth dipped in the Juice. You may also put some Tobacco bruised between the fingers into the hollow of the tooth. Or take the green Leaves of a Plum-tree, or of Rosemary, and boil them in Lees of Wine or Vinegar; gargle the mouth with the Wine as hot as you can bear it, and repeat it frequently.

## ***28. For rotten Teeth***

Make a balsam with a sufficient quantity of Honey, two scruples of Myrrh in fine powder, a scruple of Gum Juniper, and ten grains of Roch Alum. Frequently apply this mixture to the decayed tooth.

## ***29. A liquid Remedy for decayed Teeth***

Take a pint of the Juice of the Wild Gourd, a quarter of a pound of Mulberry Bark, and Pellitory of Spain, each three ounces; Roch Alum, Sal Gem, and Borax, of each half an ounce. Put these ingredients into a glass vessel, and distill in a sand heat to dryness; take of this liquor and Brandy, each an equal part, and wash the mouth with them warm. This mixture removes all putridity, and cleanses away dead flesh.

### ***30. A Powder to clean the Teeth***

Take Dragon's Blood and Cinnamon, of each one ounce and a half, Burnt Alum, or Cream of Tartar, one ounce; beat all together into a very fine powder, and rub a little on the teeth every other day.

## ***31. A Remedy for sore Gums and loose Teeth***

Boil Oak Leaves in spring-water, and add to the decoction a few drops of Spirit of Sulphur. Gargle the mouth with a little of this liquor every morning while necessary.

***32. An approved Receipt against  
that troublesome Complaint,  
called the Teeth set on Edge***

Purslain, Sorrel, Sweet or Bitter Almonds, Walnuts, or burnt Bread, chewed, will certainly remove this disagreeable sensation.

### ***33. A Liquid for cleansing the Teeth***

Take Lemon Juice, two ounces, Burnt Alum and Salt, of each six grains; boil them together about a minute in a glazed pipkin, and then strain through a linen cloth. The method of application is to wrap a bit of clean rag round the end of a stick, dipping it in the Liquid, and rub it gently against the teeth. You must be careful not to have too much of the Liquid on the rag, for fear it should excoriate the gums or inside of the mouth. This application ought not to be used above once every two or three months.

### ***34. A sure Preservative from the Tooth Ache, and Defluxions on the Gums or Teeth***

After having washed your mouth with water, as cleanliness and indeed health requires, you should every morning rince the mouth with a tea spoonful of Lavender-Water mixed with an equal quantity of warm or cold water, whichever you like best, to diminish its activity. This simple and innocent remedy is a certain preservative, the success of which has been confirmed by long experience.

### ***35. A Method to make the Teeth beautifully white***

Take Gum Tragacanth, one ounce; Pumice-stone, two drachms; Gum Arabic, half an ounce; and Crystals of Tartar, finely powdered, one ounce; dissolve the Gums in Rose-water, and adding to it the powder, form the whole into little sticks, which are to be dried slowly in the shade, and afterwards kept for use.

### **36. Or,**

Take dried Leaves of Hyssop, Wild Thyme, and Mint, of each half an ounce; Roch Alum, prepared Hartshorn, and Salt, of each a drachm; calcine these ingredients together in a pot placed on burning coals; when sufficiently calcined, add of Pepper and Mastic, each half a drachm, and of Myrrh a scruple; reduce the whole into a fine powder, and make them into a proper consistence with Storax dissolved in Rose-water. Rub the teeth with a small bit of this Mixture every morning, and afterwards wash the mouth with warm Wine.

### ***37. Or,***

Dip a piece of clean rag in Vinegar of Squills, and rub the teeth and gums with it. This not only whitens, but fastens and strengthens the roots of the teeth, and corrects an offensive breath.

### **38. *Or,***

Take Rose-water, Syrup of Violets, clarified Honey, and Plantain-water, of each half an ounce; Spirit of Vitriol one ounce; mix them together. Rub the teeth with a linen rag moistened in this Liquor, and then rince the mouth with equal parts of Rose and Plantain-water.

### **39. *Or,***

Rub them well with Nettle or Tobacco Ashes, or rather with Vine Ashes mixed with a little Honey.

## **40. *A Powder to cleanse the Teeth***

Take prepared Coral and Dragons-blood, of each an ounce; Cinnamon and Cloves, of each six drachms; Cuttle-bone, and calcined Egg-shells, of each half an ounce; Sea Salt decrepitated, a drachm, all in fine powder: mix them in a marble mortar.

***41. The following was communicated  
by Mr. Rae, Surgeon Dentist,  
in the Adelphi, London***

Take of Cuttlefish-bone, and the finest prepared Chalk, each half an ounce; Peruvian Bark, and Florentine Iris Root, each two drachms: reduce the whole into a fine Powder, and mix them. This may be coloured with a little Rose Pink, and scented with a few drops of Oil of Cinnamon.

## 42. *Or,*

Take Pumice-stone prepared, Sealed Earth, and Red Coral prepared, of each an ounce; Dragons-blood, half an ounce; Cream of Tartar, an ounce and a half; Cinnamon, a quarter of an ounce; and Cloves, a scruple: beat the whole together into a Powder.

This Powder serves to cleanse, whiten, and preserve the Teeth; and prevents the accidents that arise from the collection of Tartar or any other foulness about them.

### ***43. An efficacious Tooth-Powder***

Take Myrrh, Roch Allum, Dragon's Blood, and Cream of Tartar, of each half an ounce; Musk, two grains; and make them into a very fine powder. This, though simple, is an efficacious dentifrice; but nothing of this kind should be applied too frequently to the teeth for fear of hurting the enamel.

## **44. *A Powder to cleanse the Teeth***

Take Pumice-Stone and Cuttle-fish Bone, of each half an ounce; Tartar vitriolated, and Mastich, of each a drachm; Oil of Rhodium four drops: mix all into a fine powder.

## ***45. A Tincture to strengthen the Gums and prevent the Scurvy***

Take an ounce of Peruvian Bark grossly powdered, infuse it a fortnight or longer in half a pint of Brandy. Gargle the mouth every night or morning, with a tea spoonful of this Tincture diluted with an equal quantity of Rose-water.

## ***46. Manner of preparing the Roots for cleaning the Teeth, according to Mr. Baumè***

The roots that are used to clean the teeth are formed at both ends like little brushes; and in all probability were substituted in the room of Tooth-brushes, on account of their being softer to the gums and more convenient. They are used in the following manner; one of the ends is moistened with a little water, dipped into the Tooth-Powder, and then rubbed against the teeth till they look white. Fibrous and woody Roots are best formed into little brushes, and on this account deserve a preference to others. The Roots are deprived of their juicy parts by boiling them several times in a large quantity of fresh Water. When Lucern Roots are used, those of two years growth are chosen, about the thickness of one's little finger; such as are thicker, unsound or worm-eaten, being rejected. They are cut into pieces about six inches long, and, as we have just observed, are boiled in water till all the juicy parts are extracted. Being then taken out, they are left to drain; after which each end of the roots is slit with a penknife into the form of a little brush, and they are slowly dried to prevent their splitting. In the same manner are prepared Liquorice Roots. Marsh-mallow Roots are prepared in an easier way; but, on account of the mucilage they contain, they become

very brittle when dry. Such as are large and very even are made choice of, and rasped with a knife to remove the outer bark. They are dyed red by infusing them in the same dye as is used to colour sponges. When the Roots have remained twenty-four hours in the dye, they are taken out, slowly dried, and varnished with two or three coats of a strong Mucilage of Gum Tragacanth, each being suffered to dry before another is laid on. The whole is afterwards repeatedly anointed with Friars Balsam, in order to form a varnish less susceptible of moisture.

Lucern and Liquorice Roots are dyed and varnished in the same manner: those of Marsh-mallows, from the loss of their Mucilage, considerably diminish in thickness during the time they stand in infusion.

## ***47. Manner of preparing Sponges for the Teeth***

For this purpose very thin sponges are made choice of, which are to be washed in several waters; squeezing them with the hands, to loosen and force away the little shells that adhere to their internal surface. Being afterwards dried, they are neatly cut into the shape of balls about the size of small eggs; and when they have undergone this preparation, they are dyed in the following manner.

Take Brazil Wood rasped, four ounces; Cochineal bruised, three drachms; Roch Alum, half an ounce; Water, four pints: put them into a proper vessel, and boil till one half of the Liquor is consumed. Then strain the decoction through a piece of linen, and pour it hot upon the sponges, which are to be left in infusion twelve hours; at the expiration of which time, they are to be repeatedly washed in fresh water, as long as any colour proceeds from them. Being dried, they are afterwards dipped in Spirit of Wine, aromatized with Essential Oil of Cinnamon, Cloves, Lavender, &c. The sponges are then fit for use, and when dried by squeezing, are kept in a wide-mouthed glass-bottle well corked.

## ***48. Rules for the Preservation of the Teeth and Gums***

The teeth are bones thinly covered with a fine enamel, which is more or less strong in different persons. When this enamel is wasted, either by a scorbutic humour or any external cause, the tooth cannot long remain sound, and must therefore be cleaned, but with great caution. For this purpose the best instrument is a small piece of wood, like a butcher's skewer, rendered soft at the end. It is generally to be used alone; only once in a fortnight dip it into a few grains of gunpowder, which has previously been bruised. This will remove every spot and blemish, and give your Teeth an inconceivable whiteness. It is almost needless to say, that the mouth must be well washed after this operation; for besides the necessity of so doing, the salt-petre, &c. used in the composition of Gunpowder, would, if it remained, prove injurious to the gums, &c. but has not, nor can have, any bad effect in so short a time.

It is necessary to observe, that very near the gums of people whose teeth are otherwise good, there is apt to grow a crust, both within and without, which, if neglected, separates the gums from the fangs of the teeth; and the latter being by this means left bare, are frequently destroyed. This crust must therefore be carefully scraped off.

## ***49. For stopping the Decay of Teeth***

Take of Bole Armenian the quantity of a large nutmeg, a like quantity of Roch Alum, two penny-worth of Cochineal bruised, and a small handful of the Chips of Lignum Vitæ; simmer them with four ounces of Honey in a new pipkin, for a little time, well stirring them all the while, till the ingredients are mixed. In using it, take a large skewer, on the end of which is tied a piece of linen rag; dip the rag in the medicine, and rub the teeth and gums with it. The longer you abstain from spitting, after the use of the remedy, the better. Wash the mouth well at least once every day, particularly after meals, first rubbing the teeth with salt upon the end of your finger. Teeth much decayed, or useless, should be drawn, if the operation can be performed with safety.

The reader will find several other receipts for the Teeth, under the article of Waters.

# WATERS

## 50. *The Celestial Water*

Take the best Cinnamon, Nutmegs, Ginger, Zedoary, Galangals, and White-Pepper, of each an ounce; six Lemon-peels, pared thin; two handfuls of Damascene Grapes; as much Jujubs; a handful of Pith of Dwarf-Elder; four handfuls of Juniper-berries perfectly ripe; Fennel-Seeds, Flowers of Sweet Basil, St. John's-wort, Rosemary, Marjoram, Pennyroyal, Stechas, Musk Roses, Rue, Scabious, Centaury, Fumitory, and Agrimony, of each a handful; Spikenard, Aloes-Wood, Grains of Paradise, Calamus Aromaticus, Mace, Gum Olibanum, and Yellow Sanders, of each two ounces; Hepatic Aloes, fine Amber and Rhubarb, of each two drachms. All these drugs being procured good in their kind, beat in a mortar those that ought to be pulverized, and put the whole, thoroughly mixed together, into a large strong glass alembic; pouring as much genuine brandy upon them as will rise at least three fingers breadth above the ingredients. Then having well closed the mouth of the alembic, bury the vessel fifteen days in warm horse-dung, and afterwards distil the Tincture in balneo Mariæ, the water almost boiling hot. When you perceive the water in the receiver change its colour, instantly stop the process, and separate the phlegm from the

spirit, by another distillation conducted in the same manner. The liquor thus obtained is the genuine Celestial Water. *Note*, when you perceive this second water begin to lose its transparency, and incline to a reddish colour, put it by in a strong glass bottle closely stopped, and dissolve in the residue half a pound of the best Treacle, with as much Venice Turpentine and fresh Oil of Almonds. Place the alembic in a sand heat, and urge the fire to the first degree, to have the genuine Balsamic Oil, which ought to be of the consistence of clarified Honey.

If a person rubs himself in the morning with this water on the forehead, eyelids, back of the head, and nape of the neck, it renders him quick and easy of conception, strengthens the memory, enlivens the spirits, and greatly comforts the sight. By putting a few drops with a bit of cotton up the nostrils, it becomes a sovereign cephalic, and cleanses the brain of all superfluous cold and catarrhal humours. If a table spoonful is drank every third day, it tends to preserve the body in vigour. It is an excellent remedy against asthmatic complaints, and corrects an offensive breath.

## ***51. A Receipt to make the genuine Hungary-Water***

Put into an alembic a pound and a half of fresh pickt Rosemary Flowers; Pennyroyal and Marjoram Flowers, of each half a pound; three quarts of good Coniac Brandy; having close stopped the mouth of the alembic to prevent the Spirit from evaporating, bury it twenty-eight hours in horse-dung to digest, and then distil off the Spirit in a water-bath.

A drachm of Hungary-Water diluted with Spring-Water, may be taken once or twice a week in the morning fasting. It is also used by way of embrocation to bathe the face and limbs, or any part affected with pains, or debility. This remedy recruits the strength, dispells gloominess and strengthens the sight. It must always be used cold, whether taken inwardly as a medicine, or applied externally.

## ***52. Another Receipt to make Hungary-Water***

Fill a glass or stone cucurbit half full of fresh gathered Rosemary-tops picked in their prime; pour on them as much Spirit of Wine as will thoroughly soak them. Put the vessel in a water-bath, and having closely luted on the head and receiver, leave it to digest on a gentle fire for three days; at the expiration of which period unlute the vessel, and pour back into the cucurbit whatever liquor you find in the receiver. Then lute your cucurbit again, and encrease the fire so as to cause the Spirit to rise fast over the helm. When about two thirds of the liquor are drawn off, remove the fire, and let the vessel stand to cool; you will find in the receiver an excellent Hungary-Water, which is to be kept in a glass bottle closely stopped. Hungary-water must be drawn off with a brisk fire, or the Spirit of Wine will come over the helm, very little impregnated with the essence of Rosemary.

### ***53. Directions for making Lavender-Water***

Fill a glass or earthen body two thirds full of Lavender Flowers and then fill up the vessel with Brandy or Melasses Spirits. Let the Flowers stand in infusion eight days, or less if straitened for time; then distil off the Spirit, in a water-bath with a brisk fire, at first in large drops or even a small stream, that the Essential Oil of the Flowers may rise with the Spirit. But as this cannot be done without the phlegm coming over the helm at the same time, the Spirit must be rectified. The first distillation being finished, unlute the still, throw away what remains in the body, and, fill it with fresh Flowers of Lavender, in the proportion of two pounds of Lavender Flowers to one pint of Spirit; pour the Spirit already distilled according to the foregoing directions, on the Lavender Flowers, and distil a second time in a vapour-bath.

## ***54. Another Method***

Take fresh or dried Lavender Flowers, sprinkle them with White Wine, Brandy, Melasses Spirit, or Rose-water; let them stand in infusion for some days, and then distil off the Spirit. The distilled water will be more odoriferous, if the Flowers are dried in the sun in a glass bottle close stopped, and White Wine afterwards poured upon them.

If you would have speedily, without the trouble of distillation, a water impregnated with the flavour of Lavender, put two or three drops of Oil of Spike, and a lump of Sugar, into a pint of clear Water, or Spirit of Wine, and shake them well together in a glass phial, with a narrow neck. This Water, though not distilled, is very fragrant.

## ***55. To make Rose-Water***

To make an excellent Rose-water, let the Flowers be gathered two or three hours after sun-rising in very fine weather; beat them in a marble mortar into a paste, and leave them in the mortar soaking in their juice, for five or six hours; then put the mass into a coarse canvas bag, and press out the Juice; to every quart of which add a pound of fresh Damask Roses, and let them stand in infusion for twenty-four hours. Then put the whole into a glass alembic, lute on a head and receiver, and place it on a sand heat. Distil at first with a gentle fire, which is to be increased gradually till the drops follow each other as quick as possible; draw off the water as long as it continues to run clear, then put out the fire, and let the alembic stand till cold. The distilled water at first will have very little fragrancy, but after being exposed to the heat of the sun about eight days, in a bottle lightly stopped with a bit of paper, it acquires an admirable scent.

## 56. *Or,*

Infuse in ten or twenty pints of Juice of Damask Roses, expressed in the manner above described, a proportionable quantity of Damask Rose Leaves gathered with the usual precautions. After standing in infusion twenty-four hours, pour the whole into a short-necked alembic, distil in a sand heat, and draw off as much as possible, taking care not to leave the residuum quite dry, for fear the distilled water should have an empyreumatic or still-burnt flavour. After emptying the alembic, pour the distilled water a second time into it, and add a good quantity of fresh picked Damask Roses. Lute it well, placing it again in a sand heat, and repeat the distillation. But content yourself this time with a little more than half the water you put back into the alembic. To impress on Rose-water the utmost degree of fragrancy of which it is susceptible, it is necessary to expose it to the genial warmth of the sun.

Rose-water is an excellent lotion for the eyes, if used every morning, and makes a part in all collyriums prescribed for inflammations of these parts; it is also proper in many other complaints.

## ***57. To make Orange-Flower Water***

Having gathered (two hours before sun-rise, in fine weather) a quantity of Orange-Flowers, pluck them leaf by leaf, and throw away the stalks and stems: fill a tin cucurbit two thirds full of these picked Flowers; lute on a low bolt-head, not above two inches higher than the cucurbit; place it in balneo Mariæ, or a water-bath, and distill with a strong fire. You run no risk from pressing forward the distillation with violence, the water-bath effectually preventing the Flowers from being burnt. In this method you pay no regard to the quantity, but the quality of the water drawn off. If nine pounds of Orange Flowers were put into the still, be satisfied with three or four quarts of fragrant water; however, you may continue your distillation, and save even the last droppings of the still, which have some small fragrancy. During the operation, be careful to change the water in the refrigeratory vessel as often as it becomes hot. Its being kept cool prevents the distilled water from having an empyreumatic or burnt smell, and keeps the quintessence of the Flowers more intimately united with its phlegm.

## ***58. Another Method***

Take four pounds of unpicked Orange Flowers, bruise them in a marble mortar, and pour on them nine quarts of clear Water. Distil in a cold still, and draw off five or six quarts, which will be exquisitely fragrant. If you are desirous of having it still higher flavoured, draw off at first full seven quarts, unlute the still and throw away the residuum; empty back the water already distilled, and add to it two pounds of fresh Orange Flowers bruised. Again luting the still, repeat the distillation, and draw of five or six quarts. Then stop, being careful not to draw off too much water, lest the Flowers should become dry and burn too.

The use of Orange-Flower Water is very extensive. It is high in esteem for its aromatic perfume; and is used with success for hysteric complaints.

Waters from all kinds of Flowers are made in the same manner as Orange-Flower and Rose-water; but waters from dried odoriferous plants, such as Thyme, Hyssop, Marjoram and Wormwood, are made as follows.

Fill two thirds of a large stone jar with the tops of the plant you propose to distil; boil, in a sufficient quantity of water, some twigs or tops of the same plant; and when one half of the water has evaporated, pour the remainder into a jar over the flowers, and let them stand to infuse three or four days; then distil them in a common or cold still. Care, however, must be taken not

to distil to dryness, lest you risque the bottom of the vessel; to prevent which accident, the best way is never to draw off more than two thirds of the liquor put into the still. If you be desirous that the distilled water should acquire a higher flavour, after the first distillation unlute the still, throw out what remains at the bottom, and fill it half full of fresh tops of the plant, pouring on them the water already distilled; repeat the distillation, and this second time the water drawn off will be highly odoriferous. If the plant contains a large portion of Essential Oil, it will not fail to float on the top of the liquor contained in the receiver, and may be separated by the usual method.

## ***59. Magisterial Balm-Water***

Take half a pound of Cinnamon, six ounces of Cardamom-seeds, and the same quantity of green Aniseeds; Cloves, four ounces; Coriander-seeds, eight ounces: beat these spices in a marble mortar, and putting them afterwards into a stone jar, add the Yellow Rind of eight Lemons, a pound of Juniper-berries bruised, twelve handfuls of Balm gathered in its prime, six handfuls of Rosemary-tops, as much Sage, Hyssop, and Angelica, Sweet Marjoram and Thyme, of each six handfuls; Wormwood a handful; cut the herbs very small, putting them into the jar with the spices, and pour on four gallons of Brandy or Melasses Spirits. When they have stood in infusion eight days, empty the ingredients and liquor into an alembic of a common height, and distil in a water-bath. At first draw off ten quarts, which are to be thrown again into the alembic, continue the same degree of fire for some time, then gradually lessen it till the aromatic spirit comes off in quick drops. Continue your distillation in this manner till you perceived the phlegm rise, which is easily known by the weakness of the Spirit, and when the process is ended, expose the aromatic spirit which has been drawn off to the rays of the sun, in a glass bottle, stopped only with a loose paper cork, to give the fiery particles an opportunity of evaporating. What remains in the body of the still is not to be considered as wholly useless. After evaporating it to dryness,

burn the residuum of the plants and aromatics; and when the whole mass is reduced to ashes, throw them into a vessel of boiling water, in which let them remain two or three minutes on the fire. Then remove the vessel, and let the water stand till cold, when it is to be filtered through blotting paper: The water, which appears limpid, is to be set on the fire again, and wholly evaporated. At the bottom of the vessel, which ought to be a new-glazed earthen pot, will remain a pure white fixed salt, which may be dissolved in the Magisterial Balm-water.

This water is highly esteemed, and has even acquired a reputation equal to that of Hungary-water, (the receipt for preparing which has been already given) and in particular cases is preferable.

## ***60. Compound Balm-Water, commonly called Eau de Carmes***

Take of the fresh Leaves of Balm, a quarter of a pound; Yellow Rind of Lemons, two ounces; Nutmegs and Coriander-seeds, of each one ounce; Cloves, Cinnamon, and Angelica Root, of each half an ounce: having pounded the spices and seeds; and bruised the leaves and roots, put them with a quart of Brandy into a glass cucurbit, of which stop the mouth, and set it in a warm place, where let it remain two or three days. Then add a pint of simple Balm-water, and shake the whole well together; after which distil in a vapour bath till the ingredients are left almost dry; and preserve the water thus obtained, in bottles well stopped.

This water has been long famous at Paris and London, and carried thence to most parts of Europe. It has the reputation of being a cordial of very extraordinary virtues, and not only of availing in all lowness of spirits, but even in apoplexies. It is also much esteemed in cases of the gout in the stomach; whence the Carmelite Friars, who originally were in possession of the secret, have reaped great benefit from the sale of this water.

## 61. *Sweet Honey-Water*

Take of good French Brandy, a gallon; of the best Virgin Honey and Coriander-seeds, each a pound; Cloves, an ounce and half; Nutmegs, an ounce; Gum Benjamin and Storax, of each an ounce; Vanilloes No. 4; the Yellow Rind of three large Lemons: bruise the Spices and Benjamin, cut the Vanilloes into small pieces, put all into a cucurbit, and pour the Brandy on them. After they have digested forty-eight hours, distil off the Spirit in a retort with a gentle heat.

To a gallon of this water, add of Damask Rose-water and Orange Flower-water, of each a pint and a half; Musk and Ambergrise, of each five grains; first grind the Musk and Ambergrise with some of the water, and afterwards put all into a large matrass, shake them well together, and let them circulate three days and nights in a gentle heat. Then, letting the water cool, filtre and keep it for use, in a bottle well stopped.

It is an antiparalytic, smooths the skin, and gives one of the most agreeable scents imaginable. Forty or sixty drops put into a pint of clear water, are sufficient to wash the hands and face.

## 62. *Sweet-scented Water*

Take Orange Flower-water and Rose-water, of each an equal quantity; put them into a large wide-mouthed glass, and strew upon the surface gently as much Jasmine Flowers as will cover it; then tie the mouth of the glass so carefully that the Flowers be not shook down to the bottom. Repeat the process, letting each quantity of the Flowers remain five or six days, until the water is strongly scented with them. Then dissolve Ambergrise and Musk, of each a scruple, in a few ounces of the water, which filtre and put to the rest.

This water may also be made by putting the whole into a retort with a sufficient quantity of Jasmine Flowers, and drawing it off in a vapour bath into a receiver well luted.

This is an excellent perfume, and taken inwardly, is of service in some nervous cases and languors.

### ***63. German sweet-scented Water***

Begin with infusing for eight days in two quarts of Vinegar, two handfuls of Lavender Flowers, as many Provence Roses picked from the stalks, Wild Roses, and Elder Flowers. While they stand in infusion prepare a simple odoriferous water as follows: Put into a glass body the Yellow Rind of three Lemons, sweet Marjoram, Lilies of the Valley and Lavender Flowers, of each two handfuls; pour on them a pint of double distilled Rose-water, and a quart of Spring-water. Lute on a bolt-head, place the alembic in a sand heat, fix on a receiver, and leave matters in this state two days, then light a fire under it and distil quick. When you have drawn off a quart, stop your distillation, and keep this simple odoriferous water for the following use.

Take wild Thyme, sweet Marjoram, sweet Basil, and Thyme, of each a handful; Florentine Orrice and Cinnamon, of each half an ounce; Cloves, Mace, purified Storax, and Benjamin, of each three drachms; Labdanum, two drachms; Aspalathum, half an ounce; Socotrine Aloes, half a drachm; put all these ingredients, thoroughly bruised, into a stone jar, and add to them the Vinegar infusion, the distilled odoriferous water, and a quart of Frontiniac, Mountain, or Cowslip Wine. Stir them well together, and leave the whole to digest for fifteen days, at the expiration of which time, empty the infusion into a glass body, large enough to contain a sixth part more liquor; lute on the head,

place it in a sand heat, and begin your distillation with a very gentle fire, increasing it gradually. It sometimes happens that the phlegm of the Vinegar comes over the helm first; when that is the case, set it aside as useless. As soon as the Spirit begins to rise, which you will directly perceive by its aromatic flavour, fix a receiver on the beak of the alembic, and distil off about three pints. Keep this by itself as the most spirituous part of your preparation; and continue to draw off the remainder as long as it runs clear.

The German sweet-scented Water is penetrating and incisive, admirably revives the vital spirits, removes headaches, comforts the heart, is excellent against unwholesome air, and of course a preservative from contagion.

## 64. *Imperial Water*

Take five quarts of Brandy, in which dissolve an ounce of Frankincense, Mastic, Benjamin, and Gum Arabic; add half an ounce of Cloves and Nutmegs; an ounce and a half of Pine-nut Kernels, and sweet Almonds; with three grains of Musk. Bruise these ingredients in a marble mortar, distil in a vapour bath, and keep the water that is drawn off in a glass bottle, close stopped.

This water takes away wrinkles, and renders the skin extremely delicate; it also whitens the Teeth, and abates the tooth-ache, sweetens the breath, and strengthens the gums. Foreign ladies prize it highly.

## ***65. Odoriferous Water***

Take sweet Basil, Mint, sweet Marjoram, Florentine Orriceroot, Hyssop, Balm, Savory, Lavender, and Rosemary, of each a handful; Cloves, Cinnamon, and Nutmegs, of each half an ounce; three or four Lemons, cut in thick slices; infuse them three days in a good quantity of Rose-water; distil in a water bath with a gentle fire, and add to the distilled water a scruple of Musk.

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