

[Gout] Henry Nase

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Contributors

Contributor Role

Compiler

Contributor Name

Henry Nase

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Type

Medicine

Symptoms

gout

Ingredients

speedwell

alder bark

winter's bark

angelica root

fennel bark

water

sugar

honey

Dr. Huxham's essence of Antimony

Places

New Brunswick

Source: Diary of Henry Nase

Institution: New Brunswick Museum Archives and Research Library | **Source Origin:** Nase Family Papers |

Sublocation: Diary of Henry Nase | **Reference:** S 116-2 - F 4

Description

This recipe appears on page 97. Image courtesy of New Brunswick Museum Archives and Research Library.

Transcription

Gout

Four ounces leaves of speedwell Two ounces alder

Bark -- 3^{do} [wintris bark](#) ½ p^d [angelica root](#)

4 ounces Fennel Bark boil these together in 2 gal[ons] of

soft water, strain the decoction in a earthen Pan, let

it stand all night to settle. Pour it off in the morning

and dissolve 3.^{tb} treble refined sugar; Two p.^d virgin

honey – gently simmered into a thin syrup – a larger

teacup full, night & morning – to each dose or time of

taking, a teaspoonful of D^f. Huxham's essence of antimony

Annotations

[wintris bark / winter's bark](#)

"The pungent aromatic bark of a South American evergreen shrub or small tree, *Drimys winteri*" according to the OED. The 1747 British Dispensatory, however, specifies *Canella alba* or "white Cinnamon" as a medicinal ingredient, noting that it is "improperly called winter's bark" (5).

[Dr. Huxham's essence of Antimony](#)

John Huxham published *Medical and Chemical Observations about Antimony* in 1756. R. Brookes' *The General Practice of Physic* (1754) indicates that Huxham preferred for the treatment of rheumatic pains the essence of antimony, "which is nothing else but emetic Wine made with Glass of Antimony, with the Addition of a little spicy Stomachic" (61).

[angelica root](#)

The root of the *angelica archangelica* plant used to treat a variety of afflictions.

Gout recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/515>