

[[For] Gout] Henry Nase

Date: The recipes appear between the diary entries for 19 December 1785 and 22 March 1786. | 1785/12/19 to 1786/03/22

Compiler

Henry Nase

Publication Format

Manuscript

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 [cather] Pan, let

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

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

honey – gently simmered into a thin syrup – a [layer/larger/longer?]

having fast, night & morning – to each dose or time of

taking, a teaspoonful of D. Huxham's essence of Antimony

Annotations

wintris bark:

Defined by the OED as "The pungent aromatic bark of a South American evergreen shrub or small tree, *Drimys winteri*." (Also winter's bark)

D. 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 prefers 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).

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