

# [A Minute Taken for Dr. Flemyng, on Corpulency] Handley Chipman

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Contributors

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Handley Chipman

Publication Format

Manuscript

Type

Medicine

Symptoms

corpulency

obesity

Ingredients

Alicant soap

Castile soap

water

soft water

syrup

Places

Nova Scotia

Spain

**Source:** Handley Chipman's Notes, Vol. 2

**Institution:** Nova Scotia Archives | **Source Origin:** Chipman Family Papers | **Reference:** MG Vol. 218 / Microfilm Reel 10,154

Description

A method of ingesting soap to treat obesity. No. 101, p. 60.

Transcription

A Minute taken from D<sup>f</sup>, Flemyng,

on Corpulency

The Doct<sup>r</sup>: after having defined Corpulency,

Assigned its several Causes, and discribed Some

Methods for removing them, Says, Soap is not only a Sure Remedy for Corpulency, but is withall So Safe, that it may be taken in Large Quantities every day for years together, The fittest Soap for this purpose is that of Alicant in Spain, as being not only more Cleanly, and Less disagreeable, but much more easily dissolved in Water, then the home made Castile Soap, The time to take it is at Night when going to bed, A Drachm may be tried for the first four or 5 Days, and if that create no Remarkable Disorder, the Quantity Should be increased to two: 3: & in very stubborn Cases to four Drachms, not to be Exceeded in any Case, it may be taken either in the form of a Bolus with any palatable Syrup, or in the Shape of Pills, or dissolved in a Gill or more of soft water, &c, He also produces Account of Attested Cures that has been wrought by it where a man has been wrought by it where a man has been so Corpulent he was hardly able to walk, &c. \_\_\_\_\_

A Minute Taken for Dr. Flemyng, on Corpulency recipe from Early Modern Maritime Recipes:  
<https://emmr.lib.unb.ca/recipes/96>