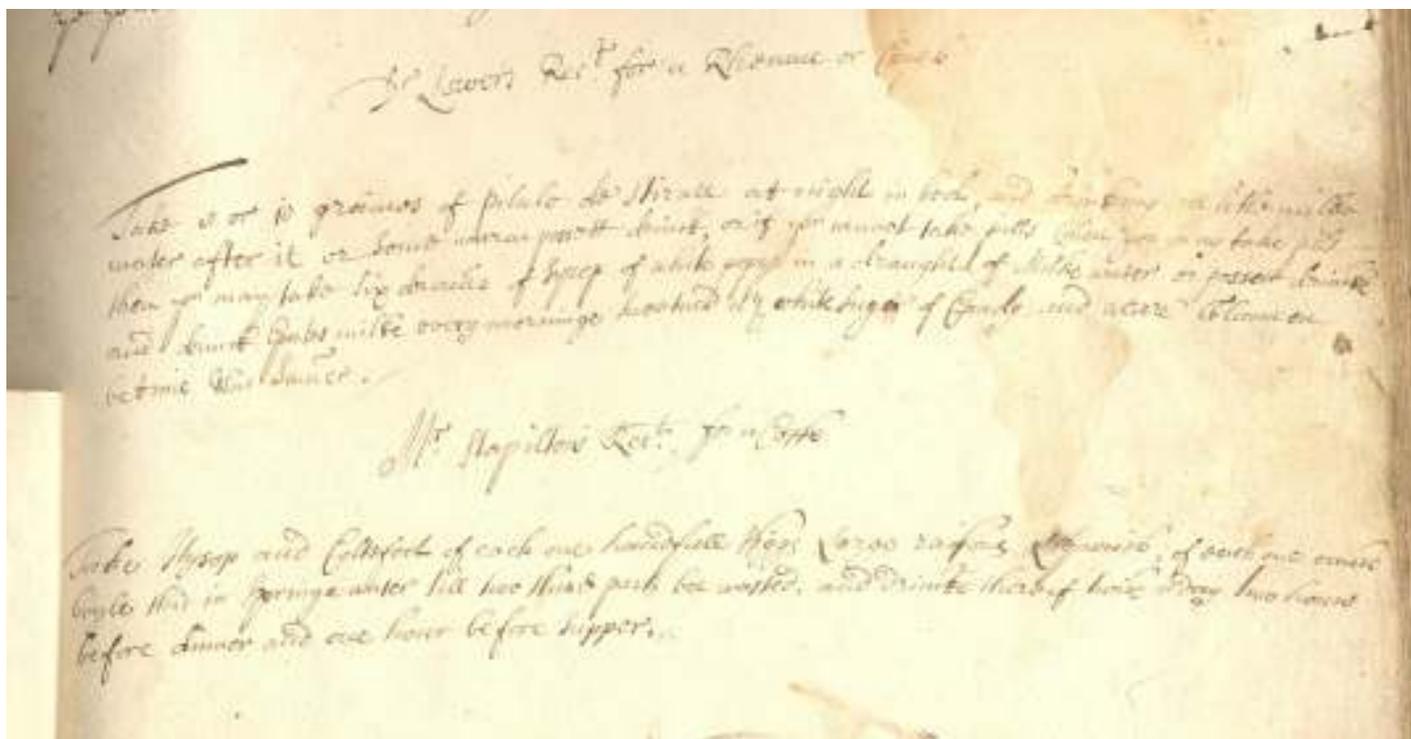


Traditional herbal medicine and folklore cures offered relief or cure to our ancestors in times when few effective drugs existed, beyond opium and quinine. Based on the use of plants and plant extracts, as well as potentially poisonous metal-based compounds, the recipes for these popular treatments were treasured and can be found amongst diaries and journals throughout Cumbria's record offices.



## Memoranda book of the Pennington family of Muncaster Castle, 17<sup>th</sup> century

Not only do the medicines look unusual, so do the spellings!

### Dr Lower's Recipe for a Rheume or Cough

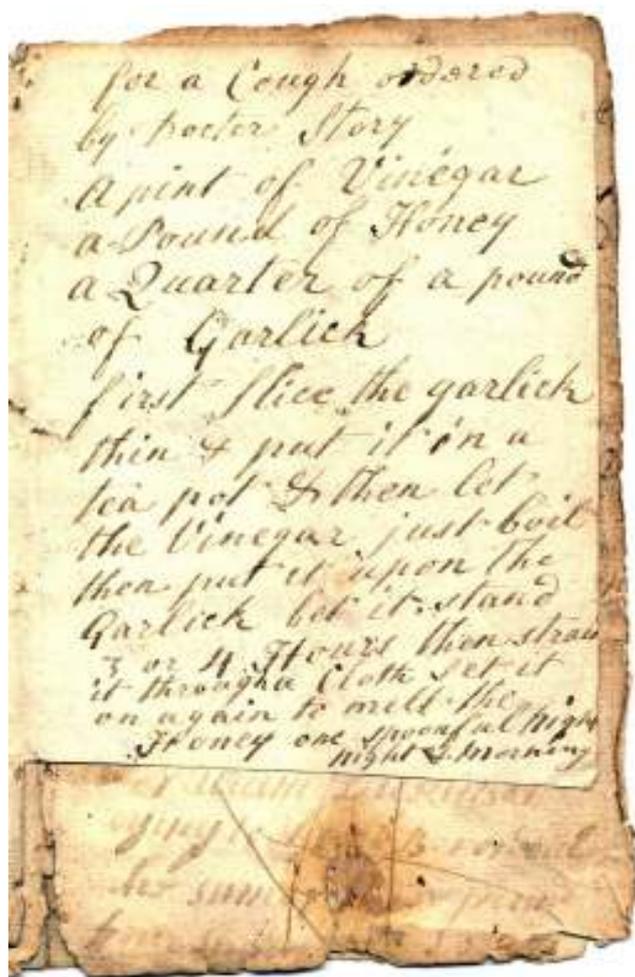
Take 8 or 10 grains of pilulo de stirall at night in bed, and drinking a little milk water after it or some warm possett drinck, or if you cannot take pills then you may then you may take six drams of syrop of whitepopy in a draught of milke water or possett drinke And drink goates milke every morninge sweetned with white sugar of candy, and weare Flannen betime this summer

### Mr Stapilton's Recipe for a Coffe

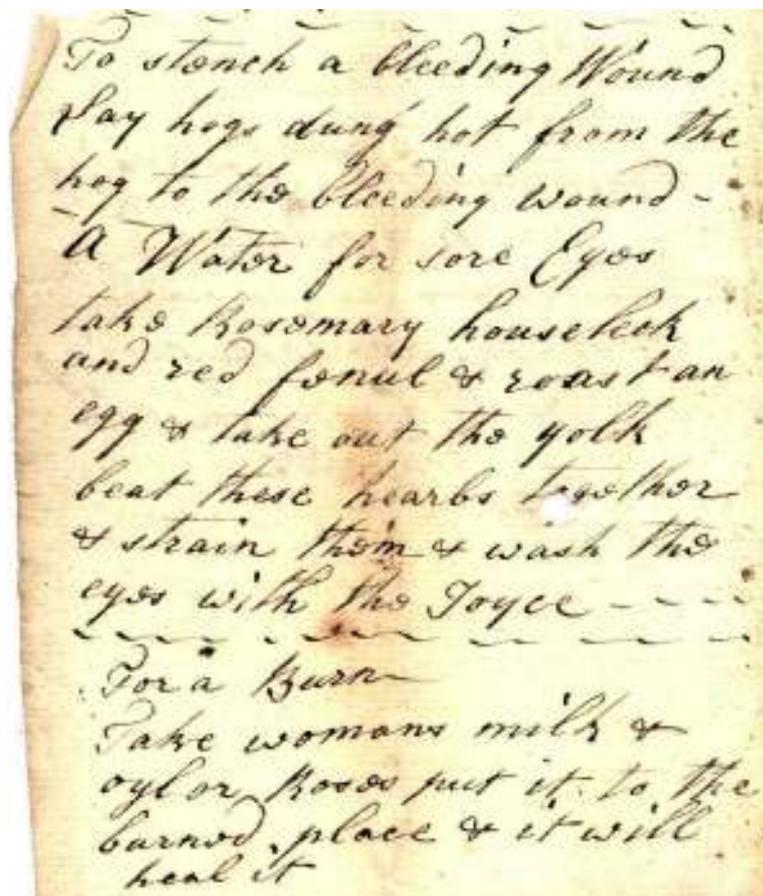
Take Hysop and Coltsfoot of each one handful Figgs Large Raisons Liquorish, of each one ounce boyle this in springe water till two third parts bee wasted, and drinke thereof twice a day two hours before dinner and one hour before supper.

## Medical recipes from William Borrowdaile's farm book, 1743-1766

More remedies for a Cough ..... and much more!

**To For a Cough ordered  
by Doctor Story**

A pint of Vinegar  
 A Pound of Honey  
 A Quarter of a pound  
 of Garlick  
 First slice the garlick  
 thin & put it in a  
 tea pot & then let  
 the vinegar just boil  
 then put it upon the  
 Garlick let it stand  
 3 or 4 Hours then strain  
 it through a cloth set it  
 on again to melt the  
 Honey one spoonful night

**To stench a bleeding wound**

Lay hogs dung hot from the  
 hog to the bleeding wound -

**A water for sore eyes**

take Rosemary houseleek  
 and red fenul and roast an  
 egg & take out the yolk  
 beat these hearbs together  
 & strain them & wash the  
 eyes with the Joyce

**For a Burn**

Take woman's milk &  
 oyl or Roses put it to the  
 burned place & it will  
 heal it...

## Medical recipes from William Borrowdaile's farm book, 1743-1766

### Much feared 18<sup>th</sup> century illnesses

Treatments abounded for much feared conditions that, thankfully, are now little known in modern Britain. Here we see remedies to counter *consumption* (tuberculosis or TB) and rickets.

It wasn't until the 1880s that it was established that TB was contagious; a disease that primarily attacks the lungs is spread through the air, when people who have the disease cough, sneeze, or spit. Rickets, a disease of vitamin D deficiency, was a common disease in 17th century. By the 19th century it was rampant among the poor children living in the industrialised and towns. By then, faulty diet or faulty environment (poor hygiene, lack of fresh air and sunshine) or lack of exercise was blamed for its growth.



#### A Beggar's Advice for a Consumption

Take an ounce of  
sweet almonds an ounce  
of Bitter almonds an  
ounce of sugar candy  
an ounce of  
Licras powder  
an ounce of Elicampane  
2 Tea spoon  
ful of Flower of Brimstone  
and drink plenty of  
Fool foot Leavs  
made into tea you may  
Take your Breakfast of it

#### A recit (Recipe) for the Rekits

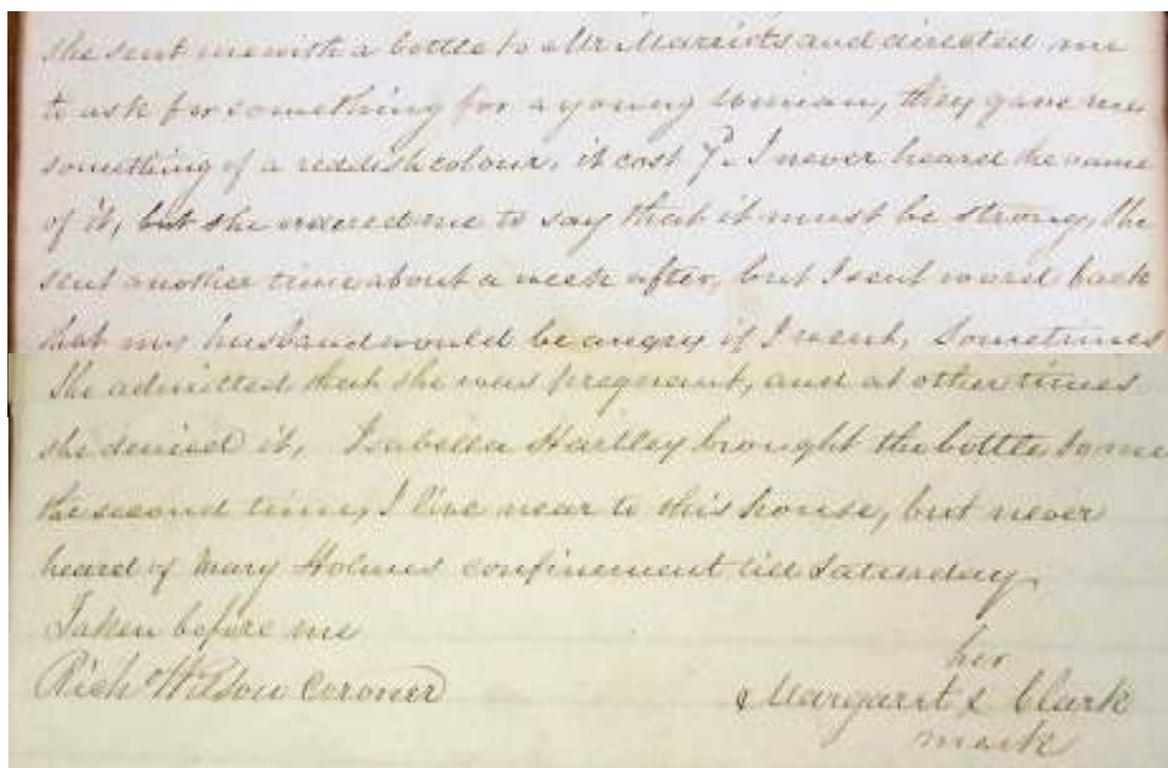
Take two pound of may butt-  
er and melt it the sun then  
Get A quart of snails A  
handful of Comfra A hand-  
ful Cammamaile A hand full  
of red sage A handful of  
hesop A handful of Rue A  
hand ful madins heir A hand  
full of hartstonge A handfull  
of mawless A handful of  
pol polipodi of the oak  
then put them in A carther  
pot and beake them and  
strain them

## Unfortunately some remedies were quite sinister.

Here is a statement sworn before the coroner for Westmorland in 1840. The death at birth of the son of Mary Holmes of Crook is being looked into.

It refers to 'something for a young woman' to be obtained from Mr Marriot's. We do not know where or what was 'Mr Marriot's', but it is probable that a potion to bring on a miscarriage was being sought.

It would appear not to have worked as Mary gave birth to a son who died; the coroner's verdict was of accidental death caused by a difficult birth. There is no reference to the burial of the child in Crook parish register.



she sent me with a bottle to Mr Marriot's and directed me to ask for something for a young woman, they gave me something of a reddish colour, it cost 7<sup>d</sup>. I never heard the name of it, but she ordered me to say that it must be strong, she sent another time about a week after, but I sent word back that my husband would be angry if I went, sometimes she admitted that she was pregnant, and at other times she denied it, Elizabeth Hartley brought the bottle to me the second time, I live near to this house, but never heard of Mary Holmes confinement till Saturday,  
 Taken before me  
 Rich<sup>d</sup> Wilson Coroner  
 her  
 Margaret & Clark  
 make

...'[about the beginning of last harvest] she sent me with a bottle to Mr Marriot's and directed me to ask for 'something for a young woman', they gave me something of a reddish colour, it cost 7<sup>d</sup>. I never heard the name of it, but she ordered me to say that it must be strong, she sent another time about a week after, but I sent word back that my husband would be angry if I went, sometimes she admitted that she was pregnant, and at other times she denied it...'

