

*The Cure of a Madde Manne; from the Secretes of the Reverend Maister Alexis, of Piemont, translated by JOHN KYNGSTON, 1580.*

“A notable secrete to heall a madde manne, be it that the madnesse came unto hyme by a whirlyng or giddenesse of the hedde or braine, or otherwise.

“Firste of all, make hym fower glisters, in fower mornynge, one after another. Let the first glistre be simple, that is to saie, made with water wherein ye have boyled or sodden wheate, branne, common oile, and salt. Let the seconde be of water sodden with mallowes, mercurie, pellitiozie of the wall, and violet leaves, with oile and salt. Let the third be of water boyled with oile, salt sodden with wine and honie. And let the fourth glistre be of the like decoction that the third was, addyng to it endive, buglosse, and the tops of the branches of walnott. After that this decoction is strained, ye wall putte to it an once of *cassia fistula*, and halfe a quarter of an once of *metridate*. Now hauyng given hym these fower glisters, fower sundrie mornynge, you shall give hym this medicine. Polipodium of an oke well stamped a handfull or twaine, and wryng out the iuice of it, and putte in a glasse the quantitie of twoo fingers hie, putting to it twoo onces of honie roset, and a quarter of an once of electuarie roset, and as muche of diafenicon. All these thynges beyng incorporated together, give them unto the pacient to drinke at night when he goeth to bedde, twoo or three howers after the sonne is set, and give it hym lukewarm; if in case he will not take it, binde hym and hold hym perforce, make hym ope his mouthe, put some sticke betwene his teeth, and then poure the medicine into his throte as men doe unto horses. And when he hath taken all, if it be in winter, you shall make hym sit so upon his bedde halfe an hower, well covered rounde about, to the intent he take no cold after it: if it be in sommer, ye maie let him goe aboute the house where he will, but see that he goe not out. When the medicine hath doen his operation, take this ointment followyng: that is to saie, a pounce and a halfe of the iuice of walnott, whereunto you shall adde as muche butter: boile this together a good while, until all the iuice bee almoste consumed, then put to it oile of camomill, oile roset, oile of Sainet Ihons worte, of eche of them an once. Incorporate well all these thynges on the fire, and make thereof an ointemente, wherewith you shall annointe the paciente, from the necke unto the feete, armes, and legges and all: but the ointemente must be hotte, and he

must be so well annointed and rubbed, that the ointemente maie penetrate and perce through. Continue doying this the space of a monethe, annoityng hym every evenyng and mornyng, or at the leaste once a daie. The third or fowerth daie, after you have begon to annointe hym, burne hym with a hot yron upon the seame, or ioynyng together of the heade, and at the firste, laie upon the marke a linnen clothe with barrowes grease, leauyng it to the space of eight or ten daies : and after wrappe a greate cyche pease in ivie leaves, and put uppon the saied ivie leaues, a piece of the sole of a shoe made fine and thinne, bindyng it under his throte with some bande, or beneath his heade, so that it maie bide on, and chaunge it alwaies at night, and in the mornyng. If in case he passe fower monethes, and receive not healthe, or returne to his witte, you must begin againe to give hym the said glisters he had before, and the same medicines, annoityng hym as before : and without doubte (by the grace of God) he shall be whole. He must eate at the beginnyng chickens, mutton, and roste veale : after you maie give hym roste and sodde, with potage of *amilum*, beetes, and mallowes, and also newe laied egges, puttyng spices into his meate causyng him some tyme to eate (either in his potage or otherwise) betaine, sage, maiora and mint, not sufferyng hym in anywise to take salt, sharpe or eger thinges, poulsecorne, garlike, onions, nor suche like : ye maie give hym white wine with water ; let hym also carry ever about hym some good odours, and heare melodie or musicke : speake often tymes soberly and wisely unto him, admonishing hym to bee wise and sage, rebuke hym of his follie when he dooeth or speaketh any fonde thynges : And in suche case the authoritie of some faire woman availeth muche, to tell hym all these thinges : for good admonitions are of greatt vertue and strength, for to establishe and settle a braine, troubled or disquieted with any sicknesse or passion."

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*The Physiognomy of Insanity.* By JOHN CONOLLY, M.D.

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(*Medical Times and Gazette*, 1858-59.)

Dr. Conolly has recently concluded a series of thirteen papers on the Physiognomy of Insanity, in the *Medical Times and Gazette*, illustrated by some very beautiful photo-