



Glossary

Glossary of terms

- Arrow root:** a starchy powder possibly used to draw out poison from wounds
- Sago:** starch used to make puddings, a bit like semolina
- Rice water:** rice soaked in water, said to be used to stop diarrhoea and upset stomach
- Barley water:** a drink made from boiling up barley and flavoured, used to build up a patient's strength
- Beef tea:** drink made from boiling pieces of beef, used to build up patient's strength
- Marsala:** type of wine
- Brandy:** very strong alcoholic drink
- Port:** strong, sweet type of red wine drunk at end of meal
- Isinglass:** a form of gelatine made from fish innards used to make jelly or glue

Weights and measures:

- Gallon:** 4.5 litres approximately
- Quarts:** one quarter of a gallon, roughly just over a litre
- 1lb:** 454 grams
- 1 ounce:** 28 grams
- 16 ounces:** 1lb