

Books on Wine & health

Acrel. **De Usu Vini in Febribus.** 1797.

Adams, Junius. **Drink to your Health.** New York: Harper & Row, 1976. (141 pp. An examination of the known facts on drinking and a health manual for drinkers.)

Advisory Committee of Central Control Board. **Report: Alcohol. Its action on the human Organisms.** 1918.

Alberti, Frederico P. **Elaboracion de Vinos naturales y artificiales ... preparacion de Vinos Medicinales, Vinagres Naturales y Artificiales.** 1901.

Alden, E. **Medical uses of alcohol.** Boston, 1868.

Alexander, Russell George. **A Plain Plantain. Country Wines, Dishes & Herbal Cures, from a 17th Century Household M.S. Receipt Book.** 1922.

Anstie, Francis Edmund. **On the uses of Wines in Health and Disease.** London: MacMillan and CO., 1877.

Arbuthnot, Dr. **An Essay Concerning the Nature of Ailments.** 1735.

Arntz, H. **Weinbrenner. Die Geschichte vom Geist des Weines.** 1975. (284 pp.)

Arthus, M. **L'alcool, est-il un aliment?** Lausanne & Paris, 1908.

Athenaeus. **The Deipnosophists.** Transl. C.B.Gulick. Loeb Classical Library. London: Wm. Heinemann, 1927.

Atwater, W. O. **The nutritive value of alcohol.** New York, 1900.

Autellet, M. **Dans l'action antipyrétique de l'alcool employé dans la fièvre thyphoïde.** Paris, 1871.

Bacchus und Äskulap. Ingelheim am Rhein: C.H.Boehringer & Sohn, 1951. (32 pp. A light essay on the compagny of Bacchus and Äskulap published in German by a medical compagny.)

Barner, J. **Spiritus Vini sine Acido: In Spiritu Vino et Oleis...** 1675.

Barrett, E.R. **The Truth About Intoxicating Drinks.** 1893. (231 pp. Economic, religious, health considerations & alcohol beverage consumption).

Barry, Sir Edward. **Observations Historical, Critical, & Medical on the Wines of the Ancients.** London: T. Cadell, 1775. (479 pp. Earliest wrk of any importance written in English about wine and earliest major work in English on the wines of the ancients that discuss modern wines). (650.00 £, 1995 750.00 £ 2013 \$950)

Baspeyras, Martine. **Le Vin Medecin.** Dissertation. Bordeaux: Minerva, 1985.

Baudot, L.-A. **Essai sur l'emploi hygiénique du vin.** Paris, 1821.

Baus, Herbert M. **How to wine your way to good health.** New York: Mason & Lipscomb, 1973. (230 pp. A persuasively documented book on the health benefits of wine.)

Baxter, Richard A. **Age Gets Better With Wine. New Science for a healthier, better & longer life.** San Fransisco : The Wine Appreciation Guild, 2009.

Beaurepaire, L.-B. **Dissertation sur le vin.** Paris, 1831.

Beckwith, Edward Lansdale. **Practical Notes on Wine.** 1868.

Bégin, M.-E. **Emploi du vin de Bagnols (St. Raphaël) dans les hôpitaux de Paris.** Paris, 1873.

Bégin, M.-E. **Wine in different forms of Anaemia and Atonic Gout.** Compagnie du Vin de Saint Raphael. Paris: J.-B. Bailliére et Fils, 1874. (24 pp. A promotional item for the wine of St. Raphael).

Bernardin, E.-P. **Dissertation sur le vin et les liqueurs spiritueuses.** Paris: Didot Jeune, 1811. (9-30 pp. Rare first edition of Bernardin's thesis to the Faculty of Medicine, Paris, on the health properties of wine, its causes of sickness, and its medicinal uses. The works of Hippocrates, Plato, Plutarch, Haller, Zimmermann, Grimod, Ovid, and Pinel, amongst numerous others, are cited.) (\$400.00)

Berry, Charles Walter. **A Miscellany of Wine.** London: Constable, 1932. (104 pp. The title well describes the contents, i.e. sixteen essays that range from the description of a blind-tasting of a rare Chambertin, a cellar of rare wines in Scotland, the fellowship of Port... to a discourse on the medicinal uses of wine.) (Cooks Books 2005: £ 6,50)

Berry, Charles Walter. **Tokay.** 1933.

Bertall, Charles Albert d'Arnould. **La Vigne. Voyage autour des vins de France. Étude physiologique, anecdotique, historique, humoristique et même scientifique.** Paris: E. Plon, 1878. (659 pp., 94 planches. One of the most attractive winebooks ever produced. Le spirituel caricaturiste passe en revue les différents crus de la Bourgogne, de la Gironde et de la Champagne et conte, avec beaucoup d'humour, une foule d'anecdotes amusantes sur les vins, les vignes, les vigneron, les propriétaires et les dégustateurs.) (Ben Kinmont 2000: \$650.-, 2004: \$ 1000.- Bibliotheca Gastronomica 2011 : 980 SFr)

Bidard, R. **De l'influence de l'alcool sur la temperature et le pouls dans la pneumonie.** Paris, 1868.

Blanchin, X. **A notice of the wine of Saint-Raphael.** London.

Bonfils, A. **Contribution à l'étude de l'alcool et à son emploi thérapeutique et hygiénique chez les enfants.** Paris, 1881.

Boorde, Andrew. **The Brevarie of Health.** London, 1547. (123 pp. A classic early physician-authored works in which wine is an integral part of medicine and good health.)

Boorde, Andrew. **The Wisdom of Andrew Boorde.** Edited with an introduction and notes by H. Edmund Poole. Illustrated by A. E. Christopherson. (An abridged version of Boorde's *The Dyetary of Helth* (c 1562) which gives advice on the uses of food. 64 pp.) The Garswood Press, 1936. (2000 £35)

Borie, Paul de la & Vaultier, Roger. **Le Vin et les Medicins a travers les Ages.** Paris: Maurice Ponsot, 1946. (183 pp.)

Bouchardat. **On the use of alcoholic liquors in general, and of the wine of St. Raphaël in particular, in temperate and cold countries.** An extract from the lectures on the hygienic modifiers of the nervous system. London, 1877.

Briand. **Dictionnaire des alimens, vins et liqueurs, leur qualités, leur effets, relativement aux différens âges, & aux différens tempéramens; avec la maniere de les apprêter, ancienne et moderne, suivant laméthode des plus habiles Chefs-d'Office & Chefs de Cuisine, de la Cour, & de la Ville.** Paris: Gissey & Bordelet, 1750. (538 pp. The first edition of Briand's dictionary of food, wine and liqueurs. In addition to a description of each type of food or drink, Briand explains its best preparations and health properties.

Brenner, Gary. **The naked Grape.**

Brim, Charles J. **Medicine in the Bible.** 1936.

Brunet, Raymond. **La Valeur Alimentaire et Hygienique du Vins.** 1914.

Bruyerino, Joanne Campegio Lugdun. **De re cibaria.** Libri XXII. Omnium Ciborum Genera.. 1600.

Bruynswyke, Jherom. **Vertuose Boke of Distyllacyon of the Waters of Herbes.** 1527.

Burmester, T. A. **De usu vini medico.** Gottingae, 1797.

Buse, Gerhard H. **Kunst die Weine.** 1818.

Bush, John H. **Veritas in Vino.** Grand Blanc: Dickson Brothers. Michigan, 1973. (A series of ten illustrations - in second colours - showing the progress of a young man as he works

hos way through ten glasses of wine - and becomes progressively less likeable.
Illustrations by George Kozak.) £30.00 \$25.00

Bussillet, M. **Le vin envisagé au point de vue chimique, statistique, physiologique, pathologique et thérapeutique.** Lyon, 1902.

Cambon, J. B. **Considérations sur l'emploi de l'alcool en thérapeutique médicale.** Montpellier, 1873.

Canonherius, P. A. **De Admirandis Vini Virtutibus.** 1627.

Canu, F. **Recherces sur l'histoire, la nature, les effets et l'emploi hygiéniques du vin et des liqueurs spiritueuses.** Paris, 1815.

Captier, F. **Propositions générales sur la nature du vin, et sur son emploi diététique et thérapeutique.** Montpellier, 1811.

Carpenter, William B. **On the Use and Abuse of Alcoholic Liquors in Health and Disease.** Boston: Massachusetts Temperance Society, 1860. (264 pp. A prize essay by a physician recommending the sudden and total abandonment of the habit of employing spirituous and fermented liquors both by the young and the aged.)

Cassaignes, A. **Étude sur l'action physiologique et les effets thérapeutiques de l'alcool.** Paris, 1870.

Castiglione, J. **Doscorso sopra il Bever Fresco.** 1620.

Castoldi, A., Marescalchi A. **I Vini Medicinali. I Vini della terapia. I mosti medicati.** Seconda Ed. Casale Monferrato, Marescalchi, 1926. (317 pp. An important treatise on the medical effects of wine on the health of humans written by a doctor and a professor). 30 USD.

Cathiard-Thomas, Mathilde and Pezard, Corinne. **La Santé Par Le Raisin et la vinothérapie prévention du cancer et des affectations cardio-vasculaires, Soins anti-âge et minceur.** Orsay: Éditions Médecis-Entrelacs, 1998.

Celsus. **De Medicina.** Transl. W.G.Spencer. Loeb Classical Library. London: Wm. Heinemann, 1935.

Cettonlini, S. **Medico...del Vino.** 1930.

Chafetz, Morris E. **Liquor, the servant of man.** London: Phoenix House, 1965. (236 pp. In this book Dr. Chafetz, a respected authority on alcoholism, focuses on the positive aspects of liquor.)

Chafetz, Morris E. **Why Drinking Can Be Good For You.** New York: Stein and Day, 1976.

Chafetz, Morris E, Chafetz Marion D. **Drink Moderately and Live Longer: Understanding the Good of Alcohol.** New York: Madison Books, 1995. \$9.95.

Chalvon, G. **Essai sur le vin, considéré comme cause de maladies, et pincipalement comme moyen thérapeutique.** Paris 1812.

Charrin, A. **Le Vin et l'Hygiene.** 1900.

Clauss, Matthew. **Oenohydromachia, sive Vini et Aquae Certamen.** 1638.

Cogan T. **The Haven of Health.** 1589.

Confalonarius, J. Baptistae. **De Vini Natura, eiusque alendi ac medendi facultate..**1535

Confortus, Hieronimus. **Libellus de Vino Mordaci.** 1570.

Constant, Robert. **Le vin et la longévité.** Thèse Méd. (dissertation), Bordeaux, 1935.

Cook H.C. **Medicinal Country Wines.** 1993. (111 pp. Herb and fruit wines and their medicinal uses) £5.95.

Coriveaud, A. **Des vins médicaux, suivis d'une étude sur le vignoble et le vin de Bordeaux.** Paris, 1871.

Cornaro, L. **Sure and Certain Methods of attaining a Long and Healthful Life.** 1737.

Crivellati, Cesare. **Trattato dell Uso et Modo di dare il Vino nelle Malattie.** 1660.

Curion, J. **Conservanda bona Valetudine.** 1551.

Curion, J. **Medicina Salernitana Conservanda bona Valetudinis.** 1599.

Daval-Dupeyrat, J.-P.-A. **Essai sur le vin, considéré comme cause maladies, et comme moyen thérapeutique.** Paris, 1817.

Davis, N. S. **Lecture: alcoholic liquids as therapeutic agents.** Chicago, 1884.

Davini, Johanne Baptista. **De Potu Vini Calidi Dissertatio.** Modena: Antonio Capponi, 1720. (75 pp. A very rare collection of observations by Davini (d. 1773) on the medical properties of hot drinks - wine in particular but other beverages as well - in the form of letters to Antonio Vallisneri (1661-1730) and Lodovico Antonio Muratori (1672-1750). Amongst the sources consulted, one finds Bacon, Hippocrates, Cicero, Galen, Cardano, Celsus, and Plini.

DeBetz, Barbara. **The Dr. DeBetz Champagne Diet.** New Your: Crown Publishers, 1987. (213 pp. The author is a psychiatrist and specialist in matters of weight control. One feature of her diet is a Sparkling Beverage Bonus = a 3 ounce glass of dry champagne for lunch or dinner.)

Deighton, Len. **Drinks-man-ship.**

Democritos. **Medical, Moral and Christian Dissection of Teetotalism.** 1846.

Dieulafé, Leon. **Le Vin.** Extrait de "*Paris Médical*" du No. 14 Octobre 1933. On wine and health. (5-23 pp.) CookBooks £6.00.

Digby Anderson (Ed.). **Drinking to your Health.** The Allegations & the Evidence. London: Social Affairs Unit, 1989. (229 pp. Chapters on the benefits of moderate drinking and a critical evaluation of the cost of alcohol abuse.)

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Dodoens, Rembert. **Historia Vitis Vinique.** 1580.

Domenech, D. F. **Principales sofisticaciones del Vino...** 1892.

Dossie, R. **An Essay on Spirituous Liquors and their Effects on Health.**

Douglas, M. (Ed.). **Constructive Drinking.** New York:: Cambridge University Press, 1987.

Dougnac, Dr. F. **LE VIN aux points de vue Physio-Chimique, Physiologieque, Hygiénique, Thérapeutique.** Bordeaux: Editions Delmas, 1935. (354 pp. A scholarly work in French on the physiological, hygienic and medical properties of wine.) (1992: £20)

Druitt, Robert. **Report on the Cheap Wines from France, Germany, Italy, Austria, Greece, Hungary and Australia: Their Use in Diet and Medicine.** London: Henry Renshaw, 1865. (180 pp. Based on articles written for the *Medical Times and Gazette* in 1863 + 1864. Wine had become much cheaper in Great Britain after Gladstone, as Chancellor of the Exchequer, lifted the duty on it on April 4, 1862. The author, a member of the Royal College of Physicians, became interested in the subject of intemperance and bought inexpensive wine for his own drinking in order to ascertain what the public could buy for a moderate price. Dr. Druitt made notes of his drinking experiences and published them in the *Medical Times and Gazette*). Urged on by his medical brethren, he published those papers in the form of this informative book.) Second edition 1873: \$450.00.

Dufy, Raoul (aquarelles). Derys, Gaston (texte). **Mon Docteur le vin.** Paris: Draeger Frères, 1936. (Large book, 4to., 45 pp. The text consists of quotes from famous physicians worldwide describing the beneficial effects of wine plus delicate anecdotes illustrated with 19 magnificent watercolours by Dufy. The text includes a facsimile letter from Marshal Petain who explains how wine aided in the war victory of 1918.) (1992 CooksBooks £175.

7.3.96 450 SFr. Wine and Food Library 15.11.00: \$600. CookBooks 20.2.01 £200;
1.8.2008 Bibliotheca Gastronomica 480 SFr. 10.4.2010 480 SFr)

Duncan, Dr. **Wholesome Advice against the Abuse of hot Liquors...**1706.

Dunn, J. B. **Are beer and light wines to be encouraged as against the stronger distilled liquors?** 1892.

Duriez, É.-V. **Des vins médicinaux [etc.].** Paris, 1869.

Eddy, Richard. **ALCOHOL IN HISTORY.** An account of intemperance in all ages. Mauston 1988. (481 pp. despite the fact that it is temperance inspired, it is an excellent historical study of alcoholic beverages (wine, beer and spirits), their origins and use, and even recipes for their preparation and falsification. Topics include: wine and beer in scripture and bible; drinking customs among the ancient Hebrews, Greeks and Romans; practices in all cultures; restrictive laws and moderation and abstinence societies).

Edmunds, James. **Alcohol as a medicine; a lecture.** Manchester & London, 1867.

Edmunds, James, M.D. **The Medical Use of Alcohol; and Stimulants for Women.** New York: National Temperance Society and Publication House, 1874. (The author has devoted such leisure as he could command to an inquiry into the character of alcohol, and into its physiological influence upon the animal economy.)

Edwards, Tony. **The Good News About Booze.** London: Premium Publ., 2013.

Ellis, John M.D. **The Wine Question in the Light of the New Dispensation.** 1882.

Ellis, John M.D. **Reply to "The Academy's Review of *The Wine Question in the Light of the New Dispensation*".** 1883.

Ellwanger, George H. **Meditations of Gout. With a Consideration of Its Cure Through the Use of Wine.** New York: Dodd-Mead & Co., 1897. (Reprint of an original 1897 work with a new preface "Gout is in" by Robert G. Whalen. Frontis. & decorations in red and black by George Wharton Edwards). £7.50

Ellwanger, George H. **Meditations of Gout. With a Consideration of Its Cure Through the Use of Wine.** Rutland: Charles E. Tuttle Co., 1968. (208 pp. The author has the opinion that mature wine imbibed in reasonable quantities will not only cure gout but add to the imbiber's longevity.)

Elyot, Syr T. **The Castle of Helthe.** 1533.

Emerson, H., Christian, H.A., Hunt, R. **Alcohol and man in health and disease.** New York, 1932. (451 pp.)

Emerson, J.M. **Stimulants**. NY 1893. (61 pp. From the Brotherhood Winery, New York. With encroaching temperance, the author makes the case for wine as an adjunct to health & happiness "Blessed by Him who was without sin.") 55 USD.

Eyraud, Docteur Jean-Max. **VIN ET SANTÉ**. Vertus Hygiéniques et Thérapeutiques du Vin. Soissons: La Diffusion Nouvelle du Livre, 1960. (247 pp. Scholarly work in French by a "Médecin Ami et Défenseur des Vins" on the physiological and therapeutic properties of wine.) (1992 CooksBooks £20)

Faivre, C.-E.-A. **Des vins, et de leur emploi dans le traitement des maladies**. Paris, 1862.

Faliu. **De l'action physiologique et thérapeutique de l'alcool**. Anvers, 1874.

Faugeyron, G. **De l'emploi de l'alcool dans la traitement des suites de couches**. Paris, 1874.

Faure-Favier, P. M. **De l'action thérapeutique de l'alcool**. Paris, 1868.

Ferrey, J.-G.-F. **Essai sur l'emploi médical du vin**. Paris, 1804.

Fisher, J. G. **De Recto et non recto Vini circa Febres Usu**. 1733.

Fischer, M. F. K. **A Cordiall Water. A Garland of Odd & Old Receipts to Assuage the Ills of Man & Beast..** Boston: Little, Brown and Co., 1961. (178 pp.)

Flagg, William J. **Three Seasons in European Vineyards: Treating of Vineculture; Vine Disease and its Cure; Wine-Making and Wines, Red and White; Wine-drinking, as affecting Health and Morals**. New York: Harper, 1869 (332 pp.) \$500.00.

Fleming, A. **Alcohol: The Delightful Poison**. New York: Dell Publ. Co., 1975.

Floyd, Keith and Pritchard, David. **Floyd on Hangovers**. London: Michael Joseph, 1992. (127 pp. An authoritative guide and five-day detoxication programme.)

Floyer, Sir J. **Galenic Art of Preserving Old Men's Healths**. 1724.

Forbes, R. **Short History of the Art of Distillation**. Leiden: Brill, 1948.

Ford, Gene. **Benefits of Moderate Drinking. Alcohol, Health and Society**. San Francisco: Wine Appreciation Guild, 1988. (337 pp. Well referenced work on the health benefits of moderate drinking.)

Ford, Gene. **Drinking and Health. The Good News, the Bad News, and the Propaganda**. (128 pp. Covers the physiology of alcohol; alcohol and the heart, stress and longevity; other alcohol and health issues.)

Ford, Gene. **The French Paradox & Drinking for Health.** San Fransisco: Wine Appreciation Guild, 1993. (288 pp. Comments and 270 scientific ref. on the French Paradox exemplified by French diet and wine drinking habits.)

Ford, Gene. **The Science of Healthy Drinking.** San Francisco: Board and Bench Publ., 2003

Forsyth, J. S. **The Natural and Medical Dieteticon, or Practical Rules of Eating, Drinking and Preserving Health.** 1824.

Foz, Barry. **To Your Health. The healing power of alcohol.**New York: St. Martin's Press, 1997.

Fracastoro, Girolamo. **De Vini Temperatura Sententia.** Venice: Juntas, 1584. (16 pp. The author was an Italian physician and adviser to Pope Paul III. This work describes the different qualities of the known wines and their various medicinal properties.)

Fraenkel, C. **Gesundheit und Alkohol.** München & Berlin, 1903.

Fumanelli, Antonio. **Commentarium de Vino et Facultatibus Vini** 1536.

Funk, Wilfred. **If you Drink.** 1940.

Furnivall, F. J. **Fyrst Boke of the Introduction of Knowledge made by Andrew Boorde. A Compendyous Regyment or a Dyetary of Helth...**1870.

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Gazin, A. **De l'alcool dans les pneumonies adynamiques.** Paris, 1874.

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Gesner, Conrad. **The Newe Iewell of Health, Wherein is Contayned the Most Excellent Secretes of Phisicke and Philosophie .. treating very amplye of all dystillations...** 1576. (1st English edition of the second book of Gesner's famous work on distillation, translated by George Baker. 258 pp. £3750.-)

Gifford-Jones, W. **The Healthy Barmaid.** Toronto: ECW Press, 1995. \$15.00.

Gillette, Paul J. **Enjoying Wine.**

Gingeot, P. **Essai sur l'emploi thérapeutique de l'alcool chez les enfants et en général sur le role de cet agent dans le traitement des maladies aiguës fébriles.** Paris, 1867.

Godfrey, Boyle. **Observations and Experiments upon Aliments, in Order to Health and longer Life Teas and Wine particularly considered.** 1737.

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Goldstein, D. **The Pharmacology of Alcohol.** New York: Oxford University Press, 1983

Graff, Dr. C. **Abhandlung über den Moselwein als Getrank und Heilmittel.** 1821.

Graff, Dr. C. **Der Moselwein gegenüber der Pestilenziellen Cholera.** 1848.

Gratarolus, Guilielmus. **De Vini Natura, Artificio et Usu...**1565.

Greene, R. **Alcoholic stimulants as medicines.** Boston, 1881.

Griffin, John Joseph. **The Chemical Testing of Wines and Spirits.** 1866.

Grindrod, Ralph Barnes. **BACCHUS. An essay on the nature, causes, effects, and cure of intemperance.** Hartford: S. Andrus & Sons, 1848. (512 pp. Much here on the social history of wine: temperate drinking of the ancient Hebrews and early Christians; drinking customs and ritual throughout the ages; early writing on wine; adulteration of wines, beers and spirits; intemperance and its effects on morals, the intellect and health).

Gross, L. **How much is too much? The Effects of Social Drinking.** New York: Random House, 1983.

Gruner, O. Cameron. **A Treatise on the Canon of Medicine of Avicenna.** London: Luzac & Co., 1930.

Guarionius, Hippol. **Hydroenogamia triumphans sive quae Vinique...**1640.

Guelle, A. **De l'utilité de la médication alcoolique dans quelques états morbides.** Paris, 1863.

Guerin, E. **De l'emploi de l'alcool dans le traitement des blessures de guerre.** Paris, 1867.

Guillory. **Les Vins Alimentaires consideres au point de vue Hygienique.** 1869.

Gull, Sir W. W. **Alcohol as a medicine, as a beverage.** Extracts from the evidence given before the Peers' select committee on intemperance 1877. Lindon 1877.

Guthrie, W. **Remarks upon claret, burgundy, and champagne, principally in regard to their dietetic and restorative uses; with chemical comparison between samples of highest and lowest classes of Bordeaux wins, by Professor Hofges.** London, 1876.

Haig, Dr. Alexander. **Diet and Food, considered in Relation to Strength and Power of Endurance, Training and Athletics.** 1901.

Haig, Margaret. **Italian Wine and your health.**

Halász, Zoltán. **The Book of Hungarian Wines.** Budapest: Corvina Kiadó, 1980. (212 pp. The Hungarian Cure pag. 131-37 = the famous cure of the Tokay Wine.)

Hardt, Finn. **Skål - og hvad så.** København: P. Haase & Søns Forlag, 1985. (69 pp. Danish M.D. explores the good and the bad sides of alcohol.)

Harington, Sir John. **The Englishman's Doctor, or the Schoole of Salerne.** 1609.

Harington, Sir John. **School of Salernum. Regimen Sanitatis Salerni.** 1966.

Hart, Dr. James. **The Diet of the Diseased.** 1633.

Hartman, Geo. **The Family Physician, or a Collection of Choice, Approv'd and Experienc'd Remedies... Together with the True English WINE-CELLAR, and the right Method of making English Wines.** London: Richard Wellington, 1696. (528 pp. The medical portion of the work continues to p. 470, the wine section occupies the next 27 pp.) (975 £)

Hawker C.E. **Chats about Wine.** London: Daly & Co., 1908. (153 pp. Chapter III "Doctors and Wine" (pp. 46-60) comments on the lack of knowledge on wine by the medical men: "He seldom knows much about wine, for, for some unexplained reason, a knowledge of the health-giving and curative properties of genuine wines, and the special characteristics of the different varieties, is not included in the curriculum of the ordinary medical student.")

Henderson, Alexander. **History of Ancient and Modern Wines.** London: Baldwin, Cradock and Joy, 1824. (408 pp. Chapter XIV: Of the Dietetic and Medical Qualities of Wine.) (47.50 £ CookBooks 27.11.96: £450.00 2013 \$1450)

Henry, Matthew. **A friendly admonition to drunkards and tiplers.** London: Parkhurst, 1705. 12mo. 1 p.l., 46 pp. \$2750.00 The FIRST & ONLY EDITION of these words of caution to those that enjoy their wine too much. "To address our selves to you...when you are actually overcome with Wine or Strong Drink, is to cast Pearls before Swine.... But I will take it for granted that you are sometimes Sober, and allow your selves Liberty to think...." The work goes on to describe how wine can be drunk for medicinal reasons, and to ease our burdens, "made for the Service and Comfort of Man." There is much reference to scriptures and the detrimental effect wine and strong drink has had on society. Interestingly, in one passage Henry (1662-1714) actually describes drunkenness as a disease: "Having thus describ'd the Disease, in the several Symptoms and Degrees of it, we must next attempt the Cure" (p. 8). As part of the cure, he goes on to suggest that

“Hospitals might be built in which to keep them up, and endeavour their Relief.” This has to be a very early recommendation for rehab centers.

Heslop, T. P. **The abuse of alcohol in the treatment of acute disease.** London, 1872.

Hippocrates. **Prognosticorum Hippocrates coi Libri Tres.** 1543.

Hispanus, Petrus. **The Treasure of Health** translated into English by Humfre Lloyd. 1585.

Horsley, Sir Victor & Sturge, Dr. Mary. **Alcohol and the Human Body. An Introduction to the Study of the Subject, and a Contribution to National Health.** 1907. (1915 5th enlarged ed. 339 pp.) £8.00.

Hosaeus, Lizzie. **Auf Ihr Wohl.** Lindenberg: Weingarten, 1980.

Hunt, Ezra M. **Alcohol; as a Food and Medicine.** New York: National Temperance Society and Publication House, 1888. (137 pp. A Paper from the Transactions of the International Medical Congress at Philadelphia, September, 1876.)

Hyams, Edward. **Dionysus. A Social History of the Wine Vine.** 1965.

Iharce, Jean Luc d'. **Erreurs populaires sur la médecine; ouvrage composé pour l'instruction de ceux qui ne professent pas cette science, avec l'explication des termes de l'art dont on n'a pu se dispenser de se servir.** Paris: Auteur & Mequignon, 1783. (465 pp. The first edition of Jean Luc d'Iharce's handbook for popular medicine. D'Iharce, a Basque doctor, devotes the first section to errors in people's understanding of health and how such errors are the source of much illness. In this section there are chapters devoted to bread, water, wine, liqueur, coffee, chocolate and tea, the preparation of food, food conservation, and how one can prolong one's life with a proper diet.) (\$850.00)

Imendorfer, Dr. B. **Speise und Trank im Deutschen Mittelalter.** 1901.

Graf v. Ingelheim, Franz-Anselm and Swoboda, Ingo. **Heilen Und Vorbeugen Mit Wein.** Niedernhausen: Falken Verlag, 1996.

Izou, L. **La efense du vin dans la lutte antialcoolique.** Exposé de la question dans la région de Marcillac (Aveyron). Paris, 1907.

Jackson, George H. **Medicinal Value of French Brandy.** Montreal: Therien Freres, 1928. (315 pp. The author was a Doctor of Medicine and for many years involved in the wine & brandy business. The last 3 chapters deal with the physiologic and therapeutic value of cognac.)

Jacobi, A. **Medical science on the side of alcohol**. New York, 1917. (7 pp. Reprint from New York Times Mag.)

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The FIRST & ONLY EDITION of this study of the health properties of various drinks, including sections on water, wine, beer, cordials, liquors, and *eaux-de-vie*. Some unusual

and interesting chapters include “The use of Mathematicks in Physick Explain’d;” “Noah’s Crime in drinking Wine considered;” “Why People are brisk and cheerful after Bathing;” “Of Fermentation in Vegetables, and Juices;” “Of Liquors useful in Fevers;” “The Service of cold Water in Colds;” “Water-drinking with Wine proper at Meals, with its Advantages;” “Why washing of particular Parts in Children with Water is hazardous;” and “The Excellency of Wines, their vast Differences, and the Advantages of a good Distinction” (this last section mentions the wines of Burgundy, Champagne, Portugal, and Spain). Although all kinds of drinks and remedies are discussed, throughout the book there is a general belief in the healthful properties of water. As Sedgwick concludes on the final leaf of the appendix: “whatsoever Diseases there are, [that] ought to be alter’d, evacuated, open’d, or resolv’d, the best and surest Remedy will be Water.”

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