



Figure 3.1 French book published in Paris in 1773 (first edition in 1768), *L'Albert moderne*,¹ containing a recipe for an elixir of long life (see the page below the front cover). Page 130 lists various indications, such as colics, intestinal worms or fever. Pages 130–131 assert that the recipe was found in the Dr Yrnest's papers after his death at 104 years of age (a Swedish physician, said to have died by accident according to various unchecked sources), and that his father and grandmother, who drank the elixir twice daily, died respectively at 112 and 130 years of age. A part of the recipe has not been reproduced in the figure.