**A letter from John Noman, a Norwich trader, to the bailiffs of Colchester dated to 25th August 1625 (a year before the plague hit Colchester in 1626)**

It highlights the precautions taken by the town and the preventative measures put into place to restrict the import of goods.

Norman details that his house is not infected by the plague (despite it running rampant in the city of Norwich at the time of writing) and requesting permission to have his embargoed goods released.

He finished the letter off in this following way:  
  
And this much I assure your worships, that if my house had been infected,  
I would not for the gain of any goods whatsoever in the world, sent any com-  
modities whereby I might endanger others. The Lord knoweth my heart, I  
make a conscience of my ways. And further there is such a course taken by Mr.  
Mayor, his worship, that those houses that are infected, their doors are shut  
up and a watch continually kept that they go not out. Thus making bold to  
write the truth herein I commit your worships to God' s protection.

**Here is an extract from a letter from Reverend John Allin to Dr Philip Frith of Rye dated 30 September 1665 (can be found in East Sussex Record Office)**

The letter from John thanks Philip for helping him account for all his goods, making an inventory of his possession and their value as a precaution for if or when the plague will take him, so that his children will not be left penniless.

*Dear friend,*

*…I thank you for what you have done in reference to my things at your house or maudlins; in giving Mr Jeake an inventory of them for my children, I intend god willing to second it next week to you or him with the like in general terms… I hope the lord will spare you to be useful to such as may want you in the land of the living. But we had need all be awakened to be ready, for we know not the day nor the hour when our lord will come, truly I think since the last bill the sickness is again encroaching and very much about us. I have hired my chamber again for another quarter of a year: if the lord grant life so long: I will if the lord please speedily collect my thoughts and finish this discourse of his sickness and send you, but I hinted in my last what a care and hurry I have been in…*

*Your loving friend*

*John Allin*

**Ring Around the Rosie**

Ring a Ring o Roses, or Ring Around the Rosie, may be about the 1665 Great Plague of London: the “rosie” being the malodorous rash that developed on the skin of bubonic plague sufferers, the stench of which then needed concealing with a “pocket full of posies”. The bubonic plague killed 15% of Britain’s population, hence “atishoo, atishoo, we all fall down (dead).”

**A preventive herbal recipe, like what can be found in Abigail Abdy’s recipe book (dated to the 24th May 1665) from Felix Hall, Kelvedon**

*Infuse Rue, Sage, Mint, Rosemary, wormwood, of each a Handful, in two quarts of the sharpest Vinegar over warm Embers for eight Days. Then strain it through a Flannel and add half an Ounce of Camphire, dissolved in three Ounces of Rectified Spirits of Wine. With this wash the Loins, Face and Mouth and snuff a little up the Nose when you go abroad. Smell to a Spunge dipt therein when you approach infected Persons or Places*