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E.a.5: Medical miscellany [manuscript].

front outside cover

front inside cover || front endleaf 1 recto

Salomon dicitur Pacificus

Iohannes dicitur Amor Dej./

Cicero:/ Cum biduum cibo se abstinuisset,

Fæbris discessit./

J Harvey

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front endleaf 1 verso || insertion 1 recto

Ickwell = Bury Biggleswade Old M.S.S. 8

1 Gradations of the Callender

glass. (weather glass) M.S.

2 Treatise on Medecine 1634

by Dan Worrall

& Tho Burton M.S.

3. Receipts for cooking

also Medecine MS M.S.

insertion 1 verso || insertion 2 recto

insertion 2 verso || folio 1 recto

Gradations upon the Callendar Glasse

1. The propertie of the Water is to Asscend with Cold,and descend with heate upon the Least & euery change

of the Weather Certainely./

2. By the suddaine falling of the Water is a certaine

signe of Rayne; for Example, If the Water fall

a degree or two in 7 or 8 howers, it will surely

rayne presently, or within 10 or 12 howers after./

3. If the Water fall in the night season it

will surely Rayne, for Example, If the water

be fallen any Lower in the morning att Sunn

riseing, then it was overnight att Sunn setting

it will surely raine the day following before

midnight./

4. You must marke at what degree the water

standeth where it first beginneth to fall against

raine; ffor vntill it riseth upp againe to the

same degree from which it fell against

Raine, first, the weather will still be raine

more or lesse./

5. So long as the Water Continueth

Certaine at any one degree whatsoeuer

soe long the weather will Continue

certaine at the same stay that it is att then;

whether it be faire or fowle, frost or raine;

But if the water rise, or fall a degree

or two, and soe standeth the Weather will

presently Change Probatum est./

folio 1 verso || folio 2 recto

6. Note That at the figures 1. 2. & 3, is the Extreame

heate of the Summer, Att 4 & 5 not soe hott, att

6 more temperate, att 7 is a degree more hott

then cold.; att 8 is the Medium or very temperate

Att 9 is a degree more Cold then hott; Att tenn

is a ffrost certainely, Att Eleauen is a harder

frost, att 14 & 13 store of Ice vpon the Thames

Att 15 Boates cannot passe for yce, Att 16: Men

may goe over the Thames on yc'e. Probatum est./

17. Note Soo long as the water Continueth about

the figure of 10 So long the ffrost will last But

if the water fall before the figure of 10 and soe

standeth, the ffrost will breake Certainely./

18. Note That in the tyme of ffrost the water

standeth about the figures of 11 ... or 12, the suddaine

falling of the water and a degree or two is a certaine

signe of Snowe or Sleete weather certainely./

19. Yow may also knowe the Temperature of

the Body, whether it be hott or Cold, by holding

your hand vpon the head of the glasse./

folio 2 verso || folio 3 recto

Take dunghill Water in Tubbs or Barrells soake or

steepe wheate, Barley, or other graine all the night before

you should sowe it, and then drawe out your water and to

every Bushell of graine putt one pecke of pigeon, or

Henn dung, Riddle it with a Sive or Riddle and then

take a shovell & mix it well then putt it in your

hopper and sowe it./ and by Gods helpe it will bring

much increase./

Boyle Assifetida in faire water and after steepe

Rushes and short strawe therein and strowe them in your

Pidgeon howse, & your pidgeons will build their

Nestes therewith, & by sitting therein wilbe soe

strongly scented, when they fly abroad they wilbe

soe Rescented by others, they will decoy others

in great number to your Dovehowse./

I B M D

Prælectio Prima 1634

Omnis quæ a ratione suscipitur de aliqua re institutio,debet a definitione proficisci, ut intelligatur quid sit id, de

Tullius imo Officiis

quo disputatur, (saith the Orator).

Which, that we may obserue (for our more methodical proceeding) let vs

(e're wee come to handle any particuler part of physicke) define

Hypocrates in libro de Flatibus

what physicke is; Hypocrates gives yts definition from the effect

( ), adiectio

quidem deficientium, detractio vero redundantium . in English thus

it is an addition, and a substraction; an addition of what wanteth,

and a substraction of what's superfluous; according to which destinction

all diseases may be saide to be Cur'd either by putting to, or

taking fro; Galen takes his definition from the end, he saith

Galenus de Constitutione artis

'tis Ars præsentis sanitatitis Conservatrix, et labefactatæ restauratrix.

and in libro introductorio, it is santatis proectrix et morborum expultrix

an art of Conseruing health where it is, and restoreing it Where

'tis lost; or a protectrix of health and a destroyer of diseases

Hierophilus gives vs his definition from the subject, ( )

( ), scientia salubrium, insalubrium, et

neutrorum , a science or knowledge of body es healthfull, vnhealthful

& neither, or between both. so much for the definition, now

in right order & method, I should come to the devision, or

severall parts of physicke yet e're I fall to that, giue me leaue

to cleare an obiection that may be vrg'd, against this definition

of Hierophilus ,which is that there cannot be any, (as he cals yt heere)

Corpus neutrum , a body that neyther enjoy's health nor is afflicted with

sicknes. to omit that of of Artistotle where he places sanum &

&#198;grum imediatj Contraria, let vs amongst others come to our Maister

Galen and cleare those two places which may seem most to

Galenus in imo de

locis affectis

oppugne this definition, the first in in primo de locis affectis

Where he hath these wordes; cum corpus egreditur sanitatem

Galenus in imo de

Crisibus Capitulo imo.

ingreditur morbum. the second, transitus a sanitate in morbum,

fit in puncto imperceptibile, the transition, or passage from

health to sicknes is done in a moment, in an vnperceiuable

poynt of in time; to which I answere that Galen circumscribes

folio 3 verso || folio 4 recto

The limits of health sometimes more stricktly, somtimes

more largly, for in some places (as in the former cited)

is to be vnderstood, that health, which is in the habit of

the body, which is firme & stable, and againe in the other

place that which is in the disposition or affection, and is

subiect to be hurt by every slight iniury, and this is that

wee call Corpus neutrum, & that two manner of wayes, one when

we fall from health to sicknes by degrees & slow progressions

as in most c^hronicall diseases, & this wee call Neutrum decidentiæ,

by the greekes [............], the other when wee recover

from sicknes to health, and this is neutrum convalescentiæ, of the

Greekes [..........]. but of this more heerafter, when I shall

haue occasion to handle yt in its due place. to conclude then

medicine is an art to conserue the sound, restore the sicke,

and preserue the Crasey. or if you will, a science of thinges

naturall, thinges not naturall, & thinges against nature; the

former destinction wherof, hath an espetial respect to the

practical part, the latter to the Theorical part of phisicke.

and heere againe before I passe any further, giue me leaue

to shew what is meant by these termes thinges naturall, thinges

against nature, & things not naturall, by naturall I vnderstand

those thinges that constitute our bodyes, or whereof our natures

are compo'sd as the Elements, Temperaments, Humors, Spirits, parts,

Faculties & Functions; thinges against nature are such as are

imediatly or directly opposite to nature and ^ doe dre assault

& destroy nature, as Diseases, causes of diseases, Symtomes

thinges not natural are those that receiue a meane or indiffe=

rencey betweene naturall & contranaturall, and though wee

reckon them, & commonly call them the six not naturall thinges,

as aire, meate & drink, sleeping & Wakeing, exercise &

rest, expultion & retention, & the affections of the minde;

yet are they in most authors both ancient & moderne, com=

=prehended vnder the generall name of Dyett, in a lawfull and

proper vse wherof is health preserud, as on the contrary dis=

=eases contracted, and so necessary are they to the the preserva=

=tion of life that Without the vse of them, wee presently

perish & without a proper vse of them wee cannot liue long in health

Definitio

The parts of Physicke are fiue, vizd. the Prophylacticke, the

Therapeuticke, the Phsyiologicke, Pathologicke, & Semioticke;

Galenus in imo de sanguinis

et ad Thrasibulum de sanguinis

Capitulum 30.

the two first wherof are by Galen Cald primas et maximas

medicinæ partes, for that the one preserues health; the other

recovers yt. the other three but subservient or lesse principall.

So that the parts of Physicke Principally are Two that is

Prophilactique, & Therapeutique, prævention from diseases, &

and a right vse & administration of necassary meanes to cure

Diseases, but for that a physition can neither properly præ=

vent, nor rightly cure, without a due knowledge & Consideration

of the parts, faculties & functions, with the various operations

of nature in the body of man (which is the subject of medicine

therfore there are Certaine other præcognoscendæ, thinges to

be forknowne er'e wee come to the practicall part, which are

as I said before either naturall, comprehended vnder the

Physiologique part, or Contranaturall, explicating the nature,

and qualities of Diseases, there causes & Symptomes, cald Pathologique

or Semiotique which treats of the signes, Diagnosticke & Prog=

nosti^cke, the present state, & future event, of the patient vnder

the affliction of Diseases, and for that these are not Essentiall

to the worke of Cureing yt selfe (for a man may know all

these & ne're be able to cure a patient without the former two)

therfore they are c'ald of some subservients, subministrants, of some

Theoretical, Contemplatiue; Other more accurate & ample division

might ^ heere be made, but, for that it may be more properly spoken

of in another lecture; I will prævent my self by touching that

now which will require a larger explication when I shall come

to handle them in there severall parts, let me therfore

return to those two parts of Physicke which I saide weere

more principall, that is to say the .........: or Prophilactique

and the Therapeutique, in the first wee consider conservation of health,

in the last Curation. I will begin with the first, for that health

is before sicknes, for health is, affectus secundum naturam

folio 4 verso || folio 5 recto

Primo per se actiones perficiens: sicknes is Affectus Contra

naturam primo per se actionem lædens. now for that it

is not possible to come to a perfect knowledge of thinges

against nature, except we first know what is according to

nature, I will (as I saide) leaving those that are meerly

naturall as the Elements, Temperaments, &c. and those thinges

that are wholly against nature, as Diseases, there Causes,

and Symptomes; begin with those that wee call not naturall

Comprehended vnder the generall name of Dyet though

as I saide before they are restrain'd as Aire, Dyet &c. before

I handle them, in perticular, giue me leaue to acquainte you

with certain comon axiom^es, the remembraunce wherof will much

conduce to the better vnderstanding of what I shall afterwards

Deliver, as well in the matter of prævention as cure./

then wee are to consider that natura nihil temere agit

nature do's nothing rashly or vnadvisedly,, for it is illa ordi=

naria Dej potestas as Scaliger in his 159 exercitat Sectio II

3 de vsu partium

Capitulum15

and Hippocrates calls it, erudita et Iusta, quæque semper quod

opus sit officiat. and Galen saith, Iam nunquam in necessarijs

Deficere aut aliquid supervacanej efficere scribat. secondly

Hippocrates in 2 Sectione

aphorismarum 3

that nat^uræ omne nimium est inimicum , as Hypocrates , somnus

et vigilia modum si excesserint malum , sleeping and watching

yf they exceede a meane, are hurtfull, and in the next

Aphorisme of the same section, non satietas, non Fames,

neque aliud quicquam quod naturæ modum excedat bonum.

neither fullnes, nor Emptines, nor any thing that exceedes

the Bounds of measure can be voide of daunger;

for health as I saide before is nothing but affectus

secundum naturam primo per se actiones perficiens: or as

Galen in his first Chapter de Differentibus Symptomatum Defines it,

Dispositio secundum naturam actionum naturalium , a dis=

position or constitution of the naturall Function

According to nature, from which Symmatrie & proportion of

parts and powers, whosoever declines from becomes sicke, &

the more or lesse sicke by how much the nearer or further

of the body is from the natural state./ the Third thing

to be remembred is this, that, natura non facit subitas

mutationes, et omnis subita mutatio est periculosa as Hippocrates

Hippocrates Sectio 2 aphorisma 7

et ejusdem Sectio Aphorisma 51

The Fourth is that natura est morborum medicatrix:

medicus vero natauræ minister. that nature is the Chiefe Phy=

sition, the Physition but natures minister, as Hyppocrates ,

Hyppocrates in libro 6to de

morbis vulgorum sectio

5 et jmo aphorismae

naturamque recte agentem. Medicus imitari debet, if nature goes

the right way, the Physition ought not only to hinder, but to

follow her as in the 2 & 21 aphorismis of Hyppocrates first section,/

The Fifth is, Consuetudo est altera natura, et Consueta

longo tempore, etsi deteriora sint insuetis minus molesta

Hyppocrates Sectio 2

Aphorisma 50.

esse solent. Lastly that Finis dat medijs mensuram, the end

gives measure to the meanes, that is in all our actions,

eatings, drinkings, sleeping, watching, rest excer^ cising, affections &c

we ought to vse them as that they may conduce only to the

end for which wee vse them, that is health, not to sleepe

while wee can, for so the Phlegmatique person would soone

Contract his death, by takeing too much of that with which

his nature is allready burde'nd with all, as on the contrary

the Chollericke man is contented with least sleepe, for whom

sleepe is most proficuous, the reasons of all which I shall

God willing heerafter deliver./ Those thinges thus præ=

=mis'd to this præventionall part, with though, through an

evill custone it is of all parts of phisicke most neglected

as thinking it needlesse to ^ take care of health till wee be falen

into sicknes; yet is it of greater vse then any part els,

and a wise man will rather take a litle care at first

to preserue that treasure, which once lost cannot without

greate paine & perill be recover'd, and whether it be

easier to prevent the enimies entraunce, or to expell him

folio 5 verso || folio 6 recto

Once entered let any man Iudge, nor is there lesse care to be

taken by the Physition, of this part of his Art then of the

Curatiue part; nay nor so much, for with out this no

cure can be made, and with this may many a disease be

prevented, and Asclepiades is reported not only to haue

prevented sicknes, but allso to haue cur'd many diseases

meerly by dyet. Fælix Platerus is of opinion that most

Chronicall Diseases may be cur'd therby yf the patient

would be conformable, & whence is it that the Goute is,

& many other diseases are reputed so incurable, and are

left of there Physitions as incureable, but that the order

of dyet therin ought to be so strickt, that no man will

endure it, though therby he may receiue cure. and the

proverb is Medicina ægris non sanis scripta est, Physicke

is for the sicke & not for the sound; and miseri vivunt

qui medici vivunt, they live miserably that live phy=

sically; firma valent per se nullum machaonæ quærunt:

Ad medici Dubius Confugit ager opem, but let such take

heed, least by too much neglect in the begining, when

nature is strong, and a litle order of good Dyet may

cure, they come not to repent what they cannott re=

paire; but to proceede; These six not naturall things

Comprehended vnder the name of Dyet, may properly

be distributed into there parts, in ea quæ assumuntur,

quæ geruntur, quæ excornuntur et retinentur, into

those thinges which we doe, as exercise & rest, sleeping

& wakeing, all kinds of motions both of body & minde;

lastly into those that we doe evacuate, or longer then

due time doe retaine as urine, ordure, & sweat; in

all which I will observe for method sake, qualification,

quanti^taem, tempus, et vtendj modum; the quallity the

quantity, the time & the manner of vseing. and first

I will begin with aire in which wee breath, which of all

Other is Chiefly to be had in regard, for that with out yt

wee can neither live in health, no nor liue at all, and

that againe is doubly to be consider'd, the Ambiat ayre ex=

trinsically insinuating it selfe into our bodyes per poros et

spiracula cutis, by the pores & spirackles of the skinne; and

that which (by the Lungs) wee draw into the Breast to Coole

the heart; and repaire the continuall losse of naturall spirits;

both which doe strongly affect our bodyes, as well to the conserva-

tion of our naturall state, as allso to the præcipitating of vs

into diverse diseases, according as they are agreeable, or adverse

to the same, now for that Aire is variously temperated,

according to the situation, the soyle, the windes,, the seasons

of the yeere, the proximity or remotion of hilles, lakes, rivers,

& Fenns, wee will first set downe what aire is best in generall;

and in its owne proper nature; and from thence shew how by

accident, it may be corrupted by the meanes forespoken of.

and that in method, beginning first with the quality./

Qualitas

Such aire then is best, & Chiefly to be made choice of for

Conservation of health, which is temperate in its first quality, as

neither too hott, too Cold, too moyst or too dry, (for as I saide before)

whatsoever is in excesse is an enemy to nature, that which is

thin, Serene & gently mou'd with wholsome windes is best, for such

(as by ^ reason of high hilles about cannot be agitated with the winde) is

soone corrupted, so much in briefe, for the quality of the aire./

Quantitas

Now the quantum or quantity of aire, that must be

order'd according to the strength, state & Constitution of

the body; as yf the body be strong & able by how much

the more free & open aire they inioy, by so much the better

in health; but yf weak, sickly or newly recover'd from

any sicknes, then may not such suddenly Brooke open and

liberall aire, but by degrees, & as they gather strength

Tempus or

quando

For the time it ought to be in cleere dayes, when the

Sun hath drawne vp the yll vapours from the earth

folio 6 verso || folio 7 recto

Yet not at such times, as when the sin is in full force

(as in Summer ) shall overmuch heate the ayre, for therby

are many malidies Contracted; nor late after Sunsett

for then (yf any) falls' fogges & mists'./

vtendj modus.

The manner of vseing this is, as in excercise, first gently,

then more freely, & lastly moderately againe./

Nor for that (as I told you) the ayre is diversly affected

from the various causes before recited, giue me leaue

in a word or two, to show by what meanes it comes so

to bee. First then from the situation in respect of

latitude, some are hotter, some Colder, as they are in

neernes, or remotion from the &#198;quinox, for such countries

as receiue the sunbeames more direct, and enjoy him

longest vppon there Horizon, such people ^ feele most heate;

as on the Contrary, most Cold; and this againe is not

so generall but that yt may admit of some exceptions;

for in one & the same Clyme or Paralel, many thinges

may Concurre to vary the state, & Temperature of

the Ayre. As for example, in respect of situation

yf the place be higher or lower one plaines, mountains,

or in valley's; all which which may either helpe or hinder

the windes, from makeing the place or healthfull, or

hurtfull; or whether neere the sea or lakes, or common

shores, or the ground it selfe fat, foule, and Clay'ey, fatt, ,

Dirty or barren, stoney, or sandy, or neere to Mines of

mettals, for a leane sandy soile, makes a dry aire, as

a Clayey, fatt dirty, makes the contrary; & those Townes

Cytties or dwelling houses, that are built neere where

mettall is Dugge, doe for the most ^ part thence contract

an vnwholsome, and oftimes venemous aire whence

arise not a few Endemicall diseases, as is evident in

diverse parts of High Germany , Hungary , Cicily , &

many parts of Italy , espetially neere Naples ;

moreover such as inhabit on hills & mountains

Are generally Colder then those in valley's & low places,

for that the first are more subject to the power of

windes, wherby they are ventilated & Coold; and the

latter doe sooner & more powerfully receiue the reper=

=cussion of the Sun's beames; likewise such as dwell at

the foote of any hill that is opposite to the East, & South

Sun feele a farre greater heate then such as dwell

toward to the north & west, and the hilles on the contrary,

for that the first receiue the benifitt of the riseing and

midday Sun, & are shelter'd by the hills from the north

windes, and the latter not only loose the Sun, but are

(besides the weaknes of the Sun's power in his declention)

subiect to the northwind, which will surely Coole, yf

any be stirring. Yt weere endles to repeate the severall

opinions of Authors concerning the various mutations

of aire by the variety of winds, I'le only giue you

the most generall receiued opinions and so proceed;

and ^ not of all the windes neither, but only of the foure principall,

which are commonly cal'd Cardinall windes, as the East, West,

North, & South, the East windew is moderatly hott & dry,

of all windes most holsome, and for the most part, makes

Aristotle meteorologica 2

Capitulo 6to

the Aire Cleere when yt blows, renders the body Active, nimble,

as the minde cheerfull to all manner of actions. the

West winde is cold & moist, cloudy & Tempetuous, yet

Aristotle ibidem

fertile, but lesse healthfull then ^ faere then the former

The North winde falcifies the proverb, which is omne malum

ab Aquilone, for though it be Cold & dry, yet it very

much strengthens the body, except in weake bodies, where

it Constipates, & Closes vp the pores too much, yt

purges & Clarifies the aire, driues away all poysonous

and pestilentiall vapours, whence of some it is Caled

ventus Scoparius, quod aerem Scoparum in modum verrit.

The South winde is hott & moyst the two parents of

folio 7 verso || folio 8 recto

Infection, Cloudy & Rainy makes the body dull, and

heavy, relaxes the parts therof, and makes it more cap=

=able of whatsoever is hurtfull; but of these more at large

in Hyppocrates de aere, locis et, aqua. The vicinity of waters

to any habitation strongly affects the inhabitants with

health or harme, as yf the River run on the South side,

it (doubtlesse) increases the moysture, yf on the north side

with Cold, and so of the rest, except this be hindr'd by

some mountanous places neare hand, which may keepe of

free perspirations of the winde; or high trees, or woods &c.

The time of the yeere hath no small share in altering

Hyppocrates de natura: humana

the air, as in Hyppocrates de natura humana and in

Galen de Temperamentis

Galen de Temperamentis, and elce where in diuerse places

of them both may appeere./ But rightly to devide the

severall seasons of the yeere, will require some labour

there being one account of the Astronomers, and another

of the Auncient Physitions, the Astronomers reckon there

there Spring from the Sun's first entrance into Aries

to the last of Geminj, from which time to the last of virgo

is there summer, his passage through libra, Scorpio, and

Sagittarie, perfects the Autumne, and he spends his winter

with Capricorne, Aquarius & pisces; The Physitions estimate

these times according to the Temperature of the season,

Calling the Spring most Temperate, Summer , hott & dry,

Autumn Cold & dry, and Winter Cold & moyst, nor are

those seasons æquall in all regions, for (to passe by many

whoem I might instance) I will only produce that of Hyppocrates

of his owne Country where he liu'd as he hath set yt downe

in his third booke de diæta, a little from the begining;

the Spring saith he is from the Equinox to the riseing

of the Pleiades which is about the seaventh of May,

from thence to the riseing of the Arcturus, which is in the

mids't of September, was there Summer; from the

Riseing of Arcturus to the setting of the Pleiades

was there Autumne, which was the begining of November,

from which to the vernall Equinox was winter, by which

account they gave to winter and Summer foure months

and ten daies apeece, to the Spring but two monthes, and to the

Autumne not so much and in Egipt the January and

Fæbruary are there Spring, for Summer begins in March

and dures till the end of August; September and

October terminates the Autumne, and November and

December finisheth the winter with the yeere, as

liber i capitulum 7 de

medicis &#198;gipt

Prosper Alpinus./ in a word to Conclude, the seasons of the

yeere are in every place denominated according as the

Aire was hotter, Colder moyster, or Dryer, Hyppocrates calls

that the Spring when neither ^ with heate wee sweat, or are

Chill through Cold, & this he stiles Calidum et humidum

and in his 9 aporisme of this third Section he sai's 'tis

omnium saluberrimum et minime exitiosum, but Galen in the

first & the fourth De temperamentis denies the spring to be hott

and moist, for that saith he, the Spring of all times of

the yeere is most healthfull; as in the place before cited;

which himselfe alloweth in his comment vpon that Aphorisme,

and heate & moysture are of all tempers most subiect

to sicknes, and that Constitution of body, least in health

of all Constitutions, so that Galen seemes much to

dissent from our Oracle Hyppocrates but well weigh'd and

diligently obseru'd, those places of them both, you shall

finde there meanings both one, for y'ts true of Galen

that if heate & moysture doe in any body exceede

i'ts of all Temperatures most vnsound; which he meanes

when he sa'is so, but Hyppocrates meanes only that state where

the heate moderately & gently excells the Cold, as the

moysture in like manner the drought, which Temperament

was by all the Aunc^ients (not unworthily) accounted the

B....

folio 8 verso || folio 9 recto

healthfull and sound, and of this Constitution for the

most part is the Spring. The Summer is hott and dry

both by reason of the Sun's beames sent directly

vpon vs, he hauing got to our verticall pointe; and

likewise in regard of his long stay vpon our Horizon,

this time of yeere makes our bodies hot and dry like the

Aire, rarifies, dissolu's & weakens our naturall parts, in=

=creases Choller & setts the spiritts on fire; the Autumn

is reputed Cold and dry, and so for most part it is in=

=deed, yet but obserue it, & you shall finde the morne

& evenings very Cold, the Midday hott; nay Scarce a

day or two together of æquall Temper, from which

inæquality it is, that this season (is by Hyp pocrates) so much

spoken against, for its enmity to humane nature, for

in this season, Diseases of all kindes more rage, then

at any time, espetially those of melancholy./ Winter,

is Cold & moyst engendring diseases of Flegme comes next,

then is the Sun a stranger to us; or yf he doth salute

vs, his stay's but short, in Compensation wherof wee

keepe good fires, & eate good Cheere, yet it is to be

vnderstood that these Seasons doe not all waies keep

there Course, nor shew themselves in there owne likenes,

for somtimes the Summer is like the Spring, the winter

the Autumne, each one takeing others shape as Hyppocrates

Hyppocrates Sectio 3

Aphorisma 8

most elegantly hath it./ from all this which hath beene

spoken I hope it is not difficult to know what place,

to what ayre, with what winde, may best accommodate

What states, & Temperaments of Bodies./

So haue I done with the ^ first of the six not naturall things

namely the Aire, with which I haue detain'd you

too long, let vs now proceede to meate & drinke.

Which is the next thing that necessarily falls into our

Consideration, but of that more in another place./

ffinis

Prelectio 2da

I B M D

In my last lecture, you may please to remember (kinde

friends & fellow brethren) that amongst all the parts

of Physicke (whose definition & division I then gaue you) I

made choice only of that part, which Chiefly tended to the

Conservation of health cal'd the Hygenicke, which Consisteth

in a due & proportion^able regiment in those thinges commonly

cal'd the six not=naturall, that is to say, Ayre; Meate & Drinke,

Sleeping, & Wakeing; Exercise & Rest; Excretion & Retention;

With the Mindes Affection; but for that I was prevented

by the time, I passed through but one of them, namely

Aire: yt remaines now that I should proceed to the next

which is meate & drinke, comprehended vnder the generall

Word, Aliment, ab alendo, from nourishing, for according to

all authority, that is strictly & ^properly cal'd Alyment, quod solum

corpus alit et auget non alterat, and as Mercatus has yt

in quo nulla qualitas manifeste vincit; for yf once

there be an exuperancy of qualities, there presently follow's

an alteration, and then it comes into ^ the Rancke of Medicament

or at least into the rancke of Medicamenta menta alimentosa;

for Medicamentum nihil aliud est quam quod intro sumptum

vel foris ad motum, facultatem habet mutandj Corpus,

in which respect medicine holdes the meane twixt meat and

poyson; for the first is, Tota substantia naturæ affine, the other

is tota substantia naturæ inimicum, of which things more heer=

after. But may some say what needs all the stirre in

absteining, following, ordering, and regulating our selues in

matter of dyet, when as Celsus his law is, Sanum hominem

nullis se legibus obligare: and Hypocrates sai's that sanis exquisitum

victum esse periculosum et nonnunquam noxas in emendabilis facere;

and againe Temperatam Temperatis gaudent, the Temperate body

Galenus arte medicinale

Capitulum 63.

only delights in Temperate thinges & Galen in Contemplation

of the various desires & appetites of diverse persons say's, Intemperies

naturales ventriculj appetunt sibi similia: quæ vero sunt

præter naturam appetunt Contraria: and to sett downe

a rule or law in Dyett with respect to age, sex,

folio 9 verso || folio 10 recto

Custome, Temperament, and time of yeere, and many

thinges mere Considerable according to the Altaration of all

Altaration

which, must must be by a variation ^ must be of Dyet; It is thought a

thing rather impossible then vsefull: moreover it is

well knowne to all men that none liue so long, nor yet

so well in health as the Country labourer, who eates,

Drinkes, workes, plays, sleepes, sweats, is wett or dry, &c

as the season affoords, and his busines will allow; wherby

yt, should seeme that hee keepes the best dyet, that

keeps no dyet; yet least wee should run into Confusion, and

allow to all, all alike, or what they please, let vs set

downe some rules wherby wee may be directed, though

not exactly in all particulers, which indeed is impossible,

(and is only acquir'd by Custome and long observation of

what either helps or hurts) yet in generall to poynt

out what, how much, when, & the like according to the

various temperaments and Constitutions of the body,

with respect likewise to other particulers before men=

tioned; for though as Fælix Platerus sais he is a foole

that at thirty comes to the Physition to know what

Dyet he shall keepe, yet the same author likewise

tels vs that more Diseases are cur'd by a due and

proper regiment of Dyet then by medicine, and Fernelius

shall be my Judge how necessary a proper regard of

Fernelius in 14 Capitulo

primi libri de morborum

Causis

Dyet is to be had, who sais well may meate & drinke be

ranckt next to ayre in the six not naturall thinges for

saith he, quantumque celerius ac promptius in plures

invadit; At Cibus atque Potus quoniam permanentem ac

inhærentem Corpori materiam suppeditant, id validius

Contum^ a esiusque afficiunt, although ayre doe more swiftly

and readily assavlt us, yet meate & drinke, for that

yt doth minister matter to the body of more perminancy

and (as I may say) that which striketh Closer to vs, for

yt becomes one with vs, for this cause I say yt doth

more strongly and more vnresistably affect our bodies,

And Doth so Cunningly insinuate matter of diseases into vs;

that oft times (as the same Author obserues) those breake forth

diseases of diverse kindes, haueing no ther impulsive cause

but from former yll kept dyet, and I dare boldly maintaine

that neither from Aire, Perturbation of minde, nor any of

the other not=naturall thinges, are diseases stir'd vp ex^cept

there be first a preæparation of yll humors for these to

worke vpon, and that the humors (are from the dyet)

well or yll affected no man is so ignorant as to Doubt, and

in a word as Antonius said in the like case, Ense cadunt

multj Periunt sed Crapula plures, soe I in this, vna

gula omnium est prope morborum mater. but to proceed

in my method formerly propos'd, that is to say in respect

of quality, quantity, time, and manner of vseing, for the quality

Qualitas

(of all thinges most ^ espetially to be regarded) yt must or ought to be

( eukumos, eupeptos) and ( eukeatos ), that is boni succj, facilis

Concoctionis et Temperatus, in perticulars wherof I might

be endles, but I referre you to such authors as haue

writt therof, especially Galen de Alimentj facultatibus

only tell you that in generall he (in the same booke) approu's

best of flesh, then of fish, and lastly of such food as

comes neerest to these in property and Quality; and in the

vse heerof, he would have you regard the age, Region, State

of heauen, nature and Custome, ubj status Cælj; et regio

intemperata sunt, Contraria indicant ætas vero et natura,

etsi intemperata sunt non absolute indicant Contraria, sed

mediante Consuetudine. vbi vero prædicta temperata sunt,

similia expostulant sive valeant homines sive ægrotent.

Quod si in vno Conveniunt, facilis est qualitatis Victus

investigatio: si vero dissona sunt, quæ majora dignioraque

Galen Capitulo vltimo libri 8:

methodi

esse Cognoverit sunt præferenda, more plainly thus,

suppose a man of flourishing age, of temperament dry,

but accustom'd to moyst dyet, heere now in respect of age and

temperament is requir'd dry Dyet, yet in respect of

folio 10 verso || folio 11 recto

Custome, (which is Chiefly to be followed) wee allow a moyst;

for Custome according to Galen is the more noble indication

and Hyppocrates : Cybos quibus uti consueverunt facile ferunt;

tametsi natura haudquaquam boni fuerint. so that yf

Region, time oth'yeere, and state of heaven, be Temperate

the indication is absolutly Contrary, but from Age & Nature

the indication is not absolute, but with respect to Custome,

which (as I saide) is to be prefer'd before all; and so much

in brife for the quality; now I come to the quantity

Quantitas

in doseing out wherof yf I erre a litle excuse mee, for

my betters long since saide that, quantitatem aptem ad

vires accomodatam recta conjectura consequi, ardua res

est: to accomodate the quantity of Dyet, sutable to the

strength of the Patient; res ardua est; yt is a hard

matter saith Hyppocrates in libro de alimento, nor is yt possible to

præscribe a fitt quantity for all, since there is not the

same reason in all alike differing according to time,

place, nature, and infinite the like occurrents, that may

cause an alteration in quantity as before in quality,

as for example in sommer lesse meate & more drinke,

and on the contrary in winter and Hyppocrates giues the reason

of yt. &#198;state (saith he) et autumno Cibos difficile ferunt:

Ventres hyeme et vere calidissimj sunt, quare per ea tempora

Copiosiora sunt adhibenda alimenta, In summer and Autumn

a litle meate sufficeth, for much is hardly borne; it'h Spring

and winter more, for then the viscera, the internalls

are hotter, and therfore more able to digest more; nor

doth variation of quantity arise only from time of

yeere, age, sex, Region, & the like, but euen from the con=

dition of the meate yt selfe; for some meates nourish

much, and of such lesse will suffice then of such as nourish

litle; for it is a ru'ld case in Physicke, that Tantum tibj

ingerendum , quantum dissipatæ Corporis substantiæ resartiendæ

sit satis; the quantity of foode ought to Correspond to the

reparation of spirits formerly lost by labour, excersise,

or otherwise, whence it is that greate labourers eat most

As most fitt they should, for restoreing of such greate losse

as the continually haue by there much exercise, not that a

high and full dyett is generally to be approv'd of, nor al=

low'd to all persons: I'the instance in some perticulars, as thus,

if one of litle exercise, of a sedentary life, eate much, eate

much , yt must needes corrupt, for that naturall heate is not

by exercise or labour stir'd vp to make digestion: yf such a

on's stomach faile, & he or she seekes to procure yt by drinking

wine & powring in hott liquors, this is like lime to the rootes

of trees, which though it maturat's the fruite sooner, yet it

perisheth the tree, for nature forc'd by adventicious heates

may, for the time helpe Concoction, but withall it shall

accelerare senium et tandem mortem, it shall hasten old age

and Consequently Death, for while it increaseth the heate

yt deminisheth the substance, which is the humudium primi=

genium , et animæ et Corporis quasi vinculum: againe excesse

of foode Hyppocrates explodes as a greate enimy to nature, when

he sais: Vbi Cibus præter naturam copiosior ingestus est,

hic morbum facit: & the reasons are evident, for let

the meate be never so good, yet yf it in quantity

exceed's the strength & power of digestion in the person,

yt can never be all digested, and so by long stay vpon

the stomach, Contracts corruption & Consequently diseases.

nay more yt from no other cause but from the meere

distention of the vessells as suppose all that were ^is in=

gested weere digested, yet shall not such liue long

in health, for that yt doth, vires premere et

gravare, like a bow still bent, or an instrument high

Hyppocrates Aphorismae 3:

Sectio 1me

strung: & this was the reason why Hyppocrates speakeing

of those Gymnasticks, or strong wrastlers of his time

whose state of body he suppos'd but slippery & uncertaine,

obnoxious to diseases, vpon every light occasion, for that

yt was impossible to adde to that height of body, and

in that state yt was as impossible long to Continue,

folio 11 verso || folio 12 recto

Restat tamen ut in deterius labatur, as Hyppocrates in

the place before cited most elegantly & fully, and

Seneca , quicquid enim ad summumpervenit, ad exitum

properat; in a word that I may proceede; too much

ingurgitation, what doth yt but beget Crudities,

Chachexyes, Palsyes, Apoplexies, & so stuffe the body with

excrements that from hence those miserable torments

of the gutts, together with obst^ructions the mother of all

diseases, nor doth the minde & functions of the soule

scape the daunger of this monster Gluttony, for to

incounter wherwith nature is so much imploy'de

that all thinges elce are set a part that Concoction

may be made of that burden of nature, and

many times all too litle: for how oft doe wee see

(as in a lampe drown'd in too much oyle and so

the light put out) a man orewhelm'd in surfett

so much that through natures oppression the man

is stifled and the light of nature put out.

Perniciosa admodum sentina est abdomen insaturabile,

and not lesse sharply than wittely is intemperaunce

cald Medicorum nutricem the Physitions nurse: on the

contrary they whose moderate vse of dyet answer's

there age, region, temperament, custome & the like

doe not only prevent the daunger of all these fore

named malidies, & mischeifs; but suppose the

Virulency & violent forte euen of Hereditary diseases

Contracted from our parents, & since I have proceeded

so farre in this matter of quantity in dyet. giue

mee leave to make neerer inquiry into this matter

of moderation, what it may be, & wherin yt con

=sists: Hyppocrates saith, Alimentj tantum est indulgendum;

Hyppocrates in 6to Epidemiae

text 20

quantum par sit laboribus , and in his aphorisme sectione secunda

eam nimirum semper esse quantitatem ingerendam, quæ

gravitatem Ventriculo non inferat; and Avicenna ; surgendum

esse a mensa: by all which places wee may gather

That never take in so much as may fill the stomach, so as

to bring a weighty heavines vpon vs, and indispose to laboure

for though wee rise with desire to eate more, as wee say

with an appetite, yet soone after shall that hunger cease;

the reason is this, the place & seate of hunger & appetite

is in the mouth of the stomach, now so long as that is vn=

=fil'd the appetite to more doth still continue, for that the

quantity of foode doth not occupy all parts of yt so fully

as to satisfy that, but soone after yt doth; for assoone

as Concoction begine (which is presently after cessation) then

the meate riseth vp to that part & so satisfy's all; for

the meate must haue roome to boyle in x : as wee

X elce when yt rises

to Concoction it would pro=

cure vomiting, wanting

roome to boyle in

see in a pott that is fil'd full, at first soone runs over

when yt begins to boyle, to this Doth Hypocrates allude in

his booke de locis in homine; when he sais, Cibos offeramus

ea Copia, quantum Corpus, cuj offertur, superare valeat. and

againe in the same booke non sumatur vsque ad respirationis

paruitatem: in a word such quantity of aliment is to be in=

=gested as is adæquate, proficuous, & proportionable to every age

region, custome, & nature; the Just measure wherof, is by

no other meanes so well founde out, as by the sence of the

body in the very act of eating; for (as I saide before)

nature must not be burden'd therwith, nor the stomach

oppres'd with excessiue quantity, least therby wee extinguish

naturall heate; as on the contrary too litle is like a

small parcell of meate to a greate fire, where the meate

is soone burnt, & the guests want there foode, both of

which are a like yll to the body. I should now shew

you what quantity is thought meet for every age

region, nature, time of yeere, and custome, but then

then I should be too tedious, I will therfore Conclude

in two words, how to know when one hath eaten so much

folio 12 verso || folio 13 recto

And no more, then may well stand with the rules of

health, first with Galen , from his pulse, yf yt be

3 de Causis pulsuum

Capitulo 6to

æquall, temperate, neither too greate, nor too languide,

his breathing free & large, next that he be not

dull, sleepy, or indispos'd to talking, reading, writing,

or other excercise, (not that I prescribe these soone

after eating, for they are hurtfull and doe hinder

digestion) that after six or seaven houres feeles his

stomach empty, without eyther belchings or vnsavory

Ructations, for they shew the meate to be corrupt

vpon the stomach; that in his sleepe is nott

aflicted with turbulent dreames, or cannott sleepe

at all; that wakes Cheerfull & lighghtsome,

without much yawning or stretching; that hath

his belly to answere his stomach, readier to dis=

=charge the burden of former eaten meates, then

desireous of new, and an yll signe yt is yf he

be dry in the morning, and will be shrewdly

guest at what he hath beene doeing over night,

yf any of these thinges happen, my advise is

that the second dayes sobriety, make compensation

for the former dayes saciety, for as the proverb

is, secundæ cogitationes semper meliores./ so haue

I done with two of my foure proposed rules

of eating, namely the quality & quantitys,

there remaines now that I speake of the time

& manner of eateing, but of them heerafter,

ever remembring Hyppocrates Aphorisme, non satietas, non

fames, nec aliud quicquam bonum est quod naturæ

modum excedit./

Prælectio 3ia

I B M D

In my former lecture, where I took vpon me to

discourse of the second of the six, not Naturall thinges,

to witt Eating & Drinking; I, for order sake Consider'd

therin foure thinges; namely the quality, quantity, time

of eating, & lastly the manner or method therin requir'd;

the former wherof I then briefly handled; & had not intended

(as I then promised) to have finish'd the other two now, but

when I revolued in my thoughts the many, & maine

important questions that heeron depend, I Conceiu'd

it fitter to take more time to better purpose, then

to huddle vp obscurely (and as yt weere) out of will to

Ignorance promiscuously shuffle so many with notions

together as are Contein'd in there true discovery, the least

of which (apart) hath Cost many greate Worthies of this

Art more labour then I had alotted my selfe for the

all; As first how Concoction is made; 2dly whether the

stomach be nourish'd with Chyle or with Bloud; a Contro=

versy that hath beene fiercly disputed on both sides, with

very probable reasons for each side, all with in our time

and place I will (God willing) deliver. againe whether

variety of meates, or simple dyet, best nourishes;

together with the Causes of hunger & many other vse=

full questions that from there will arise; all which I will

more then touch at as they shall accurre to my discourse.

I will begin with the time of Eating, & first for the number

of meales, which Hyppocrates in his booke de ratione victus, reports

of his time, to be to some once, to some twice, et alios

sæpius in die, non solum comedere, sed etiam saturarj,

others not once or twice a day onely, but often, even to satu=

=rity & fullnes. And it was a Custome amongst the Romanes

to make fiue meales a day, there Ientaculum , Prandium,

Merendam, Cenam, et Comessationem, the first foure

Common to all, the last (cal'd Comessatio) was there Revelling

folio 13 verso || folio 14 recto

And Banquetting between supper and Bed, more peculiar

Incontinentibus, as my Author sai's to such as weere of an un

chast life, but that as some of the rest weere but the

Issue & offspring of Epicurisme & Sensualityx , with which

X more fit to beget

diseases then main=

taine health

let us haue litle to doe, least for want of practise

abroade, wee make worke at home; the Arabians

some of them prescribe 3 meales in two dayes, repu=

ting yt most congruous to health; not to oppresse the

stomach with a fresh meale, till perfect Consummation

of the third Concoction; an Opinion vaine & frivulous

and therfore not without good Cause rejected of our latter

Learned. for what need wee expect the third Concoction

whenas somtimes & in some Causes, a second meale may

be added ere the stomach (the place of the first concoction)

be absolutly discharged of the former, as I shall by

& by deliver. Others there are that best approue of

a breakfast & a supper, & some of suppers only,

but these are but perticulers, & fitter for history then

Art, let vs resolue vpon the most receiud, and most

allow'd of Custome, that is A Dinner & a Supper, and

heerin let vs Consider what orders and Intervenient time

there ought to be in this Course obseru'd. Hyppocrates sais

that you should never repeate your meale till you find

your stomach of former eaten meates discharg'd, with

a desire or hunger after fresh supply, according to which

Opinion is that Common saying, Crudum super indigestis

Morbos Creat; meate vpon meate is the Mother of Mala

=dies; & the Heraulds can tell you that Mettle vpon Mettle

is no good learning; & though this for the most part

be true in all, yet no rule but has his exception,

and he that shall duly weigh the matter, & Consider

rightly, shall finde in very hott Chollericke bodies it is

Not only lawfull to eate a litle betweene Meales, but

even to hasten supper vpon dinner, least by leaving the

stomach altogether empty, & destitute of matter for the

Humors opperacion it forthwith (being Active) as it is, workes

vpon the sprits & begets Feveurs; or Climbes into the

Chaire of reason, & there infests the Animall faculties,

and all this with safty of that opinion, Crudum super indigestum,

for thus yt may be vnderstood Crudum super crudum indigestum ,

that is de crudo preæxistente in stomacho, non de semi=

=cocto, aut majorj ex parte distributo; of such as is left

in the stomach, & cannot be digested, not of such as is

left halfe digested, and only wants a litle time to put

yt over, in this last case a man may eate before the

first concoction be perfectly made. well to resolue;

what time wee shall allow betweene meale & meale;

shall wee with Rhasis allow twelue houres, or with

Gentilis , Ten, or with some more, with some lesse? no,

none of all these, for what Certainty can there be in

a præfixt number of houres, when age, excercise, time

of yeere, strength of body, quality of meate &c, may

alter that every short while; Conclude we then, that the

best time to eate a second meale is when you finde your

stomach lightened from the Burthen of the former, with=

=out heavines or indisposition to busines, without ructations

& vnsavory belchings, and as I saide before, & more large

=ly in my last lecture./ When you finde a sharpe

Appetite, with a waterishnes from your stomach at the

sight of meate, for these thinges evidently show

the former expence, and the necessity of fresh

Commons. But stay I have beene so busey to know

when wee should have our second meale, that I

had quite forgott how to Come to our first, for charity's

sake when shall wee goe to dinner? what houre

folio 14 verso || folio 15 recto

of the day doe you thinke yt fittest to dine in?

amongst diverse Authors I find diverse opinions concerning

this matter: some would haue dinner ready within

three houres after they 'Rose, some six, some 7, 8, 9,

houres after, but this variety of Judgment in the

Case, proceeded rather from the various Customes of

Nations, then due respect to nature. In my opini=

on therfore (with reverence to better Judgments) two

thinges are Chiefly to be had in regard concerning the

institution of the first meale after wee 'rise the

first is ^ in respect of the body; the other, of the time

of yeere; In respect of the body; that ere you eate

or drinke, you exonerate & discharge the principal

parts, of the excrements of former eaten meates;

the Lyver & that Region by vrine & stoole; the

heart, breast, & Lunges & that region by coughing,

spitting, haukeing, hollowing, & such like that cause

expectoration; the Braine by snuffing, sneesing

& emunction of the Nose. so much in respect

of the Body. In regard of the season of the yeere

thus; that in summer you dine two houres sooner

than in winter; for at midday which is a Common

error all most in all men we goe to dinner, when

the sun is to come to his full force & power vp

on vs, wherby our spirits are dissolu'd, and our natural

heate is dissipated, and by the force of the Amb^ient

heate drawne to the extreame parts of the body

and so Concoction hinder'd; wheras on the Contrary

in winter you ought not to eate till the suns in=

=flux be more full vpon you, that thereby natural

heate may be stirred vp: for which only Cause wee

all waies in winter prescribe moderate exercise a

A litle before Dinner, not but that the Internalls are

hott enough, yea & too hott oftimes, but that heerby

there may be a more proportionable heate in all parts,

which ever begets the best digestion.and so much for

our Dinner, & for my first part propos'd, namely the time of eating

I now Come to my last & longest part, for to this part

(as most peculiar) heerunto I referre all my Controversies

of note, & greate Consequence; and first I will begin

with that Auncient, and therfore famous Controversy

in which Plato himself was a stickler as appears

in the third of his Common wealth, Ciborum varietas

varios nascit morbos, saith he, variety of meats begets

various diseases; & the old & Common proverb, Multa fercula

nocent, in many dishes Daunger, yet least wee seeme to

yeild with fighting, let vs see what may be saide for the

other side; A Doctrine that would be attended vnto, by

our capon=eaters; & to be well pleaded, would deserue

a fee of our Feast=founders & custard=crammers; well

let us first heare what our simplicians can say that

affect nothing like a legge of mutton, or a peece of Beefe

Variety (say they) must needs be hurtfull, for in many dishes

are (yf not Contrary) yet various qualities, & how Can there

be an æquall concoction, or distribution of those many

where one so much exceeds another in heate or cold, or

Tender, or Hard, &c. another argument they bring against

vs is this, In variety (say they) is greate delight and

Pleasure, & that inticement to eate more then Nature

can with safety beare, & that begets that repletion

which Fernelius calls the mother of most diseases as ap=

6to de morbis et

symptomatis causis

peares in his works./ the example of the country

Clowne & husbandman (who for simple dyet and

sincere health, Compare with all men) they bring

against vs; and make our maister greate Hyppocrates a Champion

against vs, who in his booke De Flatibus giues two reasons

against this Custome of Dyet, Tum quoniam plus, quam

folio 15 verso || folio 16 recto

Par est assumitur, tum etiam quoniam edulia

varia et dissimilia sunt, quæ turbas excitant, nec

pari celeritate coquantur. first for that more then

fitting is taken in; next that various & vnlike meates

doe but trouble the stomach, & are long in digestion

and in his 2d booke de Dieta; Condimenta damnavi

quoniam inter se viribus dissident & one wittily said

that various dishes weere like variety of women,

they intic'd vs to venter at more then wee are able

to performe, from all which it seemes that a simple

dyet is easy, safe, & Congruous to nature & to be

prefer'd before variety, & multiplicity of Dishes.

And yet for all that hath beene saide on this behalf

there wants not arguments on the other side to plead

for numerous & various Dishes; & yt would seeme

(mee thinke) to accord with reason, that variety of

food should best agree, with that body which is com

=pos'd of such various & different parts; & without

all question, to Fatten a leane body, variety is

best; & Aristotle sais that for that very reason it

is that swine are so fatt, as you may see in 8tavo

de hystoria Animalium, Sues ob id pinguj abun

=dare, quod varijs vtantur cibis. againe the same

Argument brought against yt (which was that variety

begat delight & pleasure, & therfore nought, provoking

vs to eate more then fitting quantity) makes most

for it, for by how much the more pleasure & delight

wee take in our foode, by so much the better digestion

is made, for that the stomach doth more closely

imbrace, & graspe what it affects, & consequently

better digest, then when yt takes in what it likes n.

so well, And that's the reason why women with

Child make digestion of any thing they long for,

For that the stomach doth with so much desire, Pleasure

and as I may say Greediness devour it, now you see that there

wants not reasons for both opinions, let vs in a word see

in what Cases, and to whom either haue there proper vse,

for eyther is best in several respects. As thus, to giue a

man divers meates of different qualityes, as very hard, &

very tender, or very hott, & very Cold together; these of

necesity must produce mischiefe, espetially yf it happen

to an vnresitant stomach, one that doth succumbere

singulis, yeeld to every thing; and what cookery is there

like to be, where the Legge of Beefe & the Larke are

put into the Pott together, do'es the cow's vdder & Partridge

require on time of dressing by one & the same fire,

and against this, is the Argument of those that contend

for simple Dyet, Chiefly prevalent; where on the Con=

=trary take many meates of one quality or more in quan=

=tity, as the capon, the hen, the young Turkey, the Phe=

=saunt, Partridge, &c. as likewise grosser meates to harder

stomachs, Why? this variety & multiplicity hinders not

concoction, because though different in specie, yet are

they neere & of kinde in quality, for one heat in our

stomach, in one & the same space of time stries to

make digestion of all these together; where yf you put

the Ploughmans hard Cheese into the courtiers Quel=

=que=chose, alas hee's laide vp for half a progresse, and

Kickshaw's

either can eate nothing whilst that's digested, or by benifitt

of Nature or Art is faine to throw yt vp the same way

yt went in; & so the hard labouring clowne, whose stomach

feeles nothing, that is not within a degree of steele, let

but him be fed a fortnight with cockbrothes & Iellies, and

you haue taken vp his belly worse, then you had fed

him with Chopt straw, for his fire is so hott that he burns

such wafer Cakes as soone as the touch his oven./ but this

be the by. the resolution then is thus, where

folio 16 verso || folio 17 recto

Where thicke & thin, hard & soft, are promiscuously ingested

there the Damage proceeds from the variety & multiplicity

of Dishes, but ^ where many of one or alike quality are eaten

of at once yt hurts not: for the reasons before aleadg'd

so that it is the diversity of substances, not the variety

of species, that begets the mischiefe; & to those that

deny variety, because yt inticeth vs to saturity, &

Repletion, I answere that, that desire proceeds from a

voluptuous minde, and is rather an error in Judgement

then an vice of nature; wherfore Plato saide, non

ob aliam causam, periculum esse in varietate, nisi

quia facile succumbimus voluptatj. there is no

daunger in variety, to him that Can Conteine him=

=selfe within the bounds of mediocrity, quo fit, vt copia

non varietas noceat. for variety with Temperaunce

Life

preseru's like & health; when a single surfett distroy's

both; though yt may not be dein'd that excesse of

one is lesse daungerous then of many, & thus have you

heard how the reasons stand on both sides; for

variety; or simple dyet./ I will now proceed to

another question, which is to know, of Grosse or Thin

meates, which is first to be eaten of in meale, for you

must remember I am all this while in my method

or manner of Eating. in which Controversy, giue

me leaue to looke over the reasons on both sides,

and then resolue with which to take part, & the rea

=sons why I take part with this rather than that.

To passe over the reasons of some, who maintaine

that grosse meate is first to be eaten, for that as in

Building the Foundation is of Coursest matter, the

wall finer, & so the Roofe purest, or as amongst

the Elements, the Earth (the grosest) is lowermost,

the water next, & so the Ayre, & Fire finest & highest,

Therfore in variety of meates, wee must begin with

grossest, & after thinner & easier, these reasons (I say) I

passe over as Rediculous & of no weight, not worth ans=

=wering; and come to there Arguments (more solid)

that hold that grosse meate is therfor first to be

eaten, for that the lower part or bottome of the sto=

=mach is more fleshy, & Consequently more hott,

fitt to make Concoction of hardest, and grossest foode,

as the vpper part nervous, colder, ordain'd for finer and

tenderer dyet; for by how much the lower part exceeds the

upper ^ in heate, by so much is the Aliment first put in, ex=

=ceeded in Concoction, so that while the strong part makes

worke vppon the grosse meate the weaker part aboue

may haue finisht its labour, vppon the finer, & so both

(made ready in perfect chilification) may at once be=

throwne out into the gutts for other operacions; for=

otherwise (say they) yf the finer should be put into

the place of greatest heate, and so of swiftest di=

=gestion, and the grosest in the Contrary, yt would

happen, that at the opening of the Pylorus the lower=

=most Mouth of the stomach, to giue way for the

fine meate, first Concocted; that not only the labour

of the grosse meate would be hindered, but (against

natures order) yt would slip away with the rest vn=

=perfected, for nature doth not disgest apart & turne that

of, and then a part, and so as it is digested, but re=

=taines all till there be a perfect concoction of all, &

then discharges all together, according to that of

3tio de facultatibus

naturalibus Capitulum 4

Galen , Tum ventriculus aperit inferius os cum cibos

ad perfectionem concoxit. now these men say somthing

to the point, and though my Judgment carry mee

another way, yet there is somwhat in there arguments

semblable & seeming like truth: and did not Galen

folio 17 verso || folio 18 recto

Elcewhere positiuly determine otherwise I know not

how this opinion could be wau'd being fortified by the

same Author as by the place before cited, but wee

shall easily distinguish vppon that place, and make

Galen speak truth in both places, though seeming

contradictory, and so make good that thin meates

are to be eaten first, thus, that thin, fine

tender meates are sooner concocted then grosse,

heavy, & hard meates, I think nobody will gainsay,

now whatsoever is perfectly concocted, ought pre=

sently to be discharged, least by longer stay vpon

the stomach, after the work done for which it was

put thither; yt corrupt & putrify, which it will sud=

=denly doe yf it stay there, now this inconvenience

must of necessity follow, yf fine meates weere put

vpon grosse; for that the grosse meats, first eaten,

last digested would stop the passage of fine meates

wherby (through too long stay vpon the stomach)

Corruption should be contracted, and so the wholl

destroyed; for this is a truth in Physicke, omnis

coctionis inæqualitas, præludium est corruptionis,

aut aliorum vitiorum, quæ jecur corrigere nequit,

all inequality of Concoction, eyther of too long stay

or too suddaine passage is the prologue to Corruption

and begets such inconvenience to the body, by the

first digestions error, that the Liver can neither

Correct nor amend afterwards; and heere is further

to be vnderstood, that Foode is saide to be easy of di

=gestion and quick passage from the stomach, two

manner of waies, either per se ^ or per accidens, per se two

=fold againe, either for that it is of yt selfe slippery

and so slides away, or elce yt hath some medicinall

quality, & therby stir's vp the expulsiue faculty;

Purgendo, Irritandovem; per accidens wee say Concoction

is soone made, when the meate is of yt self na=

=turally easy to digest, and presently yeelds to the

smallest portion of heate, and in both these res=

=pects is the fine food to be first taken in, by the

3tio de ratione

victus acutorum

rule of Hyppocrates where he brings in the example of

Mulsa & Ptisan saying yf Mulsa be drank after

Ptisan, yt fills, inflates, distends, & troubles the Hypo=

=condries. Ptisana autem quam mulsa difficilior est

Corrupta, et descendit tardius, si ergo Mulsa primo

sumpta fuerit, ex ea quædam ad Ptisanæ dejectionem

provocatio, verum si ptisana primum ^ sumpta fuerit, subduci

mulsa prohibetur. semper enim oportet ingerere,

quæ et facilius corrumpuntur, et quæ subducuntur

magis: as Galen in his Coment vppon that place;

and amonst many thinges, to Confirme this, he hath

in his 11th chapter de alimentorum facultatibus these wordes:

satius enim fuerit scire ex cibis qui parantur ad

dejectionem, posteriores quidem sumendos, eos qui tardem

permeant: omnium autem primos, qui celeriter quidem

pervadunt, corrumpuntur tamen si in ventro morentur

diutius. by this you may easily perceiue of what

minde our Maister Galen was, that all such meates

as weere quicke in passage, easy of digestion and of

fine parts, ought first to be eaten, least by being

too long stayde vpon the stomach, they (through

there owne corruption which they suddainly would

Contract) infected the rest of meates, and so over=

throw the wholl work of Concoction. And to this

2do 2da Doctrina

Capitulo 7mo

agrees that of Avicen . Nutrientia præterea ordinem

in suj receptionem habent, in quo sanitatis conservator

sollicitus esse debet: ne illud quod subtile est, et cito

digeritur, post forte nutriens quod sit eo durius, in

folio 18 verso || folio 19 recto

Cibo sumat, quia prius digeritur quam ipsum,

et super illum natabit non habens viam qua

penetret, putrefiet ergo et corrumpetur, et corrumpet

illud quod ej admiscetur. so that the argument

wants not Confirmation yee see from the first

three that ever wrott? not first in place but in

power & authority, as allso the manifest discomodity

ensuing the contrary: all which laide together cannot

but win vpon our wills to assent vnto the same,

wheras in this there is all safety, no daunger

at all, for I graunt that the lower part of the

stomach is hotter then the vpper, yet Can there

not be distinctly set out according to proportion (part

to part Compard) which, & how much this part

exceedes the other, correspondent to the meate ingested

nor is there such distinction of places (though taken

in in that manner the grosse before the fine I

meane) in the stomach; that this in this place

and that in the other, to giue way one to another

as yt weere in orderly succession: as by the argu=

=ment would be inferd: but that which is first con=

=cocted is first discharg'd, & so consequently part

after part, till all be dispatch'd; & not all at once

as the place before cited out of Galen would

seeme to inforce, and without all question, from

that very place misunderstood haue they built this

falce fabricke, nor Could they otherwise, takeing

yt after there interpretation, for yf it shalbe

graunted, that digestion & Distribution is perfected

at once; then of necessity must allso a way be

found out to make the grosse & the fine meate

ready for discharge together or elce you heare

what inconvenience would ensue, but as in Phylosophy

We say, vno absurdo dato mille sequuntur, from one

falce ground wee raise a thousand falce questions & conclusions

so from this of Galen (misconceiud) they inferd this

falce Consequence, whenas indeed the meaning of that

place is where such makes use out of like thus

(marke the words) Tunc ventriculus aperit inferius os,

cum cibos ad perfectionem concoxerit, then doth the lower

mouth of the stomach open, when the meate hath

receaued full & perfect concoction; yt weere a strange

illation to conclude from hence that therfore all

must be digested, and expeld together, is not some part

perfect before other some to which the Pylorus the lower

mouth of the stomach giues way as is receiu's its perfection;

or yf they will needes understand it so, it must be restrain'd

either to such meates as are of like, & æquall parts,

or of one only meate, not of many, various, & vnlike

dishes, which require different time, according to there

severall natures; for yf all shall be digested & expel'd

at once, what becomes of the doctrine of parum, et sæpe

a litle & often; impossible yt is for meates eaten at

such different times (though they meet altogether it'h

stomach) to receiue there perfection, and expulsion together,

but that which is first ready giues way for that which re=

=maines for further concoction; & from this order of dyet

can no discomodity arise, for suppose the grosser meate

in the colder part, what evill follows? why, nothing

more then a little longer stay to perfect the worke;

but no corruption to destroy the worke, as on the contrary,

corruption by long stay after Concoction; And yf at any

time (through any sharpe medicinall quality in the meate)

nature should be stirr'd vp to expell some part unperfected?

are not the gutts instrumenta non dejectionis solum, sed

et concoctionis, vt non aliter quam ventriculus chylum

4to de vsu partium

possint elaborare, as Galen , Doth not the labour of the

folio 19 verso || folio 20 recto

Gutts make (that oft times) compleate, which pa'sd the stomach

vnperfected? yes very oft, & that without other hurt or

damage to the Body. all which (with all that hath

beene saide before) rightly Considered may worke vpon

you (as vpon me yt hath) to maintaine that, Tenuia

ante crassa is the safest feeding, & that an error

heerin Comitted is less daungerous, & sooner repaired,

either by Art, or Nature, then a fault in the other,

and so haue you my resolution of this point allso

I should now proceed to other questions, as namely how

Concoction is made, and whether the stomach be

nourished with chyle or bloud &c. but for ^ that yt is too

much to be delivered at this time I'le referre yt

to another lecture./

A Gentle Purge to be taken at Spring &

Fall./

Take the best Senna 3 drams, of the best Rubard

4 Scruples, Anniseeds & sweet Fennell seedes of

Each a dram, of the flowers of violettes, Borage,

Bugles, and Succory of Each a Little, Boyle

these in all most halfe a pynt of water till

halfe be Consumed over a very gentle fyre, then

lett it stand vntill it be almost cold, then straine it,

and after it be ^ so strained, putt into it Syrop of

Succory with Rubarb one ounce, Creameotartar

a dram, shake them weltogether and drinke them

it off fasting betymes in the morning and fast

two howres after, then drinke some warme brooth./

To Purge waterish humors./

Pulvis Cario-Costinum ounze 1 take it at six

tymes in White wyne, divide an ounze into

three partes and take in the morning fastinge

every tyme the third part of pynte, blood

warme drinke, it off, and keepe warme, and

take thnne possett drinke about an hower

or two after./

folio 20 verso || folio 21 recto

Pills & Purges./

Pills for the paine in the Head proceeding of

Costivenes called Aqua Pendente Pills.

Take ^ for 3 or 4 nights together a quarter of an howre before

Supper, a Pill of Aloes Rosati of the bignes of a Pease, and

whensoeuer you fynd your body very Costive, take of the

said Aloes Rosati according to your discretion, If yow fynde

your body not easiely moved, yow may take 2 pills: But

yow must be Carefull to buy this Aloes Rosati of the best

which is Comonly after the rate of 6dper ounce, The

more certaine way therefore is to make it your selfe

which is done in this manner./

To make Aloes

Rosati./

Aqua Pendente

Pills./

Take of dammaske Roses beaten and Iuyced (about a

bushell of Roses will come to Sixteene pence Ounces)

To these 16 ounzes of Roses, add one ounce of Aloes of the

brightest and Cleerest which will melt in the fingers, beeing

touched with a warme hand, Boyle them together vpon a

gentle fire, till the Aloes bee dissolved, then straine it

through a Cleane Cloath, then boyle it againe vpon a

soft fire, till it come to a fitt hight of softnes & thicknes

fitt to make pills continually stirring it to the later end,

for it wilbe apt to burne, It will aske 12 houres boyleing,

and yow may as easiely make 4 ounzes as one, that is

about 4 bushellls of Roses to 4 ounzes of Aloes soe made

It will last 3 yeares. This is called Aqua Pendentes Pill,

beeing first made by a famous Italian Physician of that name

and is Excellent for Cleansing & Cleareing the body, And of

most singuler Efficacy against Fumes & paines in the Head

much Commended by one Mr Goldesborough phisicon in the

Palatinate, Mr Bold & Mr Bates Apothecaries.

folio 21 verso || folio 22 recto

A Purge for all Causes.

Take a quarter of an ounce of Rubarb, Infuse itt in a Cupp of

Muskadine or Malmesey and drinke it Probatum/

Another for obstructions of the Liver.

Take 3 drams of Rubarb made into Powder, & mix with it

asmuch Conserve of damaske Roses as will serue, & take

the bignes of a Wallnutt att a tyme./

Another of the same

Take halfe an ounce of Saccharium Rosatum and a dram

of Rubarb./

A very good Purge against Wynd & Water

Take one ounce of Siropp of Rubarbe, 2 ounzes of

Syrope of damaske Roses,16 graines of Iollipp

powdered Infuse the Iollipp all night in white

wyne made scaulding hott, the next day

mingle all together & drinke it Luke warme./

An Easie Purge

Take a dram of Pulvis Sanctus and infuse the

same in a dram of White Wyne all night, &

drinke it in the morning Take an hower or

two after Broth or Possett Ale

To Purge the Liver & refresh the Stomacke

Take a pottle of milke of one Cowe and putt to it a

pynt of redd or whyte wyne that is not too stronge

nor troubled, distill them and drinke of the Water./

Doctor Herves Purge

Take Pilulæ Extracti Rudis halfe a drachme & 5 or 6 dropps

of the oyle of Cloves, It worketh gently, drinke Broth when it

hath wrought, and keepe warme./

A way to Purge by outward means./

Seeth Mallowes and redd nettles together in faire

water, And lett any one that is Costive, or cannot goe

to the Stoole, sitt & Close over the same, and Receiue the

fvme fvme thereof in all his fundament And it will

helpe surely and speedily./

Excellent Pills of Amber called

Pillullæ de Succino.

Take of white or other Amber a quarter of an ounce,

of Aloes 5 drachmes, of Agricke, one dram & an

halfe, of the Right Aristolochia halfe a dram.

Beate them all into fyne powder, and temper them

with the Syrupe of Wormewood, made therof a

masse of pills, and forme 7 pills of a drachme,

Take 3 or 4 of them, when you goe to bedd They ex=

pell all humiditie & vncleanenes from the stomach

suffering nothing to putrifie therein, They Cleanse

the Roynes and Wombe, and much strengthen the

head and hart./

To Purge Fleagme from the Braines

Take Masticke alone and Champe it, or take of

Mastick &#8485; i, pepper piretrum of each &#439; is mix

it with honey, Make it into Little Cakes and

Champe it./

Pillulæ de Succino are good to Purge the Sper=

maticall Vessells./

folio 22 verso || folio 23 recto

To Purge Melancholly by

Doctor I F/

Take &#439; 1 or &#8456; iiii of Pulvis Sanctus in whyte wyne./

Trochisks of Alipta Muscata, good for Gonorrhæa./

Extractum Panchimagogon, doth plentifully purge

all humors./

Pilulæ Agrigativæ Purge the whole Body.

Pilulæ Aloes Stomaticæ purge very pleasantly all

humors from the Hart./

To Purge the Head & Eyes

Take pilulæ Auriæ, & Cochiæ ana &#8456; i or &#8456; ii./

Another Purge

Scammony is the Iuyce of an heurbe, that is best which

is Light, and beeing touchd with the moysture of the

Tongue, will Lactescere, turne milkishe. The dose

is from 5 graines to 12 in Conserue of damaske

Roses, And a Scruple of Chrystalls, of Tartar well

powdered together with the Scammony./ per Dr I. F /

Or Thus

Powder, 7 - 10 or 12 graines of Scammony with a

drachme of Chrystalls of Tartar, Grynd them on a

marble stone a good whyle very well that they may bee

throughly incorporated, And giue it in Whyte wyne,

Possett, Ale, or Chickenbroath, And it will worke

plentifully, speedily, pleasantly, strongly, and safely

vpon all humors, but espetially vpon Choller

and Water./

Another Purge

Rx Pillulæ Agrigati eorum &#439; 1 Trochis eorum

Athandal (made of Colocynthis) 5 graines

Misce fiat Pillulas This purgeth fflegme Choller

and nations humours, It is good in great &

inveterate headaches, Meagrines, Epilepsies,

Apoplixies or Giddines, Gout, Sciatica,

Astma, fflegmatique Cough, & difficulty

of Breathing./

Another Purge per Dr. I. F./

Iolap is a kynd of Mechoacan, and hath

the same vertues The Dose is from one &#8456; i

to &#8456; ii or &#8456; iii in strong bodies. If &#8456; i or

&#439; s bee very finely searced, It will purg very

pleasantly, and hath no tast. &#8456; i of this is

giuen (when any other purge worketh

slowely) in Broath, And it will followe the

other working plentifully and safely./

Other admirable Pills of Aloes.

Take Aloes washt &#8485; i of Choice Myrrhe &#439; i of

Masticke &#439; is of Saffron &#439; 1s, of roses &#439; i of

redd Saunders &#439; ii Make these Pills with

Endive water as bigg as a Pease, or a small

Beane And these may be taken att all tymes, vnles

the season be Extreame hott or Extreame Cold, And

they must be taken very early in the morning or late at

night, They Exact no Curious attendance, or

folio 23 verso || folio 24 recto

Abstinence from ordinary meates, or vsuall dyett;

Comonly &#8485; of them are taken, sometymes one

will serue with a Little white wyne taken to cleare

the passage, The Roses & Saunders are added for

suchas have great heate of the Liver./

The vertues of them

1 - Suchas vse these Pills shal not be troubled with

any infirmity of Body which will not easiely be cured./

2 They preserue a man from the plague and infectious

diseases./

3. They defend the Body from all Corrupt noysome

and Contagious Ayres./

4 They keepe a man long from grey heyes and

apparent old age./

5 They Exhilerate and make a man gladd and

Ioyfull./

6. They sharpen the vnderstanding & strengthen the

memorie./

7. They Comfort and Cleere the Eyesight./

8. They Cleanse the stomach hart and all the

Entralls from all Corrupt Superfluities./

9. They purge and Cleanse sweetely, not distur=

bing the humors or gripeing the Belly./

10 The Expell ffleagme and wyndenes ingendered

of Cold which annoyeth any part of the Body./

11 They preserue the whole Body from the paines in

the Ioyntes./

12 They Avayle especially against all newe or

old cata^rrhes all defluxtions of Rhumes./

13 They Cleare the Breast, and ease the paines

in the sydes, So as they profitt Astmatique persons

very much./

14 They Commonly purge within 12 howers

being orderly taken, And if they worke not

outwardly, yet inwardly they very much availe.

Theire are further vertues of this Medicine

sett downe by the Famous Physitian Doctor

Guilliam de Lovanzago thus.

1 The vse of these Pills (saith hee) excuse a man from

takeing any other Purge./

2 They much helpe the dullnes of the Eiysight

and Cleere the Eyes./

3 They Cure the Headach, Meagrims and all verti=

ginousnes./

4 They perfect the Hearing

5 They perfect the Sense of Tasting

6 They Cleere the Vnderstanding and helpe the

memory

7 They preserue a man from the Palsey and Tremb=

ling./

8 They Cure all Catarrhs & Rhumes./

9 They availe much against all Colt diseases./

10. They helpe all Coughs, newe or old./

11. They avoyld all ill Rhumors ingendered by

feeding on Crewd & Corrupt meates./

folio 24 verso || folio 25 recto

12 They preserue from the Gout and the Running

of humors from place to place./

13 They keepe a man safe from all paines in the Ioynts./

14 They Comfort the liver and Cure the Iaundice./

15 They open the Hemrodes & not over much./

16 They are found very Comfortable and of great

vertue in all Passions of the Hart./

The manner of Washing of Aloes for the

Medicine aforesaid./

Take of the best and purest Aloes lib. ii of Raine

Water lb vi ffirst grind your Aloes fyne, Then

putt in your water good & warme into a glasse dish or

Bason, Then Lett it settle, Then take the pure and fatt

Aloes which is mixt with the water, and cant it fynely

from the dregges which will remain in the Bottome,

and which you must cast away, Then take that which

is Canted, or streyned, and dry itt in the Sunn

Covered with a Cloath, Soe keepe it for vse./

To Purge

Take halfe an ounce of good Spainish Liquorice slyced

and a little Coleander seedes Boyle it in a pyne and

an halfe of ffaire water till it come to a pynte,

streyne it, and powre it hott vpon an ounce of the ^ best

Sene well pickt in an Earthen Gallypott or Bason

Coole the Pott and so lett it stand in steep all night. In the

morning streyne it and drinke a good draught of it

fasting three or fower daies together you shall not

need in this to keepe your Chamber./

folio 25 verso || folio 26 recto

folio 26 verso || folio 27 recto

folio 27 verso || folio 28 recto

Dyett & Purging Drinkes for

the Blood, or other wyse./

An Excellent Dyett Drinke for any

Payne in the Joyntes, proceeding of Cold

or from any sharpe Humors caused by

Sower or Salt meates, or Drinckes./

Take of Sarsaperilla 8 ounzes, of Sassafras

4 ounzes, Lett them be sliced in very small peices

Then putt them into an Earthen pott with a

Close Cover, and putt theireto six quartes of faire

water, Then sett them on a gentle fire to infuse

(not to boyle) the space of two howers, Then take

it from the fyre and powre the water out as of noe

other vse, but by this Infusion to take from the

Ingredients the Earthy, and harsh quallity they had.

Then take the Ingredientes aforesaid, and bruise them

in a stone Morter, and putt them into the pott againe

with fowerteene pyntes of ffaire water, Lett them boyle

Close Covered to the Consumption of 4 or 6 pyntes,

then straine it, & drinke it in a good quantitie att a

tyme, the more the better./

ffrom the tyme you begin to drinke this dyett drinke,

you must be Carefull not to drinke any other drinke

whatsoeuer for the space of a moneth or 5 weekes att the

Least. you may well drinke 5 2 pyntes a day, soe

that one decoction will serue you but 2 or 3 daies,

then make fresh. Before yow take this drinke

folio 28 verso || folio 29 recto

yow may prepare your body with this Purge videlicet

Take a drachme, and an halfe of Pulvis Sanctus and

one ounce of Sirrope of Roses, Then take three

ounces of ffumitary Water, warme the Water, and

with a spoone mix well the powder & the Water

The putt the powder and the Water to the Syrupp of

Roses in a glasse, which holds somewhat more that the

Ingredients, to th'end that yow may shake them well

together, Then drinke it & keepe you warme as in the

Course of other Phisicke, You must be sure to take this

purg euery 5 daies during the tyme yow take the

dyett drinke, nor vse any other drinke to your meate,

but the said dyett drinke; which if yow obserue

yow shall fynd an admirable effect and vertue in the

said Ingredient./

A Purging Ale

Take 5 or 6 handfulls of Egrimony, Betony

Siverwort, Scurvie grasse, Pellitory of the Wall

Redd docke Rootes English Madder Rootes,

Polypodium Rootes, of each a like quantatie,

two or three handfull of English Rhubarbe

with six ounces of Sena, Liquorice and Anny=

=seedes of each three ounces to a proportionable

quantatie of Ale./

Another Dyett Drinke

Take a Gallon of new Ale 2 ounces of Sena

asmuch of the Rootes of Polipody of the Wall,

Maydenhaire, Egrimony, and hartes tougne of each

an handfull, Cloves & Annyseedes of each an handfull

halfepennyworth, asmuch of ginger and Orris

powder, putt all these in a Lynnen bagg in the drinke

three dayes before yow vse it./

An Excellent Drinke or Syrupe

to Purge Choller, Fleagme, to open

obstructions of the Liver in hott

Feavers, & diuers other Greifes

Proceeding of Choller./

Take of Endive Water a quarter of a pynte, of

good Rhubarbe 2 ounces, of Spicknard 10 graines,

Slyce and Cutt your Rhubarbe, and infuse them

together 24 howers, The strayne it forth

very strongly, Putt thereto one pound of ffyne

Sugar, and boyle it vnto a Syrrupe, and take

thereof euery mornening and Evening one

Spoonefull, or two, or three as occasion serues./

Another Excellent Drinke to Purge

Choller Fleagme, Melancholly

&to open all obstructions of the

Liver & Spleene./

Take of Orientall Sena 2 ounces, of

Chosen Rhubarbe halfe and ounce thyn sliced,

Annyseedes and ffennell seedes of each a good

spoonefull bruised, of Endive, Succory, Borage

and Buglosse of each a good handfull, of Reysons

of the Sunn opened and stoned 4 ounces, of

Currans 4 spoonefulls, halfe an handfull

of ffennell Rootes, Lett all these bee infused in

two quartes of Running Water in a Close pipkin

Covered, Lett it not boyle, but keepe it onely hott

folio 29 verso || folio 30 recto

for 6 or 8 howers Then streyne it & drinke thereof

for 5 or 6 daies euery morning a reasonable draught

blood warme, haueing some thinne broath 2 or 3

howers after./

Another Excellent Drincke

Take of Madder Rootes, of yellowe docke Rootes of each

halfe a pound, of Scabious, Egrimony, Violett fflowers,

Cardis Carduns, Cicchory, ffumitory, Bettony,

Borage, Buglosse, or Maydenhaire, hartes tongue and

Liverwort of each one handfull, of Liquorice and

Anniseedes of Each two ounces, of Rhubarbe cutt

in thynn slyces 2 vunces, Putt all these into a Boulter

Bagg, and hang the same in a vessell of 4 Gallons of

good Ale or Beere, And when it is 4 or 5 daies old

drinke thereof halfe a pynte or more first in the

morning and last att Evening while it lastes It

is most Excellent to Purge the Blood in the Spring

tyme./

A Purging Drinke to Coole the Blood./

Take violette Leaves and Strawberry Leaues of each

two hand fulls, a good quantitie of Buglosse or

Borage, one hand full of the Tipps of or Rootes of

Redd ffennell, of Liquorice 3 ounzes, of the best

blewe Currandes a quarter of a pound; halfe a pound

of raisons of the Sunn stoned, two ounces of Annyseedes

well rubbed & dusted; 2 or 3 handfulls of ffrench

Barly, Boyle all these in a gallon of faire springe

water, till it come to a pottle, when the Liquore .. is allmost

boyled, putt thereto two ounces of Sena, and so lett it

haue 2 or 3 walmes on the fire./

Another approved Drinke for any kynde

of Heate riseing in Pimples or Itch

It Purgeth or Cleanseth Blood./

Take of Egrimony, ffumitorie Scabious and

Scurvy grasse of Each an handfull, ffrench Barly

one ounce, of Annyseedes halfe an ounce, of Liquorice

scraped and bruised a sufficient quantatie, reysons of

the Sunn stoned an handfull; prunes 20tie

stones and all, Lett all these be boyled together in a pottle

of Running water, boyleing softly till halfe be consumed,

Then streyne it, and soe lett the partie drinke of it in the

morning about halfe a pynte fasting an howre

after, And soe againe att 4 of the Clocke in the

Afternoone If you please to haue it purge, yow may

putt in it one or two ounces of Sena.

Another Excellent Drinke against

Hydropicall Humours Consumption &cetera./

Take Clary Camphry, Sheppardes purse, dandy=

lyon, Cinquefoyle, hartes tongue Leaues, parsley

and ffennell Rootes of each an handfull the pythes

taken out; A Comphrey roote slyced, Rosemary

pennyroyall and Tyme of each a Branch or two,

Coryander seedes and Annyseedes bruised of each

an ounce; Liquorice an ounce slyced Cassia=

fistula 3 ounces, bruised Creame of Tartar

one ounce, Rhubarb &#439; ii, Agrick &#439; ii, Reysons

of the Sunn a pound, dates and blewe Currans

of each a quarter of a pound, lett the Cassia

folio 30 verso || folio 31 recto

Rhubarbe, Creame of Tartar and Agaricke infuse

in a quart of white wyne whilst the rest boyles

six quartes of spring water vnto three, Then

mix both together, soe lett them gently stewe

together for three quarters of an houre Then

streyne itt and take thereof Morning, Noone, and

Night a quarter of a pynte att a tyme. Probatum./

A Drying Diett Drinke/

Take of the best Sarsaperilla slyced and cutt

into short peeces, and of the Raspinges of Guiacum

of each of them 4 ounces, Infuse them all night

in 6 quartes of faire water with 4 spoonefulls

of ffrench Barly in a pipkin standing Close

Covered vpon warme Embers; In the morning

sett them to boyle gently till halfe the Liquour bee

spent putting to them in the beginning of the Boylinge

two ounces of Raisons of the Sunn without their stones,

a few Leaues of Dandilyon, Betony, Egrimony

and Cetrache, one ounce and halfe of Liquorice

scraped and bruised, halfe a spooneful of sweete

ffennell seedes of white Saunders and yellow Saunders

of each a drame, Lett all these boyle gently together

till halfe the Liquoure bee spent. Then take them the

fire, and power out the Liquore and putto the Ingredi=

entes that remaine in the Bottome halfe an ounce

of Sassafras Cutt into thinn Chipps and boyle them

againe in the other six quartes of pure water till halfe

be consumed, Towardes th'end of the boyleing, Putto

them a quarter of one ounce Cynnamond, and

an ounce of Liquorice and keepe it for a Second

Drinke. Dr. More ./

Another for the Same

Take of ffrench Barly a quarter of a pounde

wash it from the duste and boyle it in a pottle of

Water till it breake and swell, Then cast away all

that water and boyle it again in 3 quartes of water with

2 roots of Cicchory without there pythes, and handfull

of Reysons of the Sunn without theire stones, an

ounce and an halfe of Liquorice, scraped and bruised, halfe

a spoonfull of Anniseedes, two spoonefulls of the Raspinges

of Guaiacum, and a Little hand full of the Leaues of

Dandilyon; Lett these Boyle all together to a

pottle, Then streyne it, and drinke thereof every

morning halfe a pynte, or three quarters, or a

whole pynte warme, besides often in the day, and

att meate, without drinkeing either Ale, beere,

or wyne, Except you will mingle a little

whyte wyne with it att dinners but not at Supper

per Dr Moore ./

To Provoke Sweate,

Make a possett of Sack and Ale, Then take away

the Curde, and boyle in the Possett drinke these

hearbes following videlicecet Penny Royall, Speremint,

Bawme and Wood Bettony of each a pugill, that

is as many of each as yow cann take vpp betweene

your fingers, Lett them be first bruised & then boyled

in the Possett drinke, vntill they bee fully Enough.

Then streyne it & drinke thereof a good draught as

hott as you can in Bedd, Take the Receipt before

mentioned to Coole the Blood 3 or 4 daies before

and likewise 3 or daies after, Then yowe

may applye Leaches./

folio 31 verso || folio 32 recto

An Excellent Purging Drinke to be

vsed in Aprill, or May./

Take three pyntes of Water, three pynts of Whyte

wine, a pound of Currandes, and six ounces of

docke Rootes of the most orrange Colour yow cann

gett Boyle all till a quart be spent, streyne it and

drinke halfe a pynt in the morning and asmuch

in the Afternoone about 4 of the Clocke.

Another Excellent Drinke./

Take two Gallons of small Ale, halfe a pound

of blancht Allmondes, a quarter of a pound of Anniseedes

3 or 4 stickes of Liquorice, one pound of redd roses,

a quantatie of Hysopp and parseley, Bruise all

those and lett then Boyle in the Ale till it come to

a Gallon, Then streyne it, and add to it a quart of

Mallmesey, drinke hereof morning & Eveninge

2 howers before yow Eate, It preserues from

the Cough, makes a strong Constitution, and

Cures the Consumption./

Another Drinke

The Leaues of Hysopp well powdred pounded

and made fast in a Linnen bagg, and hunge into

newe Ale or wine is good against the diseases of

the Lungs, cough or shortnes of Breath./

Another

Eight drams of wormewood stamped and streyned,

& putt into 3 pyntes of Wyne or Ale, Is good for

the paine in the Stomache, or Liver or for

wormes in the Gutts.

A wholesome ordinary Dyett Drinke aswell

for those in heilth, as for Sicke or Impotent

persons./

Take halfe a pound of Barley, 4 measures or

quartes of water, halfe an ounce of Liquorice, of the

seedes of Violettes and parceley of each two drams,

three ounces of Redd Roses, one ounce and an

halfe of Hysopp and Sage, with three ounces

of figges and reysons well pickt. Seeth them

altogether in an Earthen pott till they decrease

in Liquor two fingers brea^dth Then putt the

pott into Cold Water and streyne the Liquoure

from the Ingredients keeping the same in a

glasse for vse as occasion serues.

A Pleasante Drinke to make

the Body Light, the Hart merry

& to keep backe Cares & Melancholly

Fitts./

In Summer prepaire it thus.

Take of Rhenish wyne one quart of Cinnamond

water an ounce, of the distilled Waters of Balme,

Borage and Buglosse of each 3 ounces, of the Iuyce

of Lemmons two ounces, of Sugar Candie a pound, Lett

all these seeth together for a little Whyle, or rather lett

them stand in a glasse bottle for two daies in the Sunn

3 howers in a day, Then drinke thereof in the

morning halfe a pynte, or less as yow please./

folio 32 verso || folio 33 recto

In winter prepare it thus

Take a quart of Malmesey or Muskadine, of Cinnamond,

Cloves and Ginger of each halfe an ounce, of graines

a quarter of an ounce, of Sugar 4 ounces, of Muske

two graines: Lett your Spices bee grosely beaten before

you putt them in Lett them then steepe 24 howers in

a glasse Bottle, and when yow vse it cast a Cloath

over the Bottles mouth and so streyne it, and

drinke a draught of it every morning, This is

Restoratiue and called Nectar by Arnoldus ./

folio 33 verso || folio 34 recto

Vomitts./

To vomitt

Take a pynte of faire water, and sly'ce a dram and an

halfe of Agrick an putt it into the water, and two

spoonefulls of Reddish seedes; Boyle these together

and when halfe a pynte is boyled away streyne it &

then putt in an ounce and an halfe of Oximell Simplex

to it, drinke it very warme, and keep it as long as yow

cann This purgeth out all fowle humors in the

Stomache./

Another Vomitt

Take glasse of Antimony, or the roote of White

Helibore powdered halfe an ounce white wyne a

quart, Infuse it Continually, Dose is from

one ounce to 2 ounces./

Another Vomitt

Take a pynt of Ale and boyle in it an handfull of

groundsill, and an handfull of Currans, till it

come to halfe a pynte, Streyne it and drinke it./

Another

Take daffadownedillyes the bellies of them the

greene of them, and the out and Loose Leaues being

pulled away Then dry them in an oven, and after

beate them to powder, Take a dram of the powder

in a draught of Whyte wyne warme, It causeth

an easie vomitt./

folio 34 verso || folio 35 recto

folio 35 verso || folio 36 recto

Clyster for the Stone Collicke

Take a pynte of newe milke, mallows, pellitory of the

wall, the herbe Mercury and violett Leaues of each an

handfull, Cammomill flowers, ffennell seedes and

Anniseedes of each a Spoonefull, 2 marsh mallow Rootes

slyced, and a spooefull of Mellilete flowers. Boyle

all these together in the milke vntill it come to halfe a

pynte, Then streyne it, and putt therein two ounces

of blacke Sugar, one ounce of oyle of Violettes, and one

ounce of the oyle of Cammomill flowers. lett this

Clyster be giuen as hott as may bee well indured

tryeing the heate by putting the bladder to your cheeke.

When yow make it for a man, Lett the milke bee

turned with white wyne, And when yow haue taken

away the Curd, vse it as you should the milke,

and instead of Sugar vse white Hony./

A Clyster for the wynde Chollicke

In a pynte of possett drinke boyle Cammomill, Tyme,

& the topps of fennell a like quantaty, And of the seedes of

dill, fennell & Annis of each halfe a spoonefull

Boyle these very well together & streyne it, & wring it out

hard; Then beate the yelke of two Egges with a spoonefull

of Sallett oyle, a spoonefull of the oyle of dill, and 4

spoonefulls of powdered sugar Putt all these into the

possett drinke, and putt it into a platter on a Chafing=

dish of Coales and stirr it well together till it be very

hott; The putt in a good peece of Butter, & when it

is melted, take it off the fire and stirr it together

till it be cold enough for your vse, yow must

minister it milke warme./

folio 36 verso || folio 37 recto

A Clyster for the Flux

Take a pynte and an halfe of newe milke Boyle in it

a good handfull of redd rose Leaues dryed till it come to a

pynte, then streyne it and giue it. Approved./ yow

may (if you please) add to the said Clyster, yelkes of

Eggs, Sugar, and Terra Sigillata, but the other is

alone is exceeding good./

A Clyster for the Spleene, or Payne in the

Syde through wynde./

Make a Cleare possett, at Least a quart with milke

Ale and Whyte wyne, then boyle in it of Cammomill

flowers halfe an handfull, of Annyseedes, Sweete

ffennell, Carraway and Cummyn seedes all bruised

of each a quarter of an ounce, Boyle all these gently

to a pynte, Then streyne it and putt to it of Redd Sugar

2 ounces, the yelkes of two Egges, and a penny worth

of Sallett oyle, mixe them and administer it Luke

warme, if yow can, keepe it an hower at Least, and

take some warme thinge as occasion requires./

A Clyster for obstructions in the Stomacke

Take Beeife Breath and boyle in it 2 handfulls

of Mallowes, & an handfull of Cammomill flowers

with some Commyn & Anniseedes, when it is

sodden, straine it and putt to it 3 ounzes of Butter

& 2 ounzes of Sugar./

folio 37 verso || folio 38 recto

To make a Suppositor./

Take 2 spoonefulls of Life honey, one spoonefull

of Sena fynely beaten in a morter, a small

quantatie of fennell seedes, & Anniseedes fynely

beaten, ffirst halfe boyle the honey, then putt in

the powder, Lett it not over boyle Least it bee too

soft, when yow make your Suppositors Coole

them in Sallett oyle./

folio 38 verso || folio 39 recto

To take away the Smell of Stinking

Armeholes./

Boyle in Lye Redd Rootes, Myrtles Bay Leaues,

Sweet Marjoram & a little Salt, & bathe them therewith./

To Bathe Vermyn or Sores.

A Lotion of Tobaccho, or halfe an ounce of

Agrick, in three poundes of Lye, and washe

with it is very good./

folio 39 verso || folio 40 recto

For Wartes or Cornes&nbsp;

Take Sheepes dung, & annoyt it with Vineger

and apply it; yow may add to this oyle of

Roses, and it Cures Burnes and Scaldes.

Another for Cornes or Warts

Take Savin and Saffron of each a Little,

bruise them a little together, then pare your

Cornes, bynd it to, Or ground Ivy applyed,

Or the Choise part of the oyster applyed is good

for Cornes./

Another for Cornes

Take a pennyworth of redd wax & a penny worth of

Venice Turpintine, boyle & incorporate

them well together, The Cornes first Cutt as

neere as you can, apply it spread vpon a little

Cloath./

Another for Wartes

Take Marrygoldes & Spurge, stamp & streyne them,

and take the Iuyce thereof, & boyle it with May butter

in a Chafingdishe, putt it into a box & Annoynt

sometymes your wartes with it./

An approued medicine to kill Wartes.

Take a Raddish Roote, scrape off the outer syde of it

& rubb it all ouer with Salt, then sett it thus dressed

vpright in a Sawcer, or some other small dish, that

yow may haue the Liquour which runneth from it,

& with that annoynt your warts 3 or 4 tymes a day

the oftner the better, & in 5 or 6 daies they wilbe

Consumed away./

folio 40 verso || folio 41 recto

folio 41 verso || folio 42 recto

Eyewaters or Powders.

An approved water for the Eyes./

Take an ounce of Tutty of Alexandria from the

Apothecaries, a quart of good whyte wyne, an hand=

full of redd rose Leaues with the whyte thinges cutt offe

Beat the Tutty in a morter very small, then putt

all into a Cleane possnett and seeth them over a soft

fire till the halfe be Consumed, then streyne the rest

through a fyne Lynnen Cloath into some cleane

vessell, and when it is cold putt it vpp into a glasse

stopping it very Close use it thus Putt a little

of it into a spoone, and lett the partie lye downe

and with a feather putt three dropps in the Eyes

morning and night, and lett the partie lye halfe

an howere and rest after it; then lett him wash

his Eyes with faire water, and vse this three

tymes morning & Evening, It much helpes./

Lady Cotton s Receipt for Sore Eyes

Take Lapis Caluminaris, and burne it in

a Charecole fire; then take a pynte of Whyte

wyne and putt it into a Cleane wodden dishe,

and when the stone is redd hott quench it in the

white wyne; and so heate and quench it three or

fower tymes, then dry the stone vpon a Course

Lit Lynnen Cloath, then scrape it Cleane, beeing

dry, beate it to fyne powder, then take a pyne of

redd Rosewater and weighe two ounces of the

powder, which yow must mix with the Redd Rose

folio 42 verso || folio 43 recto

water, shake it well together, and soe wash your

Eyes with it, but espetially the Eye Liddes and Corners,

And if the Eyes be very redd, Then take Lapis

Tutis, and a quarter of a pynte of the same water

aforesaid, And putt into it halfe a quarter of an

ounce of the same powder, and half a quarter

of an ounce of Whyte Sugar Candy fynely

beaten, And it will much ease and refresh

the Eyes./

Approved admirable water for the Eyes./

Take an Eggchell, the meate cleane taken out

fill it with faire Running water, and putt to it

asmuch whyte Copperasse as a wheate Corne

and a spoonefull of Cummyn seedes, or more,

Boyle this and streyne the water throughe

a Cloath, and drawe a little over the sore Eyes

with a feather And in doeing this twice or thrice

yow shall fynde a perfect Cure Approved of

many./

Precious water to Cleane & to take away

the Pearle in the Eyes./

Take redd roses Smallage, Rue and Vervyn,

Maydenhaire, Ensuage, Endive Singreene,

Redd fennell Hillwort and Sellendine of each

halfe a quart, then wash them Cleane & lay them

in good whyte wyne the space of a day, then

distill them in a Stillatory, the first water wilbee

like Gold, the 2d like silver, and the 3d like Balme

and keepe it in a glasse, for it is as precious as Balme for

any sore, & it may be vsed for ^ as Balme water.

Another Excellent water for Eyes./

Take Sellendyne, Rose Leaues, Bettony, Eyebright

of each of them an equall quantatie & distill them

together, beeing stilled putt it into a glasse;

And when yow goe to bedd, or rise, putt two

dropps into your Eyes, yow must avoyd

the Wynde, Smoake, & all offensive things

to the Eyes;/

Comfortable Water for the Eyes.

Take Rose Leaues, Redd ffennell Vervyn

Rue, Sellendyne of each a like quantatie, distill

them together, and it wilbe a very good water

for the Eye.

Powder for a Cattaracke in the Eye

Take Ginge Roach Allowe, and White Sugar

Candy of each a pretty quantatie, beate them

into a very fyne powder, and blowe it into the

Eye with a quill./

Another water for the Eyes

Take a pynte of Whyte Rosewater, or

Springwater, and dissolve in it an ounce

of Whyte sugar candy, and putt a dropp or

two in the Eye.

Another Water for the Eyes.

Take of Whyte rose water, and Eyebright water

of each an ounce, whyte Copperas powdered

3 graines, Camphire 4 graines, Bole Armoniacke

folio 43 verso || folio 44 recto

&#439; i Lett the Copperas be well dissolved, The Cam=

phire will lye vndissolued, and soe will the Bole=

Armoniacke goe to the bottome, then take a little

in a spoone and with a feather dropp it into the eyes./

Or Eyebright dryed and drunke in Beere or Ale

in the morning, or made into a Conserue when

it is greene in May is good to strengthen the sight

Or

For an hott Rhume in the Eyes.

Dropp in them whyte rosewater, and annoy^nt the

Liddes & Corners of the Eyes with Unguentum

Tutiæ, oyntment of Tutty, first purging

the head with pills, is very good./

To make a Drinke for a Pyn & Webb.

Take Redd nettles, redd fennell, dasierootes,

Betony, Eyebright, pearle wort, of each a

reasonable handfull, stampe & streyne them

into Ale, and Lett the partie drinke there of

att night when hee is ready to sleepe, and

in the morning, and sleepe after it./ or

The head of a Blacke Catt burnt to Ashes

is good to Cure Blyndnes and ffilmes

vpon the Eyes./

For defluxion of Rhume with Sore Eyes

By a voluntary abstinence from all drinke for 3 daies

& 3 nights together intire Mr Nicholas Pay Clarke of the

Kitchin to his majestie was perfectly Cured of this disease

beeing taught it by Sir Henry Wotton out of a German

Author Per totum triduum ab omni liquido abstinere./

For the Rhume./

Take Sage, Bettony, Sweet Marjoram, of each

an handfull, and the powder of Cloves, quilt them

as followeth and Lay them to the nape of the necke./

For Rhume in the Stomacke

Take mynts wormood Wormewood Sage, Marjo=

ram and redd rose Leaues of each an handfull,

drye them, & putt them to some Cloues and

Nutmegges well beaten to powder, quilt them

together with a little Bombast, and in Lynnen

Cloath, and besprinkle it with Rose water

and lay it warme to the stomache./

For Rhume in the Eyes an approved

Medicine

Take a glasse Bason, and sett it in the rayne

from any howse, reserue this water, And when it

growes thicke, streyne it and wash the Eyes with it./

Another for Rhume or Bloodshedd or a Pyn

& Webb in the Eyes./

Take an Egg and Roast it hard, then Cutt it

through the middle, and take out the yelke, and

fill the hole of it with whyte Sugar Candy fynely

beaten to powder, and so Close the Egg together

againe, and lett it stand warme before the fyre till

all the Sugar Candy bee dissolued, then streyne

it through a peece of Tiffany into a viall glasse

& stopp it vpp Close, As yow haue occasion take a dropp

of itt att a tyme, & dropp it into the Eye once or

twice a day till it helpes./

folio 44 verso || folio 45 recto

A water for Sore Eyes or any old Sore./

Take 4: ounce of Bole Armoniacke, two ounces of white

Copperas, halfe an ounce of Camphire & a gallon of

Running water, beate the Bole Armoniacke and

Copperas in a morter very small, Then Shredd

your Camphire and putt it into an Earthen pann, &

Cover it very Close, and sett it over a soft ffyre, &

lett it boyle keeping stirring of it, till it comes to a

small powder, Then sett your water ouer the

fire, & when it is ready to boyle take it of, putt

all the powders into it, and stirr it altogether and

keepe it for your vse./

yow must dresse the wound with the water

beeing blood warme, and wash the wounde

three tymes a day and lay a wett cloath vpon it,

& it will heale any old sore./

Shake the glass and take of the thicke of it for

a sore, & of the Cleerest for the Eyes.

Mrs Swinfeild s Recepj./

For heat & redd burning Eyes Rhewne./

Take a garden snale and Cutt off the knobb or little

Button and in a pinn hole, the first dropp wilbe

thicke and the second very Cleere, which dropp into

the Eye, a dropp or two./

folio 45 verso || folio 46 recto

folio 46 verso || folio 47 recto

For the Cough

Take halfe a pynt of Hysop water, & asmuch

Coltsfoot water, Isope and Coltsfoot leaues of

each an handfull, stampe them and putt them into

the waters, & seeth them till the halfe be Consumed

then streyne it and putto the Liquour 4 ounces of

Browne Sugar Candy, and seeth it vntill it be

melted, then putto it powder of Liquorice vntill

it bee thicke, and so make it into Balls & eate

them./

Another for a Cough

Take a pynt of Isopp water, halfe a pynt of

good Aquavitæ, of browne Sugar Candy Anniseedes,

& Liquorice, of each 2 ounces, Lett them steepe in

the Liquorice 24 howers, then Evening and

morning take 2 spoonefulls of it./

Another for a Cough

Take halfe a pynt of Coltsfoote water, and five

ounces of double Refyned Sugar, Boyle them

to a pretty thinn syrrupe, & vse it./

Another for a Cough

Take a small quantatie of pure and Right

Balsome, mix it with Conserue of Redd

Roses, and eate a Little att a tyme.

Probatum./

folio 47 verso || folio 48 recto

For the Cough

Take of Whytewyne Vinegar, Hysopp water

Coltsfoot water of each halfe a pynte, of fyne

Sugar halfe a pound, of Sugar Candy a

quarter of a pound, Boyle it till it come to a

pretty thynn Syrope, and then vse it, It will

proue very helpefull taken moderately a

spoonefull att a tyme, night or day as yow haue

need./

Another for a Cough

Take a pynte of fyne Virgin honey, Clarifie

it in a dish, but lett it not boyle; when it is

Cleane scumm'd, putto it an ounce of Ely=

campane root beaten to fyne powder & searsed,

2 ounces of Liquorice beaten & searsed, one

ounce of Anniseedes beaten also and searsed

stirr it about with a sticke, as yow putt in your

powders, soe putt it into a Gally pott, and

take the quantatie of a Nutmegg, morning &

Evening./

For a Cold

Take a quart of good Canarie, boyle it to a

pynt, roast halfe a dozen pippins ready, then

take the papp of them and putt into the wyne

and giue it a Walme againe vpon the fire,

then streyne it through a Cleane Cloath,

& putt theire in two ounces of the Syrupp

of Violettes, Take a good draught of it

when yow goe to bedd, keepe warme and it

speedily Cures./

For a Cold or Cough

Take the best Treacle, and of the best & sweetest

Sallett oyle of each a pennyworth mix them

well together, and with a Liquorice sticke

bruised at the end sucke a little of it as yow

have occasion. This hath helped when the

stomach could not beare meate by reason

of the Cough./

For a Cold or Cough, To stay Rhume for

them that haue any Giddinesse or

Palsie./

Take Amber as much as two Nuttes; olibanum

as much as 2 small Nuttes, and Masticke asmuch

as one Nutt or more, Bay Salt and pepper asmuch

of each, Lett all these be beaten, but not too fyne,

halfe a Nutmegg grated, then take asmuch browne

paper, and Cutt it as round as a Trenchar

then lay fflax of a good thicknes, & strewe the

Powder betweene, and soe bast it to the

paper as yow would quilt a Capp; And

also the Edges of it must bee a little drawne

in to keepe in the powder, warme it and keepe

it next your head, yow must warme it every day./

For stopping of the Brest & wheazing by

reason of the Cough./

Take of Squills two ounces, dry them & beat them to

powder, putt it into a pynte of good wyne Vinegar, and

take as much pure hony, as will boyle it vpp

to a Syrupp, this is the Right Oximell, which vse

as need requireth./

folio 48 verso || folio 49 recto

To Procure Sleepe against a Tickling

Cough

Take Coltsfoote and Rosemary dryed an equall

quantatie, and pound them very small, then take a

Liquorice sticke, and scrape it very Cleane, and bruise

it at one end, and wett it in hony or Syrupp, and

dipp it in the powder, and sucke it downe nowe

and then, Probatum./

Another

Burne halfe a pynte of the best Aquavitæ then

boyle it with Sugar to a Syrupp, and take a

little at a tyme, It is good for very younge

Children./

Another for the Cough or Consumption

Take three pyntes of good Ale and a quart of milke,

and make a Cleare possett taking off the Curd,

then putt into the possett Ale Anniseedes and

sweet ffennell seedes, of each an ounce, three

ounces of Liquorice slyced and Cutt, Rosemary

Penny Royall, Camommill and hysope of each

a halfe penny worth, or a small quantaty; Boyle

all these in the said possess possett Ale, and when

they haue Boyled together about halfe an hower,

then streyne the herbes, and dissolue in the Liquour

4 ounces of Sugar Candy, and three pennyworth

of the best English honey: If yow please yow may

add to it a quantatie of the powder of Fox Lunges./

For a Cough, to Candy Elycampane

Take the rootes of Elycampane from the Earth,

then Cutt them into thynn slices, and seeth them

vntill they bee tender and soft, then streyne them

and take as much of the Iuyce as will moysten

halfe a pound of Sugar in powder, sett it on a

Chafindish of Coales, putt a little Rosewater

vnto it and Boyle it vntill it be hard, then putt

it on a trencher or Board, and strewe a

Little Sugar and make Cakes thereof, This

is an Excellent Medicine against Coughes

or Rhumes, See more for Cough or Con=

sumption among purging drinkes./

folio 49 verso || folio 50 recto

For Consumption or Cough, Hart

Liver, Lungs, & Spleene./

An approved Syrrup for the Con=

sumption of the Lunges./

Take 2 great handfulls of Sanicle of Avens Speedwell,

Rebwort and wood Buglosse of each two handfulls,

Egrimony, Camphry, Bettony, dasie Rootes and

Leaues of each an handfull, Bramble topps asmuch,

Coltsfoot & vnsett Hysopp of each 2 handfulls, Stamp

& streyne these herbes, to euery pynt of the Iuyce,

take a pound of Sugar, sett it ouer the fire, and

Clarifie it with the whyte of an Egg, then

streine it and putt it into a Cleane skellett, &

boyle it to the hight of a Syropp; If yow

vse it presently doe not boyle too high, If to

keepe, then boyle it that it may stand when it

is dropt without flowing downe. The use

of it is for all in ward greifes of the Longues,

or inward partes, As Coughes, Stoppages,

ffleagmes, decays of the Longues, It may

be taken in Broath, Possett Ale, or simply

alone,/ Probatum

A Syrupp of great vertue to

Cleanse the Brest & Lunges./

Take of small sliced Liquorice an ounce,

of Maydenhaire halfe an ounce, of hysopp a

quarter of an ounce, Putt these into an Ale

quart with a cover, putto it a wyne quart

of faire water, sett it in a skellett of water

folio 50 verso || folio 51 recto

And lett the fire be kept vnto it 24 howers And

as the water in the skellett or posnett Consumes

fill it vpp againe; Lett not the fire bee too great

for feare of Wasting that in the quart pott,

then streyne that in the quart, and sett the

Liquor on the fire againe in a Cleane

Skellett, Putt vnto it Cleare honey, sugar

whyte

pellettes and whyteSugar Candy of each 4

ounces, Beate into it, the white of an Egg,

then sett it on the fire, & when yow the

Scumme ariseth, and the Liquour Cleere,

streyne it through a double streyner: but crush

not nor squeaze the streyner, then putt it on

the fire againe, and putto it three or fower

ounces of damaske Rosewater, Seeth them

together to a Syrupp, Take of this any tyme

of the day or night, the oftner the better,

This Syrupp is of great Virtue to

Cleanse the Breast and Lunges./

To restore the body out of a Consumption

Take a pynt of newe milke and a pynte

of Redd rosewater, and the yelkes of thirtie

newe layd Eggs; Beate them well together,

and putt them into a Stillitorie with one

ounce of Cinnamond well bruised, and

soe distill them with a soft fire And then

vse one spoonefull or two in any Broath yowe

eate or drinke./

An Allmond mike to vnstopp

the Liver and Spleene./

Take Hysopp tyme Egrimony and maydenheyre

of each halfe an handfull, of parsely and fennell

Rootes of each 3 or 4 handfulls, a good hand=

full of violett fflowers if they bee to be had

as they growe, Otherwise instead take 2 handfulls

of dryed Reysons of the Sunn, and one ounce and an halfe

of Annyseedes Boyle them all in a pott of Running Water

till the third part bee Consumed, and with this Liquor

streyne your Allmondes, being ground, Lett the party

take a good draught of this Almond milke fasting

every morning for a fortnight or longer, as yow

shall see cause, An hower after hee hath drunke this,

hee must take the quantatie of a Wallnutt of the

Conserue of Redd roses./

Another approued & Excellent Medicine for

a Consumption./

Take 2 poundes of Reysons of the Sunn ston'd, one

pound of figges Cutt in halfes, five ounces of

Annyseedes bruised, halfe a pound of English

Liquorish scraped and slyc'd, a quarter of a

pound of Maydenhaire, Liverwort, & hartestongue

of each 3 handfulls, An equall proportion of Egrimony

Betony Coltsfoote & horehound; of Plant and

Scabius of each a good handfull, Two good handfulls

of vnsett Hysopp, a good handfull of Bawme,

& two handfulls of Marrygold flowers: Boyle

all these in ffive gallons of spring Water till

there bee but two left, then putt it into an Earthen

folio 51 verso || folio 52 recto

pott, Cover all Close and lett it stand till the next

day, then streyne it and add therevnto of Wormewood

Water and Cardus water of each halfe a pynte

Hysope water, and horehound water of each a

pynte, honey a quart, Browne Sugar Candy

a pound; Dates halfe a pound, Rosewater a

pottle, Sugar six poundes And soe boyle it

vpp to a Syrruppe./

Another for a Consumption

Take a pynte of Whitewyne, halfe an

ounce of harteshorne, and half an ounce

of dryed Marrygold fflowers, Infuse them

in a Cleane white newe pipkin Close

Covered vpon the fire softely boyleing halfe

awaye, then take it off, and putt to it a Lump

of whyte Sugar as bigg as halfe an Egg,

and 2 or 3 spoonefulls of redd rose water,

when the Sugar is dissolued, streyne it, And

take a little att a tyme in the morninge

warmed./

Another approved medicyne for the Same

Take unsett Hysopp, Coltsfoote Egrimony

Maydenhayre, Liverwortes Siremintes, and

pennyroyall of each a small handfull, a Little

Hartestongue, Six Leaues of Alecoast, one

ounce of Browne Sugar Candy, a quarter of

a pound of Reysons of the Sunn ston'd, a quarter

of a pound of ffiges slyced, of dates & Liquorice

of each two pennyworth, a halfe penny worth

Anny seedes, Boyle all these in a gallon of Runnng

water, till it be halfe Consumed, then streyne it and

drinke a good draught of it warme in the morning

halfe an hower after dinner and when yow goe to

bedd, If yow bee Costiue yow may make it solluble

by putting a peece of Butter in it as bigg as a

small Nutt This may be made of Ale if yow

please instead of Runnig water.

Another for the Same

Take an handfull of Rosemary Topps, and

asmuch of the Topps of Sweet Marjorome, and

boyle them in a pynte of sacke, till it come

to half a pynte, then take a quart of redd

Cowes milke, and boyle in it a Nuttmegg

grated, then take the herbes out of the sacke, and

streyne them into a pynte of Ale, and soe putt

it into the sacke againe, and make a possett

of it ouer the fire as it may be cleere, then

take off the Curd, and putt in two ounces of

whyte Sugar Candy, and lett it dissolue

in it, drinke it first in the morning and

last at night, and stirr vpon it asmuch as

yow cann./

Another for a Consumption Cough

Take a pottle of Coltsfoot water, and putt into

it redd Rose Leaues, Egrimony Bettony,

Coltsfoot, Rosa solis of each two handfulls,

folio 52 verso || folio 53 recto

halfe a dozen branches of Isopp, 4 ounces of English

Liquorish slyc'ed and bruised, two ounces of sweet

ffennell seedes bruised. Putt all these into a Close

pipkin done vpp with Paste, and sett them ouer

a fewe Embers to stand for tenn howers or more

in infusion, Then streyne it wringing it as

hard as may bee, And to euery pynt of the Liquorice

putt a pound of the best sugar, Then boyle it

to a Syrupp till it comes to a good height, this

is to be made when Rosa solis is in ites prime;

It must be taken in the morning a spoonefull

att a tyme, and fast 4 howers after, the like

quantatie att three of the Clocke in the after=

noone fasting as long after it. It Cures all

manner of coughs./

Another for a Consumption or Cough

Take 3 peeces of Elycampane rootes, of mayden=

haire Coltsfoot Cetruche of each an hand=

full, three three stickes of Liquorice scraped

and bruised, three spoonefulls of Annyseedes

12 blewe figges, 12 dates, one pound of Reysons

of the Sunn dat stoned, Liuerwort halfe an hand

full, hartestongue, 7 Leaues, hartshorne two

ounces, Bewglosse fflowers, Rosemary fflowers,

Clove gilly flowers, Marygold flowers of each

and handfull and an halfe of vnsett Isopp

an handfull Putt all these into an earthen

pipkin to a pottle of Running water ouer

a softe fire to infuse 4 & 20 ^ 24 howers till halfe

be Consumed, Then streyne it, and haueing

ready the Iuyce of 12 Turnepps baked to putt

to it, take a pound of Sugar, or Sugar Candy

to euery pynt, and so boyle it to a Syrupp, And

Take two spoonefulls of it euery morning and

Evening first and last./

Another Syrupp for the Lunges

Take Lungwort Elycampanæ Leaues, horehound

and Coltesfoote, of each halfe an handfull Boyle

them in a pottle of water, to halfe a pynte, It

must boyle seauen howers, then boyle it againe

with halfe a pound of Sugar to a Syrrupp.

Another Syrupp for a Consumption

Take Coltsfoot, Burnett Leaues, redd rose

Leaues, wood bettony Leaues, Comphrey Rootes

of each and handfull pic'kt and slyced, Boyle them

in three quartes of water to three pyntes, then

streyne them, and putt into the Liquore two poundes

of good Sugar, and the whytes of two Eggs, Which

done, yow must boyle them again for a quarter

of an howre, and scum it; then take your Syrupp

and putt it into a glasse And take thereof seauen

spoonefulls in the morning and seauen att

night.

Syrrupp of Turneps for the Consump=

tion, or Cough of the Lunges./

Take of the best soundest and smoothest skinnd Turnipps

what quantatie yow please (a pecke of Turnepps will

yeild all most a pottle of Liquoure) wash them nott,

folio 53 verso || folio 54 recto

but wype them Cleane with a Linnen Cloath,

putt them into an Earthen pott, putt on the

Cover, and Lute it about with Clay or such like,

that noe Ayre goes out, Putt the same into an

oven, and lett it stand as long as Household Bread

in the bakeing, Then take them out, and streyne

the Liquor from them, Putt this Liquour into a

pipkyn, To a quart of the same, putt of Coltsfoot

and Hysopp water both together about halfe

a pynte, A quarter of a pound of Reysons of

the Sunn stoned, as many figges Cutt in halfes

one ounce of Annyseedes, three ounces of

English Liquorice slyced, halfe an ounce of

Cinnamond bruised, Lett all these boyle softly

vpon a Charcole fire the space of two howers & more

vntill the strength bee out of the Ingredients, then

streyne the same againe, and putto euery pynte

thereof a pound of Browne Sugar Candie,

then Lett it boyle, stirring it till it come to

the thicknes of a Syrruppe Take three or

fower spoonefulls of this fasting, and asmuch

Beddward, or att any tyme when the Cough

oppresseth yow./

Sirupus acetosus, Good to open the

Liver, Spleene & Reignes./

Take the Rootes of ffennell, Parseley and

Cicchory of each three ounces of water tenn

pyntes; Seeth them with a Softe ffire, till the

halfe be Consumed, when the Rootes are

halfe sodden, putt in of the seedes of ffennell and

parseley of each an ounce, of Endive seedes halfe

an ounce, When all is well sodden streyne it, and

putto the Liquoure three pounds of fyne white

Sugar, then seeth the same againe Scumimg

it till halfe be Consumed, then putt to it a

quart of whyte Verjuyce, and soe seeth it to

the height of a Syrupp.

Note that in making of Syrupps; to euery

pynte of Liquore you must take a pound of

Sugar, In makeing Decoctions, To

euery handfull of herbes, yow must take a

pynte of Water.

A Drinke for the Consumption &

Cough of the Lunges & for the Liver &cetera

Take of Coltsfoote, and Hysopp of each an

handfull, of the Rootes of ffennell Succhory, Endive,

Burdocke, and Elycampane as much of each as

yow shall thinke fitt, one good spoonfull of ffennell

seedes, one ounce of Liquorice scraped and bruised;

Boyle all these in a pottle of Water to a pynte and

an halfe Drinke of this att Least 4 spoonefulls

att a tyme 4 tymes a day; Videlicet in the morning,

Att 10: of the Clocke, att 4 of the Clocke in the

afternoone, and Bedward, or in the night if need

require. This hath Cured very great Coughes

and the Consumptions./

folio 54 verso || folio 55 recto

For a Short Breath, Sore Cough,

Consumption & Diseases of the Lunges./

Take of the Confection of Fox Lights which is

Loach & Pulmones vulpis for the Cleansing and

healeing the Vlcers of the Breast and Lights,

It is very much Commended, And exceedeth all

other Remedies for the Consumption It is made

thus. Take prepared Fox Lights the Iuyce of

Liquorice, Anniseedes, ffennell seedes, and venus

haire, of each an ounce, Clarified Sugar, seauen

ounces and an halfe, Beate alltogether, then

decoct it with Sugar in Water of Coltsfoote,

and temper it to a Confection./

Another most speciall & principall

medicine for the Lungs Consumption of the Lungs./

Take a running Cocke pull him alive then

kill him, when hee is allmost Cold, Cutt him along

the backe, take out his entralls and wype him

Cleane, then putt him into a Still wherein yow

distill rose water, with a pottle of sacke, a pottle

of newe milke from a redd Cowe, of Currans

and reysons of the Sunn of each a pound, the

Reisons stoned, a quarter of a pound of dates

cutt small, of pennyroyall Rosemary Blossomes

and Borage Blossomes of each two handfulls,

of ffennell Rootes and parsely Rootes scraped and

pythed of each an handfull, Endive Leaues and

Cicchory Leaues of each an handfull, 2 handfulls

of Coltesfoote, of Maydenhayre an handfull, an

handfull of figges Anniseedes and Liquorice scraped

and Bruised of each three ounces, distill all

these together with a soft fire, putting into the

glasse into which the water dropps halfe a pound

of Sugar Candy beaten small with a Booke of

Leafe Gould beaten small amongst the Sugar, 5

graines of Amber greece, and 12 graines of

prepared pearle; Lett the water dropp upon these

thinges, Mix the first and last water together, Take

4 spoonefulls of this fasting and asmuch, an

hower before Supper, still shakeing the glasse

before yow putt out the water./

folio 55 verso || folio 56 recto

folio 56 verso || folio 57 recto

Brothes

For the Consumption

Take Harteshorne, Ivory shaueings of each a

quantatie quarter of an ounce, and bynd them

vpp in a little Cloath, Tyme Rootes Cutt into

thynn Slyces halfe an ounce, Steepe these all

night in three quartes of Conduit Water, sett

vpon soft Embers to keepe Warme onely Then

take three spoonefulls of ffrench Barly first sodden

in three seuerall waters, a Little Egrimony, halfe

an handfull of Sorrell, of Borage, Endive and

Buglosse of each a Roote a fewe fennell seedes,

The Bottomes of two Manchettes, 2 or 3 large

mace, 3 ounzes of Reysons of the Sunn stoned,

halfe a Cocke and six Knuckle bones of

Mutton, or oxe Veale, Lett all these Seeth

together an houre, Then putt in six Peare=

mayne Apples pared And when it is well

sodden to the quantaty of three pyntes, take

out the Bones and sreyne the rest drinke

of this Broath a pynte a pynte att a tyme

at 7 in the morning & five att night./

Another good Restoratiue

Broath for the Same./

Take of China Root two drams of the

Shaueinges of Ivorie and hartshorne of each

2 drams of Liquorice & lyced an ounce

and an halfe of Annyseedes & ffennell seed seedes

folio 57 verso || folio 58 recto

of each one dram, of Maydenhaire and

Coltsfoote an handfull and an halfe Steepe

all these 12 howers in Clarified Steel'd water,

the water beeing Seeething hott before yow putt

them in, then Lett it stand Close Covered

for 12 howers as aforesaid, then putt in a

Cockrill and a peece of Knuckle of Veale

Chopt, scumme it well, Then putt in reysons

of the Sunn ston'd, damaske prunes and

Currandes of each an handfull; of Cicchory

Borage Strawberry Leaues & violett Leaues

of each a fewe, 2 Cicchory Rootes pyth'd, a

peece of Camphry roote slyced, ffower dates

quartered, a nuttmegg or two quartered

and the bottome of a Manchett, Lett all boyle

together to a quart, then streyne it, and take

halfe a pynt of it early in the morning

warmd, & asmuch three howers after./

A Præparative for the same

Take of Hysopp Coltsfoot Maydenhaire of

each an handfull; of the Leaues of Strawberries

Violettes, Cicchory and Borage of each an

handfull and an halfe; of Liquorice one ounce,

reysons of the Sunn two ounces fatt figges

six, of Annyseedes, and ffennell seedes of each

three drams, Make a decoction of this in two

pound of Barly water to a pound, scumme

it well, then add to it 4 ounces of Sugar & 2 ounces

of honey and drinke it att 4 tymes./

A Purge for the Same

Take of Manna Calabrensis and Syrupp of

Roses solluble, of each an ounce and an halfe

in Beere Clarified with Annyseedes ffennell

seedes and Liquorice of each a dram, and

an hower after take warme Broath./

A Iulepp for the Same

Take of Syrrupp of Violettes 3 ounces, of

Syrrupp of Coltsfoot one ounce, and an

halfe, dissolue them in one pound of Scabious

water, and drinke it att 4 tymes./

A Chynna Broth for the Consumption

Take halfe an ounce of China, and infuse it

by the fire all night in a quart of Conduit

water, Then take a knuckle of Veale, and

halfe a redd cocke, and boyle it in a sufficient

quantatie of Conduit water, wherin yow

must putt an handfull of Strawberry Leaues,

Twentie reysons, and six dates stoned, a flake

or two of Mace, and a sprig of Rosemary Lett

them boyle ouer a soft fire, till the fflesh fall

off the Bones, Then streyne it and putt thereto

the aforesaid Infusion of China, and lett them

boyle together gently the space of halfe an hower,

Then streyne it and drinke thereof halfe a

pynte fasting every morning./

folio 58 verso || folio 59 recto

Another of the Same thus.

Take of the Rootes of China cutt into thyn Chipps,

and bruised in a morter one ounce, of Sarsaperilla

slyced and Cutt into short peices, and bruised

halfe an ounce. Infuse them all night in six

pynts of faire Conduit water in a pipkin Close

Covered standing on the warme Embers. In the

morning sett them to boyle on a gentle fire And

putt into them a pullett ready dressed; two

spoonefulls of ffrench Barly prepared, a fewe

Leaues of Cetrache, Maydenhaire, Cinque=

foyle, strawberry and plantane; A few Raspinges

of harteshorne and Ivory, halfe an handfull

of Reysons of the Sunn, ston'd, a sprigg of

Rosemary or Tyme, and a flake of Mace,

Lett all these boyle vntill theire remaine

onely three pyntes of Cleere Broath

which streyne from the other Ingredients

and keepe for your vse. Lett the party drinke

hereof euery morning halfe a pynte warme

and asmuch at 4 of the clocke in the After=

noone./ Probatum Dr Mo

Another thus

Take one ounce of China, the Leane of a

necke of mutton, or a Cocke, Reysons of

the Sunn ston'd halfe a pound, a little large

mace, a Little Rosemary and tyme, the Crust

of a halfe penny Roll, a gallan and a halfe

of water boyled to a pottle./

Another Broth to helpe one

from wasting

Make a Broth with with a peice of Veale

mutton or Chickin, a fewe Leaues of Comphry

Clary, knottgrasse and Plantane, a spoonefull

of the Raspinges of Ivorie, a few prunes, and

Reysons of the Sunn without theire stones, a

Crust of Bread and a flake of Mace, It is

very Comfortable./

Another Broath for the Lungnes

Take ffennell parseley and grasse roots of each

halfe an handfull, Violett Leaues strawberry

Leaues, Borage, Buglosse, Bawme Longewort;

and Cowslippes of each a small handfull, a flake

or two of Mace, Boyle these in Broath It

much helpes./

folio 59 verso || folio 60 recto

To Coole the Inflamations &

Inæstuations of the Liver

Rx Pulvis ex Epithemate hepatis Apply it

outwardly in Cicchory water, Sorrell water, Rose=

water, and a Little Vineger, or Salt of Fumitary

is good to purifie the blood and open the Liver./ Dr. Fr/

To Coole an hott Liver

Take Barley an handfull, Sorrell Cicchory

and Endive of each an handfull, three Liquorice

stickes bruised, reysons of the Sunn ston'd an

handfull, Anniseedes halfe a Spoonefull, Seethe

these in a quart of faire water to a pynt, then

streyne it, and drinke of it thrice a weeke in

the morning fasting Dr Hill s Counsell./

For the heate of the Liver./

Take a peice of Bread reasonablely well

Leavened, dipp it in ffaire water & a little

Vineger, and eate it an hower before yow

eate meate./ Dr Aston s Counsell./

For the Cooling of the Liver & to keepe it

from wasteing by Mother Byrd./

Take an handfull of Liverwort, 6 Leaues of

Hartestongue, of Sorrell Cinquefoyle Bettony

of the Wood of each an handfull, and a good

handfull of fumitary Seeth all these in a quart

of stale Ale till halfe be Consumed, then make

a possett of this drinke, and drinke of it first and

last, fast 2 howers in the morning after yow haue

taken it, yow must take it for 6 daies together tsken it

folio 60 verso || folio 61 recto

Another for the Lungs

Labdanum doth much helpe sores of the Lungs

and Consumptions, It speediely causeth sleepe

and Ceaseth any paine whatsoeuer beeing made

of opium, or poppy heades It stayes bleedinges

and vomittinges The Dose or quantatie

taken is from 3 graines to 5 graines./

Castor beaten to powder, and asmuch

taken in Beere as will lye vpon a groate

doth often procure the Courses and helpes

Vapours Hystericall Passions of the Mother

See more for the Liver among Purges & Dyett drinkes

folio 61 verso || folio 62 recto

Iellies & Restauratiues for

Consumptions or otherwise./

To make a Jelly for one that is in a

Loosenes or Consumption./

Take Calves ffeet, and when the haire is

cleane scalded off, Slytt them in the Middle

Cutt away all the blacke veynes and fatt, washe

them very Cleane, and so putt them into a

payle or Buckett of ffaire Water Lett them

lye 24 howers And in that tyme the oftner

yow shift the water, It wilbe the better Then

sett them vpon the fire in two gallons of water,

or somewhat lesse, and lett then boyle very softly

Continually takeing off the Scumm & fatt which

ariseth and when the Liquor is more then halfe

boyled away, putt into it a pynt and an halfe

of whyte Wyne, and as it boyleth, still take away

the scumm which ariseth, When the Ielly is

boyled enough yow m..k may knowe by your

fingers sticking to the spoone, Then take it

from the fire, and with a Cullender take out all

the bones and flesh; And when the Ielly is allmost

Cold, beat the whytes of six Eggs and putt

into it, and sett it on the fire againe and so lett it

it boyle till it be Cleere, Then streyne it through

a Cleane Cloath into a Bason and so lett it stand

all night The next morning putt it into a skellett

and put thereto a pound of Sugar, halfe an

ounce of Cinnamond broken in peeces, and one

folio 62 verso || folio 63 recto

ounce of Nutmegges, an ounce of Ginger bruised

with a good quantaty of large mace, Boyle all

these together, till it taste of the Spices as much

as yow desire, And when it is allmost Cold,

Take the yelkes of six egges and beate them

and putt into it, and sett it on the fire, And when

it ryseth weld it or putt it into halfe a pynte

of whyte wyne, and streyne it through a

Ielly Bagg./

To restore Nature decayed eyther in

Man or woman

Take a Nutmegg and grate it very small,

a quantaty of Redd Rosewater, and a small

quantaty of fyne Sugar, and the yelke of a

newe layd egg, blend altogether very

well, make it blood warme, and euery

morning supp it off./

To make Ielly of Hartshorne./

Take a Stone Iugg of a quart & fill it with

faire water, and putt into it 5 or 6 spoonefulls

of whyte wyne, or a spoonefull or two of

Cinnamond water, Then putt into it 4 ounces

of Harteshorne fynely shauen and sett itt

into a pott, or kettle of boyleing water And lett

it boyle till it comes to Ielly, then streyne

it from the horne, and sweeten it with Sugar,

then boyle it a little whyle in a skellett or pipkin,

and streyne it into your glasses or plates, you

may putt in a little muske if yow please./

To make whyte Ielly of Allmondes

Take of Rosewater and gum dragant or Isinglasse

dissolued a sufficient quantatie and some Cinnamond

grossely beaten, seeth them altogether, Then take

a pound of Allmondes Blancht, and beaten very

fyne with a little faire water, and dry them with

a Cloath, Then seeth all these together stirring

it Continually And when it is boyled to a good

height take it off the fire, and so vse it./

To make Ielly of Pippins

Take the outward Rynde, but none of the whyte

of 4 Orringes, boyle them soft, and then slyce

them in thynne slyces as small as threddes,

Then take thirty pippins, pared, Cored, and

quartered, and boyle them with as much water

as will Cover them till they bee soft, then

bruise and squeaze them, After that take

out the Cleere water of them, putting away

the grosse substance And to a pynt of that water

putt a pound of Sugar, and so boyle them well

together till it come to a height, scumimg it

still very Cleane, Then putt in the orring

pills before mentioned, boyleing it a little

till it will Ielly, Yow may giue it a taste

of Muske or Amber as yow shall thinke fitt,

And so putt it vpp in glasses or pottes for your

vse, keeping itt all waies soe warme as may preserue

the Ielly without spoileing If yow bee not very

Carefull in the Boyleing, It will Rope and neuer

come to Ielly./

folio 63 verso || folio 64 recto

An Elixar to Recover health in

those who haue long Languished &

to preserue those long in heilth

who haue it./

Take of the seedes of Quinces 2 ounces, of

the pills of Citrons 6 ounces, of Baume

Mugwort virga aurea, and nettles of each

4 ounces, Beate all these grosely and infuse

them in twelue pyntes of the best wyne 6

dayes, then distill them with six ounces of

honey vntill yow Receiue three pynts of

water Then take it from the fyre and lett

it Coole, then streyne it and putto the water

eight graines of muske dissolued in two

ounces of Rosewater, twelue graines of

Amber greece, and six ounces of Sugar,

Then for euery pound of the said water, putt

one scruple of the oyle of Vitrioll & incorporate

them well keeping it in a Close glasse.

Take a little glasfull of it in the morning

and fast two howers after/ The vertues

It expells all evill in the stomach, Com=

=fortes the hart, helpes digestion, It purifies

the blood and Liver, dissolues wynd, Cleanseth

the Reynes & kidnies, healeth all Excori=

=ations of the mouth, brest, stomach, reynes

and bladder, Comforteth Nature, It

strengthens the head, & preserues the Body

from all Corruption in long health./

A Restoratiue for Prolonging Life

Take a pound of Capp dates, picke them Cleane,

and take forth all theire stones, seeth them in a

pottle of Muskadine which is pure and not mixt,

Lett it seeth til halfe be Consumed, when yow

vse it, putt 3 or 4 spoonefulls in your broath

or pottage att a tyme, yow may use it every

meale in your broath. It will strengthen much./

A Restoratiue for one wasted by Sicknes &cetera

Take a quantaty of Leeke heades washed & beaten

small Putt them into a pott with water, then

take Marrow bones Cleane from the flesh, breake

them a little & boyle altogether, then take out the

marrowe in the bones, & putt amongst the boyleing

hearbs; When it is well boyled take all out and

streyne it, and putt thereto the powder of pepper

ginger, nuttmegges and Annyseedes. Eate hereof

a Little first & last. It is very Restoratiue./

A Restoratiue for any person that

cannot digest meate./

Take Eight Nutmegges Cutt them in the

middle and steepe them all night in a gill

of Vineger, then take them out & lapp them

in browne paper, and putt them in the Embers,

and lett them drye very well, then beate them

to powder, putt a quantatie of this powder

in the yelke of a Reare potcht Egg, and

eate it sometymes. It helpes./

folio 64 verso || folio 65 recto

A Restoratiue for one that is much

Consumed

Take the oldest Cocke you can gett, scald him

draw him & Cutt him all in peeces, Putt them into a

glasse pott Close stopp'd, putting amongst the peeces

Cloves, mace, reysins of the Sunn, and a little

salt, Then putt this glasse into a great pott of water,

and lett it seeth till it come to a Ielly, Then

streyne it into a Cleane Vessell, and giue it to the

sicke first and last blood warme./

A Restoratiue for Prolonging of heilth./

ffill a glasse halfe full of Rosemary fflowers,

and then fill it vpp all most with the spiritt of

wyne, Lett them infuse two dayes beeing Close

stopt, Then distill it with a gentle fire Hee

that takes once in Eight daies a dram of

this water in drinke or Brooth, in the

morning, shall (God willing) longe

preserue his heilth, It renowes the strength,

sharpens the spirittes, and restores the sight./

Allmond Milke to Strengthen Nature

or otherwise./

If it be to strengthen Nature it must bee

made the stronger, and thicker takeing the

more Allmondes & the Lesser, water The

Comon fashon to make it is To take as

many Allmondes as you please, Putt

them in hott water, and lett them steepe soe long

therein vntill you cann peele them, then power

Cold water vpon them, that through the heate

of the former water, they loose noe vertue;

Then pound them in a stone morter, and putt

them into a Cleane Lynnen Cloath, power

three or 4 spoonefulls of ffaire water vpon

them, and with a spoone rubb out the strength

and soe power a little more water, and streyne

it, soe long as any whitenes comes, Then putt

asmuch Sugar to it as yow thinke fitt; If

yow haue it to provoke sleepe, pound a little

whyte poppey seed, and rubb it through the

Cloath with the Allmondes. If yow would

haue it Cooleing, streyne a fewe mellon

seedes with the Allmondes, If for the fflux

then is the water to bee steeled./

folio 65 verso || folio 66 recto

folio 66 verso || folio 67 recto

For the Heart

Against the Palsey or a Comfortable

Conserve for the Heart./

Take Rosemary fflowers, as many as yow

please and halfe as many Borage fflowers, seeth

them in Cleare water till they bee softe; then

streyne the water from them, and putt Sugar

to it according to the measure of the decoction

and putt fresh flowers therein, and seeth it

to the height of a Conserue, and so Receiue

it in a pott or Glasse without streyneing

it, you may add Cowslipp fflowers

to it, and make it as aforesaiid./

For trembling of the Heart

Take Aromaticum rosatum the bignes

of a small Nutt goeing to bedd, or at any

tyme and drinke not an houre after it./

It helpes.

To Expell Flegme from the Hart

Take Centory Pennyroyall, redd my myntes,

sage, and horehound of each an handfull,

halfe a pynte of honey a pottle of wyh whyte

wyne. Putt them in a Stillatory, and distill

them. It will very much open the pipes./

For Swounding or faintenes of Heart

or trembling./

Take Rosemary, Sage, Betony, & sweet Marjo=

ram of each an handfull, seethe them in a

folio 67 verso || folio 68 recto

gallon or more of faire water, till it be halfe

Consumed, then take out the herbes, and putto

the water one pynte of good honey, when it

seethes skymm it well, Then take an ounce

of Stechados tyed in a Cleane Lynnen cloath

and lett it seeth therein a whyle, then take it

out, and putt in the Liquore, one ounce of

Cinnamond, three quarters of an ounce of

Nutmegges, & asmuch ginger all in powder

Drinke a good draught hereof Evening

and morning for 6 or 7 daies; It is

exceeding good./

A Water for the Passion of the

Heart, or Wynde./

Take of Gallingall, and Calamus Aromaticus of

each an ounce, of Cloves, Mace, ginger, grayne

of Paradise of each two drams, of sacke a pynte,

of whyte wyne 2 pyntes, Lett all the spices

aforesaid be bruised, and with them, steepe in

the wyne soe much broad Tyme as the

wyne will wett Lett it stand and steepe 24

howers, then still it in an ordinary still./

folio 68 verso || folio 69 recto

For a Burning Feauer or other

Heate in the Body./

Make a possett with Verjuyce and milke,

and seeth in it of Violett Leaues and strawberry

Leaues of each an handfull, and a little Dandelyon,

streyne it and dir drinke the same./

To Prevent, or Coole a Feaver or heate

Take six spoonefulls of damaske Rosewater and six

spoonefulls of Conduit water, pare one Lemmon

and slyce the meate thereof very thynn, and putt

it therein with two spoonefulls of ffyne Sugar

beaten small, Lett it stand 2 howers, Lett the

partie then take a spoonefull euery halfe hower,

and taste a Little of the Lemmon./

Another to Coole Extreame heate

Take two ounces of ffrench Barly, shift it

in two waters, then boyle it in three pyntes of newe

milke, and drinke it Probatum./

Another for an inflamation or Feauer./

Take a quart of small Beere, a quarterne

of Currandes, and seauen toppes of Speremint

asmany Cullumbyne, Strawberry, and

Violett Leaues, Boyle altogether & drinke it./

For a quartan Ague

Make a decoction of Sage Rosemary and

Lavender, drinke a draught of this before

the fitt Cometh, It helpes./

folio 69 verso || folio 70 recto

An Easie and approued Medicine

for a Quartan Ague./

Take a Whyte Flynt stone for it will best

endure the fire without breakeing, burne it in

the fire till it be redd hott, then quench it in

ordinary Beere, and lett the patient drinke

of it a little before the fitt Cometh, and

likewise in the fitt, Lett this be done for three

or 4 daies att the tyme when the fitt is

expected, This hath bene tryed to haue

Cured diuers when much Phisicke

coule not preuaile, and when the Feauer

hath held long./

For a Tertian Feaver./

Take Mellilott, Sellendine, White & blacke

pepper, nettles and Salt peeter a sufficient

quantaty well stampt together, and bynde a

small quantatie to the Pulses of the Armes./

Another for an Ague

Take 2 or 3 Cloves of Garlicke & bruise

them, a little saffron, butter, and Bees wax,

asmuch as a Wallnutt of each, boyle these

together till the Butter & wax be melted,

then lett them Coole, when it is Coole, lay as

much of them vpon a Lynnen Cloath as will

Compasse the middle Ioynt of the 4 finger on the

left hand & at it as a Plaster vpon the place 2 or 3

howers before the fitt If the fitt remoue not after 2 or 3

fittes, renew the plaster with what is left, or els make

new as at the first Probatissimum./

Another

Take 2 pennyworth of Dioscordium, mixe

it with halfe a pynt of Muskadine, and drinke

it an hower before the fitt This hath Cured

many beyond expectation./

Another for a Quartan

Cimices 7 taken inwardly are very good to Cure

Quartan Feavers.

The Ague Plaister

Take halfe a pound of ffrankinsence the dryest

that wilbe beaten to powder beate it and searce

it as fyne as flower, Then take ordinary Tur=

pentyne, as much as beeing mixt will make it

into a Stiffe paste, Then take asmuch as

halfe a Wallnutt, and spread it on Sheepes

Leather, and lay it on hower or two before the

Fitt comes to the Navill, If the Ague continue

lay a Playster of the same to the left wrist./

A Cooleing Drinke in a Feaver,

or other hott Disease./

Take a pottle of faire water, and halfe a

pound of Currandes, Boyle it to a quart and

streyne it; Then putt in some Iuyce of oringes

or Lemmons, and some Syrrupp of Violettes;

yow may boyle the ingredientes with some Coole

water, as with Redd weede water Succhory

or Borrage water./

folio 70 verso || folio 71 verso

For a Surfett./

Feild Roses, otherwise called Reddweede distilled

the water drunke is very good./

Another for a Surfett of what Kynde

soeuer./

Take of Aqua Composita, draggon water

Rosewater, and Treackle of each a spoone=

full Beate all well together & drincke it,

It is good eyther for Man, woman or

Chylde./

For any Heate

T^ he ake Leaues of Angelica distilled, and the

water taken inwardly is good./

For heate in the body./

It is good to avoyd spice, wyne, Saltmeates &

hott herbes in broath To vse often Clysters of

milke & mallowes boyled together with fower

ounces of honey dissolued in a pynte of streyned

milke. Or in the stead thereof Take three

ounces of Syrrupp of Roses soluble in a

little Clarified whay, drinke it in a mor=

ning earely and it will worke 4 or 5 tymes

ffor dyett in this kynd vse Broathes

with Cooleing herbes, french barly and

prunes and as much coole Ayre as may

bee, Dr Gulston s advice./

An Excellent Remedie for an

Ague or Feaver, or any Pestic

lentious disease./

Take the quantatie of halfe a Nutt of

Dioscordium, tempered with a silver

spoone in a Little Sorrell water, three

spoonefulls of Sorrell water, 2 spoonefulls

of Carduus water Then take the

Dioscordium so tempered, and temper

them together with a good spoonefull of Syrrupp

of Lemmons, and lett the party drinke it warme

fasting two howers It must be taken att

night after the fitt is past also, It may bee

taken in any Pestilentious disease fasting

2 or 3 howers after it And if need require

giue it once in three or 4 howers./

folio 71 verso || folio 72 recto

folio 72 verso || folio 73 recto

folio 73 verso || folio 74 recto

For the falling Sicknesse or vertigo./

Take single Pyonie Rootes and wash them & drye

them with a Cloath Then slyce them and pound

them very well, add 2 or 3 spoonefulls of sacke to

moysten them, then streyne it, and to the quantaty

of Iuyce, putt asmuch sacke, and mingle it well

together; and so keepe it for your vse. It will

last a yeare, Giue it to the patient to drinke

fasting 5 spoonefulls at a tyme, And beginn to

giue it 3 daies before the Change of the Moone,

and continue 5 mornings together; Then beginn

againe to giue it 3 daies before the full Moone

and continue it for 5 mornings as before. to

man or woman 5 spoonefulls is sufficient

att a tyme, to a Chyld 3 spoonefulls is enough./

Or thus for Sicknes like to it./

Take an ounce of Pyonie rootes, and asmany

ffennell Rootes beaten together, And putt

to them a pynte of Ale, Beere, or Broath,

Boyle itt and drinke it morning & Eveninge

It helpeth Probatum./

Another

The Water of Swallowes a quantaty of it

drunke is very good against this disease./

For the vertigo

The powder of Aromaticum rosatum well

Compounded with Muske, & the quantatie of a

thymblefull taken in a Cupp of old Ale in the

morning is good against the swimming in

the head./

folio 74 verso || folio 75 recto

folio 75 verso || folio 76 recto

For the Iaundice a water for it./

Take a pecke of Snailes in their Shells, make

a good fire of Charcoales to burne Cleere, then

putt in the Snailes, and lett them roast till they

Leaue fryeing, then take them out, and wype them

Cleane, Beate them in a Morter, then putt

them into a pipkin with a quart of strong Ale

two ounces of Cloves beaten grosse, and two

ounces of harteshorne stirr them all well together

and lett them Soake all night; In the morning

putt to them two gallons more of strong Ale

and distill them in a Lymbecke it is also

good for a Consumption./

Another for the same

Take a pippin, Cutt off the topp & then

Core it, then take six penny worth of Saffron

dry it & grynde it into powder & then putt it

into the pippin, lay on the topp of the apple

againe, and roast it till it bee very soft, then

take a pynte of Clarett wyne, and make Lambes

wooll of it with the apple, And soe lett the party drinke

this quantatie for 3 morninges together fasting./

Another for the same

Take a pretty quantatie of Earthwormes & Slytt

them, & scower them well in whyte wyne, then boyle

them well in water with a bundle of wyld tyme;

Beeing boyl'd putt Sugar to it, and make it pleasant

to drinke and soe drinke of it in the morning fasting./

folio 76 verso || folio 77 recto

Another for the same

Milldewe

Milleidæ gathered vnder waterpotts is good both

against the Iaundice and stopping of vrine.

Another

Take the Rootes of Sellendine boyled with

Annyseedes in whyte wyne is excellent good &

nothing daingerous./

Another for the Same

Take of ffennell Rootes and Parseley rootes

of each halfe an handfull, of the rootes of

dogges grasse halfe an handfull, of Barbery

Barke an handfull, of Tameriske a quarter

of an ounce, of Harteshorne an ounce, a

small quantatie of Capers and barberries

washt out of the pickle Boyle all these in

3 quarts of Barley water till halfe bee

Consumed, then putt thereto halfe a pynte

of Whyte wyne weeten it with Sugar &

drinke it first and Last./

Another for the yellowe Iaundice./

Take a reasonable handfull of Sage, Rue,

Sellendine, and a little quantatie of the

Inward Barke of the Barberry Tree,

Boyle alltogether in a quantatie of Beere,

and giue unto the partie six tymes ^ of it morning

and Evening, a Little./

folio 77 verso || folio 78 recto

For the Dropsie

Take a gallon of Rhenish or whyte wyne, and

putt therein an ounce of Cinnamond, well bruised,

and a quart of old Broome Ashes, and beeing

stirred well together Lett it stand 24 howers,

Then Cleere it in an Ippocras bagg, and

sweeten it with Sugarr and drinke thereof

in the morning, a little before dinner, att

4 of Clocke in the Afternoone and Beddward

asmuch as yow please./

A Dyett Drinke for the Dropsie

Take Soldanell, Spoonewort, watercresses &

Egrimony of each two handfulls wash them very

Cleane, then shredd them and boyle them in

12 pyntes of wort till 4 pyntes be wasted; Then

Lett it be streyned, cooled and sett on worke; And

when the same is Tunned vpp hang in the

Vessell a Boulter bagg with these following

powders and herbes in it, and a stone to make

them sincke videlicet Sarsaperilla 2 ounces, Lignum

Rhodium, yellowe, Redd and whyte Saunders

well rap'd of each an ounce, dryed Rosemary, sage,

and Cowslipp flowers of each an handfull, Cinna=

mond and Nutmegges of each halfe an ounce

bruised and made into a grosse powder Then

vse them as aforesaid; After 5 or 6 daies standinge,

Lett the partie diseased drinke noe other beere

folio 78 verso || folio 79 recto

each fourth day lett him take a dram of Rhubarbe

in powder fasting, And an hower and an halfe

after, the yelke of a Reare Egge in 4 spoonefull

of this Beere./

Another Medicine for it./

Snayles of the Earth applyed outwardly, are

very good to vnswell the dropsie.

Another for the Dropsie

Take a quart of your owne Vryne Boyle

therein two handfulls of Sage till it come to a pynte

and an halfe, When yow goe to bedd, Bathe your

Legges therein warme; Then take a skeyne of

rawe yarne vnwashed, and wynd about your

Legges, this doe as often as you bathe, and

it will helpe.

Another for the Same

Take two ounces of Redd coale of Rosemary an

handfull, of Sassafras two drams Infuse them

all in a quart of whyte wyne for 24 howers

Then power it out Cleare & sweeten it as you

please, and drinke it./

folio 79 verso || folio 80 recto

T I

Pharmcopæus

Prælectio Prima 1634

The Art Medicinall or of Physicke which our greate God hath

bestowed vpon mankind to Susteine the weake Nature, and helpe

the many defects therof, as it is the subiect of our profession,

so allso shall it be, of this my present discourse; wherin I intend

to leade you to the Therapeuticke part therof, & heerin I will

follow this method. First I will begin with the name of Physicke,

then go on to the Definition so come to the parts, & by them

Order{Name

Definition

Devision}

as steps ascend vp to this the highest degree of the Art of a

Phisicke. I may boldly terme it the highest, for that all the

other parts are subservient to this, and such as without this

could not Iustly Challeng to themselues the Title of an Art

nor the professours therof the name of Physitions.

Name

For the name; to begin with the Greekes (from whom wee haue

Chiefly deriu'd this knowledge) they call it ( ) from ( ),

Medeor, Sano, rather than ab ( ), venenis, as some would perswade

vs, and according therto the Latines calls it Medicina, & this

name duely belings to the Therapeuticke part therof. wee

in English call it Phisicke, & such properly are the speculatiue

parts therof, whether Physiologicall, or Pathologicall for indeed

( ) versantur, & thus most of our Professours of this

Art are rightly termed Physitions, that is, such as are vers'd

in the speculatiue parts of this Art, & not in the operatiue

as the Pharmaceuticke & Chirurgical the two prime parts

of Therapeuticke, as I shall more plainely & fully shew you heerafter

Definition

Before I come to the Definition of Physicke, giue me leaue to

tell you, that as it is now deliver'd & taught, it cannot Iustly

be defin'd, for that it is partly a science, those parts therof which

are meerly speculatiue, & partly an Art, that which wee & the

Surgeons professe will Cleerly Demonstrate; I will begin with the

first, as the Gramarians doe with letters, and Orthography, which therefore

are not the chiefe because the first, no nore then the foundacion

of an house is the chiefe parte therof or the end wherefore it was

built but to the purpose, the Definition of Physicke is diversly

in Arte medicinæ

deliver'd by diverse men, for some as Galen following Herophilus

folio 80 verso || folio 81 recto

Define Physicke (according as the Physitions of our time pro

=fesse it) to be scientia salubrium, insalubrium, et Neutrorum ;

in this definition, Scientia is the Genus, Salubrium, insa=

lubrium et Neutrorum are the subjectum, but heere wants the

Cause which either Efficient or Finall is necessary in the

Definition of every Accident, as the Specificke deference

is in definition of a substance; If Herophilus had knowne

our Horscourses, he could have not better haue defin'd there

craft then by those wordes, for if you alter but his in=

tended subject, it touches the very Essentiall part of

that profession. But to be more serious this Definition

comes not home to the End of Physicke, which is to cure

Diseases, & by preventing them to keepe the body in

health, for knowledge is Passiue affecting the party

yf a disease be

a passion

knowing, but yt must be an action which must performe

that which is Iudged, & really is the end of Physicke to

preserue from & cure diseases. let this serue for this

Definition, let me proceed to another, A better definition

liber de Flatibus

is that of Hyppocrates ( )

which Heurinus somwhat enlarged giues vs thus, Medicina

est Ars Corporis humanj vitia per adjectionem et abstractionem

emendandj; indeed this is Ars vere medica, quæ morbis me=

=detur, this points at the end & vse, wheras the other com-

prehends nothing but necessary Circumstances to attaine

therto. The subject of this Art is Corporis humanj vitia

emendare, are, & the efficient cause per adjectionem et abstrac=

tionem; A litle otherwise yet in effect the same are

these two giuen by Rioland s Medicina est Ars Sanitatis

servandæ, Restituendæ, aut a morbis preservandæ; And,

Medicina est Ars quæ sanis sanitatem conservat, ægris

restituit, neutros a morbis præservat, not much dissenting

is that of Averroes , Medicina est Ars effectrix ratione

Collectaneorum suarum

liber 6to. Capitulum 1.

et experimento inventa, quæ et santitatem conservat et

morbos pellit, thus much for the Definition therof

Now come I to the Devision, & following mine owne

method I first Dichomatize it into Speculatiue & practicall;

the speculatiue parts I againe divide into Physiologia and

Pathologia; Physiologia is that part of Physicke which shews

the naturall constitution, Action & vse of mans body &

the parts therof, the chief heerof are the septem res

naturales, Elementa Temperamenta, Humores, Spiritus Partes,

Facultates, Functiones, seu vsus. Pathologia is the other speculatiue

part of Physicke which treats of the passions & preternaturall

affects, or diseases that are incident to mans body, together with

the causes, signes, & symptomes wherfore subservient to this

are these two which the Greekes call ( ) & ( ),

the former (as the name imports) shewing the causes of Diseases

the lattere there signes. Hitherto wee haue but Consider'd our

owne & the enimies forces, but no wayes provided either to make

a defensiue or offensiue warre against diseases, being the thing

that is Chiefly intended, yet this is our comfort that Difficile

vincitur quo de suis et Adversarij copijs vere potest Iudicare./

Vegetius 3. capitulum 26

Now that we may succour Physiologia against Pathologia and

all those horrid troups vnder that Comaund, our first Choice must

be of a Generall, & the fittest for this imployment is Therapeutice,

which I finde furnish't with the choice indowments required in a

Lipsius 5. capitulum 15.

Generall, to wit, Scientia, Virtus, Providentia, Fælicitas, Authoritas,

For he is skilfull when & with what forces, valiaunt in the

performance, provident in his goverment, happy in many &

frequent Conquests, & of most Auncient Authority both divine

and humane. therfore I doe not doubt but by the assistaunce

of his three Legions led by ( ) and

( ), he will be able to Confound all the forces of the

Adversary. But that you may the better know this Generall

and his three comaunders, I will briefly giue you his & there

carectors. Therapeutice is a profest enemy to Pathos prince of

Pathologia, & labours to restore man falling or already

fallen into any disease, by the powerfull helpe of

( ) which furnishes him with the knowledge and brings

folio 81 verso || folio 82 recto

Service infinite troupes of simple & Compound Medicines

together with there discriptions, preparations, natures, Faculties

and vses; The hand of ( ), which by manuall operations

Cures diseases Dum Superflua demit, suo quæ excederant

loco reponit, continua distrahit, distracta continuat,

quod deest supplet; and lastly by the provident care of

H

( ), quæ debito eorum non naturalium vsu impen=

dentes, aut præsentes morbos depellit. But stay, to those

already reckon'd vp, I must add another which the Greekes

Call ( ), being that part of Physicke that preseru's health

by the moderation & moderate vse of things not Naturall

I must tell you this ( ) is a neuter, & yet doubtfull

which side to take, being Compos'd of disconted Troupes, which

weere partly of Pathologia & partly of Diatetice; for if you

Consider the Theoricall part therof, it inclines to Pathologia,

yf the Practicall then to Diatetice. the third part of

Therapeutice. Thus haue I with as much brevity as is

Convenient giuen you a superficiall view of all the Chiefe

parts of Phisicke and amongst those, of that potent over=

=comer of Diseases Pharmaceutice, by whose only helpe

silly women oftimes Triumph over those preternaturall affects

which haue foyled the greatest & most selfe opiniate professors

of this Art. This is that part wherat I aime, & which

I intend heerafter to explaine with my best ability, for

that I know diseases are Chiefly heerby prevented and

cur'd; & he that prevents & cures diseases performs all that's

requir'd of this Art. for as Galen rightly saith, Artis medicæ

liber de optimis sectis &

ad Thrasibalum

finis vnus, nempe santiatis conservatio. / And he I say that

either by medicine or manuall operation can cure all cureable

diseases, shall by me be accounted as good a Physition, as he

who furnished with the knowledge of many Tongues can readily

discourse of whatsoever the greate experienced Hippocrates ,

or the learned Galen , or ther haue written in Greeke, or the

subtle Averrhoes , Avicen , Mesur , & the rest haue taught in

Arabecke, or any other of ^ more moderne langwage times in any language,

which these it may be as with Phormio , who may teach Hanniball

the speculatiue Art of warre, though Hannibal knew better then

he how to Fight & overcome, which is the end by that Art Chiefly

aimed at. Very pertinent to this are the words of the latine

Hippocrates , I meane Celsus , wherin he confesses, Ingemium et Facundiam

vincere, morbos autem non eloquentia, sed remedijs curari. quæ

si quis e linguis vsu discreta bene norit, hunc aliquanto maiorem

medicum futurum, quam si sine vsu linguam suam excoluerit./

To this purpose let me present you with one or two examples,

seeing that vivimur exemplo magis quam regula; the first shalbe

of a cure perform'd by a silly Barber with Veronica Fæmina, which

Adversus pagina 197

Pena & Lobell set forth in these wordes, Nasum qui decreverant ab=

=scindere perdocti medici complures præceperantque eiusdem sententiæ

Chirurgis valde exercitatis id fac^iendum, quidam misellus Barbitonsor

qui de quopiam suo hero eximio medico hunc dotem didcisset,

dissuasit; hujus litu et potu effecit ut nec nasus abscindendus

foret, et vt reliquo corporj in lepram prono optime esset./

But this is but of one perticuler, let me giue you another

more generall cure, before I inferre any ^ thing theron./ the

history hereof is recorded by Iaques Cartier the first dicoverer

of Canada, & I will giue you it as briefly as I can; he winter=

=ing & being frozen vp in Canada from the middest of November

to the mid'st of March, they had fiue & twenty of there best

men dyed, & all the rest weere so sicke that he thought they

should neuer recover againe, there disease was thus, there

knees weere swollen as bigge as a Child of two yeeres old, all the

sinewes shrunk together, there Teeth spoyld, there Gumms rotten

and stinking./ It was there Captain's chaunce (who all the

while remained sound) to see a savage which he knew, who

folio 82 verso || folio 83 recto

not past ten or twelue dayes before had been sore

afflicted with this disease, but at this time perfectly

recover'd of which he was glad, for that by him he

hoped ^ to get knowledge how he came so speedily cur'd,

which succeded accordingly; for he asking Domagaia

(for so was the savage called) how he came to heale

himselfe; he answer'd that he had taken the Iuyce or

sap of the leaues of a Certain tree & therwith had heal'd

himselfe, for it was a singuler remedy against that

disease, then the Captaine asked of him whether ^ any weere

therabouts to be had, because he had one servaunt

troubled with that disease; Domagaia streight sent two

women to fetch some of yt, which brought ten or

twelve braunches of yt, & there withall showed them

how to vse it, & that was thus, to take the barke and

leaues of the saide tree, & boile them together, then to

drinke of the sd decoction every other day & to put the

dreggs to his legges in form of a Cataplasme; more=

over they told them that the vertue of this tree was to

heale any other disease; they in there language cald it

Ameda or Hanneda, & it is thought to be the sassaphras

tree. The Captaine presently causd some of that drinke to be

made for his men to drinke of, but there was none durst

tast of yt, except one or two who venter'd the drinking

of it, only to tast & proue yt, the other seeing that, did the

like, & presently recover'd there health, & weere deliverd of

that sicknes &cetera. After this medicine was found & prou'd to

be true, there was such strife about it, who should be first

to take of it, that they weere ready to kill one another,

so that a tree as bigge as an Oke in fraunce was spoyl'd

and lop'd bare and all spent in 5 or 6 dayes, & it wrought

so well that yf all the Physitions of Montpelier and

Lovaine had beene there with all the drugges of Alexandria

They would not haue done so much in one yeere as that Tree did

in six daies, for it did so prevaile, that as many as vsed of

it, by the grace of God recover'd there health; Thus Farre Cartier

Obserue I pray you, heere was no scrupulous Consideration, either

Physiologicall, of Temper, Spirits, Humors, &cetera , or Pathologicall

of Disease, Cause, Symptome &cetera , neither was there Dyet

regulated by Art, & I verily beleeue they promis'd no gene=

rall meanes, as purging, phlebotomy, or the like, & yett

not some but all these men, no question of severall tempers

Ages, Humors &cetera weere all cur'd in a short space by one

only & simple medicine. Now yf medicines thus administred

by the hands of the Ignorant, can worke such strange

Effects, what might be done by those of greater Iudgment

yf they had but an exquisite knowledge of the proper and

peculier effects of simples & Compound medicines, which though

much to be desir'd, can never be attain'd to in any reasonable

measure vnlesse by long & much perticuler observation;

liber de curandiper

sanguinis missionem

for according to Galen , Artem Medicam nihil tam Conjecturalem

facit, quam cujusque remedij quantitas; therfore he saith well

in the 9th of his method, Artis Medicæ studiosos, illumque addis=

=centes in perticularibus exemplis exercitarj convenit, and hence

it is that Aristotle in the first of his Metaphisick sayth

( ) that is

men acquire science & Art by experience, and further he there

adds ( )

( )./ which is, an Art is made

whenas one vniversall assumption or opinion of the like, is made

vp from many experimentall notions./ To come a litle neerer

to the history I lately mention'd, I will briefly deliver what

I think of this & the like Cures mentioned by sundry Authors

& wherof I could giue many examples; it is thus.

Those Diseases that are cal'd by the Greekes ( ), hoc est

Patrij, seu alicui regionj familiares, those I say which are

Hippocrates de natura humani

liber 2 sectio 9.

folio 83 verso || folio 84 recto

frequent in some Region, and æqually seaze on people

of Different tempers, ages, sexes, & the like, by reason of

a cause which is common to them all, as Aire, water, Dyet &cetera .

And some, or all those which are cald' ( ), whether

( ), pestilent, or ( ) not pestilent, being

allso diseases proceeding from a comon on cause, but yet not

Nationall, or familiar; as allso those wherin there is

any Contagion or hidden malignity, whether by ex=

ternall meanes, as the Bite of a mad Dogge, Sting

of a Scorpion, or the like or by any internall, yet

not manifest quality, as by drinking Napellus Colchicum &cetera

all these as they haue an occult essentially morbificke

quality, not knowne by reason, but experience; so hath

the all regarding providence of God giuen one or more proper

Alexipharmaca to cure them, now these are the diseases

which comonly only are most grievous & daungerous, & these the

the remmidies which worke wonders, yea allmost howsoever vs'd;

further I haue noted that the Symptoms in these diseases,

how ever horrid & various, yet they all vanish vpon the

vse of the proper & specificke medicine; and therfore I may

say with Horatius Octavianus , Natura omniparens, & velutj

adjuncta charitate, cuncta animantia prosequuta est; quæ

enim nascendi sortem tribuit, vivendj, ac valendi sub=

=stantiam non negavit; est enim in omni mundo natura,

quæ operatur grande secretum. But to let this rest

& a litle looke backe vpon the former parts of Physick,

you shall finde that the Physiological part hath

beene neglected by many, as Celsus witnesseth in his

preface that the Great Hippocrates as one may probably

gather by his ( ) foure paire of Veines./

was not better vers'd in Anotomicall Administration,

then some Iewish Butchers are at this day in other

Countries./ For the Pathologicall part, who are they

Almost that know not the Pox, measles, stone, Gowte,

Falling sicknes, tertian & quartaine Agues, & the like, may

further our state thinkes this so easy as that they rely

vpon women to giue Iudgment of the disease by only see=

ing of the body, & that not living, but Dead./ But the

Pharmaceuticke part was ever by all men, in all times and

places much esteemd & set by. and there was never any

sect no nor perticular man that thought not this part

of much necessity & vse in Physicke. And hence it is

that Ovid s Apollo (Taking vpon him the invention of

Physicke), saith of Herbarum subjecta potentia nobis,

And Iudging his disease incureable he exclaimes, Heu

mihi quod nulli amor est medicabilis herbis, as if that

those internall diseases which hearbes could not cure, might

well be Iudged vncureable. Now let not this I haue heere

saide be so taken as that I may be Iudged to thinke

the Physiologicall, or Pathologicall parts of Physicke

vnnecessary, though lesse necessary to be insisted vpon

then the Therapeuticke; I will shut vp my discourse

with these wordes of Celsus , which are very pertinent & full

to this purpose. Nam quæ demum Causæ, vel secundam vale=

tudinem præstent, vel morbos excitent? quomodo spiritus, vel

Cibus, vel destrahatur, vel digeratur, ne sapientiæ quidem pro=

fessores scientia comprehendunt, sed conjectura persequuntur

Cujus autem rej non est certa notitia, ejus opinio certum

reperire remedium non potest./ verumque est ad ipsam curandj

rationem nihil plus conferre, quam experientiam. Quamquam

igitur multa sint ad ipsas artes proprie non pertinentia,

tamen eas adjuvant excitando Artificis ingenium. Itaque

ista quoque naturæ rerum contemplatio, quamvis non faciat

medicum; aptiorem tamen medicinæ reddit, atque perfectum;/

verjque similj est Hippocratem et Erasistratum & quicunque

alij non contentj fabres et ulcera agitare, rerum quoque

folio 84 verso || folio 85 recto

naturam ex aliqua parte scrutatj sunt, non ideo

quidem medicos fuisse, verum ideo quoque majores

medicos excitisse./ Thus haue I deliver'd what

I haue thought good at this time to subject to the

Censure, and though rude & vnpolish't, yet I hope you

will with me consider this, that aliud est exercitationem privatam

aliud librum, aliud amicis, aliud omnibus scribire./

Prælectio 2da

T: I: Pharmacopola

Having (friendly Auditors) in my last exercise, brifely

run over the Defintion & devision of Physicke, with

the parts therof, I now haue thought yt fitt after the

same manner to acquaint you with the professors of

this Art, both Auntient & Moderne; and this I doe the rather

for that I finde many to be (though not wholly Ignorant)

yet much defectiue in this, as I may terme yt, the

Hystoricall part of Physicke./ Of the Antiquity of

this Art amongst the Easterne Inhabitants of the world, or

what there practise therof was, I can say litle, for that

there is allmost no monument remaining of there Actions,

but only the sacred scriptures, wherin I find mention of

two sorts of Professours (yf wee follow our owne moderne interpretours)

the one by the name of Physition, the other by the name of

an Apothecary, the former is mention'd, and Joseph Comm anded

Genesis 50: versus 2:

his servaunts the Physitions to Embaulme his father, and

the Physitions Embaulmed Israell. this was about the yeere

of the world 2255. 16 hundred 93 yeeres before our Saviour, &

before the birth of Hyppocrates which was in the first

yeere of the 8th Olympiade 1490 yeeres; Hyppocrates

was the 18th in a lineal succession from &#198;sculapius , who amongst

the Greeks, was Counted, with his father Apollo, to be the God and

first Inventor of Physicke./ Allowing therfore 40 yeeres to ech

generation it makes but 720 yeeres, which deducted out of 1490

there still remaine 770. by this account yt plainly appeers,

that this Art was much more Auncient amongst the

&#198;giptians, then amongst the Greekes; some yeild these

reasons, the people weere invited therto by the serenity of

Aire, and the fertility of the soyle yeelding aboundance of

medicinall Plants, as Homer witnesseth in the 4th of his Odyssey

( )

( )

( ),/ that is

Egipt, whose fruitfull soyle doth medicines store

Bring forth & those both very good & Ill &cetera

And to these they add the ingenuity of the people who as Aristotle

Confesses weere the Inventors of all good Arts./ yet this doth not

fully satisfy, for I probably Conjecture yt was rather thus;

the &#198;giptians weere more Effeminate & Riotous, then the

rest of the people of those times, there Country with litle

labour yeelding plenteous store of no^urishment; & withall

they weere allso more ingenious; the former qualities

made them the apter to fall into diseases; & the latter

together with the naturall indowments of there Country,

furnished them with more ability's to withstand them.

for certaine it is that mecessity made men seeke for reme=

dies, which Chaunce, & experience or tryall first found out, and

Reason afterwards made vp into an Art./ But to returne

whence I haue digressed, whereas the Scripture speakes

plurally of Physitions, that Ioseph Comaunded his servaunts

the Physitions, yt shows that he had many, and therfore

I Cannot but acquainte you with that which Herodotus an

Auntient Greeke Author saith of the Physitions of &#198;gipt, and

with him go on a litle further to show you the severall

manners of Embalming the Dead amongst the &#198;giptians,

and the rather for that the narration is Continued by Herodo=

=tus , whose wordes I thus English. Physicke (saith he)

Herodotus Euterpe

is so parted amongst them, that ech Physition hath one disease

folio 85 verso || folio 86 recto

And no more to Cure, for some Cure the Eyes, others the heade,

others the teeth, othersome the diseases of the belly, and some

those of the more inward parts. there mournings & burialls

are thus order'd; whenso'ere a man of any fashion dyes, then

all the women of that family besmear's there heade &

faces with Clay, & leaving the Corps at home, they wandring

vp & downe the Citty, beate themselues, having there garments

girt about them, & there breasts bare, & together with them

goe allso the neighboring women; on the other side, the men

allso lay open & beate there breasts. This done they at

length Carry them to Embaulming, for there are Certaine

appointed for this purpose who doe the feate; those whenas

a Body is brought them, shew the bringers therof Cer=

taine woodden portraitures of dead bodies artificially

painted, & say they, this one is most acurately made,

and was for one (whose name yf I should tell I should

not doe holily) this other is inferiour to that & of a lesser

price, this third most base & too vulgar./ this done, they

aske after which patterne they would haue the body to be embaulm'd

then agreeing on the price they goe there way. Now these

left alone in there houses doe most diligently Embaulme

the Body after this manner; first with a Crooked

Iron they draw the braine forth at the nose & when they

haue Emptied the part they fill yt with medicines

then with a sharpe Ethiopian stone, they open the body

about the flancke, & that way draw forth all the En=

=trailes, which taken out & the inward parts washed with

Date wine, & after that with beaten spices, they then

fill the belly with beaten myrrhe, Cassia, and other

odoriferous thinges (except frankincense) & so sow yt vp

againe. /when this is done they keepe yt salted in Niter

for 70 dayes, for longer they may not salt yt./

Those 70 dayes being expir'd, when they haue

wash't the body, they wrap yt all in fine linnen, cutt

forth into lengths & gummd, for that ^the Egiptians commonly use

insteade of glew./ then his kindred receiuing the body againe

make a woodden portraiture of a man, wherin they

forthwith with put the Corps & lay yt vp so inclos'd./ now

such as desire the indifferent Embaulming to saue charges, haue

thus perform'd; they fill a glister-syringe with Cedria & so in=

=iect that at the fundament & therwith fill the belly of the deade

Body, neither opening nor drawing any thing out therof,

then they salt yt so long as I formerly mentiond, toward

the end of these dayes, they let out of the belly the Cedria

which they formerly Iniected, which hath such force, that

together therwith yt brings forth the putrified entrailes./

but the Niter Consumes the flesh, so that there is nothing

of the body left but skin & bones./ the third manner of Em=

=baulming is that vs'd for the meaner sort; they first Clense

there bellies by Injections, & then salt them for 70 dayes

& so giue them back to there friends./ now the dayes

of Embaulming ^the dead according to Herodotus weere 70, yet

in the verse imediatly after that I formerly aledged, it is

saide; so forty dayes weere accomplished (for so long

did the dayes of those that weere embaulm'd last) and

the Egiptians bewayled him 70 dayes./

To lett this passe as litle pertinent to our intended subiect,

I should now come to treate of the Apothecary mentiond in

the sacred scriptures, but seeing that in all places of the

septuagint it is expressed by the Greeke word ( ), I

will not yet handle that, vntill I come to the Greeke

professors, amongst whom in his fitting place you shall

haue the Myrepsos . The Greeke professours are Chiefly,

to be Considered, & taken notice of, first because they

folio 86 verso || folio 87 recto

haue arriu'd to that excellency in this Art as is hard to be

equal'd, much less exceeded, & the Chiefe reason that I

can conceiue of this exquisite knowledge was, there due

& fitting Education heerin, of which heerafter./ secondly

for that wee still vse them as maisters, & giue the

Chiefe Credit to there writings, wherfore it is Convenient

wee should know there sects, & the severall Arts and

professions of those who are by most refer'd to this Classis,

The better therfore to performe this I haue taken in hand,

I will distinguish them into profest Physitions, & those that had

only some relation to some parts of Physicke (or at least by

most are so thought to haue) in treating of profest Physitions

I will giue you there sects & opinions as briefly as I may;

and after that the names & professions of the rest who (as I

saide) had but some small relation to Physicke./

I will begin with the Physition, whose profession (as

long as Physicke flouris'ht amongst the Greekes)

Comprehended both the Pharmaceuticke & Chirurgicall

parts of Physicke, as may be aboundantly showne by

sundry passages in there writings, which would be too

tedious to Collect & set downe; yet shall you

not rely vpon my bare word for this, but I will

giue you testimonies of some other late men both

learned & Iudicious, who allso haue obseru'd thus much.

Theodore Zuinger of Basil in an Epistle prefix't before

Bayrus his practise hath these words: Videbat enim

vir Ingeniosissimus Medicinam vnum esse, et apud

veteres non modo Græcos, sed etiam Arabas eosdem

fuisse et Physicos, et Chyrurgos, et Pharmacopæos,

ignavia deinde hominum atque avaritia in varia

velutj membra corpus hoc totum fuisse dissectum, &cetera

The like is asserted by John Riolane in his preface

to his booke de Temperamentis, where amongst other words

Argumentorum liber 5

he saith, At prima ætate per paucj erant medici, iique

Chirurgi, simul et Pharmacopæj &cetera : Barclay in his

Argumentorum liber 5

Argenis, where he fiegns all things to be done according

to the Auncient times, vseing a Physition to his

wounded Polyarchus, hath these wordes, Aderat Medicus qui

pridie Sanguinem mittj Iusserat, is fusciam quæ circa

gravissimum vulnerum erat resolvit, nondum enim Medicina

triferiam erat secta, sed ijdem de morbo sententiam dicebant,

diluebantque, et manus ægris membris, aut saucijs admovebant./

I Could adde more but heere are more then enough in a

thing so plaine. therfore to returne to my former

discourse, the Physitions amngst the Greekes as allso the

Latins, weere divided into there sects, the Empericall,

Methodicke, & the Rationall or Dogmaticke./

( )

The first of these according to Pliny liber 22. Capitulum i. tooke the

originall from Creon of Agrigentum , & of this sect weere

many Physitions of greate note, as Philimus , Serapion ,

Alexandreus , Apollonius , Glaucius , Menodotus , Sextus , Hera=

=clitus Terentinus , Dioscorides , & others./ The professors of

this sect according to Galen ( )

( )

( ); they weere allso called ( )

( ), that is diligent observers & Rememberers: there

sect was allso by the Greekes called ( )

& ( ), that is the experimentall, diligent observing

& remembring sect./ now the chiefe fundamentall

ground of this sect as the name intimates was experience

which they thought sufficient for the attaining to perfection

in this Art for say they Reason is of no greate vse

in Physicke, for it either indicates the same which experience,

folio 87 verso || folio 88 recto

Or els the Contrary, yf the same, why then wee

are nothing helped therby, yf the contrary then yts

false, & Consequently no reason, but a fallacy mask't

in the shape of reason./ therfore say they it is

much better by operations & deedes to show our Art then

by Reasons, which cannot otherwise be maintain'd but by

Logicke, & wee see that arguments are so full of

fallacies, that the Logitians the very maysters of them,

can scarse tell how to resolue them, & by there

owne rules the graunting of one false supposition, may

occasion infinite errours./ Now in there cures they

had there Chiefe regard to a ( ) or Concourse

of Symtomes; then having obseru'd this Concourse of

Symptomes, they out of there vse & experience fitted

medicine therto, & not from arguments as the Rationall.

These remedies they learn't by the hystory of former

Experiences, & they vs'd a transgression from the like

to the like affect./ such thinges as they themselues by

there owne experience tryed in many, often, but allwaies

in the like affect & after the same manner, or els by

accident haue found they still produce the same effect,

these they Confidently vsed, without any Curious enquiry

of what temper or quality they weere of./ they allso

gaue Credit to the Auncients who recorded & comit=

=ted to memory those thinges which they experimentally

had obseru'd; but that which they themselues found out

they saide they knew that ( ); or by there owne sight;

what they had from others observation they called that

( ), History; & that which Chaunce found out (as yf

one being thus or thus affected tooke this or that

accidently & found yt did much good or harme) this

they cal'd ( ), Chaunce./ furthermore they vs'd

a transgression from the like to the like, which they

Therfore term'd, ( ), as transferring the

Remedy from the like disease to the like, as that which

was good in a burne they would vse in an inflammacion,

& from the like place to the like, as from the Arme to the

Legge, from the hand to the foote, and so allso they went

from remedy as for a Quince the would take a medlar

Borage for buglosse, a red Lilly for a white &cetera. thus much

for the Empericall sect.

( )

The Methodicke sect (whose founder was the Laodicean

Themison according to some, or to others Thessalus ) next take place

these affirmed, Quod nullius causæ notitiam, quicquam ad Curationem

pertinere; & that it was sufficient quædam morborum communia intuerj;

the cal'd themselues Methodics for that they drew the Art first

into a Method, or to generall heads breifly digested; these not only

in words did disagree with the other sects, but allso innovated diverse

thinges in the Art; for as I saide, they affirmed that neither

the part affected indicated any thing for the Cure, neither

the cause, Age, Time, Region, neither the consideration of the strength

of the patient, his nature, habit, or Custome./ wherfore neglecting

all these, they tooke there indications from the affects themselues,

& Iudging them sufficient; neither grounded they any thing,

in speciall or perticuler, but in generall & vniversally,

& these they called ( ) Communities which Comprehend.

=ed all perticulars./ Now some of these affirmed that all diseases

proceeding of dyet, other that all in generall whither from

dyet or otherwise, indicate only two Communities, & a third

mix't one, the names they gaue these two are Adstrictio

& Fluor & the third was mix't of both./ Adstriction indi=

=cated Relaxation; Defluxion, Repression; in the mix't they

had respect to the most violent./ they Iudged yt not necessary

for a Physition to Consider more then these three, for the

leading him to finde out a medicine./ for to what purpose

is it, say they, curiously to inquire of Coldes, Heates, excessiue

folio 88 verso || folio 89 recto

Drinking, eateing & the like, for these are not the

thinges, but the affects indured by them that

must be holpen; for in the Cure of a burne, that

skil's not to know, whether yt was done with a

Cole, hott Iron, the flame of a Torch, or stean &cetera,

but that it is a burne, for that is the disease

that remains in the body, not that which is gone

& past, & heerof wee must labour to know the

nature, for yf it be astrict, yt must be relax't,

yf fluide, represt, from what Cause soever either

of them proceed./ but further to Illustrate this

matter let vs propound a Phlegmon for an example,

in which when it is the fault of Adstriction yt doth

not yf yt happen in summer, require relaxing me=

=dicines, & in winter other, but it is Cur'd at both

times with the same, neither in Children with

relaxing ^ thinges & in old folkes with repressing; neither

in &#198;gipt with relaxing & at Athens with the Contrary.

Now therfore yf none of these Conduce to the cure,

wee study them in vaine./ but what for the parts

of the body, doe not these allso Conduce to the indica=

tion of the cure? No: for is there any that will say

that a Phlegmon, which in a nervous part must be

relax't, must be represt in an arterious, venous or

fleshy part, or yf there be any adstrict affect in any

part of the body, dare any say it must not be relax't

and that which is fluide & resolu'd must not be strengthened./

Therfore if the nature of the part Change not the manner

of the Cure, but that the invention of remedies depends vpon

the nature of the affect, wee in vaine labour to know the

disposition of the part./ These & such like weer the reasons

of the Methodicks, who seeme to haue taken the ground

of there sect from this saying of Aristotle, ( )

( )

( ) (i) Density

& Rarity are the beginings of all diseases. This sect

is much declaim'd against by Galen in very many

places, & they weere not very happy in there cures, and

thence I thinke that Iuvinall in his tenth satire alludeing

v. 221

to Themison the author of his sect saith, Quot &#198;gros Themison

Autumno occiderit vno./

( ) sive

( )

Now leaveing the Methodicks, I Come to the Rationall sect,

so Called because they in the cureing of diseases giue the prime

place to reason, yet not so as they neglect experience, Hippocrates

was the father of this sect, which still hath had the prime repute

the followers heerof thinke that to the attaining of this art is ne=

cessary an exact knowledge of the nature of mans body, & the perticu=

=ler parts therof, as allso of all signes & causes of diseases, symptoms &cetera.

the knowledge of the faculties & qualities of meates, drinkes, & medicines,

the Temper & alteracion of the ayre & seasons of the yeere, & to con=

clude, they thinke yt not fytt to be ignorant in any naturall

cause, nor of the natures of any thinges which may conduce to the

knowledge of mans body, the Nourishing, Altering, hurting or healing

therof./ so that a Rationall Physition ought to haue knowledge in

Astronomy, Naturall Phylosophy Geography, & most other sciences, that

so he may be skilfull in the alterations of the seasons, know the nature

of Beasts, Birdes, Fishes Insects, Plants, Metalls, &cetera . the scituations of

Citties, Countries & the like; that by this meanes he may know what

is fittest to vse in this or that case & best to be had from this or

that place./ yet for all the knowledge that man however Ingenious

& studious can arriue vnto, he will in this study stand need of experience

for there is an ( ), a peculiar Temper of ech Individuum

which though the Physition Cannot Comprehend & know, yet is it oft

times so necessary to be knowen in curing, that without some

Certaine knowledge therof, there is litle Certaine reason in

folio 89 verso || folio 90 recto

Cureing, for we doe not cure an vniversall man, but

this or that individuall party, whence Aristotle say's well,

( )

( )

I may know somthing in a generall knowledge, that I am Ig=

=norant in a perticuler; And I (saith Galen ) If I Could

find out the perticuler nature of ech man, should

thinke my selfe such an one, as I Conceiue &#198;sculapius

to haue beene./ further there are allso in me=

dicines ( ) Ineffable & hidden proprieties

such as is that in the Loadstone to draw Iron, & the

touc'ht needle to turne to the pole, for some hearbes

whose manifest qualities are scarce discernable, haue not=

=withstanding powerfull operations to kill, or preserue

life, yet these there admired qualities or proprieties are no

otherwise to be knowne then by experience./ but to

come to the rest of the Auncient professions, who are

thought to haue share in this Art, I will first reckon

them vp by name, then briefly handle ech in perticular;

there names weere these ( )

( ), and

( ). of these in order.

The ( ) or simply ( ) (for the former

denotes but the maister & the latter the man) takes his

name ( ) ab inungendo; whence allso the

Latines calls them Aliptæ & vnctores; There Art was this

they weere the maisters of Exercise, very well knowing

there force & faculty conducing to health, & they therfore

taught not only the Athletæ, but allso other men, how,

how long, and what manner yt was fitting ech man should

exercise himselfe, for this may be gathered by Celsus his

liber 2 capitulum 1

wordes where he saith, Hominem sanum nullis sese legibus

obligare debere neque Medico, neque Alipta agere.

Tully allso in an epistle to Lentulus hath these wordes

Vellem non solum salutis meæ quemadmodum Medici

sed etiam vt Aliptæ, virium et coloris rationem habere

Stromata 6

voluissent./ allso Clemens Alexandrinus saith Sanitatem

per medicinam, bonam vero Corporis habitudinem per Alip=

ticam Comparari. The maister or Chiefe man was allso called

according to Iulius Pollux ( ) & ( ); the

( ) or Vnctor according to the same author was

( ) a base fellow./ There imployment was this; whenas

the Athletæ or others intending such exercise, had put of

there Garments in the Apodyterium, then weere they anointed

by these men, and so went to a place wheras dust lay ready

for the purpose, wherwithall they powder'd themselues all over,

so provided, they fell to there exercise, which ended, they return

=ed againe, & by the Aliptæ were Curried over with Irons

made for that purpose, & the crassament so scraped of

was kept to be vs'd in medicine, which the Athenians called

( ) others ( ). when they weere thus clensed, some

weere againe anoynted, either for there healt'hs sake, or with

some odoriferous oyntment for there pleasure./

()

But to passe over the Alipta; let me come to the ( ),

that is according to the signification of the word, the

Roote=Gatherer; most & not without reason renders yt

Herbarius in Latine; of this profession was Cratevas , who

by Castellanus in his vitæ Illustrium Medicorum is ranked

amongst the Auncient Physitions, he thus writes of him,

Cratevas Hyppocratis ævo celebris herbariæ author, scien=

=tiam a Crateva acceptum sic excolluit, vt divini

senis elogio ( ) appellari meruit; et quid

amplius ad summæ laudis Cumulum requiras, quam

Hippocrati fuiesse mirandum ( ) (inquit) ( )

( ) (;) I haue oft times admir'd

the for the matter of hearbes; thus much Castalanus ,

folio 90 verso || folio 91 recto

And you may see in the epistle of Hippocrates to

Cratevas , whence Castelanus tooke that he hath written.

I am vncertaine what this profession was but thinke

yt did not long continue, for that in the writings

of the other greekes after Hyppocrates , wee finde such

small mention of them./ I probably coniecture that

it was to gather & dry Certaine hearbes of knowne

faculties for medicinall vse; neither doe I thinke

the ( ) weere ignorant of these faculties, but

vsed in processe of time to play the Mountebanks

with them, which I am induc'd to beleeue for that

Alexis Thurius the Comedian wrott a Comedy which

from the name of the formerly mention'd famous

Rhizotonist he called ( ) that is

Cratevas the Mountebanke./ thus much for the ( )

The next is the ( ), who by the

Latines was called Seplasiarius & vnguentarius, and who

wee in my opinion may more fitly english the per=

=fumer, then the Apothecary, as our translators of

the scripture haue done./ his Greeke names ( )

& ( ) come from ( ) & ( ) unguentum coquo

& ( ) unguentum vendo. this profession is of great

Antiquity, & was of reasonable good repute amongst

the Iewes, as may be gathered by some places of

Exodus 30 versus 35

scripture as where the holy oyntment is to be made

as ( ), the pure work of the My=

repsos, but let vs search into his profession & make inquiry

whether his Art weere the art of an Apothecary, as it

is not only translated but allso taken by the most late

Physitions in there writinges where they stile Apothecaries,

I know not whether with more arrogance or ignorance,

seplasiarij & vnguentarij; to finde out this I heere

Make enquiry after, I will first view the Myrepsos

in the scriptures, as the most auncient & authenticke

writinges then in some other Greeke & Latine Authors./

In the place of Exodus formerly alledged, I finde yt

was an oyntment that was ( ) the worke of

the Myrepsos, & that an odoriferous one & for anointing

the high priest allso yt is sayd ( )

( ) &cetera

2 Chronicles Chapter

16 versus: 15

(i) And they laide him forth vpon a bed, & they filled

him with spices, & the kindes of sweet ointments of the

( ). Allso Ecclesiastes by some greeke interpretor^ s

Capitulum 10 versus 1

is thus rendered ( )

( ) (i) The Death of flies, or dead flyes corrupt

the sweet smelling oyle of the Myrepsos./ By all these

places, the Myrepsos is no other than a compounder of

sweet oyles & ointments for perfume, agreeable to which

wee finde him in other Authors, for Iulius Pollux in his

Onomasticon treats ( ) &saith hee, ( ),

liber 7 Chapter 33

( )

, that is Critias calls the sweet ointment maker

Myrepsos, & so doth Anacreon call the sweet oyntment seller

the shop was call'd ( )./ there profession was (as I haue

formerly shewen you) to make sweet oyles & ointments

Chiefly for pleasure, & there vse was both frequent &

various; for some vs'd them at banquets, as wee may see

by these verses alledged out of Miostratus by Athæneus

( )

( )

( )

( )

which we may thus English

And do thou

The Banquett curiously contriue

Adorning it with Iunckets various

Sweet ointments, garlands, frankincense

And pipes withall see that thou dost provide.

folio 91 verso || folio 92 recto

They anointed there heads with these oyntments, & somtimes

other parts of the body, as wee may see by that act of

Mary Magdalen to our Saviour, which is recorded by three

Evangelists though somwhat differently, for St Mathew

Mathew 26 7

Mark 14 3

John 12 3

& Mark say she powred it vpon his heade, but St John

saith she anointed his foote therwith. They Chiefly an=

=nointed there heads with these ointments, for that they

thought there senses did there keepe there Chiefe

mansions, & weere much refreshed with sweet odours,

according to that of the Poet Alexis ( )

( ). that is

It is most Conducible to health to Comfort the braine with good

Smells./

I will referre you for the rest of there vses as allso names

& discriptions to Pliny 's naturall history the three ^ first Chapters

liber 13

& to the 15th booke of Athæneus his Deipnosophists

where you shall finde much to this purpose. further,

they in Galen s time, at Rome, begun to take vpon them

to make greate Antidotes, as Treacle, Mithridate, & the

like as appeares by Galen de Antidotis liber 1. Romæ (saith he)

eiusmodj Antidota præparant non solum optimi Medici,

sed etiam Myropolæ./ they allso weere merchaunts for

Drugs as wee may gather by these wordds of Galen in that

same booke, Quare Medicus quidam Romæ, ex his qui me=

=dicamentum preparare non viderunt, ex scriptura

confectionem ejus . aggredi ausus, quærebat apud vnguen=

=tarios Hedycroon, putans herbam esse aut aliquid tale

simplex medicamentum./ Now the profession was but

meanly thought of by the Greeks & Romanes for the

Spartans banish't them there Common wealth, & saide

they weere good for nothing but to spoile Oyle, & Solon

by his lawes forbad all that men should sell them, as

Too effeminate a profession for them./ Cicero allso in his first

booke de officijs approus not of the profession, for saith hee

Minimæque artes hæ probandæ, quæ ministræ sunt voluptatem

Cetarij, Lanij, Coquj, Fartores, Piscatores, vt ait Terentius ,

adde his si placet Vnguentarios, Saltatores, totumq ludum talarium./

By all this that hath beene saide & much more that might be saide

to this purpose yt is apparant that the Seplasiarij or Vnguentarij

amongst the Auncient Greekes & Romans never had anything to doe

with the preparation or application of medicines for the cure of diseases.

which Cleerly showes that the profession & the end therof was different

from that of the Apothecary, as that more cleerly appears whenas

I come to show what the Apothecaries profession is./ But putt

case yt weere (as some Imagine) that the Apothecary is growen

vp from them, which they can neither proue, nor I beleeue

yet I must tell you that yf a Sien weere taken from the

body of Physicke, & grafted vpon the stocke of the vnguen=

tarij, yet the fruite & offspring naturally follow's the dispo=

sition & nature of the Sien & not ^that of the stocke; so

our Apothecaries profession is meerly the Pharmaceuticke part

of Physicke which was exercised by Hyppocrates , Galen , & all

the Auncient Physitions, who would much scorne, that any of

the genuine offspring should be termed Vnguentarij; but

you see what it is to be younger brothers, or at least to

loose ons birthright, for sure it is that ( )

is the auncients part of Phisicke, thus much for the Myrepsos./

There now remaines the ( ) the medicine Beater but

for that he was but a meere Mortar=man, & no profest artist, I forbeare

to trouble you with any further discourse of him; & for the ( )=

=( ) or Mountebanke his stage is not yet ready, & I fearing that

I haue already too much trenc'ht vpon your patience, will present

you him with the Continuance of this argument in my next exercise,

which (God willing) Shall giue an end to this yet vnperfect discourse

folio 92 verso || folio 93 recto

Prælectio

3ia

T J Pharmacopæus

If you remember (friendly Auditors) I, in my last exer=

=cise told you, that Physicke in the time of Hyppocrates and

Galen , as allso afterwards was but one profession; & though

there weere other professours thought by many to haue share

therin, yet it was not so./ of some of these Professions, I have

already spoken, & there remaines now, none to speake of,

but only the ( ), whose name imports a seller

of Medicines, & indeed such an one he was, being the very

same, who wee at this day term a Mountebanke, as farre

as I can gather forth of the writings of the Auncients, out

of whose workes take these two or three testimonies tending

to this purpose./ Cicero in an Oration Pro Aulo Cluentio hath

these wordes; Tum repente Anconitanum quendam Lucium Clodium Phar=

=macopolam circumforaneum , qui casu tum Larinum venisset,

aggreditur &cetera. Heere you see he termes him Circumforaneum

a fellow keeping about markets, & places about publique

Assemblies, & saith that he came to Ancona, Casu by Chaunce,

for indeed they seldome keepe any certaine abiding place.

Agreeable to this, Galen in 1o de Diebus decretorijs saith

( ), Pharmacopolam quendam

ex Trivio, for that in the meetings ^ of streets, & publique places,

they vsuallly kept there stations. but most to this pur=

=pose are the wordes of Marcus Cato alledged by Gellius ,

Noctes Atticæ liber 1 capitulum 15. Nunquam enim tacet, quem morbus

tenet loquendi, tanquam veternosam bibendi atque dormiendj,

quod si non conveniant, convocarj jubet, ita est cupidus

orationis, vt conducat, qui auscultet, itaque auditus non

auscultatus, tanquam Pharmacopolam, nam eius verba au=

diuntur, verum ei se nemo committit, si æger est./

heere he fitly compares a greate talker to a mountebanke, which

people will oft time heere, but yet with small attention,

and few for all his greate wordes, will make triall of

him, yf they Chaunce to fall sicke./ they allso vsed to sell

Other thinges besides medicines, as Precious stones & such

like, wherwith the simpler sort of people weere the easier to be

deceiu'd./ I finde few late writers, that haue well enpre'st,

or indeed vnderstood (though some haue labour'd therin) what the

Pharmacopola was, only our country man Bond vpon that verse

of Horace satyræ 2: Ambubajarum Collegia, Pharmacopolæ,

hath these wordes, Olim rerum vilium ostenta^tores erant, et po=

=pulo verba dabant; which is very true, & they keepe the same course

still./ Thus you see that none of these professors had any

thing to doe with the practise of Physicke./ but I know you

will be ready to aske, who made & applyed the medicines to

the sicke, & did those workes that the Apothecary vsually

performes at this time? This I will labour to explaine and

withall shew whence the originall of this name Apothecary

comes, then define & limit his profession as it is now separate

from the speculatiue Physition & withall shew that ech part

therof was once the worke of the physition, who now only

is Tacticus , an orderer or appointer of Physicke, & leaues

the Apothecary & Surgeon to be truly Practicj, Performers,

or Doers of the operations therof./ I formerly told you, the

Auncients held all in one, as it is vnfitt that the members

of one body should be disjoyned, seeing that body cannot

be well, whose members doe not fitly Symphathize.

But to the purpose the Auncient professors of Physicke had

first there ( ), that is surgeons shop, for yt was no

other as may easely be seene by Hippocrates his Booke ( )

( ), And by Galen s Comment vpon the same.

Chrysostome allso shew's yt plainly, in these wordes;

( )

( )

( ) &cetera (1)

as yf you should into an ( ) or Physicke shop, and there

come

see many instruments lying vp & downe, you would wonder

at the variety of these instruments, for that you know not

folio 93 verso || folio 94 recto

There vses &cetera. which shewes that the ( ) was furni'sht

with Chirurgicall Istruments, & a place fitted for the

performation of the operations of Surgery, as may

plainly appeere by the foremention'd booke of Hippocrates

Now this Chirurgicall part was first sever'd from the

Physition, as you may gather by Galen ; who saith, that

he did not much practise surgery in Rome, for that

it was a distinct profession from the rest of Phisicke,

But in Greece & Asia at that time yt was not so./

The place where they kept there medicines, the which

they called Apothece, or Apothecary Shop, they kept

more inwardly & private, & weere allso the longer

before they gaue yt over, for Galen makes mention

of his Apothece which he kept at Rome by the Via Sacra

liber 1 capitulum 1

de compositione medicamentorum

secundum genera.

his wordes are these, Scripsimus et jam ante com=

=mentarium, cujus priores duo librj in publicum sane

prodierant, se cum alijs .. in Apotheca, quæ ad viam

Sacram est relicti intercidere, quando pacis delubrum

totum et ingentes Palatij Bibliothecæ incendio con=

=flagrarunt./ Allso he tells you of Cinamon, that he

liber: 1 de

Antidotis

there kept in his Apothece./ Now Apothece is nothing

but a place to lay vp or keepe any thing ready for

vse & hence comes this word ( ) rendered by

the old Glossarium, Apothecarius, vel Horrearius, that is

the Storekeeper, & hence came the English name Apo=

thecary, the french Apothecaire, the German, ein Apotecker,

& the Spanish Boticario./ the office of looking to this

Apotheca & Storeing, yt did beling to the younger students

in Physicke, who all most from there Childhood weere train=

=ed vp in this art; for saith Soranus , Medicinæ initiandus

ea ætate sit, ex qua maxime e parvis homines transeunt

Ad magnitudinem, quæ est in annos undecim. Hæc

enim ætas est apta, ad sumendam sanctam artem Medicinæ./

Allso Hippocrates de Lege, wishes that there should be

( ) Institution from a Child, & that ( ),

loco apto, in a fitt place, that was in the house of the

Physition; for I Cannot finde that Physicke, till long

after the time of Hyppocrates was made an Academicall

profession. & I Iudge that those thus initiated youthes

weere termed ( ) properly & that the word

( ) was from hence transferd & afterwards taken

for young students in any Art, as ( )

( ), young Rhetoritians, young Grammarians.

St Chrisostome speaking of the goodnes of God in the

creation of thinges, amongst the other Benifits that

man hath by wilde beasts, he reckons vp the cure of dis=

=eases, ( ), (saith he) ( ) =

( ) (i) for the younge Physitions

prepare many medicines of them./

Now it is probable that the practise of Physicke growing

greate, there weere some that did not desire to trouble them=

selues with the preparation & application of medicines, and

othersome who yt may be weere fitter & more willing

to make & apply then to appointe them, & so the one tooke

the Physicall part to profess & thence weere termed Phy=

sitions, & others the Pharmaceuticke part or the care of

the Apotheca & called themselues ( ), but

afterwards looseing the substantiue & knowledge whence they

Came, they only kept the Adjectiue or Epitheton & so

are called Apothecaries a name of no small antiquity

heere with vs./ Or els yt may be the polity of some state

made this Division, that so there might be no Iuggling,

for yf one man be bothe the appointer and maker of the

folio 94 verso || folio 95 recto

Medicine, what may not he doe against the life of any

man that falls into his hand, for he hath no other

then God & his owne Conscience to accuse or Condemne

him; for he may kill many, yet never giue any me=

=dicine whose malignity, shall evidently show it selfe

to Convince him by the testimony of others not privy

therto./ However it is very plaine wee come all of

one house, and though they Challenge precendency as

the Elder Brethren, yet wee fetch our Pedegree from

the same Ancestors, & are neither there slaues nor

servaunts, but may as truly be termed Medici

Pharmaceuticj, as they Medici Physicj./ for in very

truth, he cannot Iustly terme himselfe Medici, with out

a note of Distinction, who is not Physicus, Pharma=

ceuticus, & Chirurgicus./ for the Best of these is

meerly impotent without the other two; but all three

well vinted though in different & severall persons

will make one good Medicus, qui a Medendj actu nomen habet

for it is Cureing not talking nor writing that is the

Chiefe Art of Physicke./ Hauing thus briefly shown

you how the Apothecary tooke his name & originall

let me allso acquainte you with the art he professes

& shew yt is meerly Physicke, I define yt thus; An Art

of knowing, Gathering, Chusing, Providing, Prepareing

Compounding, and applying of Medicines./ the first of

these is the knowing, for this is like the foundation

yf this be weake, the structure Cannot be firme;

like the fault of the first Concoction, that Cannot be

mended by those that follow yt. yt is not more necessa

=ry for a Carpenter to know his tooles, the Painter his

Colours, the Printer his letters, nor the Soldier his Armes

then for the Apothecary to know his materia Medica

But more of this heerafter, whenas I haue first showne

you all these thinges which now belong to him, weere done

by Auncient Physitions./ for the knowledge of Medicines,

heare what Galen saith. Quisquis auxiliorum vndique compiam

habere vult, omnis materiæ stirpium, Animalium et Meta=

lorum tum aliorum terrestrium Corporum, quæ ad Medicinæ

vsum ducimus, expertus esto, vt ex ejs et exacta, et notha

Congoscat./ Deinde in Commentario quem de simplicium

medicamentorum facultata prodidj, sese exerceat; nisi hoc

modo instructus ad præsentis operis præsidia veniat,

Verbotenus quidem medendj methodum sciet, opus vero

nullium ipsa dignumperficiet. I omit to tell you what

Iourneys & paines Galen , Dioscorides , & other Auncients

tooke to come to this knowledge./ for the knowledge

in gathering them see Hippocrates his Epistle to Cratevas ,

and Dioscorides his preface:/ for Chusing them obserue

liber 1 de Antidotis

what Galen saith, Quemadmodum in pueris gemellis invicem

similibus, qui quidem non eis assuerunt, alterum ab altero

nequit discernere, his autem qui vna vixerunt facillima

est dignotio; ita habet in omnibus quoque medicamentis;

nam qui inter ea educatus est, et frequenter vidit, ex

facili vel parvas differentias et invenit, et Cognoscit./

Quo vero semel aut bis conspexerit, tanquam indifferens

altorum ab altero spectabit, quod nonnunquam manifestissimum

habet discrimen, ej quj frequenter intuitus est mani=

=festo apparens, vt etiam ex vno accidentium ipsius facile

scit Cognoscere./ thus much for the Choise. now for

the preparing, keeping, & Compounding, I referre you

to Galen liber 1 de Antidotis, which I but now alledged, & to his

vide de compositione

secundum genera lib 4

vbi de Adipe

bookes de Compositione medicamentorum secundum genera./ for the application of

them it is needles to say any thing, seeing they perferm'd

all the operations of Surgery, & that there was no other

to doe that; yet I could giue you very many testimonies

folio 95 verso || folio 96 recto

Out of Galen , & other of the Auncients to Confirme

this, yf I thought any Doubted heerof./

vide Curtium

liber 3 de Philippo

medicina

Thus you see that the knowledge, Providing, C^huseing, keeping

Prepareing, Compounding, & Applying of Medicines did aun

=ciently belong vnto the Physitions, before the Art was

divided into three parts; of which Division I have all=

ready saide somwhat before, & yt may be heerafter

may more largly treate of./ I will only now deliver

somwhat in generall of the knowledge of medicines,

for that the other parts of this Art are the subject

of anothers discourse./ By the name of Medicine,

I heare meane all those naturall bodyes which God

hath bestowed vpon man for the cure of diseases, whe=

=ther they be these which they terme the Elements, as

Fire, Water, Earth, Aire, or bodies naturally mix't

of these, as Mineralls, Vegitables, Animalls; now wee

must first labour to know them as they are are of

& in themselues, & secondly as they have relation &

respect ech to other & to the body of man./ as they

are of & in themselues; that is in there Forme, Substance,

Temper, Action, Vse, &cetera./ Yet wheras I saide Ele=

=ments, I doe not meane Corpora simplicia homogenea

ex quibus mixta omnia primum compomontur, & in qua

vltimo resolvuntur./ for these wee cannot meet withall

nor bring to vse, but the other are every where to be

found, there vse much, the knowledge of them

therfore more necessary./ This knowledge is partly to

be acquired by reading & speculation, partly by prac

=tise & experience; the former of these is the more easy

way, the latter more difficult, yet much more certaine

& vsefull. but for the better finding out & handling

of these thinges heere mention'd, let me giue you

Some generall heads, or Circumstances, & briefly expl=

=ane them, & my meaning by them./ They are these,

1. The Name or Names, 2. the Kindes, 3. the Forme,

4. Substance, 5. The Place, 6. the Time, 7. The Temper,

8. The Quality, 9. the vse & Manner therof./

The name, or names are to be knowne, for that wee can=

=not well affirme that wee know any thing, of whose name

wee are ignorant, neither can wee inquire therof, nor

direct yt to others without this knowledge; allso by yt wee

oft times haue some intimation of the shapes, kindes, or

qualityes therof, for, Conveniunt rebus nomina sæpe suis./

Further yt is necessary that wee know them in the more

learned tongues, as Greeke & Latine, because most thinges

haue beene the best & most Certainely written of in these

Tongues, & the differences are easiest to be exprest by them./

Allso wee must know the names & thinges of diverse kindes

denoted by them, least wee be deceiued by Homonymie;

for according to the Logitians rule & the truth. Vox am=

=bigua ante factam destinctionem definiri nescit.

Some haue fowly been mistaken (yf wee may beleeue

some Authors) for that they know not the double signifi=

=cation of Testiculorum vulpis; allso how many, dayly vse

Burnet =Saxifrage insteade of Barnet=saxifrage, because

both hearbes are set downe by the name of Pimpinella;

and othersome more grossely take the ^ English Pimpernell in stead

of both the former./ the Diversity & variety of names

giuen to one & the same thing are allso to be knowne, least

otherwife you be forc't to goe seeke that which you haue all=

ready, & be laugh't at for your labour, as he was, that knew

not what was denoted by Smilax aspera Americana./

I thinke yt needles to tell you of Synomymaes in

Epithetes, because I imagine none of you will (as one of

late did) goe in quest of Ruta arida, whenas you haue

folio 96 verso || folio 97 recto

Ruta sicca in your shops; let this serue for names./

The second Circumstance is the kindes of thinges, by which

I doe not only meane specificke differences betweene those

but euen other acciden=

=tal differences, as there

is no specificke difference

wee call sweet fennell seedes, & our Common fennell seedes, nor

betweene Spanish & English licoras, nor hony of sundry

countreyes, nor of divers wines; yet there is much difference in the

natures of them; which is necessary to be knowne ffor the former

they are distinct per se of their owne nature, the latter are oft times.

only different per accidens; wherfore this latter is referr'd to another

head; that is the choise of Medicines for it runns through the whole Classes

But the former is

much more trans=

cendent

of things & distinguishes betweene them all whether their faculties be

knowne or not and whether they be used or no./ This therfore is very

necessary for those that desire a true & exact knowledge of things that

they may not only say this is a kind of grasse and that a kind of

fumitory, but that this Gramen Caninum nodosum; & that Fumaria

alba claviculata. Certainely that Physition mentiond & derided

De Antidotis

by Galen , (as one not brought vp in the makeing of Medicines)

was heerin much to seeke for Hedycroon, as for a simple

when he went vp

& downe to seeke

medicine, wheras yf he had knowne the true Genus, he must

haue knowne yt to be no such thing./

Now come I to the forme, by which I do not meane that Quæ dat

esse rei, seu per quam res est id quod est; but the externall

figure & shape of thinges, whether longe, Round, square &cetera

together with the magnitude & colour, which are the first objects

of the senses, & wherby wee oft know & Iudge of thinges, both

Animall, Vegitable & Minerall./ those that know these thinges no

otherwise then by reading may Chaunce to run into rediculous

errors, & like a Phisition that I haue heard of, Commend the Blocke

wheron Rubarbe was vsually Cut, for a peece of Choice Ru=

=barbe, or with another that I know of the same profession

Comend a bundle of Sarsaperilla for very good English Licoras

But yf you wilbe advised by me; take not vpon you the certaine

knowledge of any thing, but of that which you haue often seene,

handled, & duly Considered; for Confes'd Ignorance is better then

presumptuous folly, which such as are not well vers'd in the know=

=ledge of thinges, are very subject to fall into./

The next thing I Commend to your Consideration is the substance of

thinges, I meane not with the Logitians the first & second

Substance, that is Individualls & Vniversalls, but the substance

& manifest qualities of those they terme the first substances, as

Hardnes, Softnes, Dens'nes, &cetera .

The next Circumstance is the place which somtimes Causes dif=

=ferences in things, Secundum magis & minus; And I Iudge this not

so materiall a Circumstance, as many doe, who will haue no

Polypody nor Misselto, but such as grow vpon the Oke; but I will

giue you my Opinion concerning this./ All plants draw naturally

a Iiuce peculiar & proper for there nourishment, according to

that in Aristotle ( ). All thinges

are no^urished with that wherof they Consist./ for obserue Wheate

or other graine will grow on Chalky, Sandy, Clayie, stony & all

other grounds, yet some of these will yeeld yt more large & in

greater measure then other some; the reason is, for that there

is more of that nourishment, which is drawne by the wheate, in

this grounde, then in the other, for the wheate hath the attrac=

=tiue, digestiue, & assimulatiue power it yt selfe; Thus Polypody

draws from the rotten mosse, & such thinges about the Oke

a fitting nourishment, & the like that hath & most commonly

in greater plenty in some old walls & ditch Banckes; and

further I obserue that the fairest & fullest wheate makes

the fairest & fullest most nutritiue bread, & therfore I Iudge

the like of other Plants, as of the Misselto which is rarely to

be found vpon the Oke & that vsually but poore & small

when it is found, because it hath neither so good nor plentifull

no^urishment, as yt findes vpon the Apple tree, Crabtree, and

White Thorne, therfore yf I may advise you, gather the

hearbes where they grow naturally well likeing & strongest

in the tast & smell; some may object, that most hearbes

that grow vpon hilles & mountaines, are lesse then those of

the same kinde, which grow vpon lower grounds; I graunt they

are vsually less, yet the other qualities of tast & smell, which I

allso requir'd are more vigorous in the Mountaneers; & most

of the hearbes which naturally grow & thriue in such places

are hott & dry; wheras the Cold & moister hea^rbes flourish

folio 97 verso || folio 98 recto

Better in low grounds, & are fittest there to be gathered./ But

what (may some say) is to be thought of our Garden hearbes?

of them this is my opinion; Such Garden hearbes as yeerly,

or for the most part according to there kindes, heere fructify

& ripen there seed, such are of good vse, other wise not so good.

my reason's this; The production of seed is the highest perfection

in vegitables, for wee see many Plants whenas they haue brought

there seed to ripenes they forthwith dy, for that by this seeding

there naturall humidity is exhausted; f wheras yf you kept

them from seeding (yf they be such as will endure the Cold) they

will liue a yeere or two longer./ Let thus much serue for

the place, which is needfull to be knowne, yf it be but for provision

of thinges necessary./ The Time is a Considerable circumstance

both for the gathering & vseing of medicines, as allso for there Duration

but I leaue the former to anothers Discourse & the latter till

another time./ The Temper is a reasonable good guide, but he

is oft times too Confident, & will leade vs out of the way, espetially

yf our acquaintance be made only by the vsuall Mediums of

Tasts & Smells, wherof you haue heard our Brother Broad already discourse

From the Temper come the Qualities which are either immediately arising

from the Temper, & therfore call'd the first, as to heate, Coole, humect,

dry; & of these they make 4 degrees, which are againe ech of them

subdivided into 3. which they terme begining, middle, End of such

or such a degree. The second faculties take there originall

from the first, for answerable to the various mixture of the

first qualities, arise the second quality or rarifieing, condensing,

opening, attenuating, Clensing, repelling, & the like./ The Third

arise from the first & Ioyned, & these are to provoke vrine,

second variously

ripen an Impostume, generate seed, or flesh, aswage paine &

the like./ The fourth are not like the three former, that is,

grounded vpon reason, but rather vpon experience, & therfore they

are called Occult qualities, & saide to proceed a tota substantia,

such are most of those that purge by stoole & vomyt, that cure

the bitings of mad Dogges, & venemous Beasts, that poyson with out

any manifest quality, that cause sleepe & the like; allso some thinges

haue a harmfull quality to this or that body; or to this or that

Part; othersome haue a helpfull & friendly quality to this or that body

or part, whence wee terme some thinges Cephalicke, others Cordiall,

Hepaticke, Splenaticke & the like; In my opinon the signatures of things

may somwhat Conduce to to the finding out of these faculties, which

yf throughly knowne, there vse in medicine would be singular;

for wee see that in many difficult & implicate diseases, wee fly

to such remedies & finde most benifite by them, yea though there

first & second qualities would oft times seemingly forbid there vse./

Thus in the scurvy, wee vse scorbuticks, & in the Epilepsy Epilepticks./

The last Circumstance is the vse & manner therof, for the best

medicines however knowne & prepard; yf they be not applyed &

vsed, they are of no validity, for naturall bodies cannot suffer but

by Contact; now it is not the best knowledge to know the vse of

thinges, for good thinges vnfitly vs'd, either in respect of time or

place, oft times instead of performing wisht=for good, produce a Con=

=trary effect./ I am of opinion that many medicines, yf vsd

in substance, only beaten to powder and so taken in a Conveni=

=ent vehicle, & due proportion, they would work more, & more cer=

=taine effects, then the most curious preparations of them./ for

I thinke there is none but will Confesse, that God knew better,

when he Created thinges for medicine; what diseases & Calamities

man should be afflicted withall, then any man Could ever attaine

vnto; againe it is rare to finde such cures done speedily in despe=

=rate Cases by Compound medicines as haue beene wrought by simple./

Now yf we would learne how fitly to know the vse of Medicins

& how to make them effectually, wee must labour to vnderstand

wherin that quality of ech medicine, whose aide we require, doth recide;

for in most plants are these parts to be found, A fix't, & volatile salt,

a waterish & oyly moisture, this oyly moisture is either more grosse

& earthy, or els more pure & volatile, which is separated by distil=

=lation, & is called Chymical oile./ there is allso a spiritous

watry moysture in many thinges, but all of them haue an

earthy substance, which helps to vnite the rest together, & which

by fire may be separated from them all./ But I haue deteined

you too long; let thus much therfore serue to be saide of

the Auncient professors of Physicke; & these Circumstances

which I thought necessary for those of ourprofession to obserue,

the better to acquire perfection in the knowledge of thinges./

folio 98 verso || folio 99 recto

folio 99 verso || folio 100 recto

An Excellent approved Me=

dicyne for the Scurvey./

Take Redd water Cresses, Worme wood and

Brookelyme of each a good handfull; but if

the partie bee farr gone in the Disease then

of each two handfulls Chopp them in peeces,

and infuse them 24 howers in a pottle of

good strong beere, then streyne it and giue the

party to drinke halfe a pynt thereof fasting, And

asmuch att 4 of the Clocke in the afternoone,

and eate after it asmuch Sugar and Cinnamond

in powder, as will lye vpon a groate Then take

halfe a pynte of the said drinke in a glasse and

putt to it a pennyworth of Roach Allome, and

shake it till the Allome bee dissolved, then with a

sticke, haueing a Cloath fastned to thend wash your

mouth often, and Cleanse it with this drinke, and

it will settle and fasten the Teeth, & will perfectly

Cure the Loosenes of them, Then take the three

herbes aforesaid Chopp'd & boyle them with halfe

a pound of fresh Butter till it become greene

Then streyne it and annoynt therewith the spotted

Legges and swellinges, Laying a Lynnen cloath

betweene to keeepe cleane your stockinges./

Continue this drinke morning & Eveninge

till the pottle be spent, and further, if yow

shall haue occasion./

folio 100 verso || folio 101 recto

folio 101 verso || folio 102 recto

For the Fistula. A Water./

Take the Alder that growes in the water a sufficient

quantatie, an handfull of the herbe orpin, and

one handfull of Southernewood, distill them

to the quantatie of a quart, And thervnto

putt one ounce of Whyte Mercury dissolue

it and wash the sore therewith./

Powder for a Fistula

Take Vervyn and dy drye it vpon a Tyle,

make it into fyne powder, then Clense

the sore with a Linnen Cloath, and fill

the hole with this powder./

Another for a Fistula or old sore

Take reysons of the Sunn stone them and pound

then in a morter and apply them to the sore, shifting

them every 24 howers, till yow see the sore softned

and the fire out of it. Then boyle Calues feet in

water, and washe the sore therewith, and apply

the skynn of the Calues feet every 24 howers

till the Corruption bee drawne out./

To make a Plaster to lay vpon a Fistula./

Take of Smalladge, Alder growing by the

water, and mallowes of each of them an handfull,

Stampe them and boyle them very well in May

Butter and then streyne them; Then take an

ounce of Turpentyne of yellowe wax & Rosin

of each an ounce, and one ounce of English honey,

Boyle them very well in a soft fire, Summe it and

putt it vpp for vse, spread this plaster vpon Leather./

folio 102 verso || folio 103 recto

folio 103 verso || folio 104 recto

For the Pyles or Diseases of the

Fundament or that Comes Downe

Take a handfull of Hoggtaper Leaues of Mallowes

Pellitory vpon the Wall and Cammomill of each

an handfull, Boyle these in a quart of milke,

till they be very tender, Then take vpp some of the

herbes, and putt them in a Cloath, and applye

them hott to the place And as they coole applye

still more hott and hott 7 or 8 tymes together

then lett some continue hott to the place./

Another for Pyles &cetera

Take Possett Curd, and strewe it over with

Bole Armoniacke, and applye it to the

place./

Another.

Take a gall, such as they vse to make incke

withall, and beate it to powder, and putt it on

a redd cloath & apply it to the place./

Another

Take an handfull of Mallowes, and boyle them

in newe milke till they bee tender, and apply

them as hott as yow may suffer them./

Another

Take the yelke of an hard roasted Egge

incorporate it with sweet oyle, and apply

it, it is very good./

folio 104 verso || folio 105 recto

Another for the Pyles

Take halfe a pound of newe Churned Butter

vnsalted and an handfull of elder buddes, beate them

weltogether Then boyle them in a skellett

stirring it well, then streyne it, And when yow

haue any paine of the y pyles Annoynt them

with this, If they bee Inward putt some vpp

into your body./

Another

Take a quantaty of Verdigreece, and grynd it

well with some Boares grease till it bee

perfectly mixed, Annoynt the place therewith

and if they be Inward, with the ffinger putt

some vpp into your Body./

Ad tumentes & Dolentes Hemorrhoidas

For the Pyles hardly swelling & very painefull./

Take a gallon of milke, boyle in it henbane

Leaues 4 good handfulls, Mullett & plantaine

of each two good handfulls, Linseed two ounces,

streyne it and sett the Fundament to baythe

vpon a Close stoole, And then afterwardes

dipp in it a doable Cloath and lay it to the

ffundament Dr Fr/

A Syrruppe for the Pyles./

Take a good quantaty of Sage & stampe it, and streyne

it, till yow haue a good quantatie of the Iuyce;

Then take 3 spoonefulls of very good honey,

& boyle it together till it comes to a Syrupp then keepe

it in a glass for your vse./

A Purge for the Pyles./

Take a Cocke Chicke of a good grouth pull him

and dresse him, then take an handfull of the

herbe Mercury, one ounce of Polypodium of

the oake, and halfe an ounce of Seniy, Putt these

into the Chickins Belly, and sewe it vpp, Sett

him on the fire with more water then will Cover

him, and putt therein two ounces of ffrench barly,

which hath bene shifted in two or three waters,

and a quarter of a pound of reysins of the Sunn

ston'd, Lett all Boyle skyming it Cleere Cleane

till yow thinke it enough, then streyne it and keepe

it for vse Take a pynt of the broath, and dissolue

an ounce of Manna in it somewhat warme,

streyne it againe, and drinke it fasting every

morning as long as it lasteth./

To annoynt the Pyles./

Take the yelke of a newe layd egg and a spoonefull

of the best sallet oyle, and worke them well into

a Salue, and annoyt them therwith. Probatum.

Vnguentum Populeon, is good to annoynt

them also./

folio 105 verso || folio 106 recto

folio 106 verso || folio 107 recto

Bruises, Aches & Paynes, or for Aches

Sciatica's, Gout Woundes, Swellings,

Soares or Bruises./

An Excellent Medicine for a wound

Swelling or Soare./

(yow may add

a quantatie of

Beewax to

the other in=

gredients, if

yow please)./

Take a quart of Sallett oyle and a pound of Redd

Lead, put them into a skellett and boyle them stirring

them well together till it come to be so well incorporated

that dropping it vpon a Cloath, yow see it spread like

a thicke Salue, this done, take old Lynnen Cloath,

and dipp it int he Composition, and keepe it by yow

for your vse as a Searcloath, yow may if yow

please Reserue of this Composition, and spreade

it as a Salue, either vpon Lynt or other wise,

according to the quallity of the disease, This

is also approued excellent for an Ache beeing

applyed to the place greived, and a paper layd

over it to keepe it from spoileing your apparell, If

the wound bee greene, or old, or putrified, yow

must wash it every day with your owne water;

And applyeing the Plaister yow will fynd admi=

rable effects in a short tyme./ Probatissimum./

To Kill the heate of any Sore

Take Smallage, Marrigold Leaues, and Sorrell of

each an handfull, stampe them and streyne them,

then putto the Iuyce as much whyte wyne Vineger

as the Iuyce, and beate them together, then take a

Cloath and wett in it, and lay it on the sore, And

as it dryeth wett it againe./

folio 107 verso || folio 108 recto

For a Cold Humor fallen & setled

in any Ioynt./

Take a pynt of pure Whyte wyne, and boyle therein

Century, Cammomill, Sage Rosemary and Baye,

when it is boyl'd, putt away the herbes, and

Bathe the greife with a Cleane Lynnen Cloath

morning & evening for three daies together, Then

take three three ounces of the oyle of sweete

Allmondes newe drawne, and two pennyworth of

the hottest and strongest Angelica Water, and annoyt

the place rubbing and Chafeing of it well first

with a Lynnen Cloath, and so annoynt the place

three dayes morning and Evening Then Vse the

bath of whyte wyne and herbes as before, Then

prepare of the oyle of Allmondes, and Angelica water

a like quantatie, dissolue therein an ounce of

virgins wax, and halfe an ounce of Rosin, And

when they are molten on the fire, and well mixt

together, dipp therein a good bigg Linnen cloath,

that will Cover the place, and so make a Sear=

cloath, and weare it about the place, and God

blesse the Endeauour./

For an hard Swelling to dissolue it./

Take halfe a pynt of Running water, an halfe penny

Loafe slyced very thynn, one handfull of the greene

Leaues of the marrigold, stampe them & boyle them

together til the water be boyled away Then putt in

a dropp or two of the oyle of Roses, and so laye it

to the swelling as hott as it may bee endured and as it

Cooles, heate it againe & apply it./ If this take not effect

Take instead of the Marrygold leaue two spoonefulls

of Lynnseed beaten to powder & boyle it with the

Bread and water./

For a wound that will not Leaue Bleeding

Take the Blades of vnsett Leekes, and stamp them in a

morter very finely, then take a little honey and flower,

and temper them together, Lay it to the wound, it

will stay the bleeding and drawe out the briused

blood.

For any Spraine, or Briuse an Excellent

Medicine./

Take a pynte of Neates foote oyle and a pynte of old

Malmesey Boyle them together in a newe nealed

pipkin, Lett it boyle till it be Consumed to a pynte

And in the boyleing stirr it very well, till it come to a

Salue and vse it./

For a Payne in the Syde

Take of Liverwort and Rhubarbe a sufficient

quantatie, seeth it & streyne it, and then putt thereto

some fyne Sugar, drinke thereof first and last

And annoynt the place greived with oyle of

Lillies./

For an humor in the Legg

Take the Crapps of Lavendar, Rosemary, Sage

ffennell, and Marrigouldes and seeth them in

Barbors Lye, and make a Bathe of them in a

Tubb, And when the Bathe is hott, lay your

legg ouer it, as hott as yow can suffer it, And

lett your legg sweate/

For an Ache in the hipp called Sciatica./

Take Cowes dunge and fry it with butter, lapp

it in a Cloath and apply it as warme as yowe

cann suffer it./

folio 108 verso || folio 109 recto

The oyle of Swallowes for an Ache, or Bruise

Take six quicke Swallowes out of theire Nestes and

stampe them in a Morter feathers Guttes & all,

Then take of Strawberry stringes, Tyme Lavender

Cotton, knottgrasse and Plantaine of Each an

handfull, stampe them together with the swallowes,

then boyle them in May butter vntill it bee

greene, streyne it and lett the Patient bee

often annoynted therewith./

An other for an Ache

Take Mallowes Mugwort, and Elder Leaues &

Chickweedes a sufficient quantatie of each

Boyle them well in Stale, and putt a little

Barrowe hogg grease into it & apply it to

your sore./

For all manner of Aches & Bruises in

the Bones, a Present Remedie./

Take a good quantatie of Wallwort, and of

Baume and Smallage a sufficient quantatie,

stampe them, and putt to them one pound of

May Butter Temper them weltogether &

make thereof Round Balls, which Balls

yow must lett lye for the space of 8 daies And

then stampe them as yow did before, then

take it and frye it, then streyne it and putt the

Iuyce into an Earthen pott, and vse it as yow

haue occasion. It helpes Bruises bee

they neuer soe blacke.

Another for an Ache

Take halfe a pound of Butter out of the

Churne vnwashed and sett it vpon a small

fire, that it onely Sibber & simper a Little; then

take a good handfull of Rue, and shredd it very

small, and boyle in it also a good quantatie of

Redd rose Leaues, and a blade of Mace and

when it is boyled halfe away putt in a spoone=

full or two of aqua vitæ, and sett it ^ againe vpon the

Coales, and lett it simper a little while, then

streyne it and applye it to the Ache./

To make a Bagg for a Stitch./

Take an handfull of oates, as much Bay salt

halfe an ounce of Cumming seed bruised,

putt them together, and hold them ouer the

fire in a frying pann till they be very hott,

Then putt it into a Lynnen Bagg quilted

and besprinkle it with Vineger, or Malmesey

and lay it very hott to the syde./

For an Ache

Take Unguentum Album and Unguentum

Populion of each an equall quantatie, In=

=corporate them with good oyle of Roses, or

for want thereof with vnguent of Roses, Mixe

these together, and applye them to the place greived,

either by way of Unction or Plaster spredd

vpon whyte Leather prickt full of holes

with a knife with a knifes./

folio 109 verso || folio 110 recto

Mr. Ruthin s Bathe for an Ache

Take of the flowers of Cammomill, and

Mellitott of each halfe an handfull, of

Lintseede, ffennygricke, and Bay seede of

Each halfe an ounce, of Wormewoode and

Century of each an handfull, of Scurvy

grasse 3 had handfulls, of Sarsaparillia

2 ounces two ounces, ffirst bruise the seedes well

in a morter, then mingle them with the other

ingredientes, and lett all boyle together in two

gallons of water to the Consumption of the

halfe When it hath boyl'd putt in of the three

ounces, then streyne it, and keepe it for your vse./

For the Gout, or any Ache in the Ioyntes

much vsed by the late Lord Trear.

Take reysons of the Sunn and stone them, and picke

them Cleane from the stalkes, Then beate them in a

morter vnto a Salue, and apply them to the

place And yow will fynd ease in Eight or tenn

howers./

For the Sciatica, or any Payne, or

Ache in the Ioynts./

Gather Watercressies and take only the Leaues boyle

them in Spring water, then beate them in a

morter into a softnes like Salue streyne or

squeaze the water from them Then take Aqua vitæ

made of Wyne Lees and Sallet oyle of eache

a little quantatie, and fry the Watercressies

in a frying pann, and beeing fryed, take soe

much of the Liquoure as is left in frying, And

with it annoyt the place greiued very warme

and with an hott hand, Then lay on the plaster

made of the watercresses yow may change

it every twelue howers, Use this for tenn daies

together, and afterwardes keepe it warme./

Memorandum If the first or second tyme of

applyeing the medicyne putt the party to

paine It is a Good Sygene of the Cure./

Another for the Sciatica./

Take three small Cloves of Garlicke beate them

well with mustard and Aquavitæ together

make a plaster thereof and apply it to the place./

Another for Sciatica, or Ache

Take three or fower Onyons, Roast them,

and peale them, then take half a pynte of

Neatsfoote oyle, and halfe a quarter of a pynte

of Aquavitæ, Boyle altogether, then streyne

them through a fyne Cloath, and annoynt

the place therwith warme.

Another for Sciatica, or Ache

take a pound of Rosin a pound of Wax, three

quarters of a pound of Turpintyne, melt them in

a pann, stirring it well till it be fully incorporated,

then putt it out into a vessell full of warme water

Annoynt your handes with oyle & worke it together

close, then make it vpp in Rolls make a plaster

thereof vpon Leather, & apply it to the place

greiued./

folio 110 verso || folio 111 recto

A Plaister for the Ague in the Leggs,

Gout Burne or Scald, or for the Pyles./

Take asmuch Bees wax as white Lead, and so

much and halfe so much more of Lyme^ nn seede

oyle, when the wax and Lead are throughly

melted, Boyle them together vntill it beginn

to looke Blacke, then thereof spread a Plaster

and apply it, If it bee for the Pyles instead

of Linn seed oyle, putt Neates foot oyle./

For the Goute

ffry out the grease of Shoemakers Cuttinges of

Leather, then lay some of it vpon browne

paper warmed at the fire and lay it to the place

greiued, It will take away the paine in the

night./

Another for the Same

Take a handfull of Mugwort, and seeth it

in sweet oyle Olive, till the third part of it bee

Consumed, Annoynt therewith any part

of the hands or feet pained with the Gout./

It will soone giue ease./

For the Running Gout an Excellent

Medicyne./

Take 4 drams of the Electuary called

Cario costinum, in a glass of Whyte wyne

early in the morning, Yow may take 5 or 6

drams if yow fynd 4 too weake, If the

first dose Cure yow not, yow may take it

once or twice more./

folio 111 verso || folio 112 recto

folio 112 verso || folio 113 recto

Particuler Oyntments

A Pretious Greene Oyntment for Aches,

Bruises Straynes, Lamenes, Stitches, Crækes,

Crumps, Deafenes, Gout, Ague Cake

Sciatica, Spleene, Toothache, Burning

or Scalding./

Take of Sage & Rue of each a pound Bay Leaues,

& wormewood of each halfe a pound, Mallowes dill

& Rosemary of each three handfulls Lett all these

herbes be Chopt very fyne, Then putt thereto as

much sheepes Suett pickt Cleane from the skynn

as the weight of all the herbes. Then stampe them

together till they be one incorporated substance, Then

add thereto five pyntes of oyle olive, and worke them

well together with your hand, Then boyle them vpon

a soft fire, allwaies stirring them vntill the herbes

beginn to parche, Then streyne it into a fyne faire

vessell, and immediately putt into it, of the oyle of

Camommill, roses, and dill of each two ounces, stirr

them very well vpp together, And then putt thenn

into a Cleane glasse or pottes for vse This oyntment

will keepe 3 or 4 yeares close stopt and Coole kept,

Memorandum It must be made in May onely, And the

herbes are to be gathered in the heate of the day./

Probatum./

An Oyntment called the Flower of oyntments./

Take Rosin and perrosin of each halfe a pound,

Virgins wax and ffrankinsense of each halfe a

pound, Camphyr two drams, melt that which

is to be melted, and powder that which is to be powdred,

folio 113 verso || folio 114 recto

Then boyle it well together, and streyne it through a

Lynnen cloath with a pottle of whyte wyne, and all

the other stuffe together, Then lett it Coole a little, and

putt thereto a quantatie of Turpentine about 1/4 of

a pound, Then stirr it well together till it bee cold

Then make it either in Balls or Rolls, and

keepe it for your vse, beeing the best oyntment that

cann be made, The vertues of it, It suffereth

noe Corruption in a wound, nor any ill fleshe

to growe in it, it is good for the headache, and

all manner of Impostumes in the head, and

singinges in the Braine, or any paine in the

Belly, or for any Sinewes that bee shrunke,

started, or sprained; It draweth out a thorne

or broaken bones; And it is good against byting

of Madd dogges, or Venomous Beastes.

An Oyntment for all Aches Swellings

or Lamenesse.

Take Tyme Lavender Cotton Strawberry

stringes of Each and an handfull, stampe them

together in a morter, Then take 4 or 5 younge

swallowes out of theire Neast when they are

very ripe and flushe And putt them quicke into

the morter among ^ the herbes, and beate them

altogether till yow see neuer a feather of them,

Then take the quantaty of a Pennyworth of May

Butter and mingle it with the herbes And seeth

it with in 24 howers after as yow doe the other

herbes, or oyntmentes Then streyne it and annoynt

the patient with it very warme./

See all most the same for an Ache./

To make the whyte Oyntment/

Take a quarter of a pound of Whyte venice Searnce

beate it very fyne in a morter and very small, Then

putt it into a dish, and putto it a spoonefull of good

wyne Vineger, 2 spoonefulls of Redd rose water,

two pennyworth of Sallett oyle, stirr them together

very well, Then take halfe a pound of good Boares

greace, if not that take asmuch fresh butter vn=

salted, Labour them together two or three howers

vntill it appeare fitt and perfect Salue./ It is good

for all Causes of Rednesse or Swellinges in the

Legges, or els where, If yow annoynt the place

twice a day, It will Coole and dry vpp waterish

humors, and kill the Itch, or heate./

The Leaden Oyntment./

Take 4 pounds of oyle olive of the best, of redd

Lead and white Leade very well Calcin'd to dust

of each a pound, and twelue ounces of Spanishe

Soape; Incorporate them together in an Earthen

pott well glazed, Putt it vpon a small fire of

Coales, Continueing an hower and an halfe

still stirring of it with a Ball of Iron fastned

to a sticke of wood, then make a greater fire, till

the reddnes of it be turned into a gray colour;

But yow must not Leaue stirring till the matter

be turned into the Colour of oyle, or somewhat

darker Then dropp some of this plaister vpon a

wodden trencher, and if it Cleaue neither to your

finger, nor trencher, then it is enough, then take

long Linnen Cloathes, Eight fingers broad, and

dipp them in it, And when they beginn to be cold

Smoothe them on a Cleane table Cloathe with

a sleekestone and keepe it for vse. /It will keepe 20 yeares./

folio 114 verso || folio 115 recto

The vertues of the said Leaden Plaster./

1. ffirst beeing layd to the Stomach it provokes

Appetite takeing away the paynes of the stomach/

2. Layd to the Belly, it is a Remedy for the Collicke

3. Layd to the backe or Reynes, It is good for the Bloody

fflux, or Running of the Reynes, heate of the kidnies,

and weaknes of the Backe./

4. It heales all Swellinges Bruises and Aches./

5. It healeth ffelons, pushes, & other Impostumes

and breaketh them./

6. It drawes away humors not breakeing the skinn

7. Applyed to the fundament, it heales all diseases

therein./

8. Layd to the head, It is good for the Vuula./

9. Layd to the head, It is good for the headache & sore Eyes./

folio 115 verso || folio 116 recto

Particular Salves./

To make a good Healeing Salve.

Take Rosen and Sheeps Tallowe of either a like

weight, Beat your Rosin very fyne, them melt them

together, straine them into faire water; Then worke

it with your fingers in the palme of your hand till

it be whyte, and then it is good for vse./

An Excellent Salue for wounds &cetera

called the Gentlewomans Iewell./

Take oyle of Roses oyle of St Iohns Wort of

Each a pynte of the Leaues of Tobaccho stampt

and incorporated well in a stone Morter two poundes,

Boyle them together to the Consumption of the

Iuyce, straine it and putt to the fire again, Adding

thereto of venice Turpentyne two Ounces, Olybanum

and Masticke of each halfe an ounce in very fyne powder,

The which yow may att all tymes make into an

vnguent or Salve by putting thervnto wax and Resin

a small quantatie of each, to giue it a stiffe body This

worketh exceeding well vpon malignant Vlcers,

or in woundes and Thrustes into the fflesh./ This may

be vsed by all good Gentlewomen, that helpe the poore

for Gods sake./

Another very Excellent Medicine for

the same./

Take of the Leaues of Tobaccho two poundes, hogges

greace one pound, stampe the herbe small in a stone

morter putting thereto a small Cuppfull of Redd,

or Clarrett wyne, stirr them well together, Cover

your morter from filth, and so lett it rest till mor=

ning, Then putt it to the fire, & lett it boyle gently,

folio 116 verso || folio 117 recto

Continually stirring it to the Consumption of the Iuyce

streyne it and sett it to the fire againe, putting therevnto the

Iuyce of the said herbe one pound venice Turpintine

4 ounces Boyle them together to the Consumption of

the Iuyce, Then add thereto of the Rootes of Round Aristo=

=lochia, or Birthwort in most fyne powder, two ounces,

and sufficient wax to giue it a stiffe body The which

yow may keepe for your poore wounded neighbour;

It is good for old and filtly vlcers of the Leggs and

other parts of the Body./

A Salue to breake a Sore Brest

Take two handfulls of Bramble leaues shredded,

of honey a penny worth, of Turpentyne an halfe

pennyworth, of Soape an ounce; wheat flower

six spoonefulls, and as much of Seacoale soote,

mix them together, then scrape in a little

Chalke, so vse it./

A Wonder full good Plaister for sore Brests

Take the Leaues of Mallowes and wormewood of each an

handfull, Seeth them in water till they be tender as the papp

of an apple, then lay them on a board, and lett the water

runn cleane from them, and cutt them small and stampe

them with a pound of old Swynes greace and temper them

together till yow cannot knowe the one from the other,

Then lay it to the Breast Luke warme in a double linnen

Cloath Changed twice a day./

This Plaister is not to be paralelled, It is good for

swolne Legges, but then yow must fry the herbes and

boares grease, and yow must dress it twice day

first stampe them and then fry them./

To make the Blacke Salve./

Take a pound of Redd Leade, a pynte of oyle of

Roses, one ounce of English wax cutt into small

peeces; Boyle the wax and oyle together, then

take it from the fire, and powre in the redd Leade,

then streyne it well, and boyle it againe on a softe

fire, stirring it Continually, till it be blacke,

To knowe when it is boyl'd enough, Putt two or

three dropps of it into a Sawcer, If it come off

Cleane and be hard, it is boyl'd to the height, if

not boyle it still; When it is enough, and

alllmost Cold, putt into it a dram of fyne powdred

Camphire, stirr it vpp together and make it vpp

in Rolles, and keepe it for vse./

To make the yellow Salue./

Take Rozine and perozine of each halfe a pound

virgin wax and Olybanun of each a quarter of a

pound, Masticke one ounce, Harts tallowe a quarter

of a pound, Camphyre two drams; Make that which

is to be powdred into very fyne powder, and melt your

wax, and tallowe, mix your powder with them,

and boyle them weltogether Then streyne them

through a Canvas Bagg into a pottle of whyte

wyne, Then lett it Coole to Blood warme, then putt

in your Camphyre, and a quarter of a pound of Tur=

pentyne by little and Little, stirring it till it bee neere

cold, then worke it vpp in Rolls and keep it for vse./

The vertues of it. It is good for old soares & Aches; for

Imposthumes in the head and body, Swellinges, Sinnewes

shrunke or started, Salt flegme in the face, It draweth

out Iron or thornes, It helpeth Venemous bytinges,

or otherwise, old prickinges, All Botche uly es or swellinges

in the seacreet partes of the body, It staies the floweing of the

Hemrodes, And it is very good for a Searecloath for all

greifes./

folio 117 verso || folio 118 recto

Another Blacke Salve to heale

old Soares./

Take halfe a pound of pitch Rozin & Turpentine

of each a pennyworth, a good quantatie of

yellowe wax, A Cake of deere Suett of the

breadth of a sawcer; Boyle them altogether in

a pipkin, When they are boyled enough, putt

them into a pale of Cold water, then make itt

vpp in Roolls betweene your handes beeing annoynted

with fresh grease.

To make the Greene Salue

Take a quarter of a pound of Wax, Rozine, a

farthing worth, Turpentine a penny worth

then take valerian, Nightshade gras dej

Mellilott, Speedwell, Polipody of the Wall

Grispin, Mercury, of each of these one handfull,

Boyle them together with the wax Rozine

and Turpentine, and then streyne them when

they are boyled with a quarter of a pound of

Suett, or sweet butter, and so make it upp into a

Salue. it is good for any Soares or humors./

Another Salue for all manner of

Soares./

Take a pound of vnwrought wax, a quarter of a

pound of Rozime, Beate halfe a pound of Sheepe

Suett fynely shredded, and halfe a quarter of a

pound of Turpentyne, and a good handfull of

hysopp bruised, Boyle altogether till yow see it

looke greene, then streyne it very hard through

a Cloath, And if yow see the Salue doe not

drawe Enough, then putt in a little more

rozin, if it drawe too fast, putt in a little

more wax And soe make it vpp./

A Blacke Salue for the Goute

Take a pynte of Wooll oyle, of whyte Leade

and yellow wax of each halfe a pound Boyle

them altogether, and stirr them till they become

very black, then power it vpon a Board, till it

bee allmost Cold, And soe make it vpp into

Rolls./

Another Salue for old Violent

Cankered Soares./

Take Boares grease purely dryed without

any Salt, and one pound of Sheep Suett likewise

dryed without salt, one pound of vnwrought wax

4 ounzes of oyle of Bayes; 2 ounces of Shoemakers

grease, dissolue all these att the fire, Then strayne

them and putt thereto these three Ingredients

followeing being finely searsed, videlicet Rosin, perrozin

and olybanum of each two ounces, of stonepitch

2 ounces, and lastly of Turpentine 4 ounces.

The way how to Compound them is this The Suett

oyle wax and perrozin must be first melted on

the fire, then streyned, and the Liquour sett vpon the

Embers againe Then putt in all the other things

in this order, ffirst Rozin and stirr it, then olyba=

num and redd Leade, Bole Armoniacke and

Verdigrease a sufficient quantatie all mixt toge=

ther, and a Little Allome and Copperis, then

take it off the Embers and stirr it throughly & strongly,

then putt the stone pitch in pounded, and the turpentine,

folio 118 verso || folio 119 recto

And soe stirr it Continually till it be cold,

then take it vpp and keepe it, yow must laye

this Salue on parchment and make plaisters,

and dipp your tentes in it, If the Soares bee

full of praide flesh./

A Lippe Salue

Take two pounds of the Cawle of a weather

out of the Sheepes Belly, and putt it into a paile

of Conduit water, shift it once in six howers,

and when it hath lyen 24 howers, picke out all

the stringes skinns and bloody veynes yow shall fynd

therein, Then putt it againe into fresh water,

and so shift it euery six howers for three dayes

and three nightes, Then take it out of your water,

and dry it in a Course sheet, that done, dispose

of it into another sheete, and Cover it with one

halfe of it, And when yow haue so beaten it with

a Rolling pynn, as that it becomes very soft,

shredd it as fyne as flower, and putt it into an

Earthen pipkin well glazed.

How to prepare the Rootes for the Suett./

Take a good quantatie of Marsh mallowe rootes,

picke them and wash them, Lett them lye 24 howers

in water, beeing shifted once in 3 or 4 howers,

then pill and pyth them, and cutt them into thynn

slyces, and putt 4 ounces thereof to the prepared

Suett, then take as many of your whyte Lillyrootes

the topps, and Bottomes cutt off, and soe beeing Cleane

washed and pickt, Lett them lye in water 24 howers

as the Marsh mallowe Rootes aforesaid, Then bruise

them in a morter, and putt them likewise to the

Suett, stirr and mix these all well together, and

bynd them vpp Close in the pipkin; then sett it

in a kettle of water vpon a soft Cleere fire for the

space of two howers vntill the Suett bee throughly

melted, then streyne it through a thyn Canvas

streyner, And the next day when it is throughely

cold, shredd it small, and beate it by some and

some vntill it bee as soft as Butter, Then take

it vpp thynn as yow take vpp Butter and throwe

it into a paile of Conduit water, and shift it

twice a day for two daies space Then take it

and putt it into a Close sheete, and lett all the

water dreyne from it, And when it is drye

putt it into an Earthen pott as before, and

sett it into a Kettle of water, ouer the fire;

And so soone as it is melted, scum off the foule

froath that doth arise thereon Then streyne

it through a more thicke streyner (beeing of fflaxen

Cloath) And when yow would vse this Suett for your

face, prepare it thus./

Take 4 ounces of your Suett ordered as aforesaid,

and Slyce it into a Gallypott, then take a quarter of

an ounce of whyte Virgins wax thyn shaued,

halfe an ounce of Sperma C&#339;ti, a quarter of

an ounce of whyte Sugar Candy beaten small and

dissolued in whyte rosewater, or faire water Putt those

altogether in a Galliepott, the sett it in a skellett to

melt, and beeing melted streyne it through an

holland Cloath into an Earthen Bason, and beate

it with a silver spoone vntill it be throughly cold,

then putt it vpp into a Gally pott for vse./

folio 119 verso || folio 120 recto

The vse of this Suett

The first preparation, is Cooleing & smoothing,

good to annoynt any Smartnes or swelling; As also

for woemen with Chyld, when they haue Bearinges

downe./

The Second is onely for the Face

Take the quantaty of an hazell Nutt and annoynt

the fface therewith, and it heales all Choppinges,

divertes and keepes away wrinckles and Causeth

much Smoathnes./

A Searcloath for a Cold Cause

Take Virgins wax deere Suett of each a like

quantatie, halfe asmuch Turpentine, a little

Sallett oyle; Boyle these together Adding

thervnto a little powder of Cloues, Mace, &

Cinnamond; when it is hott dipp a Cloath

in it, and spread it hott and applye it Probatum./

The wound water Drinke

Take Wormewood, Bugle, Mugwort, Wood=

bettony, Sanade, Plantane, dandilyon, Ribwort,

White bottles, Bramble Buddes, daysies, Rootes

and all, hony succles, Avenns, Hawthorne

Buddes, Egrimony, Wyld Angelica, Comphrey,

Myntes and Scabious Putt to these herbes a pottle

of Whyte wyne, and a gallon of Cleere Running water,

and Boyle altogether vntill halfe the water be wasted,

Then seperate the Liquore from the herbes, and putt

it into a glasse, then power it out into a possnett,

and putt thereto a quart of honey, and lett it boyle

a pretty while, then putt it into a glasse, and stopp

it Close; And when yow vse it Lett the Patient take

2 or 3 spoonefulls fasting in the morning and

also at Evening vntill hee haue drunke to the quantaty

of a pynt quart./

It is good for soares newe or old, or wounds in the

body, Laying with all vpon them a Plaister of honey

and wax, It is good for weomens breastes, or

putrified bones causeing them to scale, ffor Ache

in the stomache, and to breake impostumes This

drinke hath drawne bullettes out of a Soldjers body

that haue bene long theire, and hath healed vpp

theyssue./

An Excellent Plaister for the Runing

Gout, or any greuous Ache in the Ioynts./

Take of bees wax vnwrought and Rozin of each

halfe a pound, one ounce of Gum olybanum of Lytharge,

of Gold a quarter of a pound, of whyte Lead 3 quarters

of a pound beaten to powder and seazed Then take

a pynt of neates foote oyle, and sett it over the

fire in a small vessell with your wexe, when

it is molten putt thereto the other powders stirr

it first with a Splatter, and soe lett it boyle,

Then putt a little of it into a pewter sawcer,

and if it be hard, and comes cleane from it without

stickeing, take it from the fire for it is enoughe

Then annoynt a Cleane board with some of the

Neates foote oyle, and as yow may handle it for

heate worke it as shoemakers wax and make it

into great rolls, Then make plaisters therewith

spreading the same thinn vpon Lynnen Cloath

or Leather by a Chafing dish of Coales, and lay

it warme on, where the paine is, and renewe it

morning & Evening till there be ease, or till the

paine be driven into some other part, so follow it

with the plaster, and lo lett the patient take heede of

Cold or hott wynes./

folio 120 verso || folio 121 recto

An Excellent Salue for a Burne or a Scald/.

Take ground Ivie and bruise it in a morter, then

take sheepes dongue & sheeps suett of each a little,

boyle all these together till it be very greene, then

streyne it through a Linnen Cloath and so lett it stand

till it be Cold, and then yow may vse it at your

need being spread vpon a Campary Leafe, or

a haglather Leafe./

folio 121 verso || folio 122 recto

Ballmes

To make a Balme presently that

shall heale any Greene wound

in 5 dayes./

Take a pynt of good Clarrett wyne, and halfe

a pynt of good Sallett oyle, Boyle them weltogether

in a Bason vpon a Chafingdish of Coales, And

in the Boyleing putt into it by Little and Little

soe much Bole Armoniacke as will serue to

thicken it like Balme: When yow make expe=

riment hereof, first yow must wash the wound

or Soare very well with white wyne, haueing a

little Sugar Candy dissolued into it, Then

power in your Ballme, soe hott as cann bee

suffered, Then wett a Roller in it, and soe

handsomely Rolle it vpp. This done once

in Twelue howers, yow may find it very

helpefull and to your likeing./

folio 122 verso || folio 123 recto

To make another Excellent Ballme./

Take of oyle olive a pynte, St Iohns Wort,

Betony, Centory and Selfheale of each an

handfull, Stampe them and mixe them well,

and putt them into the oyle, and lett them stand

in a glasse all summer long, Then presse it,

This Cures all woundes suddainely, annoynting

them morning and Evening It Expells

humors, And is Excellent in all fractures,

Bruises and such like./

folio 123 verso || folio 124 recto

Ballsomes./

To make an Excellent Ballsome

Take a quarter of a pound of yellowe wax cutt it

small and putt it with a pynte of Sacke into an

Earthen pott or pann. Sett it over a Chafing dish

of Coales, and melt it, beeing Cleane melted take

it offe, Then take halfe a pound of Venice Tur=

pentine washt in Rosewater, and a pynt and

an halfe of Sallett oyle, and power both the oyle

and turpentine into the pann vnto the sacke and

waxe Then boyle them altogether on a very soft

ffyre, beeing sufficiently boyled, lett it Coole,

when it is throughly cold, take offe the Cake

from the Sacke, then melt the Cake in the same

pann (having first powred away the sacke)

and beeing melted, putt to it one ounce of the

best redd Saunders Then take it from the fire,

and stirr it Continually till it be through Cold.

This is most Excellent for any greene wound, being

melted in a spoone, and the same annoynted ...

with a feather, and with some Lynt applyed

vpon the wound It is also Excellent for

Burnes or Scaldes, or any Bruise inward

or outward, or for any extreame Stitche in

the Body, takeing the quantatie of a Nutt in

warme Sacke, or possitt drinke When yow take

it Inward It must bee in the morning

fasting./

folio 124 verso || folio 125 recro

To make Italian Balsome

To one pound of Venice Turpentine yow must

take three pounds of Sallett oyle, of wax and redd

Saunders of each a pound, halfe a pynte of

Rosewater, and one pynte of sacke For directions

yow must first beate your Venice Turpentine

with your Rosewater till it bee whyte, Next yow

must beat your Sacke and sallett oyle together,

Then Cutt your wax into small peices, then

take a Cleane brasse pann or kettle, lett it

hold twice or thrice the quantatie of the Stuffe,

and sett it on a Cleare fire of Charcoales; then

first putt in your waxe and lett it melte;

Next putt in your Rosewater and Turpentine;

Lastly as fast as you cann putt in your Sallett

oyle, and your sacke, Lett all these boyle softly

together a while with continuall stirring of

it, Then take it offe, and lett it stand still it

be throughly Cold, Lett your Saunders

bee made as fyne as flower, Lastly yow

must scrape of the filth of the bottome

of your pann, and melt it there .. in againe,

Lett it simper a little, then take it from

the fire And when it is somewhat cold

putt in your Saunders, stirring it bee

Cold, Then putt it vpp for your vse./

The vertues of this Balsome

1. The said Balsome will heale any wound either

inward or outward, Inward, by powring it into

the wound warme, outward by applying fyne

Lint dipt in the said Balsome melted, And then

a warme plaister of the said oyle layd vpon the partes

theraboutes; It not onely takes away the paine, but

keepes it from Inflamation draweing forth all

broaken Bones, and splinters, or any Corrupt

matter which might putrifie or fester it; Pro=

vided, That the Braines, or Inwardes, as the

Hart, gutts, or Liver be not touched, or hurt, It

will heale it in seauen tymes dressing Soe that

no other medicine bee att all applyed thervnto./

2 It also healeth any burne or scald by fire or

water./

3. It heales any Bruise or Cutt by dipping of

Lynt into the oyle melted, And by laying on the

place a plaster of the said oyle warme, and it will

heale without any skarr remaineing./

4 It helps the Sciatica, or any other Ache pro=

ceeding of Cold in what Ioynt soeuer it bee, and

takes away all paine and greife growing of moysture,

and Catarrhes in the bones and Sinewes by

annoynting the place greiued with warme oyle,

and a plaster of the same layd also vpon it./

5 It helpes the head ache, annoynting onely the

Temples and nostrills therewith, But better by apply=

ing a plaister of the same./

6. It helpeth the ffistula, Vlcer, or any other old

sore bee it neuer so deepe in any part of the Body,

beeing applyed as aforesaid for a Cutt./

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7. it is a present Remedy for one that is poisoned

by taking suddainely the quantatie of a quarter

of an ounce in warme sacke./

8. It helpeth the Running of the Reynes,

beeing wrapt vpp in Nutmegg and Sugar,

and takeing thereof two or three pills at a

tyme for Certaine daies together./

9. It Cureth the feauer beeing taken with

Hypericon in halfe a pynte of Warme sacke

or broath./

10. It helpeth the wynd Chollicke, or stitch,

by applying thereto warme, a good quantaty

as a plaister fower morninges together./

11. It helpeth the pricking of a Thorne, or

draweth out the same, or any other pricking

whatsoeuer./

12. It helpeth the stinging of Adders,

snakes, and such like Venemous beastes./

13 It is good for one infected with the plague

Meazles &cetera soe it be presently taken, the

quantatie of a quarter of an ounce fower

mornings together sweating vpon it./

14. It helpeth the byteing of a madd dogg and

the like, beeing applyed as aforesaid for a Cutt./

15. It healeth any swelling or Bruise, and is good in

all Cold Causes whatsoeuer./

16. It keepeth from vermyn annoynting the place therewith./

17. It is good against sore breasts & many other things

not heere mentioned./

A Greene Balsome of Adders Tongue./

Stampe the Leaues of Adders tongue in a stone

morter, and boyle them in oyle olive till they bee

drye, and parched, then streyne them, and they

will yeild an Excellent Greene oyle, or rather

a Balsome for greene woundes; This herbe is

to be found in Aprill or May in most meadowes;

but in Iune it is gone. This Balsome or

oyle heales all greene woundes, or soares, aswell

as Naturall Balsome./

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folio 127 verso || folio 128 recto

Poultices.

A Poultice for a Soare Breast./

Take 3 pynts of milke, halfe a pynte of oatmeale

six spoonefulls of honey, one pennyworth of Lynnseede,

of holy=oake Leaues, hemlocke, mallowes, and

Smalledge of each an handfull; Shredd these

hearbs very well and putt them to the other thinges

and boyle them together, The Lynnseed must be

beaten, soe make a poultice and apply itt./

Another./

Take a possett Curd and make it yellowe

with saffron, and apply itt as a poultice./

Another.

Take Beare Beane Barlie, Lupine flower,

of each two ounces, flower of Cammomill

flowers an ounce, with a little oximell

This good for hott swollen, and inflamed

Coddes./

A Poultice for a Soare Eye

that comes by any manner of

heate./

Take an old pippin Roasted, a quantatie

of womans Breast milke, of Roasewater

and grated Bread of each a Little;

Make all these into a paste, and apply itt./

Another for the same Cause./

Take of the best Conserue of Roses & apply it,

It doth much allay and asswage the heate of it

and bloodshedd./

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An approved good Poultice for any

Felon, Andcombe, or other swelling

like to breake./

Take of newe milke a pynt thicken it indifferently

well with wheate flower, then sett it over the

fire, stirr it that it burne not, then putt into it

a quarter of a pynte of Lynnseede oyle, and

lett it boyle together, till it bee of a good thicknes,

Then spread it on a Cloath and apply it as hott

as the Patient can well endure, It will breake

drawe and heale./

Another Experiences Poultice to dissolue

a swelling in any Ioynt or part of

the body, or ells breake it./

Take a quart of good Ale, two handfulls of

Camomill small chopt, Lett them boyle well halfe

an hower together Then putt in so much Lynseed

small beaten as will thicken it, then putt into

it of Mellilott flowers, of oyle of Lillies, of

Oyle of Camomill of each 2 ounces, spread it

on a Cloath & apply it very warme morning

& evening./

A Present Poultice to asswage any swelling

Take Turnips & boyle them tender in water, then

take them out whole and putt them into a quantatie of

milke, & boyle them to a Poultice, & apply it to the

Patient as hott as cann bee well endured, It

giues present Ease./

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For Wormes.

Take the Leaves of Savine, boyle them in

Sallett oyle, and keep them therein, It killeth

wormes in Children by annoynting their bellies

therewith./

or

The Leaues of Savine powdered and drunke

in milke or muskadine doth the same./

Another for wormes in the body

Take Nepe and stampe it with white wyne, and

giue it the patient to drinke./

or

Rue stampt in fasting pisse of ones owne, and

drunke, Cureth./

Another for Wormes

Take the Iuyce of Wormewood and a little

Vineger, mingle it with flower of Lupine, and

a little Oxegall, make a Poultice and lay it to the

Navill./

Another

The water of Earthwormes distillled is good against

wormes, or dropsie beeing drunke./

To make Powder of wormes.

Yow must gather your wormes in May, & putt them

into a paile or pann, and sprincle a little Salt vpon

them, and lett them scowre them selues very well

Then wash them Cleane three or fower tymes in

Conduit water, & then in whyte wyne, then drye

them in a Cleane Cloath & lay them one by one

betweene whyte papers in an oven till they bee

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very dry, then beate them small to powder, and sifte

it in a fyne Sive, then take of this powder asmuch as

will lye vpon a six pence, and drinke it in a spoonefull

of whyte wyne, and after it drinke a little glasse of

whyte wyne. Take this quantatie for 9 morninges

together, and be sure to Exercise your Armes and stirr

after it./

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Kings Evill

A Water to Cure the Kings Evill

Take a pottle of Spring Water, halfe a pound of Leane

of Rustie Bacon, one handfull of Redd Sage; Boyle

them together till it come to a quart, Then take vpp

the Bacon, and putt it in a stone of vnslakt Lyme soe

long as an Egg, when the lyme is quallified take it

off, and lett it stand till it be cold, then take of the Creame

of ffatt, and saue the Cleane or Cleare water in a

glasse, or bottle when yow vse it, warme it, and

with a Lynnen ragg wash, and bathe the sore

with it.

A Balme for it, if it Runn./

Take an handfull of the topps of Redd Sage

Rawe, and two, or three slyces of the fatt of

Rustie bacon rawe Beate them together

till it come to a Salve and so make a plaister

of it, and applye it.

A Dyett Drinke for it./

Take of Sassafras, Salsaperillia, hermodactils

Stechados of each an ounce of sena 4 ounzes,

of Lignum vitæ halfe a pound, of Epithimium one

ounce, Reysons of the Sunn halfe a pound,

Liquorice 2 ounzes, Anniseedes 2 ounzes,

Commynseede or pennyworth one ounce, sweet

fennell seedes one ounce, Steepe all these in two

Gallons of water all night, In the morning

putt it into an Earthen pott, and sett it ouer

a softe fire, and boyle it vntill the third part

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thereof be Consumed Then sett it by and putt

in the Sena, and lett it not boyle but simper

a little, Then Coole it, and streyne it In the

morning also putt into it some mynt Royall

and meadowe wort of each an handfull;

halfe this stuffe will bee enough att once for

two gallons of water If yow boyle it well

Boyle a little more away then the third part./

folio 133 verso || folio 134 recto

Heareing

To helpe the heareing and against deafnes

Take Euphorbium, and oyle of Bitter Allmondes

of each &#658; iiii of Muske &#8456; i of Whyte wax &#658; ii

Incorporate them together and beeing warme

dipp a little blacke wooll therein, and lett it remaine

in the Eare./ or

Take some oyle of Indian Balme and dipp

the same wooll therein./

Another for the same./

Take Cammomill and seeth it in faire water

and wash the Eares therewith Then putt the

hearbe into the Eare for five daies together./

Another

Take the fatt of a white siluer Eele roasted

vnbasted and vnsaulted dropp it into the Eare;

and putt in a little black sheepes wooll after it.

It healeth the akeing and helpes the heareing./

Another

Take the Iuyce of Bettony or Wormewood

and dropp itt into the Eare./

Another

Take wormes of the Earth and boyle them in

Goosegreace and apply them outwardly./

Also wormes applyed to Cutt Sinewes

Cures them./

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Gargles or Mouthwaters./

For sore throats, Canckers or

Vlcers in the Mouth./

A Gargarisme for a Soare Throate

for the Ivola downe or inflamed./

Take french barley well washed two handfulls,

of the topps of Bramble an handfull, of honysucckle

Leaues and topps two handfulls Plantane

Leaues with Rootes and all one handfull, Redd

Rose Leaues an handfull, Liquorice scraped and

bruised halfe an ounce, Iewes Eares a quarter

of an ounce, Pomegranatt flowers one drame,

two Two whyte poppey heades. Boyle first

your Barley in a pipkin with three pyntes

of Water, till one pynte bee allmost Consumed,

Then putt all the rest of the thinges into it,

beeing Cutt small, then lett them seeth together

till theire Remaines one pynte, Lett it bee

streyned, and putto the Liquour strayned three

ounzes of honey of Roses, and vse it warme

either with a Cerringe or gargling in

the mouth./

The most Excellent Gargle that can be made./

Your teeth first Cleansed by a Barber, vse afterwardes euery

morning a spoonefull of this water lukewarme, and

with 2 or 3 sage Leaues wetted therein rubb your

teeth, with the rest of the water wash and gargle

your mouth, This water thus vsed preserues

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Teeth from Rottennes scales and wormes It

Cleanseth and keepes sweet Rotten and hollowe teeth;

It suffers noe Cankers, swellinges, or vlcers

to breed in the Gummes, Cheekes or other partes of

the mouth, or any blistering or heat in the tongue;

And by daylie Gargling, it preserues the throate

from all sorenes, and the pallatt of the mouth

from the Ivola, it preserue the breath sweet,

and the whole mouth from Infirmitie./

Take these things followeing./

Rosemary Sweet Marjoram & Sage of each an

handfull:

Nutmeggs 10d} weight

Ginger 12d }

Cloues 6d }

Cinnamond 6d }

Largmace 3d }

Putt all these into a pott Close stopped with

a quart of Clarrett wyne. Boyle them in

Balneo the space of 24 howers, straine it

and keepe it for vse.

Another for all kyndes of Sore Mouthes./

Take the greene Leaves of single Woodbyndes

beate them small, then strayne out the Iuyce,

warme it a little vpon the fire to take away the

Coldnes, then with a feather Annoynt the

outsyde of the place 4 or 5 tymes night

and morninge, It is a present Remedie.

For a Sore mouth & Swolne throate

Take a spoonefull of honey, and Clarifie

it, then putt to it as much sugar as a

Wallnutt beaten fyne, and as much

Burnt Allome as a Nuttmegg, as much

Baye salt as a small Nutt or more

in fyne powder Boyle it together

a little, and keepe it for vse./

Another Excellent Mouthwater./

Take a quart of faire water, redd sage rose=

mary, Sinckfoyle, Bramble Leaues, Reysin

stalkes, honey and Allome a like quantatie,

Boyle the herbes and water a good while

together, then putt in your honey and

Allome, and lett them boyle scumming and

Clarifieing it, then streyne it and vse it./

To drawe vpp the Pallate of the mouth./

Take a Colewort Leafe and wype it with

a Cloath, & lay it to the mould of the heade.

Probatum./

For a Sore Throate./

Take a quantatie of Cleane Wellwater,

woodbynd Leaues, plantaine Leaues,

Eglantine Leaues and Sage of each an

handfull, washe them all well espetially

the Sage, and boyle them in a quart of the

said water till it come to a pynte, then scumme

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it, and putt thereto a spoonefull fo English honey

and as much roach Allome as a Wallnutt.

If the throate be very fowle and soare putt thereto

asmuch as an hazell nutt of greene Copperice,

and spirt it into thee Throate with a Cerringe

Lett it not goe downe a pretty while, vse it three

daies together. Probatum./

A water for Cankers in the Mouth,

nose, or throate, for sore Eyes, or

to Skinn a rawe tougne./

Take of Woodbynd Leaues and Brannches

4 handfulls, and Cutt them short with 20 leaues

of Sage, one Brannch of Rosemary, straw berry

Leaues, and violett Leaues of each an handfull,

a fewe white dazie leaues, fower Cloues

of howseleeke, halfe an handfull of Water Cressies,

Plantane Leaues, and Sellendine Leaues of

Each an handfull and a little wormewood.

Then take a gallon of faire Running water

Boyle all these well together till the water bee

very greene, then streyne out the hearbes, and

sett the water ouer the fire againe, then putt

thereto two ounces of Roach Allome, that

it be something sharp, and fower ounces of the

best honey, Thus lett the Gallon of water

Consume to the halfe. It is good to washe

any old soare that is fowle and mattery./

Another for a whyte Canker

Take a quart of Smithes water, a good

Spoonefull of honey, putt the honey into the

water, as much Roach Allome as a Crabb

sett it ouer the fire, and scum it as oft as any

white doth arise; Then putt in of Sage

and woodbyn Leaues of each an handfull

and lett them seeth well in it, and so vse it./

For a redd Cancker./

Take halfe a pynte of redd Vineger, as much

roach Allome as a Wallnutt, one spoonefull

of honey, woodbyne Leaues, Sage, and hearbe a

grace of each a small quantatie; seeth them

well, then putt them into a Close pott, and

lett the patient gape ouer it as hott as

cann bee, then vse the Leaues and applye to

the sore place./

To Cure any Pocky or sordid soares

in the Mouth./

Rx Sublimate 4 graines, of plantane water

and Rosewater of each three ounces, dissolue

it well and touch the soare therewith, or some=

tymes gargle with it Lukewarme./

Another for sordid soares in the mouth./

Take of plantaine water one pound, of the Syrrupp

of Mulberries three ounces, and putt to itt

soe many dropps of the oyle of Vitrioll as

may make it Tart, and soe vse it./

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An Excellent Medicine of vertue for

a Stincking breath, whether it

Proceed from the Braine, mouth,

or Liver./

Take Conserue of Barberries, Roses, and

Violettes of each two ounces, the water of

Cummyn seedes boyled in Vineger halfe a

pynt, Seauen spoonefulls of Rosewater,

of Ambergrease two graines, of muske

two graines, your muske and Amber must

be well ground with a little Rosewater in

a faire pewter dishe with a silver spoone

Then mingle these well in a quart of

old Clarrett wyne, Take of it two

spoonefulls first and last, your mouth

beeing first well washt with Vineger

and sage, and teeth rubbed with a drye

Cloath, Vse to rubb ouer your temples,

& behynde your Eares with the same./

To Cure spitting of Blood./

Take the Iuyce of Bettony and temper

it well with Goates milke and drinke of it

three daies together./

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For the Teeth & Toothache

Take six spoonefulls of Muskadine, one spoone=

full of pepper, and boyle them together till it bee

thicke, then take some of it, and putt it into a ragg,

and hold it in your mouth, as often as yow haue

occasion. It giues Ease./

Another

Hysop sodden in Vineger, and holden in the

mouth giues Ease, or the same helpeth the

Itch washing therewith./

Another

The Iuyce of Marriegoldes helps the tooth Ache

the mouth washed therewith./

Another

The braines of hares giues ease to children,

and makes them breed theire teeth easie./

To helpe Rotten stincking & hollowe

teeth

Take Sage and stampe it, and putt thereto

asmuch salt, and make Cakes thereof, and

bake them in an oven till they bee blacke, as

if they weere burnt, then Rubb well your

teeth with it morning & evening./

For the Teeth that haue wormes

Take henbane seedes, Leekeseedes and Storax

Lay them on a redd hott stone, then take a pipe

that is wyde at one end, and narrowe att the

other, sett the broad end on the stone, and putt the

small end into your mouth to the teeth, the

smoake will kill the worme & ease the paine./

folio 140 verso || folio 141 recto

To fasten & Cleanse teeth

Take Pulvis ad dentifricia Dentifricia in

Pharmacopoeia Augustana ./

Another for wormes in the Teeth

Take henn bane seedes and redd wax, and mingle

them together, and make thereof little Balls,

and putt two or three of these Balls in a Cha=

findish vpon Coales, and hold your mouth over

it, that yow may receaue the fume into your

mouth, and the wormes will fall out.

Another for paine in the Teeth./

Take a pennyworth of Guiack wood, and boyle

it in halfe a pynte of Aqua vitæ till it bee

Couloured with the wood, Take it as hott as

yow can into your mouth on that syde the

paine is./

Another for the Toothache

If the Ache in the Teeth come through an

Aboundance of humors, then Launce the Gumms

betwixt the Teeth which paine yow, And your

forefinger beeing wett in your mouth, dipp

it in the powder of Euphorbium, which you

shall haue at the Apothecaries, and rubb

your gummes & teethe therewith that they

may bleed, and yow will fynde speedie

Remedie./

Another speciall Remedie for the

Toothache./

Take the quantatie of a small Nutt of honey

asmuch fyne flower, and a pennyworth of

Pepper Coursely briused, 2 or 3 Leaues of redd

Sage, as much of Rue or herbe of Grace, both

Chopt very small, mingle all these together, and

Reduce it into a paste, of which make three pills

as bigg as a pease, and Cover it with a fyne

Cloath and tye it very streight Then putt into

a Skellett the third part of a pynte of small beere

and a spoonefull of honey and lett it boyle, Then

putt the pills ^ in to it, and beeing very hott, applye

them vpon the syde or tooth that akes one after

another, This will Asswage the paine; yow

must goe to bedd after and take a draught

of Possett Ale to procure sweat./

Another espetiall Medicine for the

Toothache

Take Ivy Berries and seeth them well in vineger

or wyne, when they be well sodden, supp vpp the

Liquour as hott as yow cann, and hold it in your

mouth till it be cold, and then take fresh. It

much easeth the payne./

Another for the Same

Take twenty Leaues of Ivy, of long pepper one

ounce, one handfull of salt, and boyle it in halfe

a pynt of Clarett wyne vntill halfe be consumed,

Then take a spoonefull thereof & hold it as hott as

possiblely yow cann in your mouth. If the teeth

be hollowe stopp them with a little Lynt dipt in the

oyle of Cloves./

folio 141 verso || folio 142 recto

Another Excellent Remedie for the toothache

Take an handfull of ground Ivye, and asmuch

Speremynt and salt, stampe them a little together;

then putt them into a pynte of white wyne vineger

& seeth it well, then streyne it and putt it into a close

glasse vessell or bottle, And when yow vse it,

take a spoonefull thereof, and putt it into that

syde of the mouth where the payne is and hold

downe your Cheeke that it may discend to the

Rootes of the Akeing teeth, and it will presently

Ease the paine./

Another

Take a pynte of the best Verjuyce, one penny-

worth of Roach Allome, a penny worth of

Cloves, and two or three Spriggs of Rose=

marie Boyle these together till it bee

Consumed to halfe a pynte Then streyne

it and putt it into a glasse, and keepe it for

vse, yow must heat a little of it very hott, when

yow vse it, and hold it in your mouth where

the payne is./

folio 142 verso || folio 143 recto

For the Headache./

Take the Powder of Nutmegges and the yelke of

a newe layd Egg well mixed together, and make

therof two plaisters, lay them to your Temples, and

yow will fynd great Ease./

For a Scald head, Noli me tangere,

Gout, Ringworme, or Tetter./

Boyle an handfull of English Tobaccho in a quart of

faire Running water to the Consumption of the

one halfe, then take out the Tobaccho and reserue the

water for vse, Wash the place ill affected with this

water, and sometyme apply a Cloath dipt in it

according to your discretion to the part greiued,

and yow will fund it a most soueraigne Remedy

If English Tobaccho cannot be had the worser

sort of forreigne Tobacco will serue./

To breake an Impostume in the Heade./

Take whyte frankinsence, and make a fume

thereof vpon a Chafingdish of Coales which

must be Conveyed through a funnell to the

Eare on that syde the greife lyeth, which beeing

done, Take two handfulls Cammomill, and boyle

it in a quart of whyte wyne, then lay your eare

over it, as hott as yow cann indure it, that the

steame thereof may goe into the Earle and

mouth keeping your head warme, You may

afterwardes purge the body to avoyd Rhume./

folio 143 verso || folio 144 recto

For an old Payne in the Heade

Take Bay Salt, Cummin seedes, Browne ffennell,

pure Vineger of each a like quantatie ffirst stamp

them severally by themselues, then stampe them againe

with the Vineger, and putt some redd Rose water

to it, mixe and stirr them together in a dish ouer

a Chafing dish of Coales, Then spread some

on a Cloath, and lay it hott to the hinder part

of the head when yow goe to Bedd, and bynd it

on fast that it slipp not off, vse it nyne nightes

together, It may bee it will helpe in fower

or fyve, but neuer failes the nynth./

To stopp Blood, at Mouth, Nose, or Eares

Take in March or May a faire Lynnen Cloath,

and wett it in the Spawne of ffrogges 9 daies,

drying the Cloath every day in the wynde, then

lay vpp the Cloath, and when yow need it, take

a peice of it and apply it to the place where the

blood yssueth, and it will presently stopp./

To stopp Bleeding inwardly

Drinke the Iuyce of Nepe & it helpes./

For a Suddaine Bleeding at Nose

Burne an Eggshell in the fire till it bee as

Blacke as a Coale, the beate it into fyne

powder, and lett the partie snuffe it vpp

into his nostrills./

To stopp the Bleeding of a wound

Take Vervyn dryed, and made into powder

and putt it into the wound and it stayes bleeding./

Or burne the sole of an old hose and putt the

Ashes of it into the wound and it stayes the

bleeding./

Another for the Headache./

Take the quantatie of three spoonefulls of

Cummyn seedes, Beate them very small then take

the like quantatie of howsehold bread grated, and

boyle them in halfe a quarter of a pynte of

Muskadyne to a Poultice Then apply it to the

pole of the head as hott as yow cann till the

paine cease./ or

A Plaister of Turpentine and grated

Nuttmegg layd on a Cloath to the Temples./

Another for the Headache

Take the Iuyce of Ivy and pepper beaten

together into a powder, and drinke it./

A Lotion to Comfort the head, Eyes

Synewes & helpe the memory &cetera./

Boyle in water one ounce of Scena Roses and

Lavender of each two pugills, Betony, Sage

Rosemary, Bay Leaues Sweet marjoram

Bawme & flowers of Cammomill of each

halfe an handfull./

folio 144 verso || folio 145 recto

Another Medicine for a Continued headache./

Wett a Cloath three or fower tymes double in

Bettony water, beeing about 3 fingers broad,

and lay it to your forehead, And lett the wett

Cloath Come round about the head, tye it

fast, In doeing this three or fower tymes

it will helpe./

Another

Take the Iuyce of Rue, and putt it into the

Nostrills, and it will expell fflegme and

Cleanse the Braine. Or Seethe a

Branch or two of Rue and it will worke

the like effect./

To make haires growe on the Head

Take oyle of (Tartar it was in the

originall/ and warme it, and rubb your head,

or other places where yow would haue the haire to

growe And within 8 or 10 daies the haire will

growe forth as thicke as at the first, nay, it

will make an increase of haire more then

before, and is of that vertue, that if the palme

of the hand bee rubbed therewith, it will cause

haire./

folio 145 verso || folio 146 recto

Throate

For the Squinancie alias Quinzie

Take the Iuyce of Colewortes Clarified, putt

to it some Cuett and Syrupp of Mulberries,

Boyle them together and gargle therewith.

Cuett is newe sweet wyne boyled to the thicknes

of a Syrupp. When none of this is to be found

Boyle store of Reysons of the Sunn stoned till

it come to a Syrupp streyne it hard, and vse

it for Cuett./

Another./

The Water of Selfe heale, and the water

of Valerian mixt with Syrupp of Mulberies

is good for this disease./

The Iuyce of Blackeberries boyled with

honey to the hight of a Syrupp will serue

instead of Syrupe of Mulberries./

Vpon a suddaine and in necessitie wanting

both the Syrrup of Mulberries and Cuett

Boyle the Iuyce of a Coleworts and honey,

and vse it for the Inflamation of the th

Throate and Quinzie./

folio 146 verso || folio 147 recto

folio 147 verso || folio 148 recto

For the Face

To keepe the small Pox from Pitting

the Face./

Take of the oyle of Bitter Allmondes and Sperma

cæti of each an ounce, melt them together, and

annoynt the face with a feather as often as

yow will, It must bee nyne daies after theire

Comeing out./

To wash the Small Pox when they are

a weeke come forth./

Take whyte wyne and honey, and seeth them

together, and Bathe them with it Luke warme

in 24 howers, fower or 5 tymes./

To take away the redd spotts when

they are gone

Take a Leane Legge of Beefe and slyce

it thynn, and distill it with a soft fire in a

Common still, then wett a Cloath in the water

and often bath the face with it./

To Cure a redd inflamed face, or

a whyte Scald./

Take an ounce of Cloues, drye them and beate

them very well to fyne powder or flower, one

ounce of Sulphure likewise beaten very fyne,

Searse them through a Searce, Then take

3 ounzes of Barrowes grease and mingle it

with them perfectly well, Annoynt twice a

day the place ill affected. Probatum./

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folio 149 verso || folio 150 recto

For the Breast & Stomacke

For the Ache & pricking in a womans breast.

Take fresh Butter out of the Churne, vnwrought,

and English honey of each a like quantatie,

Boyle them till it ryse of a ffroath and soe

continue it in boyleing till it Leaue off froathing.

Then take a peece of fine Bayes as much as

will Cover it the breast over, and dipp it into it

boyleing hott, and after lett it dreepe soe longe

as that yow may thinke it Coole enough, to lay

on the breast which must bee as hott as well

cann bee endured, Lay vpon it 3 or 4 hott

double Cloathes vse this morning & Evening./

To take the Ague out of a womans

breast in Chyldbedd if it Runn./

Take the yelke of an Egg, and of wheate flower

and honey as much as the yelke and beate it

together to a Salue, then make a plaister

thereof, and lay it to the breast./

See more for this among the Salues./

To Cure the stuffeing att the stomache

through cold & shortnes of Breath./

Take a pottle of six shillings Beere, a quarter

of a pound of Reysons of the Sunn stoned, halfe

a pound of blewe figges, a pennyworth of Annyseedes

bruised, and asmuch of English Liquorice slyced,

Lett these boyle together adding a halfepennyworth

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English Saffron in a Ragg drik drinke it

at night when you goe to bedd and in the morning

asmuch as your stomacke will Beare, yow

may putt in some of a Lemmon if yow please./

Another for the stuffing & paine att

the Stomacke by Rhumes, Colds, &cetera./

Take Elycampane rootes Cleane scrap'd

Choose the whytest, and purer part which

yow may slyce into faire water like oringe

Chipps; There lett them lye for three daies

shifting them twice a day into a Cleane

water, then weigh them, and to euery pound

of Elycampane roote, add three pound of

Sugar Boyle the Sugar by it selfe to a

Cleare syrrupp, allowing to euery pound

of Sugar a pynte of water, And boyle the

Rootes by themselues till they growe tender,

shifting them once or twice, then dreyne them

Cleane out of the water and putt them hott to

the Syrrupp, Then boyle all vpon a softe

fire till the rootes looke Cleere It will require

about 3 or 4 howers boyleing./

To Breake an Impostume in the Stomacke

Take a faire large pippin, the Capp of it beeing

Cutt offe, & Core it like a quince Then take

Olybanur fynely beaten to powder, & fill the hollowe

place of the Apple, then putt on the cupp or topp of it

againe, & putting it into a Wett browne paper

Roast itt in the Embers, Lett the Patient eate of this

apple as much as hee cann for 3 morninges together

This will assuredly breake the Impostume././

Another for the Same

Take halfe a pynt of Carduus water, and

halfe a pynt of Whyte wyne, and of these make

a Cleare Possett drink, then take as much right

Stonehorse dunge as an Egg, and streyne it

with this possett drinke And lett the patient

drinke of this quantatie for three morninges

together, And euery morning sweate with it.

It is an infallible Medicine./

For any Payne in the Stomache

an oyntment./

Take a quarter of a pynt of Sallett oyle

and halfe an handfull of Wormewood stampt

and boyled in the said oyle Then take 16 Cloues

and beate them very small, Boyle them together

againe, then streyne it and amoynt the stomacke

with it./

To Comfort the weakenes of the

Stomach & head./

Take Betony water and Plantane water

of each a quart, a good Nutmegg bruised, a

Branch of Rosemary; three Buddes of the

Pomegranate flower which is not blowne

out, two ounces of Sugar Candy, Seeth

all these from two quartes to three pyntes;

It must seeth very Leasurely then keepe it in

a Clease vessell, and Evening & morning take

six spoonefulls of the Cleerest of it made

blood warme for three daies together./

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Another to Comfort the stomack./

Take a pynt of Clarett wyne, seaven slipps

of Rosemary, Seauen Branches of Sweet

Marjoram, five topps of Redd mynt, three

whole mace, putt all these into the wyne,

and sett it to the fire till it be ready to boyle

Then brewe it from pott to pott and putt

into it some Sugar and three spoonefulls

of Redd Rosewater And lett the Patient

drinke three sponefulls every morning./

A Syrupp to Comfort the Stomacke

Take mynt and the topps of Rosemary of each an

handfull, a quantatie of Mace, boyle these in a

quart of water Then putt in Eight spoonefulls

of pure and good Vineger, and two ounces of fyne

Sugar Boyle them againe to a Syrupp, and take

thereof a little morning and Evening

For stopping & to open the Pipes./

Make a possett Cleere of milke and Ay Ale, take

away the Curd, then putt in 4 Raysons of the

Sunn stoned, some Liquorice bruised boyle them

well in the possett Ale, then putt in some whyte Sugar

Candy and drinke of it as yow haue occasion./

For to Cleanse the head stomack & Lunges

of all obstructions./

Take Look Leeke water fumitary water, the Iuyce

of plantaine, and the Iuyce of Wormewood of each

a pynte Boyle these with a pynte of honey over

a soft fire till they bee well incorporated drinke

a pynte thereof att thrice videlicet in the morning, att

fower in the afternoone and Bedward./

To open the Stomache & cleanse the Lunges./

Take violett Leaues, Strawberry Leaues Woodbettony

and pennyroyall of each an handfull of Buglosse or

Borage, the topps of Redd fennell, the topps of vnsett Isopp

of each an handfull, Two ounces of good Liquoris scraped

and slyced, a quarter of a pound of the best blewe Currans,

halfe a pound of reysons of the Sunn stoned, two ounces

of Annyseedes well rubbed and dusted, 2 or 3 handfulls of

ffench barly, one Elycampane Root cleane washed

picked and slyced. Boyle all these in a gallon of

faire Spring water till it come to a pottle, Take

of it three tymes a day, In the morning a quarter

of a pynte, att fower of the Clocke and Bedward the

like quantatie./

For wynde in the Stomach & other

diseases of it./

1 ffirst Wynde in the Stomacke as proceeding from

Crudities & Indigestions, is first helped with an

Exact and moderate dyett, Eschewing all Excesse,

espetiall drinkeing betwixt meales, or at least

not till 4 houres after meate, and then very soberly./

2 Next it is Cured by hott and dry thinges, as with

Seeds of Anniis, Coriander, ffennell, &cetera Inwardly./

3. Or Powder Inwardly in drincke, or decoction of

4. strong wyne with Electuaries of Diatrion Piperion

Diacymium Diagallinga./

5 Outwardly It is helped with Fomentations of

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Waters, and strong wyne, boyleing the said seedes

or powders with them, and adding Stommaticall

Astringentes, as oyle of Wormewood, Nard, Masticke,

Annyseedes, Tosted Bread steeped in strong spanish

wyne, and besprinckled with the powder of

Cloves or wormewood, beeing applyed to the

stomach is good./

For wynde in the Stomacke

Take 2 or 3 ffennell rootes pythed, 6 parseley

Rootes, and Cicchory Rootese, and hand full of

Strawberry Leaues, halfe a pound of Reysons

of the Sunn stoned, Boyle them in a pottle of

Running water to a pynte Then streyne it and

take of the Liquour a little at once as yow haue need./

Another against wynde in the Stomacke

Take ginger Annyseedes and Liquorice scraped

dusted and cleansed of each a like quantaty, make

it into a powder, and mix the said powder with

a sufficient quantatie of Browne Sugar

Candy an keepe it in a Box for vse./

Another for Wynde

Take Cummyn seedes beaten to powder putt

it into redd wyne and drinke it warme next

your hart for three daies together./

Another for wynde in the stomacke

Take of the powder of dryed myntes a dram, then

steepe a Toste of Bread in wyne till it become soft, then

sprinckle it over with the said powder & eate the same

morning & Evening an hower or two before meate./

A Powder for wynde in the stomacke

Take Ginger Cinnamond Gallinggall of each an ounce

Annyseedes ffennell seedes and Cloues of each an ounce, long

pepper and round maces and Nutnegges of each two

drams, Bray them all to powder To which add two

pounds of Sugar, Take of this powder halfe a dram, or

two scruples before or after meate, or at any tyme as

yow please./

For a wyndie & faint Stomacke It will

Comfort the Liver & helpe Digestion./

Take of the oyle of Roses and oyle of Wormewood of

each two ounces, Seeth them together, and when they

beginn to boyle, putt vnto them an ounce and an

halfe of Masticke, and when the same is dissolued,

streyne it whylest it is warme, and lay a plaister

of the same vpon leather to the stomach./

Another./

The powder of myntes eaten in an Egg, or the

seedes of Redd docke eaten at Noone is good against

all Evill in the stomach./

A Comfortable medicine for a Cold stomake

Take Cloues and Gallinggall of each a like quantaty,

bruise them and lay them in Malmesey all night, and

drinke the same fasting. If your Stomach be very ill

then burne or Mull the malmesey with Cloues and

gallingall, and Sugar. and drinke a good draught in

the morning and before and after supper.

For faintnes, or Sicknes in the Stomacke

Take Rosemary flower water, Mynt water, wormewood

water, or Orringe flower water of each a like quantity

All of them being distilled by themselues without any

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wyne, And if it may bee Lett the same water bee

distilled from fresh herbes 3 or 4 tymes Mix

them together, and sweeten them with whyte Sugar

Candy to your likeing Take a spooneful or two of

this at any tyme, when yow are not well or

distempered either by heat or Cold./

A very good Plaister for the Stomacke

Take an handfull of Redd Sage, of wormewood,

sweet Marjoram, redd mynt and Rose Leaues

of each a good handfull Putt all these into a

dish vpon Coales and lett them drye a pretty whyle

Then putto them a little Vineger, and a little

Redd rose water, Lett them boyle in the dishe a good

space, turning them till the moysture bee allmost

dryed vpp Then take grated Nutmegg and putt

amongst it with a dram and halfe of the powder

of Masticke, two drams of the powder of Larg Mace

halfe a spoonefull of the best oyle of Wormewood,

when it is allmost well dryed vpp putt it into

a Lynnen Bagg, quilt it and lay it to the

Stomacke./

For a weake stomacke that often vomitts./

Take a Cocke Chickin Cutt his feet away and

Chyne him Cleane, fill him within with parseley,

Sorrell, violettes of each an handfull and some

topps of Rosemary Seeth him in two pyntes of

Water, and the third part redd wyne till the flesh

part from the Bones, then take the fflesh bones

herbes & Bray all together very small, and putt

them into the Liquour againe with saffron Mace

Cloues & Cinnamond of each a like quantatie

in powder, and lett them take a Wallme on

the fire, then streyne it into some Cleane vessell

Take of it warme oftentymes a day with the

Crumnes of good wheate bread blended with

it vse it for seauen daies It will certainely

helpe; or if yow will take a little Aloes in cold

water, and drinke it. It helpes those that cannot

keepe meate at all./

Stomacke Pills

Take of Aloes an ounce, Masticke 2 drams powder

and incorporate them well with the Iuyce of Wormewood

or Roses, And dropp therein 6 dropps of the oyle of

Annyseedes, yow must take of them in a scruple or halfe

a dram att a tyme A scruple is 20 graines,

A dram is 60 graines./

A Vomitt for a Burdened stomacke./

Take a draught of possett Ale with one ounce

or two of Oximell Simplex in it, Take it Luke

warme in the morning and Cast with a

feather putt a Little into the throate./

For all Paynes in the Stomacke & other

parts proceeding of Wynde & cold causes./

The vertue of Nutmeggs.

Nutmeggs briused and boyled in aqua vitæ vntill they

be Consumed in the moysture, adding thereto some

honey of Roses and boyleing it gently and then

streyning it in the manner of a Syrupp, if yow

take three or fower spoonefulls of this fasting it

Cureth./

Nutmeggs cause a sweet Breath and helpeth a

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stincking one Chewed and holden in the mouth,

and are good against ffreckles in the fface, They

quicken the sight and are good against all cold

diseases in the Body, Beeing parched and dryed

att the fire Cutt into Slyces and drunke with

Redd wyne stopp the fflux./ Beeing steeped

and soaked in the oyle of sweet Allmondes, they

breake and expell gravell./ The powder

thereof mixt with the oyle of Myntes and the

fforehead and Temples annoynted therewith

is good against the Coldnes of the heade and

to helpe the Memorie./ Bruise ffresh

Nutmegges, heate them in a pann and presse

them and there will come out a Salt oylie

substance like wax called of some The oyle

of Nutmeggs, This is pretious for all

Cold greifes of the Ioynts or Sinewes

and good for Cold Husbandes who desire

Children./ Nutmeggs and Masticke

boyled in wyne and drunke is good for the

greifes of the Stomacke and Bones for

breaking of wynd and restoring strength

after Sicknes./ Seeth Nutmegges Maces

ffennell Seedes and dill seedes in wyne, and

drinke it for an Espetiall helpe for a

Cold Stomach. If any man be wounded

and Bleed inwardly, take the heavyest Nuttmegges

can be gotten, washe them, wash them, wype

them, pare them, and lett him eate them, and hee

shall deliuer the blood outwardly and also by

his ordure, and make him as perfect as euer he was,

soe the wound bee well kept, and hee to continue this

till hee Recover health./

Nutmeggs are the best spice for Studentes

of all other taken in drincke, They are good

against stopping of the Liver and Melt.

They helpe the stopping of Eryne in them

that pisse by dropps; Good in Stewed broath

for such as haue bene long sicke./ They

Comfort the Braine Sight, Liver

Milltes and mouth of the Stomach./

The Powder of Nutmeggs in Bettony water

is very good for the Headach./

Halfe a Nutmegg eaten in the morning is

good for a weake and a Cold stomacke./

It is not good though for Sanguine men

to vse Nutmegges much because they will advst

the Blood. Note the best Nutmeggs are redd

fatt and heavy, the worst blacke, Light & drye./

For all greifes in the stomacke

The Vertues of Cloves./

Take of Cloves halfe an ounce, of Sugar a

quarter of a pound, Treackle a penny worth,

putt the same into a quart of Mallmesey, drinke

hereof daylie warme, and vse good meates./

Cloues Comfort & strengthen the hart, stomach

and Liver, helpe digestion quicken the Eyesight,

provoke Vrine and are generally good for all Cold

disseases, The oyle of them is good for a Cold stomach

and Braine and all Cold greifes. Mix the

powder of Cloues, Nutmegges and Rosemary with

sweet Sallett oyle till it bee thicke and apply it

to the Crowne of the head it will drye upp the Rhume./

folio 155 verso || folio 156 recto

Cloves & Mace vsed in Broth are good for a

weake Braine, as also Snuff vpp and taken in

the Nose./

The Powder of Cloves and pepper of each so much

as will lye vpon a groate or sixpence taken at once

fasting, and not drinkeing two howers after it, is good

for Agues and all other Sicknesses./

Cloues sodden whole in milke, or the weight of 4

drams of the powder of Cloues taken in milke,

Comforteth the debillity of Nature, and procureth

the Art of Generation./ See more for Wynde

in the Chapter for the wynde Chollicke./

Good to open the Pypes./

Make a possitt of milke and Ale, take of the Curd,

then seeth in the drinke a quantatie of Tameriske

and the Barke of Capers./

Seeth halfe a pynte of whyte wyne Vineger

and a quantatie of honey to a Syrrupp, then add

two ounces of Sugar Candy to it./ Also

Good to heale the Lunges & Stomacke./

folio 156 verso || folio 157 recto

folio 157 verso || folio 158 recto

W B

Pharmacapæus

Prælectio Prima 1634

You haue formerly heard in the precedent Lectures, the

severall names of Physicke; the Definition therof,

according to the most receiued Authors, both of Auncient &

moderne times, wherof to insist where but rem eandem dicere,

only thus much I shall be bold to put you in minde of, that

our last Lecturer deliver'd concerning the devision therof,

and that was into the speculatiue part, & the operatiue

part, as for the speculatiue I referre you to what hath

beene formerly spoken, & only put you in minde that the

Therapeuticke or Operatiue part was againe devided into

( ), ( ), & ( ); of the first as most

proper for our society, I intend to begin my discourse.

Begining according to the method of the former Readers

with the Name, Definition, Devision, & Obiect of our Art./

Our Art is called in latine Pharmacopoea, having the

Etimologie from the Greek ( ) from

makeing or mixing of medicines, and this word ( )

is diversly written, to witt both with x and k, ( )

( ) with x signifyeth a ferendo Dolorem, & ( ),

( ) with k a ferendo medelam, and in this double sig=

=nification so much may be implyed that in our Art wee

mix medicines both the cause Rest and Paine. now I

proceed to the Definition which according to Placatonius is

Ars Factiva Colligendj, Eligendj, Preparandj, et Miscendj

medicamenta the devision of yt is in Empericam et

Rationalem, the Empericall is learn'd by Inspection, Imitation,

& vse; the Rational doth not only Declare the manner

but the Causes of mixing of medicines & thus much for

Definition & Devision; lastly the object of our Art is Pharmacum

which inter Medicos Teia significat, videlicet Venenum, Pigmentum, &

Medicamentum , as Medicamentum it is properly that which whether

yt be inwardly taken or outwardly apply'd, altereth the body.

Medicines are devided into Simple & Compound; yt is nott

folio 158 verso || folio 159 recto

my intention at this time to speake any thing of compound

medicines, but of simple, and that Chiefly of Plants,

and being according to the Definition first to begin

with the Art of Gathering, and Chooseing them, and

it being impossible to Choose them without the knowledge

of them, I hold yt no way impertinent first to speake

somthing of such as by the greatnes of there persons

in diverse Ages, haue dignified this knowledge.

2dly of the Necessity of this knowledge. Amongst the

Hebrews king Salomon wrott diverse bookes of the Faculties

of Plants, from the Cedar of Libanus to the Hysop that

groweth on the wall, which bookes as Flavius relateth, king

Ezechias afterward caused to be taken out of the Temple of

Hierusalem , for feare the people should fall into Idolatry;

Amongst the Gentils many of the greatest Princes, much

affected this study of Plants, giueing some of them

there owne names, supposing by that meanes they should

never be forgotten, as Gentiana from Gentius king of

Illiria, Lysimachia from Lysimachus the Macedonian

Telephium from Telephus king of Missia, others haue also

beene famous for finding out Plants, as Mithridates for

Scordium, Iuba king of Numidia for Euphorbium.

Alcibiades for Echium & Anchusa: some for writing

of Plants as Evax king of the Arabians who writt

diverse tracts of the Faculties of such plants as he

knew, and dedicated them to the Emperour Nero .

I could heere summon vp diverse others, but this may

serue to giue satisfaction so such as haue long practiced

Physicke, & never labour'd to know the materials they

wrought withall; In former time this learning was in

much esteeme, Galen in his booke de Compositione Medicamentorum

secundum Locos saith qui studet Pharmaca Componere prius

perdiligenter vestigare simplicium qualitates, Naturam et

substantiam oportet. Diverse greate persons allso of latter

Times haue much delighted in this study, as witnesseth

Spigelius , who giueth this Testimony of Fredericke the Emperour

that he not only knew the formes of Plants, but would very

often dispute with the most learned Physitions concerning

the vertues of them. moreover Maximilian the Emperour

(as the same Author allso affirmeth) had farre surpassed him

in that knowledge, yf Death had not prevented him./

2dly, concerning the necessity of the knowledge of simple

medicines, although none heere will deny the necessity of yt

yet that yt hath beene much neglected in diverse ages

by such as practised Phisicke may thus be proved.

Dioscorides in the begining of his first booke taxeth Taren=

tinus , Heraclides , and diverse others for writing many things

of medicines, without the knowledge of them, and a Physition

Called Niger for his many Errors which he Comitted

by the want of this knowledge, as in writing that Euphorbium

was the liquor of a wild oliue tree, growing in Italy;

Androsemon to be same with Hypericon, that Aloe was

Digg'd out of the ground in Iudea, with many other

such absurdities of this kinde: and in this our time although

both heere & beyond the seas there are diverse that delight

& take paines in this knowledge, amongst whom your

selues heere present are espetially to be comended.

Yet it is not one for a hundred that either direct or

make medicines, but neglect it as a thing vnnecessary

and to no purpose; I remember once a brother of our

owne profession who turning over the dispensatory, in the

Catalogue of plants found the word Herniaria, I

inquired of him what yt signified, & his answere

was the Herbewomen in Cheapside could tell, yf I

would haue any of yt he would procure ^ it from them, he nott

knowing mee to be one of the profession: how much

the want of this knowledge, doth puzzle many of our

graue practizers; wee may dayly Imagine when they

are called to Patients remote from this place; for

whenas happily they might finde a proper medicine

folio 159 verso || folio 160 recto

For the Patients Malady at his owne doore, they are

forc'd to send somtimes 20 or 30 miles for it. the Patient

(God wott) lying in much misery expecting the things

sent for, in this forgetting the wordes of Fernelius

who in his methodus Medendj thus saith Simplicium cognitio,

Collectio, Delectus, Expurgatio, Conservatio, Correctio, et

miscendj industria seorsim ad Pharmacopæos reser=

vatur ac pertinent; quorum tamen inprimis et medicum

gnarum peritumque esse oportet. heere some happily may

obiect and say, wee know simple medicines well enough

because they know senna, Rubarb, &cetera and admire those

thinges which are fetch't from farre Countries, to these

I giue Crollius his answere, who hath these wordes, in

his preface to his booke de signaturis plantarum ,

Ipsis tamen exoticis longe meliora, recentiora, selectiora,

et salubriora, quia sub nostrj cælj influentia nata

sunt, nostræ naturæ magis Conveniant, domj nostræ

debito Tempore Collecta minorj difficultate et sumptu

haberj possunt, et nostris vsibus exigente necessitate a

Patre miserecordiarum destinata: meaning Domestria

Paracelsus Condeming those that are studious of exoticks

saith that every Clowne hath a most perfect Apothecaries

shop at his Doore, another Author Calleth the earth

Pharmacopolion Dej, and saith all maladies might be

cur'd with hearbs if wee weere experienc'd in the vertues

of them, two notable Cures weere cited in the former

Lecture, the one out the Adversaria Lobelij, the other out of

Iaquies Cartier s voyage into America to which I referre you

and certainly, our medicines, yf wee would or could finde

out the operations of them, are better & fitter for

our bodyes, then those brought out of another Clime:

One instance for the Diversities of the faculties ^ of them I will

giue you, out of Galen , who saith of Aron rootes that those

in liber 2do de

Alimentorum facultatibus

that grow in cold Regions are hott and Biting (which wee all

heere know) but those in hotter Countries as in Lidia neere the

citty Cyrene are sweet, pleasaunt in tast, Differing nothing in

forme from the other, and are familiarly eaten by those people

as wee eate Turneps Iacobus Silviuus much condemneth

in liber 2do de methodi

Componendi medicamentorum

the Physitions of his time, and Iudgeth them et pena et

Ignominia dignos, that wholly neglect the knowledge of simples,

& rely vpon Compositions, saying it is enough for them yf they

know Diacatholicon to be medicamentum universale & to purge

all humors, Diaphænicon to purge Choller, Diacarthamium

Flegme, Diasenna melancholy, Optica, to be remedies for the

eyes, & such like, without Consideration of what simples they

are made, or what quantity of them enter the Composition,

not careing so long as the Composition hath the operation

according to the Title, whenas Simple medicines are, et

Natura et Tempore Compositis anteferenda and all the

operations of Compound medicines proceed from those Simples

that are in them, thus farre Silvius ; therfore let mee in

this Conclude, that Certainly although exoticks should haue

greater vertues then those growing heere amongst vs, as those

that Fetch them from farre Coutries doe affirme, more

for there owne gaine then for the helpe of the people, yet

for my part saith Crollius I will not beleeue them to be so wholl=

some for our bodies, but most proper for the people of those Re=

gions from whence they are brought, and Johannes Ruellius for

the same reasons saith and that not vnworthily, nullam medicinæ

partem incertiorem esse, quam illam quæ ab alio orbe quam a nostro

petitur, & thus in briefe of such as by the greatnes of there

Persons haue dignified this knowledge both in Auncient & moderne times./

folio 160 verso || folio 161 recto

And 2dly of the necessity of this knowledge; I will now proceed

according to my Definition, and that it is first, Colligendj

et Deligendj Medicamenta Ars, giueing you first some reason

of the Denominations of Plants, and that from Diverse Causes

(according to Placatonius ) to wit some ab inventore as Centaurium

some a Regione as Iris Illirica, some a Natalj solo as Potum=

=montanum , Plantago Aquatica, some a Gustu as Gliceriza,

Dulcamara &cetera , some ab odore as Assaf&#339;tida, some a Colore

as Behen Album, Elleborus albus/ some a figura as Pentaphillum

Aristolochia rotunda some a duratione as Sempervivum some ab vsu as

Tussilago quod Tussim agit, vuularia, &cetera some a Contentis as

Mala Granata, but some a similutudine but this enough

if not too much; now in this Art of gathering and Chooseng

of medicines, three things are most Considerable to witt

first the substance, 2dly the quality, 3dly the time of

gathering them, & first De Substantia medicamentorum;

vnder this word Substantia improperly taken according to

Silvius and Placatonius are conteined, first Solidum,

Liquidum, Pellucidum, Opacum, Crassum, Tenue, Rarum, Densum,

Asperum, Leve, Friabile, and such like, of which I will giue

you these explanations, first Solidum is that which Con=

sisteth by yt selfe, as wood, Rootes, Mettall &cetera Liquidum

is that, which yf it be not contein'd in another is spilt or

lost, as water, Iuices of Hearbes, & such like, Pellucidum

is that which is transparant, as Cristall, Amber, Water,

Opacum is the contrary as metalls, stones, &cetera/ Crassum

is that which is very hardly brought into fine parts; Tenue

is easily brought, into fine parts to witt in dry thinges

into fine powder, & in liquid spreadeth yt selfe farre

abroade, Densum is that which hath noe Perforation as

as Guaicum, Ebenum, & such like: Rarum is the contrary

for that yt hath large perforations, as Agaricke; Leve is

that which hath a greate Bulke & weigheth litle; Grave

is the Contrary; Friabile is that which sticketh lightly together

and may easily be powdered as Amylum Agaricke; but of these

I am too tedious, and will referre you rather then offend

to the forementioned Authors; The Second thing that

I propound for the Destinction of simple medicines, is the

quality, & that is perceiu'd three manner of wayes,

to witt, Sapore, or by the tast, Odore by the sent, & Colore

by the Colour; and first de Sapore./ of Tastes there

are Diverse differences, & so infinite, that it is impossible

to distinguish them yf I should proceed to the perticuler

tast of every plant; but I will devide them into Simple

and Compound: the Simple are seaven, to witt, Austerus,

Acerbus, Acidus, Acer, Salsus, Amarus, et Dulcis.

1

Austerus sapor is that which causeth a meane astringent

quality vpon the tongue, bringing litle or no sharpnes

which is easely perceiu'd in diverse vnripe fruites as Peares,

Damsons, Medlers, which the more ripe they are, tast more

2

sweet, & lesse austere; the next is Acerbus Sapor, which

is more straightening & astringent drawing the outward

part of the tongue together as is to be experimented

in a decoction of Pomgranate pills, Sumach, Cyprus nutts

3

and such like, the next is Acer or Acris in Greeke ( )

and this affecteth the Tongue with a biting and hott Tast

in so much as somtimes it burneth the mouth as is to be

4

perceiu'd in pyrethrum, mustard &cetera 4thly Acidus Sapor

penitrateth the Tongue with his tenuity or thinnes of parts,

with out any evident heate, as is perceiu'd by vinerger & sorrell

5

Iuice of Limons Cytrons &cetera, 5thly. Salsus Sapor draweth

the Tongue together and as it weere shaveth the skin of

with a meane heate but violently drying, this is evidently

6

knowen in the tast of Salt Peter & Common Salt. 6thly

Amarus Sapor, this is unpleasaunt allso, in some kinde

shaving the Tongue, as is to be found in the tast of

folio 161 verso || folio 162 recto

7

Aloe, wormwood Colocinthis etcetera 7thly. Dulcis Sapor &

that's Duplex, for one wee terme properly soe, in being

Contrary to Amarus Sapor, as is the tast of Honey

Suger & liquerish which delight the Tast; the other

is called Dulcis or Insipidus Sapor, in Greek ( )

that is deprived of the foremention'd Tastes, as is the

in 6to libro de

Causis Plantarum

Tast of Oyle which by Theophrastus is distinguish't by

the name of un^ctuosus et pinguis sapor, there is allso

insipidus sapor sine vnctuositate as is found in Cowcumbers

Blites, & other Cold pott hearbs and that is ca'ld Aquosus

Sapor; and thus much de Saporibus simplicibus ; the

Compound Tast's are of the simple mix't and all variable

as wee finde almost in all manner of Plants and the

fore not to be insisted vpon further. I proceed now

to the second way of knowing the qualityes of simple

medicines, that is ab Odore, and that is more difficult

in lib 2da de

Anima

then a Sapore, as Artistotle witnesseth in these wordes

Non Ita manifesti sunt Odores sicut Sapores, magisque nos

fallere sensus odoratus potest quam gustus, and Galen

in libro 4to de

Simplicibus

thus Concludeth after a discource (too long to repeate),

of the Destinctions of the severall qualities of simple

medicines, his verbis Quare Certum Tutumque non est de

tota medicamentorum facultate ex odore conjicere:

Odor or the sent is by Spigelius is devided in bonum, seu

Iucundum, et malum seu Injucundum, the first wee terme sweet

of pleasaunt agreeing with our nature: the 2d strong smelling

or stinking offensiue to vs: yt is defended by both the Auncient

& moderne writers that Odorata of those of a pleasaunt sent

in 6to libro de Causis

Plantarum Capitulum 24

are hott & dry, Theophrastus saith Odorem per Coctionem acquirj

quod Odorata evaporent, evaporatio autem omnis fit a Calore:

now seeing no Coction is made without heate, for this reason

it happeneth in hott Countries there are more plants growing

of pleasaunt & sweet sents then in Cold, as wee finde most of

our Spices are brought from the Moluccas , Zeilan , Sumatræ

And other parts of the Orientall India which all are in ^ a hott

Climate, yet in our Northerne Regions wee are nott without some

few Rootes of good sent, as Radix Iridis ex Illiria , Acorus ex

Paludibus and wee may reckon yf you please amongst

vs Gariophilatæ: to this some may obiect what then Roses

& Violets are hott & dry, for they are odoris Iucundj, to this

in libro: 2do Isagoges

in rem herbarum

I giue you Spigelius his words, Respondeo plus esse Florum

etiam folijs diversas, Calidas scilicet et frigidas, plures vero

frigidas atque hac ratione, flores hos frigidos censerj, Calidas

vero partes exhalare propter earum tenuitatem quæ sunt

in superficie foliorum hoc est proximæ aerj: in the 2d place

the quality our Temperature of Odor malus or Injucundus, is

not so sufficiently declar'd, either ab Antiquis aut Neotericis

for malus odor sive fætor, seemeth not proceed from heate

for many plants of evill sent are Cold, as Cicuta, hyoce

in sectione 13 problematum:

=amus; and Arestotle saith, multa Odore malo prædita velutj

excrementa animalium a Cruditate provenire, quod sit a

Caloris naturalis inopia; yet the foremention'd Author

I meane Spigelius thus Concludeth, Existimo tamen fætorem

Cum sit Caloris species a Calido similiter et sicco defendere, and

this shall suffice for the 2d way of knowing the quality of simple

medicines, videlicet ab Odore: the 3d thing in qualitate medicam=

entorum is a Colore. I should I must Confesse wrap my

selfe into many Errors yf I should fall vpon the destinat

ions, of Colours, or like a Painter show you what Colours

Ioy'nd together would make a Contrary. only in the

knowledge of plants a Colore wee are to vse much

Diligence, Inspectione frequentj, for alius est Color Radicum

alius foliorum, alius seminum et fructuum. but I doubt

I haue Intrench't vpon your patience, & therfore will

cease troubling you further at this time, intending, God willing

vpon the next occasion to proceed to the third & last thing

by me propounded, to be considered in Arte Deligendj medica=

menta, & that is Tempus Colligendj, & after that to treate

De Arte præparandj medicamenta

folio 162 verso || folio 163 recto

folio 163 verso || folio 164 recto

Diseases of the Backe

For the Stone or Strangurie/

Concerning the Cure of the Stone

in the Reynes & Bladder./

The payne of the Stone is the Extremest of

all paines incident to the Body of Man, and is

affirmed by the Learnedest to be ingendered through

great heat about the Reynes or streightnes of the

Conduites; Aboundance of grosse or Slymie humors,

or burnt Choller, which through Excesse and

Extraordinary heate is as it weere baked and dryed

like Clay in a ffurnace, and so at last becomes a

hard stone: ffor the amending and Curing of which

disease, All that is ministered is either hurtfull, or

of small effort, vnlesse the Patient keepe a Sober

and Regular dyett./

In this Case, All kyndes of wyne, sweete or

Sharpe, grosse or subtile, whyte or redd are

Rejected, All kynde of Pulse, as Pease, Beanes,

or the like, All grosse fflesh, All Water ffowle

and ffowles of great bodies are hurtfull and dainge=

rous All fruites Except Mellons and Ripe prunes

and those but in small quantatie, or Pomgranates

with Sugar and Coriander seedes. Of Herbes

that are good in this kynd, are Borage, Beauglosse

Parseley, Lettice Myntes, Spinage and Succhory

in Breath of Veale or Chickin, Yow may Eate

some Nepes, Rapes & Raddishes. All shellfish

folio 164 verso || folio 165 recto

All shelfish are nought Except Crevices and

Shrimps./ Potcht Egges are very good with a

little Vineger; But in any Case bewarr of old

and hard Cheese, for that alone is often the Cause

of Stone./ Lye not vpon your backe att night

when you sleepe; Keepe your Reynes cold and

moyst, and lett your backe goe untrust in the

Summer. This dyett beeing vsed for a season,

yow will then doe well to take an ounce of Cassia,

newely drawne out of the Cane and eate it with

a little Sugar in the morning Vse this euery

second weeke till the reynes bee pretty well

Cleansed. Take also euery day a little Cassia

vpon a knifes poynt to keepe your belly moyst

for that is the most requisitest thing in this Cure

And at other tymes when yow are disposed take

a Little of this Syrupp following which is

Excellent to Mundifie and Cleanse the reynes

to bring downe the humour with Releasing

and asswaging the paine, and bringing out the

Gravell./The Syruppe./

For the Stone

Take of the broath of a Chickin sodden till all the

flesh fall from the Bones, three poundes of

Mellon seedes a little bruised an ounce, of parseley

Roots and Allysander Rootes of each 3 ounces,

dammaske pruines and Sepestens of each

six in number, great reysons halfe an ounce,

Cleane Liquorice tenn drams, The Waters

of Borage, Endive and hopps of each 3 drams,

and with a sufficient quantatie of white Suger,

boyle them till halfe be Consumed and more, then

streyne it and make a Syrrupp, This is of an

Excellent operation for mundifieing of the

Reynes. The Dose is a little Cupp full in the

morning, and to sleepe after it, If yow would

haue it to purge Choller, putt therein a dram

of fyne Rhubarbe with a little Cassia./

Another for the Stone

Dry the rootes of Redd Nettles, and make them

into fyne powder, of which putt a spoonefull in

a draught of whyte wyne, and drinke the same

warme in the morning, It wil breake the

Stone though neuer so great, yow may

vse it till the stone and gravell be Consumed./

Another

Take halfe a pynte of Whyte wyne, the Iuyce of a

Lemon, two spoonefulls of the oyle of Sweet Allmondes

newely pressed, and one ounce of Sugar, make a

potion of this, and drinke it warme in the mor=

ning, walke after and fast 3 houres./

Another for the Stone

Take a quantatie of Burr seedes well dryed,

and powdered fynely then putt a spoonefull thereof

in a glasse full of Rhenish wyne, Lett it stand

all night Close, In the morning shake it, and

drinke it off, walkeing gently an hower or

two after it./

folio 165 verso || folio 166 recto

An Excellent Powder to breake the Stone

Take the Kernells that are in Sloes, and drye them

vpon a Tylestone and make powder of them Then

take the Rootes of perseley Allysaunder, Parietary,

and holy oake of each a like quantatie, Seeth them

in whyte wyne or in broath of a Chickin, streyne

it into a Cleane Vessell, and when yow drink of it

putt halfe a spoonefull or more of the said powder

therein, and yow shall fynde great and good effect

in it in bringing away the Gravell./

For the Stone in Children

The tender age of Children is subject to

many grevous and perilous diseases, yet is

none so violent and more to be fearched feared

in them, and in all kynd of Ages then the stone/

The more is the dainger in Children, because

neither can their bodies be well purged of the

Antecedent and peccant humors, nor can they

abyde any medicyne that is powerfull to breake

it Soe that by the daylie increase and groweth,

the disease acquireth such strength as it becomes

a Rebell to Phisique , and in processe of tyme

vtterly incurable, yet in the begining it may

be helped thus: ffirst Lett the Nurse be well

dyeted, or the Chyld if it bee of any age

absteyning from all grosse meates and hard

of digestion as Beefe Bacon Saltmeates

and Cheeses, Then a Roote of Pyony dryed

and made into powder, mingle the same with

as much honey as shalbe sufficient, or if the

./

Child cannot indure honey make it vpp with

Sugar melted vpon the Coales, and giue thereof vnto

the Chyld more or less twice a day till you see the

vryne passe easiely, Or to giue it in a Reare Egg

is a singuler Remedy for Children./

An Oyntment for the Stone in a

Chyld./

The oyle of Scorpions att the Apothecaries is

Exceeding good to annoynt all the members, and

the other part of the Belly Right against the

Bladder./

A Playster for the Stone either in

young or old./

Take a quantatie of Parietary of the wall, &

a quantatie of doves dung, fry them in a pann

with a good quantatie of ffresh butter, And as

hott as may be endured lay it to the belly & backe,

and euery 4 howers lett it bee renewed, This with

the powder before mentioned is good for all Ages./

Another for the Stone

Take the two hinder feete of an hare, Slyce them and

dry them in an Oven, Beat it to powder, and keepe

it for your vse It is good to breake the Stone./

Another for the Stone

Take two drams of the oyle of vitrioll, halfe a dram

of the oyle of Tartar, putt them together into a glasse

and they will come to the Colour of milke, and

soe standing a Certaine tyme will Congeale into

Salt Take halfe a dram of this salt & putto it

2 ounces of the Syrupp of Roses and halfe an ounce of

Cinnamond water & 5 drops of the oyle of Iuniper berries

putto it & drinke it./

folio 166 verso || folio 167 recto

Another for the Stone or Strangurie

Take of ffrench Barly well washed in seauen waters

one after another, one handfull of Marshmallowes -

Rootes, halfe a handfull of Liquorice, the weight of

a Shilling of ffrench ffennell seedes a spoonefull;

Boyle all these in a pottle of Spring water vntill

a pynte or more bee Consumed, then streyne it, &

dissolue in it as much Gunm Arabique as a beane

and soe drinke thereof in the morning fasting a

good draught, and otherwise as often as yow please./

Another approved for Stone or Gravell./

Make a good possett drinke of whyte wyne and Ale, then

take two spoonefulls of Burdocke seedes and as much

of Parceley seedes, Bruise these seedes and boyle them in

the possett drinke about a quarter of an hower, then

streyne it, and putto it a good peece of sweet butter,

and drinke a good draught of it morning & Evening,

And yow will fynde it will voyd much gravell:

But yow must Remember to make the possett

drinke fresh euery day./

Another to ease the Payne of the Stone

caused by Slyme or gravell./

Annoynt the place with oyle of Scorpions and

oyle of Lillies, of each a like quantatie And then

vse the former Medicine, which will make an Ad=

mirable effect for the Ease of the party./

Another for the Stone

Take the quantatie of a Beane of Roach Allome

in two or 3 spoonefulls of whyte wyne, but breake

the Allome noe smaller then yow may well

swallowe it./

Another Commended for a most Excellent

Medicyne for the Stone, Purging it from the

Reines & Bladder & other Passages not

Suffering it to growe./

Take Marshmallowes Arsemart and Greene Hawes,

distill them every one a part, and keepe the waters -

severall, and the dry Cakes also keep them seuerall till

every sort be distilled, Then take all the drye Cakes &

Burne them vpon some Cleane dry Stone, or marble

together till they bee all in fyne Ashes, Then take all the

Ashes and putt them into an Earthen Vessell or pott,

and putt vnto them all their distilled waters, and so lett them

steepe on a day or two stirring them with a sticke often=

tymes till the water haue soaked out all the strength

of the Ashes, Then streyne it through a Boulter

Bagg two or three tymes till yow haue parted the

Liquour Cleane and pure from the Ashes and that theire

bee no strength Left in the Ashes, Then Cast away the

Ashes and sett the Liquour vpon a soft fire, till yow

haue vapored away the one halfe at Least, and keepe the

Rest by yow, And when yow haue occasion to vse it,

drinke of it more or lesse as often as yow please

with a little of the Syrupp of Marshemallowes; yow

may putt in a little whyte wyne to the Hawes

before yow putt them into the still if yow please;

And if yow cannot gett Marshemallowes, yow may take

Common mallowes, and increase the quantatie of

Syrrupp of Marshmallowes when yow take the

drinke./

folio 167 verso || folio 168 recto

Mr Ruthins Receipt for the Stone in the

Kydnies for a Man./

Take inwardly two or three dropps of the Chymicall oyle

of Sassafras in 3 or 4 spoonefulls of a whyte wyne,

Then annoynt the Reynes, and so downewardes alonge

the syde where the paine is to the fflancke with oyle

of Scorpions, Then goe to bedd keeping your selfe

warme for certaine howers, and by Gods helpe the

ffitt shall passe away: But if the partie greiued bee

a woman with Chyld, by no means giue her the

oyle of Sassafrasse &cetera

To Cause Vrine

Eglantine berries powdered and drunke

will Cause one to make water often./

Another

Cantharides outwardly applyed blyster,

Inwardly taken procure vrine & venerie./

For Payne in the Backe by Gravell,

or wynde in the Kidneyes./

Take a pecke and an halfe of ground Mault

and boyle it in a great Kettle in asmuch water

(as the party beeing sett in a Bathing Tubb

may Cover him vpp to the Waste aboue the

place ill affected) Then lett the party be sett in a

Cl Tubb Close Covered to keepe in the fume of the

boyled mault to Cause him to sweate which is best

done by keeping in the Vapour. Theire lett the

party sitt till the water bee Cold and then instantly

goe to bedd and sweate Then heate the Mault and

water againe, and sitt in it as before, and then

to bedd and sweate againe, And this may be done

Twice or thrice in a morning and for thirteene

daies together, whereby the Body will become

Active and nimble by meanes of Evaporation

of the wynd, espetially if after this yow vseto

drinke the distilled Water of herbe a grace

twice stilled videlicet ffirst distill the hearbe, and

the water soe distilled must be againe distilled.

Of this second distillation yow must drinke

seauen spoonefulls in the morning, and as many

in the Evening, And Continue drinkeing

of it for 20 dayes together, which is a most

Excellent Cure for the stone in the Kidneyes.

Memorandum every pynt of this Water will

Cost, six shillinges./

To Strengthen the Backe

Take oysters greene fryed with Eggs and made

into a Tansey and Eaten Is a singular Remedy

against the Weaknes of the Backe./

Another for the Same

Knottgrasse giuen in powder in a Reare Egg

helpes in the payne in the Backe very much./

Another for Gonorrhea paine, or

weakenes in the backe./

Take 4 Rootes of Comphrey, knottgrasse and the Leaues

of Clary of each an handfull, stamp them together, and

streyne the Iuyce into a quart of Muskadell, putt there=

vnto the yelkes of 3 egges, and the powder of Nutmegges

To drinke a little first and last is a most excellent

Medicine against Gonorrhea, and all paines and

Consumptions in the Backe./

folio 168 verso || folio 169 recto

Another

Sampire is excellent for voyding gravell from the

Reynes of the Backe and Bladder, stampt & drunke

in Ale, or whyte wyne./

Another

Nettle=Seedes grosely beaten and drunke in whyte wyne,

is a most singular medicine against the Stone either

in the Bladder, or Reynes As hath bene often proued./

Another to Cleanse the Reynes./

Take a pynte of New milke, and an handfull of

yarrowe, and shredd it fynely, and boyle it till

halfe be Consumed, and drinke it for nyne

morninges together. If this stay not the Running

of them Vse this followeing

Another for the running of the Rheynes./

Take the whites of 4 newe layd Egges beate them

to an oyle and lett them stand all night Covered,

and in the morning take away the ffroath

Then put to that oyle 27 Spoonefulls of redd

rose water, and sweeten it with two ounces of

Whyte Sugar Candy and divide it into three

partes, and vse it for 9 morninges together, and

make fresh euery third morning./

Another for weakenes of the Backe./

Take smallage Egrimony and Mouse Eare

a like quantatie, stampe them in a Morter, and

putt to them Swynes Grease and Vineger a

sufficient quantatie, then frye them together

and make a plaister, and lay it as hott

to the Backe as the party can suffer it./

Another to Strengthen the Backe &

Cure the Running of the Rheines./

Take a pynt of new milke, and putt thereto

some Rosewater, and the whyte of an Egg

beaten Boyle Boyle it together till the

water be consumed, And putto the Remainder

of the milke a deedge made of Sugar, Cinna=

mond, and the rynd of a Pomgranate, Take

a draught in the morning fasting, for a weeke

together./

Another for the same

Take Achornes dryed and beaten to powder

seeth a pynt of them in a pottle of new milke

till it growe thicke, and drinke therof first and

last for seauen daies together, Soe vse to seeth

with it 2 or 3 plantane Rootes well stampt,

and vse it for 9 or 10 daies together./

To Stay the Whytes & Strengthen

the Backe./

Take the whyte of a newe layd Egg, beate it

very well and putt thereto three spoonefulls of

redd rose water, three spoonefulls of plantane

water, halfe an ounce of Whyte Sugar Candy

Beate all these a whyle together with halfe

a Nutnegg added to it, and drinke it cold,

The Nutmegg must first be baked in the oven

in a Loafe of Bread./

folio 169 verso || folio 170 recto

Another for the Same

Take the whytes of two newe Layd Egges and as much

Redd Rose water as will goe into an Eggshell.

Take Gumm Dragagant and steep it in some of that

water, and lett it lye all night in it Then take

the quantatie of a Wallnutt of that Gumm, and

dissolue it in the whytes of the Egges Then take

asmuch powder of Masticke as will lye vpon

a sixpence, mingle it together and warme it,

and drinke it euery morning for nyne mor=

ninges together./

A Remedie for the Vlcer in the

Bladder./

Take 7 or 8 spoonefulls of Sweet Sallett

oyle and drinke it last morning & Evening

for 3 or 4 daies together It helps this disease./

Another for weakenes in the Backe

Take Clarie, dates, and the pyth of an oxe, a

sufficient quantatie then putt to them Creame

Egges and grated bread a like quantatie, ffrye all

together, putt Sugar to it, and eate it in the

morning fasting, when you temper it together

putt also to it some whyte Saunders./

To Cure the heate of the Backe, &

running of the Reynes./

Take of Water Cresses and Cullumbyndes of each

a good quantatie (ffor a man take the femall Cresses

for a woman the male) Boyle them in Cowes

milke, And when the hearbs are well boyled

Lett the Patient eate the milke with a little whyte

bread in it, and drinke thereof morning and Eve=

ning for a Certaine tyme./

A medicine to heale the vessell wherein

Nature lyes if it be broaken./

Take a good quantaty of the huskes of Ackornes

dry them well and make them into fyne powder, putt

a spoonefull of this powder in halfe a pynt of Stale

Ale, make it blood warme, and drinke it in the

morning fasting, keepe yow warme in a bedd

an hower after, Take it also an hower after

Supper or goeing to Bedd./

For weakenes in the Backe

Take 4 or 5 Capp dates peele them very Cleane

and tamp them in a morter putto them the yelke

of a new layd Egg, a little Nuttmegg grated,

and a quarter of a pynt of Muskadine drinke

this morning and Evening./

To Restore Nature & for weakenes

of the Backe./

Take a quart of Sacke, a Topp of Rosemary water

Wynter Succhory, and penny royall of each a

like quantatie, of ginger and Nutmegg as much

as will burne the wyne, then take two newe

layd Egges, yelkes and all, and temper them with

3 or 4 spoonefulls of Redd Rosewater, putt

thereto a good peece of ffyne Sugar then take

the burned or mulled sacke, and burne it over

againe with the Egges putting therevnto a little Mace,

folio 170 verso || folio 171 recto

Mace, It wilbe like a Cawdle, then putt to it

some Sallett oyle, and mix it well with the Sugar

drinke thereof thrice a day, in the morninge

fasting, In the Afternoone, and Bedward./

Another

The yelke of a new Layd Egg with a Little

Manus Christi eaten in the morning fasting

Restores Nature, and strengthens the Backe./

Another to strengthen the Backe

Take a quart of good Ale, three or fower

whole mace, as many dates, the stones and

pythes taken out, and a good handfull of the

topps of Rosemary Boyle it till it be Con=

sumed to a pynte; then take the yelkes of

two or three newe layd Egges but yow must of

take away the Skynn or rynd which is about the

yelke, Put the yelkes into the Ale, and boyle

all well together stirring it well, drinke

hereof morning and Evening for 5 or 6 daies

It strengthens much./

Another to restore or strengthen

Take a quart of Goates milke, or for want of

it redd Cowes milke newe, an handfull of

oatmeale, the pyth of an Oxe Backe stampe

them together, and seeth them well, streyne it,

and drinke therof first and last, Good also

against a Consumption./

For the Kydneis & to strengthen

the Reynes.

Take Bewglosse water distilled putt therein a like

quantatie of redd rosewater, So much of both as

may be a reasonable draught, putt

therein a quantatie of fyne whyte Sugar, and

drinke the same euery morning fasting It will

Restore nature and strengthen very much./

For a payne in the Backe

Take a quantatie of Lynseede dryed and brayed

of oyle olive, sweet Creame, and Barrowes

grease of each a like quantatie: Boyle them together

and spread a plaster thereof, and lay to the place

greiued.

A Restoratiue for a weake Backe

Take a quart of stale Ale, halfe an handfull of

Germander, of Clary, vnsett Hysopp, and vnsett

tyme of each an handfull, a Branch of Rosemary,

a good quantaty of English Saffron, a dish or

peice of sweet Butter, and a good peece of Sugar:

Boyle altogether till the halfe be Consumed, streyne

it and lett the Patient take of it morning and

Evening./

Another./

A Tannsey of Clary Egges Nutmegges and mace

to breakefast much Comforteth the Backe./

Another to strengthen the Backe

Take a pynt of Allegant or redd wyne, putt

therein a good quantatie of ffyne Sugar, of

Red Rosewater Bewglosse water, Borage water

of each a good quantatie, with a Little Diasaterion

drinke two or three good draughtes att seuerall

tymes, It Cooleth the Stomacke & Reynes,

and Comforteth the Backe./

folio 171 verso || folio 172 recto

Another to strengthen the Backe./

Take the quantatie of a quart of the pyth of an Oxe,

and a quart of Muskadine Boyle them till they bee

thicke, then streyne it through a Cloath Take

thereof 5 or 6 spoonefulls att a tyme in the

morning fasting for the space of 4 or 5 daies

together It will doe Exceeding much good as

hath bene proued./

Another for the stone or strangury

Take of Burdocke Rootes washed and dryed

then slyce them, and drye them to powder,

Take the like quantatie of Wallnutt Buddes

Wash them dry them, and beate them to powder

Take of these asmuch as will lye vpon a groate

in a draught of whyte wyne morning and

Evening It helpes./

folio 172 verso || folio 173 recto

For Diseases of the Belly, Bloody=

Fluxes, or Loosenes &cetera/

For swelling of the Belly./

Take the Iuyce of Rue, and drinke it often with

stale Ale, asswageth it, Or redd ffennell Boyled

in Ale and drunke./

An Excellent Medicine for a Flux

Take the seedes of Medlers keep them about yow

in your pockett, that they may dry by the heate

and warmeth of your body, being dry beate

them into powder, and drinke of the same powder

as much as will lye vpon a groate either in

possett drinke, or otherwise, As yow continue

this increase the quantatie of the powder to asmuch

as will lye vpon a sixpence, or more according

to discretion It hath Cured many and those

farr gone and miserablely afflicted with this

disease./

Another for the Bloody Flux

Take the Pills of Pomgranates redd rose Leaues

Dryed Bole Armoniacke and some Terra

Sigillata, make them all into fyne powder,

mix them and giue them vnto the Patient

to drinke in Aleberry, Cawdle, or Pottage

In 4 or 5 daies It will stopp the disease./

folio 173 verso || folio 174 recto

Another for any man or Chyld that is

troubled with a Rupture, Running of the

Reynes, or Bloody Flux./

Take Knotwort Ribwort and Comphrey, wash

them and dry them in an Oven seuerally, then

pound them a part, searce them & weygh them

equally, then mingle them together, and take

halfe so much powder of Annyseedes and mingle

with it Take as much of this powder for tenn

mornings and Eveninges together as will

lye on a sixpence in five or six spoonefulls

of Muscadine And then take a quantatie

of the herbes aforesaid and boyle them in runnig

water Then take oyle of Spyke and mingle

it with sweet Butter, and annoynt the place

greiued Then lay the herbes vpon it as warme

as may bee suffered, Soe often as yow drinke

this powder weare a Trusse vpon it a good

while after This Knottwort growes flatt

vpon the ground and beares a Blewe flower,

and the seed of it is like stones./

To stay inordinate Fluxes of weomen

or any Bloody Flux be they never

so greate./

Take the forefeet of Hares, furr, clawes, bones, flesh and

all Bake them in an oven, & giue to the sicke

all most a spoonefull of the powder thereof fynely

searced in Ale to drinke./

Another for a Bloody Flux

Take the Iuyce or seedes of Henbane with the

whyte of an Egg and a little Vineger made

in the manner of a plaister, and apply it to

the Belly, It helpeth./

For both or any Kynd of Fluxes

Take asmuch of the powder of Corall as will

lye vpon a groate, drinke the same in redd wyne

vse it three tymes a day, Or take date

stones, and beate them to powder, and take the

quantaty of one of them in possitt drinke, or

Beere, vse this 2 or 3 morninges, or as

oft as yow thinke fitt./

Another for the Same

In the moneth of May Gather the reddest

Oake Leaues yow can gett, and distill them

and when need Requires make papp

thereof with milke, fyne flower, Sugar

and Cinnamond, take it as oft as your

stomach standes to eate./

To stay a Flux from whatsoeuer cause it bee./

Take the Peasle of an Hart dry it to powder

and drinke it in redd wyne, Or the water of

Oaken Buddes, or the very Ackornes dryed & beaten

to powder, and drinke in redd wyne is very good.

Or the Mawe of a young Leverett with the Iuyce

of Plantane eaten, is good./

folio 174 verso || folio 175 recto

Another

Take a pynte of Black Snailes well washed

in Conduit water Boyle them in a pottle of

milke till it come to a quart, streyne it and lett

the partie eate of it Continually./

Another for a Bloody Fluxe

Take a quantatie of Sanguinaria seeth the

same in Vineger for a long tyme in some

Convenient Vessell, and lett the partie

Receiue the fume of it att his fundament

It helpes./

Another

Take the Wooll that is shorne from scarlett

dry it well at a fire, or in an oven, till it bee

powder, giue halfe a spoonefull thereof

in redd wyne for 5 or 6 tymes It

Cures./

Another

Take a quantaty of Fluxweede and boyle it in

newe mylke, Then take it out, and putt into the

milke a quantaty of Wheate flower, and

make it into papp, and Eate it euery morning

fasting./

Another for the Same./

Take redd Currans and drye them betweene

two Tyles, Then beate them to powder,

putt it into redd wyne, and drinke the same

fasting./

Another

Giue the party first a gentle purge, then a day after

take a Lynnen Cloath, and scrape off asmuch Lynt

as will make three pills, dipp them in Aqua vitæ

and swallowe them./ doe this three tymes a day for

the space of 3 or 4 daies If this doe not, Then

take the Lynt and dipp it in Vineger, as yowe

did in Aqua vitæ, and putt it vpp into your body as

a Suppositor./

A Iulipp for a Flux

Take Knottgrasse and plantane of each halfe an

handfull, a pennyworth of Tormentill Rootes

Boyle them well, Then streyne it, and to euery

pynt of drinke putt two ounces of the Syrupp of

Quinces This with the helpe of the Clister (vide

Clyster) is a singuler Medicine Probatissimum./

Another for a Loosenes./

Take a quart of newe milke and boyle it, as it

seethes vpp, power in a pynte of water, and lett

it all boyle to a pynte, soe drinke it as hott as

may be fasting./

Another for the Same

Take a little wheate flower and mingle it with

the yelkes of Egges Bake it on an Earthen stone

and eate it for bread./

Another for the Same

Take a quarter of a pound of Ryce ffry itt in

a pynt of Redd wyne, then apply it to the Navill

as hott as yow can suffer it./

folio 175 verso || folio 176 recto

Another for the Same

Take plantane Knottgrasse Bursa Pastoris called

sheppardes purse, stamp them with Ale, and

drinke it as hott as yow cann Probatum./

Another.

Take Gynnie wheate, and parch it, and eate

thereof till the stomach beginns to Loath it

Probatum It stayes the greatest Blooddy

fflux in hott Countries where/ it is farr more

violent.

Another for the Same

Take an handfull of Redd rose Leaues dryed

and boyle them in a quart of high Couloured

Clarrett wyne, streyne and drinke therof

It helpes./

Another

Take the yelke of an Egg beaten, and mixe

with grated nutmegg Bake it vpon an hott

Tyle stone, and Eate it fasting betwixt meales

& before supper./

Another to Stopp a Flux or running

of the Reynes./

Take Sanicle, Seeth it in wyne or Ale, straine

it & drinke it There is no better or speedier

Remedy. It helpes the disease of the Lunges

yow must take it in the morning fasting./

Another for a Fluxe./

Take Blackeberries when they be greene dry them

in an oven, then beate them to powder and drinke a

little of it in wyne or Beare./

folio 176 verso || folio 177 recto

For the wynde Chollick or paine

in the Bellye./

For the Chollicke

Take the outward ffilme of Pigeons Mawes, drye

them, and beat them to powder, and drinke a thymble

full thereof in whyte wyne and Sugar att the

begining of your fitt./

Another for the Chollicke

Take Marshmallow Rootes and Liquorice of

each a pennyworth, scraped Cleane and slyced,

Boyle them in Possett drinke with a good quan=

tatie of Parseley seedes or Annyseedes is an

Excellent drinke against this disease./

Another for the wynde Chollicke

Take the Rootes of Redd Nettles, wash them

well, and boyle them in strong Ale & drinke it./

Another for the Same

Swallow euery morning a Clove of Garlicke

It is an approued Remedie./

Another

Take the fflowers of Broome, distill them, take

the water thereof sweetned with Sugar & drinke

it./

Another for the wynd Chollicke

Parsely seedes bruised and boyled in Sacke and

drunke warme is very good.

A Powder to Expell wynde

Take Annyseedes ffennell seedes Commyn seedes & Caraway seedes

of each an ounce, pepper & ginger of each a pennyworth a

Nutmegg & a little Galling gall, Make these with ^into fyne

powder & putt thereto so much sugar Candy as will

make it pleasant & eate it drye before and after

meate./

folio 177 verso || folio 178 recto

A Drinke to Expell wynde

Make a possett of Whyte wyne and when yow

haue taken off the Curd, Seeth in the possett drinke

three topps of Rosemary, three topps of Sweet

Marjoram, 3 topps of Bawme and a Slyced

Nutmegg, Make it sweet with Sugar & drinke it./

Another to Expell wynd from any

part of the Bodie./

Take an handfull of Cammomill, and putt it

into an Earthen dishe, vpon it lay hott Embers

and vpon them again lay asmuch Cammomil,

Take the dish and the Embers thus Covered,

and vnderlayd with Cammomill and Cover it

with a Lynnen Cloath, and so apply the

mouth of the dishe to the place where the

paine is, This fume will remoue it; And

as it Changes the place, followe it with the

dishe and fume till the paine be expelled

Approued by Mr Bold ./

For gripeing of the Belly by wynde./

Take ffennell seedes, Cummyn seedes & Annyseedes

of each a like quantatie, beat them to powder,

and seeth them in wyne, & drinke a good draught

first and last for 4 or 5 daies. It driues out

wynd exceedingly./

Another for gripeing in the Belly.

Take Nutmegges bruise & boyle them in stronge

whyte wyne till three partes be Consumed with the

roote of Motherwort added thervnto in the boyleing;

Streyne it & drinke it with some sugar It helpes

exceedingly./

Another for brme Wringing in the belly/

Take yarrowe & stampe it, and temper it with good strong

Ale, and giue the Patient 3 spoonefulls att a tyme,

After this seeth penny royall, and bynd it as hott to

the belly as cann be endured./

Another

Eate Tansey, Rue, or Sothernwood with salt; it helps./

Another for griping of the Belly

Take two handfulls of Wheat Brann, & one handfull

of Cammomill, boyle it in Vineger, & lay it plasterwise

to the left syde of the Patient as hott as cann be suffered.

This is also good for the Mother./

To Loosen the Belly that is bound./

Take a Chickin and a pretty quantatie of Cassia=

fistula, seeth them in faire Running water, and

drinke the Broath. It will procure Loosenes without

any paine./

Another

Take the quantatie of an hazell nutt of Aloes

Cicatrici (or asmuch as yow thinke will agree

with yow) Eight reysons of the Sunn stoned,

bruise them very well, and make little pills

thereof, Take in the morning as many as yow

can well swallowe downe./

Another

Take Roasted Apple mixe with it a little

Butter and ginger, and eate it goeing to bedd./

folio 178 verso || folio 179 recto

folio 179 verso || folio 180 recot

For the Plague or Pestilence

Take the weight of Tenn graines of Saffron Walnutt

Kernells two ounces, ffigges two ounces, Mithridate

one drame, and a fewe sage Leaues stampt together

with a sufficient quantatie of pimpernell water.

This made into a Masse or Lumpe and kept in a

glass for your vse, If yow take therof twelue

graines in the morning fasting It preserues

yow from the Pestilence, or Expells the In=

fection taken./

A moste Excellent Drinke against Plague,

Sweating Sicknesse, Small Pox,

Measles or Surfetts./

Take 3 pyntes of Malmesey or Muskadine, of Rue

and Sage of each an handfull Boyle them together

till a third part be Consumed, then streyne it, and sett

it ouer the fire againe, and putt therein long pepper

white ginger and nutmegges of each about an ounce

beaten to powder Then boyle all together a little

more, Then take it off the fire, and putt therein

an ounce of the best Methedate, and two ounces of

the best Treacle, and a quarter of a pynte of

the best Aqua vitæ Soe keepe it for vse aboue

all other Medicines as your life in a Close

glasse or pewter pott, If the party be infected

lett him take a spoonefull every morninge

fasting If not halfe a spoonefull once in three

or fower daies is enough./

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A Perfume for the Howse against

Plague./

Take a quart of Vineger, Seeth therein the Leaues

of Angelica, Bay Leaues, Rue Centory the lesse,

Camomill, the berries of Iuniper, some ryndes

of Oringes, and Lemmons, Some Elycampane

Roote and Rodoana; Putt some of this Liquorice

vpon an hott fire shouell, and take the fume of it

The smoake of a Linke when the Light is

out is very good./

For the Ryseing of the Plague sore

Take an ounce of Manna, one dram & an halfe

of Rhubarbe, Putt the Manna into 18 spoone=

fulls of Endive water, and Slyce the Rubarbe

thinn and putt it also into the water, and lett

it so stand on the Embers all night, and in the

morning streyne it and so drinke it Luke

Warme, And lett your drinke be possett Ale

the whole day after./

Or a Playster of Diaculum cum

Gummis is very good to ripen and breake

a Plague sore./

A Good Preservatiue against the

Plague

Take Sage of Vertue and Alder Leaues and

redd Bramble Leaues of each a good handfull

stamp them, and streyne them together through a

fyne Lynnen Cloath, and putto the Iuyce a quart

of perfect good whyte wyne, and a good quantatee

of whyte wyne Vineger, mingle them together,

and put thereto a quarter of an ounce of whyte

ginger beaten to powder, Vse to drinke this

every morning fasting, the quantatie of a

Spoonefull att a tyme for 9 daies together

and by (Gods help) It will preserue yow. This

Medicine was sent to the Citty of London from the

Kinges maiestie for the Plague Anno 1550./

Against the Plague./

Such Antidotes as resist Poyson are to be vsed,

the Choycest whereof is Treacle (if it bee truely

made) The way to trye it, is by giueing a Purga=

tion, to some Lusty strong body, and presently after to

give him the bignes of a Beane of Treacle, and if it

bee vpright and good Treacle the Purge shall neuer

worke; But for feare of dainger in want of this

Take Bole Armoniacke, Harteshorne, Terra

Sigillata of each a drame, of Cinnamond a

quarter of an ounce, stampe them all to powder, and

every morning drinke the weight of halfe a dram

in a Cupp of Meashe or Ale./

To Expell Infection

If it Chance one be infected before hee haue taken the

aforesaid Medicine sent to the Citty of London , Then

take all the said thinges therin named, and putt

thereto a spoonefull of Betony water, asmuch Scabious

water, and a pretty quantaty of fine Treacle and

temper it well together, And lett the Patient

drinke of it often, and (God willing) It will expell

the Poyson; And if the Botch, or Sore appappr

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appeare Then take a quantatie of Alder

Leaues Bramble Leaues, and Mustard seed,

and stamp them and apply them to the sore,

which will fully drawe forthe the Venome

and Corruption./

Another to Expell infection

Take Ivy Berries dry them out of the Sunn

in some windowe, or if hast require in a

fire Shouell heated, Then beate them to

powder, and take as much as will lye vpon

a groate, and drinke it in a draught of

white wyne, Lett the party take it euery

sixt hower for three tymes./

A Spetiall Medicine against the

Plague for all sorts of People./

Take of the Roote of Butterburr, otherwise

called Pestilentwort one ounce, of the

Root of Great Valerian, a quarter of an

ounce, of sorrell an handfull, Boyle all

these in a quart of water to a pynte Then

streyne it and putt thereto 2 spoonefulls

of Vineger and two ounces of good sugar,

Boyle all these together till they bee well

mingled Lett the infected drinke a good draught

of this so hott as hee cann suffer it, And if hee

Chance to Vomitt it vpp, Lett him take some

more of it vpon the former, & provoke himselfe

to sweate and hee shall fynde (God willing) great

helpe./

Doctor Burges his approved

medicine against the Plague./

Take three pyntes of Muskadine, and boyle

therein of Sage and Rue of each an handfull

till one pynt be wasted; Then streyne it and sett

it ouer the fire againe, and putt therein a penny=

worth of long pepper, halfe an ounce of ginger,

a quarter of an ounce of Nutmegges all beaten

together, Lett it boyle a little, And putt thereto

two pemy worth of Treacle fower pennyworth

of Mythridate, and a quarter of a pynt of the

best Angelica water, Keepe this ast your life

aboue all worldly Treasure, Take it all waies

warme both morning and Evening. If yow

be not infected, halfe a spooneful in the mor=

ning and asmuch att night will serue/ If yow

be infected a spoonefull or two in the morning

and asmuch at night and sweate therevpon

In all Plague tyme vnder God/ yow may

trust to this, for theire was neuer knowne

Man, woman or Chyld that this deceiued

This is not onely for the Common plague called

the Sicknesse, but for the small Pox meazles

Surfett and diuers other diseases./

Preservatiue Pills against Plague./

Take pills called Pilulæ Communes, which

aboue all other preservatiue pills are of the highest

operation by reason of a Certaine propertie

they haue (as Rufus the Composer of them saith)

that hee neuer knewe any man that vsed them

but hee was preserued from the Pestilence.

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They are Composed of Myrh Aloes & Saffron,

which haue all great vertue to p preserue the body

from putrifaction They are made thus Take

of Aloes hepaticum well washed 2 drams

Myrh washed, and Saffron of each a dram

Make them vpp with whyte wyne, the Iuyce

of Lemmons or orringes and Sugar Some

take them euery third day, the weight of

halfe a dram in the morning about three

pills, and euery day one before Supper; Every

one according as his body is repleate with

humors, Take them in a good draught of

wyne tempered with a little Rosewater, or

wormewood water. If they growe hard,

Resolue them in wyne or Syrupp of Lemons./

A Preservatiue Drinke against the

Plague

In tyme of Pestilence to Comfort the hart &

to preserue yow from infection prepare this

drinke Take a quart of Muskadine or Meathe

Putt therein of Bole Armoniacke and Mirh

of each a dram, of Sugar a quarter of a pound

of Cinnamond 3 ounzes, the Iuyce of two

Lemmons, 2 nutmegges, 2 races of ginger,

halfe an ounce of Angelica Lett the spices

be beaten before they be putt in , Then lett

them steepe in a Close bottle 24 howers; and

when yow vse it cast a Cloath ouer the bottles

mouth & streyne it And drinke euery morning

halfe a pynte or lesse, as yow please./

folio 183 verso || folio 184 recto

Cordialls

A Preservatiue Cordiall against Plague./

Take of the finest and Cleerest Aloes hepaticum

of Cinnamond and Myrhe of each the weight

of xxiid English money of Cloves Maces

Lignum aloes masticke and Bole orientall

of each of these halfe an ounce, Mingle them

together and beate them into a very fine powder,

of which take euery morning the weight of

a groate in whyte wyne delayed with Sugar./

water./

Another good Cordiall

Take a dram of Ake Alkermes of Mithridate

and dioscordium of each a drame, two ounces of

Conserue of Roses, three spoonefulls of the

Syrrupp of Violettes, Mingle all these well

together in a Porringer, then putt it into

a Gallypott or glasse, and eate it after your

meate, or att any tyme to digest or Comfort

the Stomach./

Another

The fflowers of Archanngell made vpp

as yow make Rossetts merryeth the heart

and amendeth the Cullour./

Plague Water./

Take Rue Egrimony Wormewood Sellendine

Sage Baume, Rosemary Mugwort ffurmentell

dragons pympernell ffeatherfewe Burnett

Wood sorrell Angelica a little Elycampane

Roote, Marrigold fflowers, Cowslipp flowers

pannsey flowers Cardus Benidictus of each

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halfe a pound, onely of Rosemary a pound,

Then shredd them very small, and steepe them

in a Gallon of Sacke, and two Gallons of

whyte wyne, and so lett them stand fower

daies well stopt stirring them two or three

tymes a day When yow lay these in soake

yow must add these seedes to them, Annyseedes

Coriander, Carraway seedes & Cardimony

of each an ounce, when these haue stood

fower daies altogether, distill them in

Ordinary cold stills Close stopt and

Carefully stilled yow may keepe the first

Running, Second, and third The smallest

is very good for the small pox./

See more for the Pestilence following./

Against Poyson or Venome./

For one that is poisoned with Ratsbane

Mercury Sublymate &cetera

Take the Rootes of Marshmallowes gathered

in the beginning of Nouember, dry them well

and keepe them till yow shall haue occasion, Then

take of the powder of the said Rootes halfe a spoonefull,

and giue a good draught to the Patient in warme

milke; Vse this euery two or three howers for

three or fower tymes, But first giue the

partie a vomitt of a quarter of a pynte of

Sallett oyle with some blood warme water./

For Venemous Bytings

Crabbs of the River burnt to Ashes, and the

powder thereof drunke in Beere or Ale

Cures the byting of a madd dogg./

For the byting of an Adder or veno=

mous worme./

Take Centory, greene Rue, and redd fennell

and stamp and streyne them, and fry the Iuyce

thereof in butter and drinke it warme./

Another for the same

Take plantane, stampe it and drinke the Iuyce

thereof; And take plantaine and Sellendine of

each a like quantatie, stamp them and temper them

with stale or pisse, and lay it vnto the sore,

And it will allay the swelling, and drawe out

the Venome./

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Another for the swelling & byting of

Venomous Beasts./

Take the shell snayles, and pricke them with

a pynn, so that the oyle may fall from them,

and annoynt the place stinged therewith

As also lay therevnto a Snaile vnpricked

See amongst oyntment more of this./

Another./

Vipers flesh eaten Cures Poysons, cleeres

the Eyesight, and procures a long life./

Another

Scorpions are good to be vsed against theire

owne stinginges, and Cures them, and to

provoke vrine./

Cantharides Eaten in too great a number

doe poison./

Concerning venemous Beastes

The Sea Hare, Salamander, Buprestis,

Rubeta, aut Rana Palustris a Toad, Byting

of a Madd dogg, stinging of a waspe, Scolo=

pendra Phalangis, Scorpion Pastimaca

Maruca Mus arancus, viper or Adder

whose poyson is nothing els but a kynde of

Gall in Bladderettes about her gummes by byting

spent vpon the partes bitten, And death may

speediely ensue the venome of them, vnlesse

yow eate Treacle, or vipers flesh, or cutt a

henns fundament, and apply it hott to the place./

Amphisbena Drymus their bytinges, the

stinging of Hemorrhous, Ceraste, Aspide,

Basilisco Centhro, The byting of Natrica And

the stinging of Tarrantula in Apulia, which

causeth some to sing, laugh weepe shout wake

dannce Vomite and to be like frantique and

madd men, Musique asswageth the violence

of this venome, Sincus a Terrestriall Crocodile

pro venere./

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Comfortable Drinkes and

Waters./

To make an Ippocrasse./

Take a dozen reasonable stickes of Cinnamond

and six Races of Ginger, being well scraped,

putt them into a morter and bruise them,

Then take a pottle or two of Clarrett wyne,

and putt into it your Cinnamond & ginger

with asmuch Sugar as will make it sweet,

Then stirr it weltogether in a good Earthen

pott, and so lett it stand all night in soake,

The next day take a good porringer of newe

milke from the Cowe, and putt it into

your wyne with your spice, and stirr them

welltogether And two or three howers after

If yow thinke it will not be faire Coloured by

laying in it a little Cloath of Turnesole to

Colour it to your mynd Then take a gelly

bagg and putt in it a few branches of

Rosemary in the bottome of it, Lett it runn

through it, And if it runn not Cleare at the

first, Lett is runn through twice or thrice

more vntill it be very Cleere, and of a faire

Cullour Then putt it into a sweet vessel

and keepe it Close stopt, or els it will loose

Colour./

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To make an Excellent whyte Metheglyn

Take Liverwort, Longwort, Bloodwort Bawme,

sweet Marjoram, Rosemary Broad tyme Straw=

berry Leaues and violett Leaues of each an hand=

full. Boyle all these together in twentie

Gallons of water Lett them boyle very well

Then streyne all through an haire Sive,

Then putt as much honey into the water as

will beare an Egg the breadth of a groat,

Then take this Liquour and boyle it againe

very well, scumme it often, when it is well

boyled Take it off and sett it to Coole, beeing

Throughly Cold, Tunn it vpp and putt into

it a Bagg of Spice, being first well pounded

videlicet Ginger Cinnamond, Nutmegges,

Cloves and Mace, as much as likes your

taste./

To make Canarie or a Comfortable

drinke./

Take twelue Gallons of faire Running Water,

sett it on the fire in a kettle; Before it beginns

to boyle, measure the depth of the water with

a sticke Cutt to the Iust depth, Then take

twelue quartes of the best honey, and putt it

into the water, and as it boyles scumme it

very Cleane, Then add to it twelue poundes

of the best reysons of the Sunn, lett them boyle

till they be plumpe, and before they breake,

take them out, and putt them into an Apothecaries

presse; and hauing pressed out the Iuyce, putt

it to the rest, and lett it all boyle together, till it

come to the measure taken at the first by the sticke,

Beeing well boyled, and Cleane scummed take it

from the fire, and lett it Coole for the space of a

day or two beeing well Couered, Then putt

it into a Roundelett wherin Sacke hath bene

before, Lett it rest for some fewe daies till it hath

wrought and then Close it vpp, and reserue it

for your vse. It must stand nyne monethes

att Least before yow beginn to drawe it, The

older it is, the better, It is wonderfull Com=

fortable for the Stomacke, expelling wynde,

helping digestion &cetera./

To make water to Comfort the Hart./

Take Borage and Baume of each three

handfulls, of Rosemary fflowers an handfull

of Annyseedes three ounces, distill them in

three Gallons of strong Ale, drawe thereof

but three pyntes and putt it in a glass Close

stopt with the weight of six pence in Mace,

and a quarter of a pound of fyne Sugar, and

drinke therof one spoonefull att a tyme./

see more for the hart following

To make Imperiall water./

Take three gallons ind an halfe of Gascoigne

wyne of the best, and putt into it these thinges

followeing, of Annyseedes bruised one pound,

of Liquorice scrap't, slyced, & bruised one pound

and 2 poundes of Reysons of the Sunn pickt and

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stoned, and Cleane washed, Nutmegges ginger

long pepper and gallingall of each an ounce, halfe

an ounce of Cloues, a quarter of a pound of

Cinnamond all these beeing slyced; Then add

one pound of Sugar, Sweet ffennell seedes

Coriander seedes, Caraway seedes and dill seedes

of each an ounce, one ounce of Baume, sweet

Marjoram an handfull, Lavander Camomill

Rosemary, Pellitory of the Wall, and penny

royall of each somewhat lesse, of redd roses

dryed and other roses as much, one handfull

of Rosa Solis the greene, which are to bee

pickt washt and dryed in a Cloath, ffennell

Rootes and parsely rootes of each a dozen,

two Elycampane Rootes washed, scraped,

pilled and Slyced All these are to be putt

into a pott of sweet Brasse and to stand

Close Covered all night infused, And in

the morning sett it distilling in a Limbecke,

and keepe the first water by it selfe./

To make another Imperiall water./

Take Turmericke Scabious, Bettony, and

Pimpernell distill them together It is

a Cheife Medicine against all manner of

Poysons, espetially against Pestilence: ffor

the Philsopher saith, It is impossible all most

that any man should dye of poyson or pestilence

that drinkes this water next his heart./

To make Cinnamond water./

Take a pound of Cinnamond, and bruise it, and a

gallon and an halfe of Muskadine, halfe a pecke

of damaske Rose Leaues, Then putt them into a close

Earthen pott, and Couer them Close, and lett them

stand in soake twelue howers, then take them &

distill them in a Limbecke./

To make Baume water

Take 4 poundes of Baume, two Gallons of

strong Ale, of Annyseedes and Liquorice of each

a pound, bruise them and putt them altogether

into an Earthen pott, and lett them stand

Close Covered in soake twelue howers Then

distill them in a Lymbecke./

A Water to heale any greene Wound

Take three handfulls of Sage Leaues, flowers

of honey suckles & graines three pennyworth

English honey a quart, Roach Allome two pound

and an halfe, Putt all these into a gallon of

Running water, and lett them seeth to a pottle,

Then take it offe, and lett it stand till it bee

all most Cold, Then distreyne it as long as

any thynn water comes forth, and soe keepe

it for vse./

To make Aqua mirabilis, or most

pretious water./

Take Gallingall Culebbs, Melilott, grayne,

Cardomony, Cloues ginger Mace, Nutmegges

and Saffron of each one dram, of the Iuyce of

Sellendine halfe a pynt, mix all these made

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into pawd powder with this Iuyce adding a pynt

of good Aqua vitæ, and three pyntes of whyte wyne

Then putt all into a glass still, or into any

other in stead of it, and lett it infuse 24 houres

Then distill it with a Gentle fire./

The Vertues of it./

1. It dissolueth the sydling of the Lunges without

grevance./

2. If the Lunges be perished, it very much

Comforteth them./

3 It suffereth not the blood to putrifie./

4 They who vse it need no letting of blood.

5 It suffereth noe heat to molest the hart/

6. It is good against Melancholly & fflegme./

7. It expells Rhume.

8. It preserues the Memory

9. It helpeth the Palsie.

10. If one spoonefull be giuen at the hower

of death it Reviueth the party. The quan=

tatie that must be giuen, is two spoonefulls

once a weeke in the winter And one spoone=

full in the Summer a weeke, If the party

be weake or sickely, hee must vse it the oftener

Probatum./

To make Doctor Stephens water./

Take a Gallon of Gascoigne wyne, then

take ginger, gallingall, Cinnamond

Nuttmegges Graines, Cloues, Anny seedes and

Carraway seedes of each a drame then take

Sage, Myntes, Redd roses, Tyme, Pellitory

Rosemary Wyld tyme, Cammomill, and Lavender

of each of them an handfull, Then breake the

Spices small and the herbes, and putt all into

the wyne, Lett it stand twelue howers stirring

it diuers tymes, then distill it in a Lymbecke

and keepe the first water by it selfe for it is the

best, Then the second for that is good, though

not so good as the first, It would be better if

it weere in the Summer This Water

Comforteth the vitall Spirittes It helpeth the

wyndie disease that Comes of Cold, and the

shaking of the Palsey, It Cureth thee

Contracting of Sinewes, It Helpeth the

Conception of Barren woemen, It kills

the wormes in the Belly, It Cures the Cold

or Cough, It helpeth the Toothache, It

Comforteth the Stomacke very much, It

Cureth the Cold dropsie, It helps the stone

in the Bladder and Reynes, It helpes a

stinking breath, And whosoeuer vseth this

water and not too often It doth make them

looke younge With this water Dr. Stephens

preserued him selfe vntill he was soe old hee

could neither goe nor ryde, and Liued five

yeares after other Phisitions Iudged him

not able to Liue hee vsed noe other medicine

also a Bishopp of Canterbury was preserued by

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it vntill hee could not drinke out of a Cupp,

but did sucke it through a siluer Cane,

Likewise Mr Rone a Sergeant at Lawe

preserued himselfe and his family long by

this water./

To make a Water to Cure Morphew

Take three pyntes of new milke, three

Lemmons, halfe a pynt of Whyte wyne,

and a penny whyte Loafe slyced very

thynn, laye them in steepe all night

then distill them together and so vse it./

A Divine Water Curing all

Vlcers espetially of the Penis

in three dayes./

Take of the best Sublymate twelue

graines, of Plantane Water six ounces

Boyle it gently on the Embers in the

Ashes in a glass vnto the one halfe: If

the Vlcers in the disease be not greate

The dyett drinke Cures thim alone, and

dryes them vpp, But if they be fowle

and Running, then wash or Bath them

Twice or Thrice a day with this divine

water, and fill the hollownes of the Vlcer

with some Lynt dropt dipt in this water

This Cleanseth, dryeth and stayes the running

of it further, mollifies the hardnes ripens it

Replenisheth it with ffleshe, and heales

it without any other medicine./

To make Rosemary water./

Take two hand fulls of Rosemary, and

steepe it three quartes of wyne with

three ounces of Cinnamond and a

pound of Reysons of the Sunn without

theire Stones, and soe distill it./

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A Preservative against

vntymely old age./

Wherein is shewed The meanes to

Keepe backe old Age a long tyme in

Florishing yeares, And to Succour it

to the end of Extreme & decrepitt

old age./

1. To keepe backe old Age a long tyme, and to

mainetaine a man in youthful & Lustie yeares

God hath ordeyned by the Industry and Ministry of

many most Excellent men, singuler and Excellent

Medicines, as namely 1 Waters are distilled

for this vse whereof some are Simple, as of Gentian,

The vertues whereof are. 1 To prolong life being

drunke euery day fasting to the quantatie of an

ounce. 2 It Cures Agues, 3 Provokes Appe=

tite, 4 It Cleanseth the stomach, and keepes a

man in perfect health. 2 Baume water The

vertue whereof is to restore Memory sharpen the

Senses, keepe away gray haires, Strengthen the

head, Braine, and stomach, Cause gladnes and

Ioy and make a sweet Breath./ Others are

Compound Waters, As the water to preserue youth,

and hinder Age invented by Florovantus ./

2 Electuaries

They are made also Excellent to this purpose Whereof

the best are of Galen called Electuarium Galeni

Lætificans It Causeth Gladnes of hart, and good

Colour in the Countenance, helpes Concoction and

keepes backe Consequently old age./

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Of Mesius called Electuarium Lætificans

Mesuæ It causeth also Cherefullnes, makes

a man looke young, causeth a pleasant colour,

and sweet Sauour in the whole body, makes

good digestion and hinders old age./

Of Arnoldus Villanouanus called

Electuarium Confortans minerum nimirum

omnium vertutum This makes the hart

merry, It helpeth naturall heate in the spirittes

and members, It strengthens the naturall hu=

middity called Humidum radicale which

giueth nourishment to the vitall heat, as

oyle doth to the Lampe; It preserueth a man from

all Pestilentiall Sicknesses and all kynde of

Poyson, and keepes a man vigorous and

youthfull./

Of Nicholaus called Electuarium

resumptivum Nicolaj It Reviueth the

Radicall moysture, It nourisheth and much

Comforteth, It resisteth Choller Rage, &

makes a man mylde, Asswageth Agues

Coughes or Thirst, Restores the whole

Powers and wonted healthe and soundnes

to such who are wasted and Consumed, and

are annoyed with an Hectique Feauer, and

an Inflamation of the Hart./

2 To Succour & amend

old age when it is come./

In Succoring old age, wee must obserue,

and first knowe and marke the nature of old

men whose Constitution is Cold & dry, for

soe is all age, that succeedeth vigour and Lustie

yeares. Wee must consider the accidentes which

happen to old men through infirmity that much

molest them, videlicet Want of Appetite, Plegmatique

Excrementes, Crudities, Surfeites, badd and weake

Concoction; want of Sleepe, Corruption of Teeth,

dymnes of Sight, the Coldnes of wynter, Grauill

and Stone./

Next is the knowledge of the Cure which is.

1 By the knowledge of the Nature, or Temperature

which is Cold and dry, which doth showe that it

must rather be Corrected, then preserued: ffor

bodies that are according to nature must be kept

with a dyett like vnto that temperature: But

Bodies that are diseased (which is affectus præter

naturam) must be Cured with a Contrary dyett

Wherefore the temperature of old men (Age it selfe

being a disease) in regard of the Excesse of Coldnesse

and Drynesse) must be amended and helped by a dyett

ordered accordingly: As first By a quallitie

Contrary therevnto; Such as doth heate and moysten;

The Ayre wherein they Liue must inclyne to moysture,

but free from Cold, Thire Exercise in ryding

walking, Labouring, must be moderate to stirr

vpp heate, and expell mistes mistes in the body./

folio 196 verso || folio 197 recto

They must purge the Belly once a day at least

either naturally or artificially as Rx Sena of

Alexandria an ounce, of fine ginger halfe

an ounce, of Annyseedes a quarter of an ounce,

beate them into a fyne powder, and putt it

into Sugar sodden, and make Lozinges of

the whole to the number of sixteene,

whereof dissolue two of them in a messe

of pottage, or a Cupp of whyte wyne,

and drinke it first in the morning, and

fast an hower after it. Or they must

purge by Bathes of Sweet water and

that warme, or by Frictions with

warme oyle, Blood Letting or Venery

in no wise, for they are as great Enimies

to Age, as Poyson./

Their sleepe must be long, for it

moystens the body inwardly, not lyeing doune

on the backe, but first on the right syde

and then after on the left./

They must avoyd Watching for it dryes

vpp the moysture of the body, burnes vpp

the humors, breedes sharpe diseases, hinders

digestion, and Causeth Crudities of meates

and drinkes./

As likewise to Eschewe vehement affections

of the mynde for they dry the body and Ex=

tinguish naturall heate./

Their meates must be such as moysteneth

heilth and strengtheneth, as Bread of

wheate somewhat Leavened, well baked

eaten with honey or butter for the first

dish, fflesh of henns Chickins Capons

Sheepes Calves, Kiddes boyled with which

vse hott spices in Cold weather; And

broathes of fflesh, ffresh butter, ffish of

Stony Rivers; drinke old wyne pure

whyte yellowe, pleasant; The Quantaty

must bee a little at once, and not alonge

space betwixt, Because theire strength

is not able to ouercomme much att once,

Neyther must they be long Emptie,

Least theire stomackes drawe backe theire

Excrementes and worke vpon them./

2ly Wee must Consider./

The Accidentes or Impedimentes wherevunto

old men are subject Which are 1. Want

of Appetite which is helped by Capers oyle

and Vineger, and by ollives preserued by ^ in Salt.

2 The Aboundance of Phlegmatique Excrementes

ffor although old men are dry in regard of their

naturall Temperature, yet are they moyst

by reason of Phlegmatique Excrementes, which

are helped partly by honey Clarified, reysons

of the Sunn stoned, Sweet wyne, Venice Turpentine

folio 197 verso || folio 198 recto

halfe an ounce eaten with Sugar & honey is

good, Beetes out of oyle and Vineger, and

Clysters of sodden Mallowes: and Apophleg=

=matismes which beeing Chewed in the mouth

do drawe out much fflegme videlicet Rx origanum

and Hysopp of each a dram, mustard seede

two drams, whyte pepper one dram and an

halfe, ginger a dram, and masticke a dram

.. and an halfe; Beate them and mingle

them with a little honey, putt some of it

in a little Lynnen bagg and Chue it in your mouth./

3. Watchings or want of Sleepe Which

is helped & provoked thus Take oyle of

violettes, oyle of Roses, and oyle of Water

Lillies of each a dram, mingle them and

annoynt the Temples of the head there=

with, It much helpeth./

4. Corruption of Teeth for which they

must absteyne from Meates Corrupted,

hard or cold, vse after meate to wash the

Teeth with sweete wyne And if any thinge

Cleaue to them to take it away with a picke of

masticke or willowe./

5 Is Dymnese of Sight ffor which the

Eyes in the morning after sleepe must be

Washed with Cold water and sometynes

with ffennell water to Cleanse the running

or watering of them They must not bee

wearied with too much Reading nor looking

much vpon small Letters, They must absteyne

from meates which doe abyde long in the stomacke,

or which be Corrupt, or of grosse Iuyce and

Cold nature; and from such as send vpp vapours

to the head, As Leeke Onyons scallions mustard &cetera

ffor the sight it is good also to vse walking

5

abroad in greene Orchardes and meadowes, and

often to Cleanse away the ffilth of the Eares,

and to dropp in them sometymes the oyle of

sweet Almondes, Lett them also wash their feete

for theire is great Affinitie or Simpithie betwixt

the head and the ffeet, ffor Gallen calls the ffeete

the wayne and Charriott of the Braine They

must not also vse immoderate Exercise for it

fills the head with vapours./

6. ffor the Coldnes is winter They must

weare warme Cloathes, thicke shoes, keepe

warme howses, or Stoues, and if they wilbe

kept from Cold in trauelling, Lett them

annoynt the outward partes of their bodies

with oyle of Euphorbium warme, or with

oyle of Pellitory, or of Pepper rubbing them

first with a Cloath/

7 ffor Gravill or stone They must drinke

sweet wyne or sharpe, wherein Betony

hath bene infused./

folio 198 verso || folio 199 recto

Of Dyet & Ayre

A good Dyett needs no Physicke for they are in a

kynde Contrary The one preserues the body from

Corruption like oyle in a Lamp prolonging it;

The other makes the life to sparcle for a whyle, but

at Length and the sooner extinguishes it./

Ayre is hott & moyst, a spirituall vapour where=

vpon the Constitution of our life dependes most by the

Attraction thereof: ffor the Preservation of heilth

the Choosing of good Ayre hath the Choisest place

The Native Ayre where a man hath first drawne

breath and had his first breeding is thought the

best, Next an open pure Ayre free from

noysome smells, which haue a Contrarie

quallity to the Animall Spirittes, and begett

Consumptions; Extreame, heat cold or moysture

are to be Eschewed, for such Causeth sicknesses.

In Cold Countries from the 50th degree to the

Pole Northward, or Southward, fewe sicknesses

happen vnlesse by distemperature, or stinckeing

Ayre: In hott Countries the Ayre is most pestilent,

and often procureth Plagues Calentures and Lues

veneria, It is said of old Where sheepe Liue

longest, there do men also do the same, which is on

high and drye places where wyndes abound, whereof

the East wynd which blowes directly vnder the Equator

availeth most for the preservation of heilth. The

Northeren wynde which is cold and dry obtaines

the next place, The Westerne the third place But

the Sotherne which is moyst and hott most endamageth

folio 199 verso || folio 200 recto

Endamageth the heilth, and ingenders sicknesses,

As is seene in Rhumatickes whose greifes most

increase when this wynde blowes. Water is

moyst and Cold, and does not nourish but

helpes digestion. Theire are 4 kyndes of

Water; Rayne water, Riuer water, Fountayne

water, & stang or standing water.

Raynewater when it falls softly without a

storme is sweet; but when it falls in storme

or Tempest, trouble some. Snowe water although

Accompted amonst Light waters as purified, and

as it weere distilled is not good for it ingenders

feauers and Morphewes; Fountaine water is

best for the preseruing of heilth, soe yow obserue

of what syde it springes; If from the East,

It excells the rest both in moysture and thynnesse;

It is of a pleasaunt smell, and moderately vsed

Comforteth the spirittes. Those which spring

from Rockes towardes the North, haueing the Sunn

backwardes, are hard of digestion, and not soe

pure as the other./

Water cannot nourish of it selfe beeing of

noe substance to fortifie, or increase the

vitall spirittes, and Animall faculties although

in hott Countries where the Sunn Clarifies

it, they drinke it at meales, but not in Cold

Countries, vnlesse it bee honyed which is called

Oximell, or Hydromell, or with wyne Sugar

or whyte wyne Vineger, for beeing drunke

alone, it neither quencheth the thirst nor

allayeth the heate of the Lungs, but much

hindreth the spitting of ffleagme and stopps

Vryne.

That water is best which is light and Chrystallyne,

running from an higher to a lower ground, and

is Luke warme in the winter and cold in the

Summer, That water which runns vpon Clay

is better Charified, then that which Runns

vpon stone, If yow are driuen to drinke

water alone (if yow cann) seeth it first./

folio 200 verso || folio 201 recto

Of the Ages of Man

Mans age is Compared to the fower seasons

of the yeare.

His Infancy to the Spring hott and moyst/

His youth to Summer hott and drye./

His Manhood to Autsumne cold & moyst

His Old age to Winter Cold & dry./

Mans Life is deuided into Seaven Ages in every

one of which one of the seauen Planetts is

predominant./

1 His Infancy for seauen years and then the

Moon reigneth, as appeareth by the moyst Con=

stitution of Children./

2 Childhoode for the other seauen yeares, then

Mercury ruleth beeing tractable, vnconstant &

inclyneing to Learning./

3. Stripling Age indureth Eigh yeares vnto

the End of the xxiith then Venus Gouerneth,

youth being prone to Prodigallity, Luxurie

Gluttony and other vices./

4. This Indureth to the end of the 34

years being called then a young man, In

this Age the Sunn is Cheife Lord, Man being

nowe Witty, well advised, magnanimous

and Comeing to knowe him selfe./

5 This indureth for 26 yeares Compleating

60 and is subject to Mans being stout Couetuous

and worldly./

folio 201 verso || folio 202 recto

The sixt Continueth 14 yeares, of which

Iupiter is maister, Signifieing Equity Tempe=

rance and Religion./

7 the Seauenth Conteyneth the Residue

of mans life, and is Gouerned by Saturne, the

most Melanchollique and slowest Planett of all

the rest, Causeing a man to be droopeing

decrepit, froward and Melanchollique./

In a mans life theire are Certaine years

obserued very daingerous tending to greate

alteration, or destruction, which be called

Clymactericall years. Clymactericum

tempus dubiosum dicitur; Chaldæi Cly=

macteras appellunt pericula vitæ,

fortunarumque hominum, quæ fieri

gravissima in Septenarijs dicuntur,

septimus nempe Annus periculosus ab

omnibus sensetur

A Clymactericall yeare is euery seaventh

yeare, Because then the Course of the

Planetts returne to Saturne, who most

Commonly is Cruell and obnoxious to vs./

ffor as the Moone which is the next

Planett to vs, and swiftest of Course passeth

allmost euery seauenth day into the Con=

trary signe of the same quallity from

whence shee came forth, And from thence

bringeth the Critticall dayes, So Saturne

which is the most Remote Planett and furthest

from vs and the Slowest of Course (ffor hee

resteth in one signe soe many yeares as the Moone

doth daies) bringeth these Clymactericall yeares

and so causeth the sundry mutations which

followe; The 56t yeare is very daingerous

therefore to men borne in the night season by

reason of the double Coldnes of Saturne, And the

63d yeare is daingerous to them that are borne

in the day tyme by reason of the dryness of

Mercury & Venus The 49th yeare being Com=

posed of 7 tymes 7, is obserued also to be very

daingerous, When any man entereth into the

Clymactericall years If Certaine Symptomes

or toakens of Sicknes doe then appeare, As

wearines of the members, Greife of the Knees,

dymnes of sight, Buzing of the Eares, Loathe=

somenes of meate, Want of digestion, or Con=

coction, Sweating in sleepe, often yauneing,

or such like (Next to this Recomending of him=

selfe to God) Lett him be Curious to preserue his heilth

by all lawfull and good meanes; or if no imminent

dainger appeare, Lett him purge aforehand to

preuent the increase of humours./

Clylus humour./

An humor is a moyst and a Running

body into which the meate in the Liver is Con=

verted, that the body may be nourished by them./

The Sanguine humour is mo^yst, fatty, sweet,

and seated in the Liver, because it watereth the

body, and giueth nourishment vnto it./

The Phlegmatique humour is whyte, somewhat

brackish like vnto sweate, and properly placed in the

Kydnies, which drawe to themselues the water

from the Blood, and thereby filling the veynes

sometymes in good stead of good and pure blood./

The Chollerique humour Is hott and fierie, bitter

and like vnto the fflowering of wyne It serueth not onely

to Cleanse the guttes of filth, but also to make the Liver

hott, & hinder the blood from putrification./

folio 202 verso || folio 203 recto

The Melancholly Humour is the very groundes,

Lees and dregges of pure and perfect Blood,

in Colour bright and shineing like to Gold

somewhat inclyneing to purple, Little in

quantatie, but great in operation./

Flegme & Melancholly doe reigne in the

night./

Blood and Choller in the day tyme./

Every Humour reyneth six howers./

Blood is predominant from 9 at night, till

3 in the morning, Choller from 3 in the

morning till 9 in the morning.

Melancholly from 9 in the morning

til 3 in the afternoone, and Flegme from

3 in the Afternoone vntill 9 at night

Blood hath ites dominion in the spring tyme./

Choller in the Summer

Melancholly in the Autumne and

Flegme in the winter./

In the begining of a sicknes, the hower &

the humour then reigning is very Carefully

to be marked; that thereby yow may the better & sooner

fynd remedy, As likewise the Chritticall dayes are

to be Considered, In which gread Alteracion either

for the further Sicknes or Recouery of the party will

appeare The Critticall days Commonly are the

7th- 14th 21th 28th from the begining of your sicknes:

But according to the Course of the Moone, The 4th

11th17th & the 24th day from the Begining of

the sicknesse is observable.

The Criticall days in

the yeare./

observable./

The ist and 7th- of Ianuary}

The 3 and 4th of February

The ist and 4th of March

The 8th and 10th of Aprill

The 3 and 7th of May

The 10th and 15th of Iune

The 10th and 13th of Iuly

The ist and 2d of August

The 3d and 10th of September

The 3d and 10th of October

The ist and 3d of Nouember

The 7th and 10th of December

folio 203 verso || folio 204 recto

Pondera quibus Medici hodie

vtuntur./

The Weights & measures comonly vsed

in Physicke./

There are 2 sortes of Poundes, The Common

which containeth 16 ounzes, and the Phisicall

which hath 12 ounzes

In Phisique it hath this note - Lib

An vnce Conteyneth 8 drachmes and is

thus noted - &#8485;

Halfe an ounce conteyneth 4 drachmes

sett downe by this Note - &#8485; ss

Drachma is the 8 part of an vnce, & is

thus written - Drach./

Scrupulus is the 3dpart of a drachma, &

is written scruple or scrup

A graine is the weight of a Barly or

pepper Corne whereof 20 make a Scruple &

noted thus - gran/

Manipulus is an handfull of herbes,

flowers, or Seedes noted thus - M

Pugillis is halfe an handfull with this

note - P/

In measures of waters honey or such Liquours,

a wyne pynt is accompted 8 vnces./

Ana signifieth a like quantatie of each -

prescribed simple./

qS qS signifieth a sufficient quantaty./

folio 204 verso || folio 205 recto

Observations in Phisicke

Iupiter Innocuos, Mars prælia poscit, amorem

spuria Venus, Ph&#339;bus ditia regna refert

Mercurius merces; Saturnus denotat iram;

Luna tumescentes, ambitione notat./

Principijs obsta, sero Medicina paratur

Cum mala per longas convaluere moras./

Gratior est Sanitas reddita, quam retenta./

Labor cibum antecedere debet, Cibus potum

vterque Somnum .

Et in his omnibus modus Servandus est./

Pejor enim Cibi, quam Potionis repletio,

Pessima vtriusque conjunctim, nisi per

Vomitum Curetur./

Observandum omne nimium Naturæ esse inimicum ,

Temperantiæ vero mercedem, esse robur

et Sanitatem./

Fortes prisca viros habebat, ætas

Viuentesque diu, et diu valentes;

Se somno nec enim, dabant, gulæue,

Nunc seu sicca, Cibus sopor sepulchrum est./

Plures Crapula, quam gladio periunt./

folio 205 verso || folio 206 recto

De Morborum Symtomatis./

Duo in Symptomatis Consideranda; Diffe=

rentiæ et Causæ Symptomatum, Differentiæ

seu genera Symptomatum sunt tria, Actio

Læsa, Excrementorum vitium; et simplex

corporis affectus. Actio læditur, quando

ea, aut diminute, aut non fit, aut depra=

vate Estque vel functionum Animalium,

vel vitalium, vel naturalium &cetera

Morbus est affectus præter naturam/

Alij morbi sunt hereditarij, & alij morbi

non sunt hæreditarij; Hereditarij morbi

sunt, quorum causæ ab ipsis parentibus in

liberos propugnantur; et cum vitium

aliquod cuj parentes antea fuere obnoxij;

cum ipso Parentum semine, et sanguine

materno in liberos derivatur vt Epilepsia,

& Podagra hereditaria./

Non hereditarij morbi sunt qui a nativitate

conformationis vitio obtingunt, nec tamen

in Parentibus deprehensi sunt &cetera/

Omnes humores generantur ab Hepate./

Vt Color in cute, sic humor in Corpore./

Nihil nutritur ab amaro./

A Capite, corrupto descendit corruptio membris;

et si sensus et vires non vigeant in capite,

sequitur quod cætera Membra nequeunt

officium suum exercere./

folio 206 verso || folio 207 recto

folio 207 verso || folio 208 recto

objection

It may be objected That According to Custome I

should Read the Prayer before I beginn my Lecture./

Answer

In Answere herevnto our Maister and Wardon

grantes me this Liberty, to vse my discretion either

in Reading or not, as I pleased./

objection

But if it shalbe further objected That it is a Custome

and others haue done it:

Answer

I Answere, In more publique and more Considerable

Lectures then myne, It has not bene done, as

in this very place by the doctors six Lectures on

the Anotomie.

But if this doe not satisfie I am perswaded this

Will, that heere are few which are perswaded That

private persons ought to performe publique worshipp

in a publique place, but that it more properly

belonges to the Ministeriall office, Now aswell

may a Private Parson preach publiquely as pray

Publiquely, they both beeing partes of Worshipp, this

yow will easiely grannt I doubt not, yett

further (I humbly Conceiue) It is not soe

much saying a Prayer, as Praying a Prayer,

not so much the wordes of the Mouth, as the

Workeing of the hart with Faith & affection that

is Accepted of God./

ffor God is a spiritt & wilbe worshipped in spirit

& truth.

Now to Conclude Theire are Actes of parliament out

against Sett formes of Prayer, & why wee should keepe

that vpp in our person practise which the State

Commandes downe, I Leaue it to your best

Considerations, and rest thankefull for that freedome

yow haue giuen me either to Read or not to read Leaueing

it to my discretion soe much for that perticular./

folio 208 verso || folio 209 recto

My intended discourse is to speake at this tyme vpon

Vlcers, I shall omitt to speake or mention the

Authors that haue Written of this Subject, yow being

Hippocrates in

his 6 Section

Gallen de

Methodo

Medendi liber 3./

better acquainted with them then my selfe, and so

come breifely to what I intend in this discourse

ffor order sake I shall obserue this Method as

1 To giue yow a description of an Vlcer./

2 The Causes of Vlcers.

3 The differences and signes

4 The prognostickes./

5ly and lastly, the Cures in Generall with

their distempers, and more particulerly of a

ffistulous Vlcer in the Thorax or Brest,

and of all and every of these on order breifely

as I cam and soe I proceede

ffor the first of these, to witt the description, or

definition of an vlcer in breife is this, It is a

1 Description./

Solution of vnity proceeding from an Inward

Cause eroding the part, or thus an Vlcer is

Hippocrates

Liber 3 de

vlceribus./

the Solution of vnity with matter differing in

substance and quantatie according to the Nature

of the partes, or more Largely thus, An Vlcer is

a Solution of Continuety made by Erasion in

divers partes of the bodie, out of which proceedes

Matter purulent which hinders the Consolidation

of the part, Thus for the description or definition

of an Vlcer what it is; I shall not trouble yow

folio 209 verso || folio 210 recto

with any further Enlargment Concerning the

Termes or partes of this description, but proceed

to the Second head, which is the Causes of Vlcers./

2. Causes./

Secondly, I shall speake something to the

Causes of Vlcers, and they are three

1 Primatiue

2 Antecedent, or

3 Conjunct Causes, or rather but two

that is either

1 Ex Internall or

2 Externall Causes.

Causes}

Internall

1 ffirst Internall Causes is, through the

default of humors peccant in quallity

rather then in quantatie, or els in both

and so maketh Erosion in the skinn, or

softer partes by their Acrimony and malignity./

Nowe these thinges happen either by naughtie

or Irreguler dyett, or by the ill disposition of

the Entralls sending forth into the habitt

of the body ill desposure so makeing erosion

and Vlcerations./

Causes}

Externall

2 Seconly Externall Causes are the Excesse

of Cold seizeing vpon any part espetially

more Remote from the fountaine of heate

whence followes paine and attraction of

humors and Vlcerations of the part./

Not onely Escessiue Cold, but outward strokes

Contusion aplication of sharpe and Acride

Medicines, as Caustickes, burnes, or impure

Copulations, these or any of these, may be Exter=

nall Causes of Vlcers./

Haueing giuen yow the description & causes of

Vlcers I shall nowe come to the third point which

3 Signes./

is the differences and signes of Vlcers, and though

they are many, as

Sainous

Cancerous

Fistulous

Virulent

Corrosiue

Putrifactiue &cetera

Yet for Brevity sake, I shall Reduce them

to two heades and so speake of them./

1 The first Materiall difference is drawne either

from Nature or Constitution of an Vlcer, or

2 Els from the Subject and part affected.

ffrom the Nature and Constitution of an

Vlcer, and soe it is either

1 Simple or

2 Compound

Simple./

The Simple without Accident may easely

be Cured haueing nothing to hinder Consolidaion

and in a good Complexion or habitt of body

Compound./

2 The Second, is Compound with Accident, as

dolour

Tumor

Inflamation

Induration

distemper, or Corrupt bones &cetera/

folio 210 verso || folio 211 recto

Or may be Reduced to two heades, as either

1 mylde or

2 Maligne./

Mylde

1 The Mylder sort of Vlcers yeildes to ordinary

or vsuall Medicines, if Iuditiously applyed.

Maligne

2 The Maligne yeildes not haueing ill

symptomes, and this maligne Vlcer proceedes

either from.

1 Outward or

2 Inward Causes.

The outward are obvious to Every Eye./

The Inward are to be found by the Excrementes

or Matter expelled, As for Example

If the vrine be purulent wee Conjecture

the Kidnies and the bladder to be Vlcera=

ted or

If there be any purulent matter avoyded

by Coughing, wee presage that the Lunges

are Vlcerated.

Thus in breife of the partes Affected either

Inward, or outward./

There are other differences of Vlcers

as the

1 Continuance

2 ffigure, and

3 quantatie

But wee shall speake of these hereafter

in the Prognostickes, as they further the

predictions of Vlcers.

Thus much breifely hinted of the Signes &

differences of Vlcers./

Nowe haueing showen the definition, the

Causes, the Signes, and differences of Vlcers

4 Prognostickes./

Wee come to the ffowerth particular which is

the Prognostickes of vlcers, and they are

many, but to Instance in some fewe for

this present.

1 Note That all Vlcers Rebellious to

Medicines fitly applyed are hard to be

Cured [ffor as Hipocrates obserues, An Effusion

Hipocrates

Aphorisme.

21. Sectio7./

of Blood hapning vpon a strong pulsation in

Vlcers is Evill; for the blood breakeing out of an

Arterie cannot be stayed but by force; and also this

blood is soe furious by reason of the heate and infla=

mation the nourishers of this Vlcer, that it

breakes ites Receptacles, and hence in sues the Ex=

tinction of the Native heate, whence the defect

of suppuration and a gangrene Ensues]

2 Vlcers of a Round C..e figure are longer in

Cure then others./

3 Vlcers of aboue a yeares Continuance, the bone

must necessariely be scaled

Hippocrates Liber 6:

Aphorismarum 45./

4 Vlcers of hidropicall bodies are hard to Cure./

5. ffistulated Vlcers are hard to cure./

But more perticulerly theire flowes two sortes of Excre=

mentes out of Maligne Vlcers, As

1 The more thinne called Icor or Sanies./

2 The more grosse called Sordes./

6 Sorded Vlcers such as cast out much matter, which is

too thinn stinckeing and blacke Colour with Excoriation

folio 211 verso || folio 212 recto

of the skinn and partes adjacent are hard to Cure,

and soe much of the Prognostickes, and soe I

shall come to the fifth particuler.

5 The Fifth Particuler, which wee are now to speake

vnto, is The (Cure) of Vlcers, haueing spoken

to the former particulers allready namely

1 What an Vlcer is.

2 The Causes./

3 The signes./

4 The prognostickes./

5 Cure of

Vlcers./

And that I may not be Accompted too

tedious to your patience, and misse of what I

mainely intend by way of Cure in Vlcers,

I shall Reduce what I haue to say into these two

heades

1 The Cure of Vlcers in Generall and theire

distempers./

2 The Cure of a ffistulous Vlcer in particuler

and that of the Thorax.

In the cure of all Vlcers in Generall, this is

to be promised That all Vlcers whatsoeuer

doe require disiccation as both Hipocrates &

Gallen manifestes in theire bookes of Vlcers./

Hipocrates liber 3

of Vlcers.

Galen liber 3

capitulum 3 methodo

I promise this in Generall That all Vlcers

require discication so saith Hippocrates &

Galen , the one in his third booke of Vlcers,

th'other in his third booke and third Chapter

of the Meatheod of healeing./

The Cure of Vlcers is performed by two meanes

1. Remoueing of the Cause antecedent

2. Artificiall dressing

1 ffirst the ill habitt of body is to be Remoued by

Alteration and Evacuation of those humors

that abound/

2 Secondly Contagion is to be overcome./

3 Thirdly, The distemper of the body is to be

Removed, by thinges Contrary vnto it./

4 ffowerthly A Convenient order of dyett to be

prescribed./

Indications./

I shall begin with the Indicationes of Curing

a Simple Vlcer.

Not Naturall./

ffirst wee must discreetly order those thinges which

are Called Not Naturall as

1 Ayre

2 Meate, drinke, dyett sleeping & wakeing./

3 Motion and Exercise./

4. Sleeping & wakeing./

5 Repletion and Evacuation./

6 Parturbations of passions of the Mynde./

Dyett./

Seeing a Convenient dyett preserues and mainetaines

the good Constitution of the whole body and the tempera=

ture of the partes; Wherefore all those meates and

drinckes which make the blood, too hott, too sharpe, too

thinn, too thicke, are to be shunn'd, and these onely to

be permitted which afford good Iuice and are of easie

Concoction espetially if the diseased part be tender

and weake./

1 They must be taken moderately and att Conovenient

tymes./

Motion./

2 The part it selfe must be kept quiett, for motion

heates the part./

folio 212 verso || folio 213 recto

3 Care must be had of Sleeping and Watching for

as the one moystens, the other dryes the part

Vlcerated./

Sleeping &

watching./

If the Vlcer be humid then to Enjoyne watching

If drye then to Comaund Sleeping./

Evacuation &

Repletion./

As for Evacuation of the Excrementes Lett it bee

appointed That they Answere the quantatie the

Diseased partie takes Inn./

If Costive giue a Glister, or some Lenitive

Electuarie

Perturbations

of the Mynde./

Note as perturbations of the mynde Change

the state of the Bodie, Soe the Tranquility

of it mainetaines the same./

Ayre ./

Note That all Cold is an Enimy to Vlcers./

Note That all Vlcers are more easiely

Cured in a fleshy part then in a Ioynt or

Membranous part./

And more Easily Cured in a Temperate parson

then an Intemperate./

Haueing sett downe the Right vse of thinges

not Naturall, as

1 dyett

2 Sleeping

3 Watching

4 Evacuation

5 Ayre

6. per turbations of mynde./

Locall}

Medicines

I shall come to speake of Locall medicines to

accomplish the Cure of Vlcers./

Vnguents

Digestives

Take Wax Rosin of each &#8485; vi, pitch &#8485; 4.

Gum Elemnj &#8485; ii oyle &#8485; v, gum of Iuniper tree &#8485; 4:

Sheep Suett &#8485; ii, Turpentine &#8485; ii, Olibanum, Mirh.

of each &#8485; i, make it into an Vnguent It is

a good digestive, but if yow add a Little precipitate

it will digest better./

The same Vnguent spread very thinn on a

pledgett will Mundifie./

Then for a Cicatrise vse your ordinary vnquentes

or this Receipt much Commended, oyle of

Emplastes to

Cicatrise./

Vnripe olives a pugill of each &#8485; iii Lithargie

of Gold & Silver &#8485; 4, Ceruse &#8485; i boyle these

over a gentile fire till it come to the Consistance

of a plaster, then add Wax and pitch of each

an &#8485; i and soe make a Sparadrop, It will

descicate very strongly, This in Breife of the

Cure of a Simple Vlcer in a tender body./

And as for the Curation of the distempers

of an Vlcer I shall breifely speake of them

and they are fower As

1 Too drye

2 Too moyst

3 Too hott

4 Too Cold

1 A Drye

Distemper./

1 A dry distemper, is, when it sendes forthe

Little or noe moysture and feeles rough & hard./

Cure./

To Cure this distemper, is by humecting

Medicines, as by fomenting it with warme

waters according to Galen s opinion, or els

Galen

with oyle and water mixt;

But if the Body abound with ill humors

first purge and vse Phlebotomie./

2 Moyst

Distemper./

2 Moyst Distemper is knowne by the plentie of

the Excrementstious humors which the Vlcer

folio 213 verso || folio 214 recto

sendes forth, and by the spungifigous softnes and

growth of the flesh about it./

Cure

Cure is by dryeing Medicines, such as wee

call Sarcotickes, haueing allwaies Regard

to the plentie of the humor and the proper

Galen

Temper of the part, Galen Commendes for

this All.... Allome Water, it dryes cleanses

and Corroborates the affected part./

Or a fomentation of Redd Roses, wormewood,

Betonie Tapsus barbatus, or Longwort,

of each a handfull, galls, Nuttes of Cyprus

of each &#8485; i Allome &#8485; i boyled in Sharpe

wyne, and so foment the part affected

3. Hott Distemper/

3 A Hott Distemper is knowne by the

Reddnes and paine./

Cure./

The Cure is to haue Recourse to Refrige=

rating thinges as Vnguentum Rosatum

Populion steeped in Plantyne Water

Nighshade, or oxicrate./

Or Scarification or Leaches applyed

doth more Conduce then other Reme=

dies./

4 Colde

Distemper/

4 A Cold Distemper, is knowne by the

Whytish and pale Colour of the part

and by the Complaint of the Patient./

Cure./

The Cure is by applyeing bladders filled

with this followeing decoction of Tyme

Cammomill Mellilott of each a handfull

Wormewood Margeram sage Rosemary of each a

handfull decocted in Wyne, then add aqua

vitæ. But if

A Mixt or Compound Distemper be Ioyned

to the Vlcer,

The Medicines in like manner must be mixt

and Compound, the Rest of the Cure must be

as of other Vlcers to witt.

1 detertion

2 Incarnation

3 Cecatrisation./

Thus haueing spoken something to the

cure of a Simple Vlcer with theere

Indications and distempers I shall nowe

come to speake something of a Fistulous

Vlcer of the Thorax.

[A Fistula is a Sinuous Vlcer, narrowe

and Long with Calositie.

It may be objected by some Why I vnder=

takeing to speake of the Cure of Vlcers should

mix a Fistula and an Vlcer together./

ffor Answere therevnto I say no more but

onely this, that they are of Affinity in showe and

Cure, and my tyme will not permitt me to speake

largely Least I tyre out your patience, There=

fore giue me Leaue to proceed to speake of a Fistulous

Vlcer] But the signes of it are apparent to

the Eye and therefore needes not to be particu=

larized.

Fistulated

Vlcer./

A Fistulated Vlcer after a wound hath but

one Orifice ordinariely, if it penitrate the breast./

folio 214 verso || folio 215 recto

I might heere giue yow the Reason, why I insist

rather on this, then any other subject, because

there are diuers present can witnesse my Laboring

many monethes in the Cure of a ffistulated

Vlcer in the breast haueing drawne through

a flavila it discharged much matter for two

or three monethes and gaue the patient much

Ease, But it so happened that my Patient

Rydeing from ffield (beeing an Innkeeper)

and getting of his horse, Lost or drewe the

Flavila out, and would not lett me vse it any

longer, But Concluded the New=well=water

would Cure him, and Resolued to Leaue off

his Pectorall decoction and his dyett drinke

but fyndeing by sadd Experience it lost

tyme and to little purpose, Intreated mee to

beginn this Spring, and to Continue the

vse of my former Method hopeing of

perfect Cure by it, but this by the way of

digression to giue yow a breife and true

Accompt why I haue Chosen to speake

of this subject./]

But a ffistulated Vlcer after an

Impostume hath frequently more Orifices

than one; Whereof some passe to the

Cavity of the breast directly and some wynde=

ingly./

And to speake plainely a ffistulated Vlcer

of the breast and Ioyntes require some more

the ordinary Considerations, they are hard to be

Cured for these Reasons

1 Because the Breast is in Continuall motion

by reason of ites dilatation and Contraction./

Nota, Now Motion hinders the Cure of any sore

as wee fynde by experience and is formerly

noted./

2 Because the Virus or Venome of a fistulated

Vlcer doth often Corrupt the Ribb./

3. Because the End of the Cavity is often lower

then the orifice which hinders the purgation

of the matter./

4 Because of the Sinewosity within, being

hardned hinders Curation by not yeilding to

Medicines applyed./

5. By reason of the quantatie of quitour

powred forth seemes to be from their vicinity

to the hart which being the fountaine; theire

is a Continued efflux thereof from thence

to the part affected./

6 And lastly It is hard to be Cured if it bee

of a long Continuance with the Corruption of

the bone./

Cure of an

Vlcer in the

Thorax./

The Cure of a fistulated Vlcer of the

breast may be Referred to these three heades

1 Convenient dyett

2 Pectorall decoctions

3 Locall applications,

Dyett

1 ffirst for Convenient dyett, Meates of easie

Concoction and which afford Laudable nourishment

folio 215 verso || folio 216 recto

are to be appointed to the patient, and a moderate

vse of them is to be prescribed./

Pectorall

Decoction

2 Secondly pectorall decoction, as mayden haire,

Coltesfoot, Liquorish, Parceley root, Succory

Rootes, Marshmallow rootes, Rasons of the

Sunn, dates and such like dulcified with

Sugar Candy./

Or A dyett drinke made with Rubarbe,

Sene, Liquerish, Annyseed, Chynæ,

Sarsaparillæ, Sarsafras, senicle, Agri=

mony Scabious, Mouse Eare, Coltes=

foot, Ladies Mantle, herb=Robert,

Tormentine, Columbine Rootes

Marshmallowe Rootes &cetera

Purgations./

For Purgations they must be such as

are according to the Nature of the humor

that aboundes

Phisitions aduise

this Purge./

Purge with Pulvis Arthreticus ^&#8485; i Puluis

Ialopi &#8456; i, Sirupus of Roses solis

i of Whyte wyne &#8485; is.

Vinum

Vomitorum./

Or, sometymes a good Vomett may bee

more effectuall then any purge/, if

the Vlcer be in the depending partes of the

body, for to divert the humor yow may

giue Infusion of Crocus Metallorum

vi & oximell Squiliticum , or oximel

Simplex &#8485; s./

And three or fower dayes after yow haue

purged, or vometed your patient yow may

giue him a good Sweate with some Medridate

or Venice Treacle or some othe Diaphore=

ticke which much forwardes the Cure,

or Likewise some good dyett drinke with

China Sarsaperilla polipodium and the

like being vsed with good successe many tymes

in such ffistulous Vlcers of the Thorax

Haueing spoken something in generall

1 Concerning dyett

2 of pectorall decoctions

3 Purgations

That they must be such as are according to

the Nature of the part and the humor that

aboundes.

I come in the last place, though not the

least Considerable to speake of Locall appli=

cations, And they may be Reduced to fower

heades.

1 dilatation

2 Remoueing of the Callus.

3 To Mundifie the part

4 To Cicatrise

I shall speake breifely to those in order

and so Conclude./

Nowe particuler Remedies, or Locall Appli=

cations may be Reduced to 4. videlicet

1 dilatation

2 Remoueing the Callus

3 To Mundifie the part

4 To Cicatrise as I said before.

1 To dilate the orifice if it be strate, which

folio 216 verso || folio 217 recto

may be done three manner of Wayes./

1 By Incision

2 By vseing such thinges as swell or Imbibe

3 By a fistula tent

1. ffor Incision is to be vsed if the Vlcer

be not deepe and onely Runns along vnder

the skinn, noe deeper than the Membrame

of a Muscle./

2 Secondly for vseing such thinges as swell

whereof theire be sundry as these Gention

Rootes, pith of Elder, or spunge twisted with

a thredd and wreung hard all night, soe take

off the thredd and vse it, It dilates more and

Imbibes more moysture then the rest./

Or A spunge dipt in Mellilett plaister

and prest very hard together and soe make

a tent therof./ If the Vlcer bee deepe I

haue sometymes tyed a thredd to the tent

to hinder ites falling in./

3 To dilate it with a tent called a ffistula

tent, by some whence I haue seene made of

Lint, of what bignes or smallnes you please

moystening it with the white of an Egg and soe

dryed yow may vse it, to delate without

paine, and increase them to what largenes

you please./

Thus much of dilatation may suffice./

Nowe wee come to the second Particuler Which

is to Remove the Callus or Calositie of an Vlcer

and they are done 2 wayes either more mylde

or more harshe./

Callositie./

2 Secondly to take away the Callositie, or hard

Lipps of a ffistulous Vlcer, may be done by

degrees.

1 Some more mylde, 2 some more harsh.

1 The more mylde are of an Emoliating and

digestive quallity, If the Callositie bee but

small in a fleshy part, and a younge bodie, such

as Vnguentum Dialthea cum Gummis mixt with

precipatate or burnt Allome./

2 Second more harsh that must mundifie

strongly if the Callus be somewhat hard, and the

Patient Aged, such as Vnguentum veride with

precipitate or Alllume, or some Turbithum mixt

with it, or ægiptiacum which is stronger./

Or, to take away the Callositie or hard Lipps

of a ffistulous Vlcer, yow must scarrifie them

gently, or els to the quicke, and so make way for

the Medicine to enter in, according to Gallen .

Gallen

in his 4 booke and second Chapter of the Method

of Healeing./

Or, If this will not doe by Cauters

1 Actuall or

2 Potentiall

Thus haueing spoken something to the two

firs particulers as

1 dilatation & Removeing

2 of the Callus or Sinuositie

1 To mundifie

more myldly./

3 I shall nowe come to the third particuler, which

is Mundifieing of the part, Take of Plantine

the Iuyce of it &#8485; ii, of hony one &#8485; i, Turpentine &#8485; is

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To Mundifie

more stronglie./

and powder of Iris and Alloes of each &#8485; s, or to

Mundifie more strongly this followeing Receipt

Take of white Wyne pound s &#198;gipticum &#8485; s, spirittes

of wyne &#658; vi mingle it and Inject it warme

once a day till it bee sufficiently mundified

and that yow shall knowe when the

quiter hath no ill smell Left behynde./

4 Particuler

Cicatrise

4 Now wee come to the 4th particuler to

Cicatrise. Take of Plantin water

wherein some Litharge either of Gold or

Silver hath bene boyled &#8485; iii, and of

the Syrupe of Redd Rose Leaues dryed, or

of Mirtle Berries &#8485; i mingle these together./

Injection to

Cicatrise./

Th'other is this Take of Plantine

Water &#8485; iii, of Roman Vitrioll in powder

&#8485; is Lett it dissolue in the Water and inject

these Medicines warme, or moysten your

pledgett in either of them, they are both

good dissicatives./

Desicatives./

Or thus yow may Cicatrise it by strowing

very dryeing powders haueing little or noe

Acrimony in them, as Burnt Allome

and vitrioll thinely strowed vpon the part./

The Roote of the Aristolochia, Aloes or

Burnt Lead, Litharge, tutiæ, plates of Lead

besmear'd with quicke silver, whose efficacie

for this purpose is much Commended, but

(too coald) to be applyed to this part which wee

are discourseing on at present being the Cure

of vlcers of the Thorax./

Compaginem hanc humanorum ossium,

tum illam alteram ab vmbilico Theatri

pensilem (post dissectionem omnium

Musculorum eadem ossa mouentium

vestienti.umque ) construere, et iam

primum nouo auso natiuis motibus ornaver

ornavere Thomas Burton et Daniel

Worrall pro tempore in arte Anatomica

magistri, qui has suas encheireses bono

publico destinata, in sacris hisce Diuæ

salutis &#198;dibus æternitati posuere

folio 217 verso || folio 218 recto

Thus haveing spoken somethinge to

1 What an vlcer is.

2 Theire Causes.

3 Theire differences and signes

4 Theire Prognostickes &

5 To theire Cure in generall, but

more particulerly of a ffistolous Vlcer in

the Thorax, and of all these but breifely, I

shall (if God giue further oportunity) speake

more practically and experimentally of them

which as I (humbly Conceive) is mainely

intended in these Lectures, and make it my

humble Request That all Considerable

Remarkeable

observations in each mans practize might

be Recorded to the honor of God, and the

Creditt of yow the Auncient Maisters &

Gouernors of this worthy Art./

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folio 219 verso || folio 220 recto

folio 220 verso || folio 221 recto

folio 221 verso || folio 222 recto

I C

Pharmacapæus

Prælectio Prima 1634

Had I beene this day to haue spent this houre in a

publicke assembly, I should haue made an Apologie for my selfe

before I had enter'd vpon my ensuing discourse, though in respect

of you, (Fratres et eruditj auditores) I mus ingeniously Confesse

it weere much more needfull that at this present, I should de=

=sire a favo^urable construction of that which a Trewant as I haue

beene should deliver, but the mutuall relation betweene vs

of this selected society, makes me presume that's freely graunt=

=ed et quod sponte conceditur frustra quæritur, et in cassum cadit

iste labor; In honorem dej creatoris ergo: de creaturis; levj

et quasj pendente manu tractare incipimus./

Placatonius=

Pharmacopæus de materia et forma Medicamentorum solicitus est

and wee know that though an Artificer may haue conceiu'd the Idea of his

Intentions, yet shall he not effect his desire vnlesse he well know the materials

wherof that Idea is to be formed; conceiuing therfore, the knowledge of the

matter of medecine to be very necessary, and according to Fernelius in the

first place to be sought after by such as are conversaunt in the Pharma=

=ceuticke part of Physicke, Quæ medicamentis intra et extra corpus admotis

medetur; & espetially of the Apothecary, vpon whose sufficiency depends

the Artly preparing & Compounding such medicines: I think yt shall

be worth my labour, & not altogether vnprofitable to you, yf I spend

the houre alotted mee for this & the like exercises in discoursing

vpon the matter of medicine: These two termes vsd by Placatinus , materia

et forma medicamentorum. the first of them is thus defin'd by Galen

Galen in libro 1o Simplicium

medicamentorum facultatibus

Medicamentum est omne id quod naturam nostram altarare ac mutare potest:

& this is objectum Pharmacapeæ. by Forma I conceiue our Author in this

place vnderstands not only Figurea seu facies (which Spigelius wishes should

be first learn't by those who should study the knowledge of plants) and

that by which simple medicaments are distinguish't, but also the bodies &

Consistences; of which severall Compound Medicines are to bee: which shalbe

appointed as well for inward as outward vses, but because in these two

wordes there doth appeere, some straightnes & obscurity let vs consider

folio 222 verso || folio 223 recto

That of Fernelius in his Methodus Medendj who sayth: simplicium

Cognitio, Collectio, Dilectus, expurgatio, Conservatio, præparatio, Corcectio

et miscendi industria, seorsim ad Pharmacopæas referuntur ac

pertinent. A large field & laborious study to be knowing in ech of

these, in such a measure as may be expected from such who pro=

fesse maisters in this profession: I must confesse for mine owne part

I think that greate Phylosopher, when he came to the Temple

& there in the first place pref.. d found this sentence prefixt

(Nosce Te ipsum) had not more cause to forbeare goeing any further,

till he had learn't this, then wee haue, when wee take into our con=

sideration, this first word Simplicium Cognitio: for as one say's,

Philosophiæ partium nulla sit difficilior, quam ea quæ plantarum naturam

Complectitur, ob incredibilem formarum, virium et aliorum accidentium

varietatem. But whose or what method to follow in my endevour

(I must Confesse) I could easily resolue on, for though I thought on

diverse, yet I found none of them proper for this society, vntill

our Pharmacopæia Londinensis Coming to my hand & perusing some

medicines & the ingredients thein contein'd, I determin'd which

my selfe (setting aside some other resolutions) to discourse of those

Ingredients which I shall finde in ech Composition, of which I shall

haue occasion to speake, but least our Doore seeme too wide for our

Structure, wee will take into our Consideracion the first Composition.

Aqua: Absinthia: minus

Composita.

Rx Absinthii siccj pounds ii semina Anisi pound s, macerentur in spiritus tenuioris

aqua vitæ Congijs sex, per horas 24. deinde extrahatur spiritus

per Alembicum addendo post distillationem sacharj puris. quantitas sufficiens

Concerning the Title, yt is called aqua abstinthij from The name of

the plant which is the principall Ingredient, with the addition of

minus Composita, in regard of a follwing receite whose ingredients

are more in number; the first Ingredient is Absinthium ,

a plant (no doubt) as Common with the Auncients as at this day

yt is with us, which was the reason that Dioscorides did omitt

the description of yt, thinking yt suffieient to tell vs=

=

The vertues, & to let vs know that the best of that which was so Common did

grow in Pontus, Cappadocia & mount Taurus not that yt was any other species

as some haue vainly imagin'd, causing much contention even among the

learned. yt is called in Latine Absinthium latifolium seu vulgare in greeke

the Names/

and intensæ amaritudinis: in English, Wormwood,

and common or broade leau'd wormwood: Dioscorides mentions three sorts

of wormwood. videlicet Absinthium Ponticum, Marinum sive Seriphium et

Santonicum; Bauhinus he ads a fourth which he calls Absinthium monta=

=num; This our common wormwood which I conceiue is heere to be vs'd

though they haue not distinguish't that speties is thus describ'd, to haue

Description

leaues of a grayish ash collour deeply Iagged like muggwort, very

bitter, the stalke being of a wooddy substance, some Two Cubitts

high, full of branches, along which grow litle yellow buttons, which being

ripe haue in them small round seedes, like that of garden Tansey

but much smaller, the rootes being wooddy & full of small threds:

It naturally groweth in stoney places, and by the way side, the

flowers & seede being ripe in the latter end of Iuly & the begining

Temper

of August. his temper is hott in the first degree & dry in the third,

his tast bitter, sharpe, & Astringent. & therfore clenseth, purgeth, makes

warme & dryeth: yt doth excellently comfort the stomach, expelling

from thence hott Collericke humors both by seidge & vrine: yett

yt helps not where the stomach, breast, or lunges with pituitous

matter, because the astringent quality, is more powerfull then

the bitter: The tops, leaues, & tender braunches, are the parts

of this Plant, which are commonly us'd in Physicke./

Semina Anisj

The next is semina Anisi: the plant which yeelds vs this seed is called

in call'd in Greeke , in latine Anisum, in english Anis, as some

thinke quasi vocauere, quia appetentiam sibj præstaret

but more truly , quod tensiones

flatulentas internas, et externas remittat et laxat; in english

yt is commonly called Anise: haueing leaues like to young persley

new sprunge vp, his stalkes are round & hollow, and so are the

first springings vp; but afterward yt hath other leaues, cutt

folio 223 verso || folio 224 recto

And Clouen like to persley, but a greate deale smaller and

whiter, at the top of the stalke grows diverse faire tuft's

or spokie rundles, with white flowers like to the tuffts of

white Saxifrage or Coriander, after the flowers are past comes

vp seed which is whitish, & both in smell & tast sweet & pleasaunt,

the seed is only the part of this plant vsd in physicke, et sane

nullum c cæteris flatum emittentibus oleraceis seminibus

gratius est ventriculo, saith Pena ; the best is comended by

Dioscorides , Si recens plenum, non furfurosum, odore præstans:

they doe nott Continue in there prime aboue one yeere,

which appeeres by the Coulour, for so saith Melichius ,

primo anno viridis est, altero dein quasi emoritur et ingres=

=cere incipit: yt is hott & dry in the third degree./

The matter wherin these ingredients are to be macerated is

Spiritus tenuioris aqua vitæ: descried in the 13th page of this

dispensatory vnto which for the present I referre you.

let vs say Somwhat of preparing these Ingredients & the

manner how this water is to be obtaind: your wormwood

being Artificially dryed is to be cutt small; the seedes being fan'd

& well bruis'd are both to be macerated for the space of 24

houres, in Congijs sex, saith one dispensatory, that is as they

els where expound yt six Gallons & six pints of the weaker

spirit of aqua vitæ all which putt into a limbecke of con=

=venient bignes, with a refrigeratory, with a gentle fire shall

you draw of your desir'd liquor, vnto which you may add

so much suger as may gratify the tast: & so you haue

Aqua Absinthia minus Composita./

Aqua absinthia magis}

Composita

Rx Absenthij ponticj, vulgaris ana pound i; Salviæ, menthæ, melissæ,

ana handful ii; Radix galangæ zinziberis Calami aromatici enulæ campanæ ana &#658; ii

Gliceriza &#8485; i. vuarum passarum exacinatiarum &#8485; iii: Semina anisi f&#339;miculi dulci

ana &#658; vi, Cinamomj, Cariophyllorum , nucis moschata ana&#658; ii Cardamomi Cubebarum

ana &#658; i. incidantur incidenda, Contundantur Contundenda, et in

vinj hyspanicj pounds 24 Inundanturper horas 24 deinde destillentur et Dulcorentur

Secundum Artem

Concerning the title, as the first was calld Minus Composita in respect

of this, so this in regard of the former Magis Composita, the first in=

gredient is Absinthium of which I haue spoken already, but for that

wee finde yt heere distingui'sht, as of two severall speties, let vs

examine what is ment by Ponticum, & vulgare, Absinthium Ponticum mention'd

but not descri'bd by Dioscorides hath cau'sd much controversy both

amongst Physitions & Apothecaries, and Iacobus Sylvius hath

taken some paines, & he thinks succifiently proved that that which

Mesue calls Absinthium Romanum was the same Absinthium Ponticum of Dioscorides

And Lobel in the Adversaria makes yt evident that Mesue did often

vse the word Romanum for optimum & by the description, of that

which hath beene growing about Rome, yt is no other then the

broade leaue wormwood soe Common with vs, but that which doth

more manifestly Confirme this is that what vertues eyther Dioscorides

or Galen doe attribute to the Ponticke wormwood, & Mesue to

the Romane wormwood, besides the dayly experience of the

Common people, wee see the most learned & best practis'd Physiti=

ons both by word & writing doe attribute to our Common broad

leaue wormwood. now yf the absinthium Ponticumof the auncients

be ourAbsinthium vulgare what wormwood shall wee vse heere

for absinthium Ponticum indeed there are two other kindes of wormwood

mention'd by Disocorides , but Galen admodum sunt infesta ventri=

=culo. & therfore I conceiue them not proper for this purpose

neyther indeed can yt be the absinthium montanum of Bauhinus , so that

for any thing I see, vnlesse the maisters of this Compound water

can tell vs of any other speties then is yet come to our

knowledge this receite is like to loose one pounde of wormwood.

Salvia

but let us proceed. the second is Salvia so calld by the latines,

quod ad multa præsertim ad facunditatem salutaris sit: and

therfore Agrippa , sacram herbam vocavit (Saith &#198;tius ): yt is

called by Dioscorides in his 3d booke: Capitulum 32

quasi in tabem redacta, for this herbe doth ever looke dry

& as yt that had no Iuice; in engish yt is called sage, common

garden sage, for though Dioscorides mentions but one kinde

folio 224 verso || folio 225 recto

of sage, Theophrastus mentions more, yea Gerard in his

translated Dodonæneus mentions six sorts, and our worthy Brother

in his ingemious & ellaborate review and additions to the

foresaide worke, hath spesefy'd two others, the one wherof

he found growing with mister Canon haueing the tast & smell of

wormwood, the which Bauhinus only hath mentiond in his

Pinax vnder the title of Salvia minor altera, the other

being that of Clusius called Salvia cretica pomifera,

the applebearing sage of Candy, but let vs come to our

common sage, which is the same with that of Dioscorides , which

wee are heere to vse, yt is thus describd, to be full of stalkes,

foure square, of a wooddy substance, parted into braunches

the leaues growing by Couples at the Ioynts, being long, rough

& wrinckled, of a strong sweet sent, at the top of the stalkes

come forthe the flower, set at Certaine one aboue another

which are long and gapeing like to the flowers of Clary, or dead

nettles, but of blewish purple Colour, after which come small round

seedes in the huske that bore the flower; the roote is woddy with

diverse strings at yt: the leaue & flower are the parts of this

plant most Comonly vsd, yt grow's plentifully with vs in

every garden and is much esteem'd for his vertues, though not

so much admird, as of him who demounds, Cur moritur homo

cum Salvia crescat in horto, for wee know Contra vim mortis non

est medicamen in hortis. Yt is hott & dry in the third degree

and hath some astriction, It flowers commonly in June & July./

Mentha

The 3d is mentha, the Auncient Greekes saith Pliny cald it , but

the pleasauntnes of the smell hath made them Change that

name & Call yt ab et id est Suavis odor,

whence Dioscorides calls yt hydiosmj. there are diverse kinds of

mints, of which some are to be refer'd to those of the Garden, the

rest to the field, for Hypocrates & Plato are deceiud saith Spigelius

who thinkes that all Plants by nature wild, may by good Culture

be made Tame: for Theophrastus makes the same distinction

vnder these two Termes, Mitia, et Agrestia, Mitia being such

quæ a nobis Coluntur, ac nostra opera mansue fiunt cicuranturque .

Agrestia such quæ sponte sine vlla Cultura proveniunt, and

which cannot well be made tame. The mints heere to be vsd, is of

the mints Commonly planted in Gardens, in english calld Speare mints

in latine Mentha romana; by Pena & Lobel mentha agrestis tertia.

of Tragus Mentha prima; of Mathiolus , Sativa. Tertia of Dodonæus ,

yt hath a square greene stalke, with somwhat long greene leaues,

Set by Couples, of a very Comfortable sent, the flowers being of a

a pale red or blush Colour, growing in long eares of spikes; the

leaues & tops of this plant are comonly in vse with vs, these and all

other kindes of mints doe flower in August the Roote being of a

long continuance, yt is hott & dry in the third degree yet Fuchtius

thinkes yt dryes but in the second degreee & giues this reason,

ex cultura aliquid humiditatis accedit: & wheras Aristotle in his

20th section & 2d probleme hath affirmed Mentham refrigerare posse

Corpora: tis not any oppugning Galen or any other Physitions who haue

affirm'd to be hott (for of yt selfe yts hott) butt because yt stirreth

vp lust; et hæc cum immodica fuerit, Corporis vires deijcit, & so

by accident yt Cooles the body.

Melissa

The 4th is Melissa of some ca'lld Apiastrum , & Cytrago ab odore Citrj et

quia Cordj prosit. it is called in greeke , et

yt is Apiastrum, quod hac, as ; Apes delectentur whence

that præcept of Virgil .

Tu Iussos asperge liquores

Trita Meliphilla, et Cerinthæ ignobile gramen

There are six kindes of Baulme mention'd by late writers, but

the baulme wee are heere to vse is saide to haue diverse

square blackish greene stalkes & round, hard, dearke greene, pointed

leaues growing theron by couples a little notcht about the edges

of a pleasaunt sweet sent, drawing neere to the sent of a

lemon or Cytron, yt is much set & sowen in Gardens, the leaues

& tops only are in vse with vs; It flowers in Iune, Iuly, &

august, the stalke withers & dryes in the winter, but the

roote liues & brings forth young leaues in the spring, the

other kindes of baume when they haue perfected there seed, perish

folio 225 verso || folio 226 recto

But they flower the same time the our Baulme doth.

Avicen saith yt is hott & dry in the second degree, yet

Fuchtius thinkes yt not altogether so dry, yt availeth much

in bitings & knawings of the stomach, causd by cold, &

extinguisheth causles feare & sorrows, begotten by blacke

Coller: yt Causeth Cheerefullnes & is effectuall as well in

Phelgmaticke as melancholy humors; and yt is reported

that as Brassica Causeth yll dreames so this is saide to

Cause good dreames.

Galanga

Now are wee come to the rootes & the first of them is

the 5th Ingredient, which is heere calld Galanga & of some

Galanga minor to distinguish yt from the Galanga major

which some thinke to be the Acorus of the Auncients, is is

question'd by Pena & Lobel whether yt be not the Acorus

Galaticus of Dioscorides : but as I remember our Brother

in the Chapter of Galingale, which he hath inserted lately

into Gerard hath there obser'ud yt to be the Acorus of the Shops

& vsd by many for the true in there dispensation of

Methredate yt is calld in Greeke in lesser the

lesser Galingale, or Galingale with out any addition, yt is describd

to be a small roote, of brownish red colour both within & without

the tast is hott & biting, the smell aromaticall, the leaues yf

wee may beleeue Gartias ab horto , are like those of Mirtles;

yt grows in China & is hott & dry in the third degree:

zinziber

the 6th is zinziber, cum folia Iridis et siliquam aliquatenus

Xyridj Similem habeat, de eo his agendum quod Dioscorides in

libro 2do Capitulo 190 ( ). thus farre Bauhinus ; and

Swertius in florilegium sets yt forth with the leaues & flowers

of Ireos, vnder the title of zinziber flore albo facie Iridis:

wee call yt in english Ginger. the roote is only in vse with vs

and is very well decipherd in the herball, set forth by Gerard

vnder the the title of zinziber verior, which as yt seemes was sent

to him by Docter Lobel ; yt growes in Spaine , Barbary ,

and the Canary Ilands , yt will not continue but in very

hott countryes, for the first Cold blast, kils both leafe & roote.

The best is that which the wormes hath not gott too, being whitish

& of an Aromaticke smell and tast; yt is sowen of the seed which yt

brings forth, or of the same litle roote, after yt is growen

greate they take yt forth and dry yt in the shadow, where

no moysture comes, for that corrupts yt, which is the reason

they are brought in dry earth: It warmes the stomach and

helpeth such griefes as proceed of a windy or cold cause./

The Seauenth is Calamus aromaticus, for which wee now vse Acoru^ s verus

in regard wee want the true Calamus of the auncients to which our brother

amongst many other rarities by him set forth in the revision of Gerard s

herball, hath giuen vs out of Carolus Clusius : who because yt did excell=

ently agree with the discription of Dioscorides , hath thus written of yt;

In my opinion (saith he) it is rather to be Iudged an vmbelliferous plant

then a reedy, for yt hath a streight stalke parted with many knotts

or Ioynts, otherwise smooth, hollow within, and invested on the inside

with a slender filme like as a reede, and it breaketh into shivers or

splinters: The smell is sufficiently strong, the tast is gratefull, yet bitter,

& partakeing of some astriction, the leaues as it seemes doe ingirt

the Stalke at every Ioynt by Couples: the roote at the top is

somwhat tuberous, and then ends in fibres, and he saith that a

learned Apothecary Anthony Coline sent him from Lyons peeces of

same like Reed, of which he had v'sd in his Composition of Treacle.

for Calamus aromaticus. so farre Clusius : but as as I saide that which wee

now vse commonly for this Calamus, Acorus verus, of some Acorus,

others Acorum, in greeke ( ), quia ( ) id est pupillis

sive acei oculorum caliginosa mederetur. It hath flaggey leaues

like to the water flower de luce, or flag but narrower, three foote long,

of a fresh greene Colour, and aromaticke smell, which they keep a long

time though dryed; the stalke which beares the flower or friute is

much like another leafe butt only from the fruite downward

where it is somwhat thicker but so broad, allmost trianguler:

the flower is a long thing resembling the Cats tayles which grow

on hasells, yt is about the thicknes of an ordinary reede, some Inch

& halfe long, of greenish yellow Colour, Curiously Checkerd, as=

folio 226 verso || folio 227 recto

Wrought with a needle of greene & yellow silke intermixt;

they doe loose there leaues in the begining of winter and

doe recover them in the spring time: those rootes which are

substantiall, well compact, not rotten, but white within

and doe smell well are best for vse: If this roote be pre=

serud yt hath a very pleasaunt tast, comforting the stomach

& heart; the Turks at Constantinople doe take yt fasting

against the infection of the aire, the Tartars which commonly

drinke nothing but water will steepe this roote in yt./

The eght'h is Enula Campana, one name being made of two,

for the shops call's yt Enula, the country people Campana

by Ioining which words the name is made, but as some thinke

yt is more properly calld Innula, yt is calld in greeke ( )

in english Elecampane, Scabwort, & horsheale; some report

this plant came from the Teares of Helen, but other from

the name of an Iland so calld, where aboundance of this

plant is found: yt is thus describ'd to bring presently from

the roote greate white leaues, sharpe pointed allmost like

those of greate Comphrey, but soft & Coverd with a hairy dowen

of a whitish greene Colour, and are more white vnderneth,

slightly nicked in the edges, the stalke is a yard & halfe long

about a finger thicke, not without downe, devided into diverse

braunches at the top: vpon the top of every sprig stands

greate flowers broad & round, of which not only the long small leaues

that Compas round about are yellow, but allso the middle ball

or Circle which is filld vp with an infinite number of threds, and

at length is filld vp tur'nd into fine downe, vnder which is slender

& long seed: the roote is vneuen, thicke as a man may well gripe,

not long, oft time blackish with out & white within, full of

substance, sweet in smell, & bitter in tast, & is that part of

the plant which is comonly vsed with vs. yt flowers in Iune

& Iuly; the rootes should be gathered eyther in Autumne

or els in Aprill or May: yt is hott & dry in the third degree,

and being dryed more effectuall then greene, because the

Superfluous moysture which is in yt is by that means spent: It

grow's in Meddows that are very fruitfull, the goodliest Plant that

ever I saw of yt was betweene Sandwich and Canterbury , and

mentiond in our Iournall amongst the plants wee found in the Ile

of Tenet as wee returnd from thence in the yeere 1633/

Gliceriza

The ninth Ingredient is Glyceriza, in latine dulcis radix, in shops

(yet corruptly) liqueritia, in greeke y'ts calld ( ), both Greeks

and latines haue giuen the name from the sweetnes of the roote

which is the only part of this plant vsd in physicke, in english wee

Call yt licorice: there are two sorts mentiond by Dioscorides : the

one of which is the licorice so commonly planted with vs in England

and proues so good that it's one of the three things which this

Iland doth produce, exceeding in goodnes those which are brought

from any part of the world, (that is to say) Honey, Saffron, licorice,

It is describd to haue many wooddy braunches riseing vp to the

heigth of two or three cubits, beset with leaues vpon a middle

rib like the leaues of Colutea, or the Mastich tree, the flowers

are of a light shining blew colour, after which doe succeede longish

Cods, spike fashion, like Onobrichis wilde vetch, or Galega the Cods

are small & flat, like the tare, the rootes are of a brownish colour

without & yellow within like box. It grows in Germany , ffraunce ,

& Spaine , yt flowers in Iuly & the seed is ripe in september

the roote of licorice is sweete & therfore temperatly hott & moyst

& yet is the barke somwhat bitter & hott, but that is to be scrap't

of, the Greene rootes full of Iuice doth moysten more then the dry./

The next is vua passa, but my slow delivery hath so spent the time that I must

needs say, that which the accurate discource of you my prædecessors

haue deliver'd, (with this weake assay of mine) in private may by some

meanes become the happy occasion of publicke exercises in this kinde of knowledge.

the Physitions & surgeons for the honour & increase of knowledge in there art

haue not only Anuall but monthly lectures in Anotomie, why should not wee

then by whose industrious hands, are prepard & mixt those medicaments wherin

consists the good or yll successe of there intentions: why should not wee I say

vpon whose sufficiency in knowledge depends not only the welfare of the patient but

the honor of the Physition, by publicke exercises, seeke to gaine honor & knowledge

to our owne too much slighted profession. Sed quo feror. Should I go on I doubt I should appeere

too bitter. Deum ergo præcibus solicitare voluj, vt bene et prospere succedant Consilia nostræ

Societatis Communj Comodo inservire. Amen./

folio 227 verso || folio 228 recto

folio 228 verso || folio 229 recto

Preserues, Conserves

Syrups, Candies &cetera/

To preserue Iringo Rootes./

Seeth your Iringo Rootes till they be tender, then

pull out the pyth of them, and lett them dropp through

a Cullender as much as they will, and when they are cold

putt them into a thynn Syrupp, it beeing also cold, and soe

Lett them stand three dayes, Then boyle the Syrupp, adding

to it some fresh Sirrupp to supply that which the Rootes

drunke vpp; Then boyle the Syrupp againe without

any newe Additions vntill it come to the full hight

of a preseruing Syrupp, and then putt in the Rootes

againe, and so keepe them in it till yow vse them

Rootes that are preserued in this manner wilbe

very tender cecause they neuer boyled in the

Syrupp./

To Preserue Hartichokes./

You must first pull off the leaues, and Cutt out

the Artichokes Apple of the Artichokes, and

Cutt away all the haire and the Burr, and

pare and scrape them very smooth Then lay them

in water three daies Changeing the water twice a

day Then yow must boyle them in diuers waters

vntill the bitternes be gone, Then make your

Syrupp as yow doe it for Wallnuttes, and preserue

them after the same manner, and sticke three

Cloues in euery one of the Artichoakes./

To Preserue Walnutts

Take your Wallnuttes the first moone after

Midsomer putt them into one end of a bagge

into water with a stone in the other end of the

folio 229 verso || folio 230 recto

Bagg to keepe them downe; yow must

haue two kettles of water ouer the fire,

And lett them boyle in one kettle till yow

see the water Change Cullour, Then

take them out of that kettle, and putt them

still into fresh waters, till the bitternes

begone, Make your Syrupp ready with

Sug Sugar and rose water and Cla=

rified Then take your Wallnuttes out

of the Bagg, and peele off the outer skynn

and putt them into the Syrrup and lett

them boyle softly vntill yow thinke

they bee throughly preserued, yow must

sticke on each wallnutt a quarter of

a Clove./

To Preserve Peare Plumbes.

Take your Plumbes before they bee Ripe

Then take faire water, and lett it seeth

Putt your plumbes into a pott, and the

Seething water vnto them, Cover them

Close, and lett them stand three daies

And if the water bee not bitter yow may

make your Syrrupp with it, And soe

preserue them as yo doe damsons, or

other Plumbes./

To Preserue Oringes & Lemmons

Pare your Oringes very thynn, and make an

hole at the topp, and take out the kernells with your

finger, but the meate must remaine, Then lay

them in water two daies and two nightes Change=

ing the water morning and Evening Then boyle

them in two or three waters till the bitternes bee

taken away, Every water must boyle into which

they are changed Then take their weight, and

take halfe their weight in Sugar, And allowe to

euery pound of Sugar a pynte of water to make

theire Syrupp Clarifieing it with the whyte of

an Egg Boyle the Oringes in the Syrupp

very softly till they bee enough; Then putt the

Syrupp in one Bason, and the Oringes in another

and the next morning putt vpp your Oringes

into your pottes with their holes vpwardes, and

soe power your Syrupp on them. Thus yow

may preserue Lemmons.

To Preserue Cherryes./

Take a pound of Cherries and a pound of

Sugar, Then putt halfe a pynte of water

to your Sugar; Boyle your water and Sugar

together, And when the Sugar is dissolued

and boyles vpp Clarifie it with the whyte of

an Egg and streyne it with through a streyner, Then

take a good handfull of Cherries, and lett them

boyle till they Colour the Syrupp, Then streyne

it againe as before, and take your pound of Cherries

aforesaid stoned and putt them into the Syrupp

folio 230 verso || folio 231 recto

and lett them boyle as softely as yow may for

a quarter of an hower Then take them out and

lay them in a platter one by one, Then sett the

Syrupp ouer the fire and boyle it againe till

it bee of a true height, Then putt in the

Cherries againe and assoone as the Syrupp

doth boyle ouer them, take them off the

fire, and so lett them stand in the same vessell

till they bee cold, and then putt them vpp

into a glasse, And to make them looke fuller,

Change them into another glasse att the

weekes end, You must make Cleane your

pann euery tyme your streyne your Syrupp./

To Preserue Lettice Stalkes

Take the stalkes growing in the middle of the

Lettice when it is seeded, pare them, (the

stringes I meane Cleane off) Then infuse

them in Water a day or two, Then byle them

as tender as possiblely may bee, Then Clari=

fie your Sugar proportionable to your Lettice,

Boyle it till it roape betweene your fingers,

Beeing Cold P. tt ^ putt it to your Lettice and

keepe it for vse./

To preserue young Peaches before the

Stone be hard./

You must vse them as you doe greene Apples but

Lett not the Liquour boyle before yow putt them

in water, Then in Liquour made of soape

Ashes./

To Preserue Greene Pippins./

Take Pippins groweing on the Shady syde

of the Tree before they bee through ripe and

Coare them, Then take two pottes of faire

water, and heate them scalding hott, Then

putt the pippins in, and Couer them Close, and

take it from the fire; Then heat the other

pott of Water, and when that water is colde

where the pippins are, change them into

the other hott water, and so change them still

keeping them allwaies hott and Close Covered

till they pill like a Codling, then pill them

and putt them into the water they weere scalded

in and Cover them and so sett them ouer the

fire making them boyle, till yow see them looke

Greene, but lett them not boyle too fast least they

breake. Then take them out of the water and

weigh to euery pound of pippins, a pound of Sugar

And to take a pynte of water, the one halfe Rose=

water, the other faire water, And soe to euery

pound of pippins and Suger their must bee

a pynte of Water And then putt your Sugar

water and pippins into a pott together, and boyle

them till the Syrupp bee stiff as yow doe

other pippins./

To Preserue Greene Grapes

Gather your grapes before they bee ripe whilest

they be Greene firme and hard yett lett them

folio 231 verso || folio 232 recto

bee of some bignesse The whyte grapes

(if yow can gett them) wilbe better then the

Redd, Plucke your grapes from the stalkes,

or if yow will doe them in Clusters, then

Leaue three or fower or six vpon a stalke

wilbe enough, Then sett two skellettes of

water vpon the fire, and putt in your grapes,

and Cover them close, and so lett them rest a

quarter of an hower at least Then take them

vpp, and when your other skellett of water

beginns to boyle vpp Take it from the fire,

and putt your grapes into it turning them

about softely with your spoone; but lett them

lye therein a very little while for feare of

breaking, or growing soft, Soe when yow

haue taken them vpp, pill them with a knife

as yow would doe a Codling, Then sett a

skellett to the fire again with a little faire

water, and when it beginns to boyle, putt

the grapes into it which yow peeled and

soe lett them seeth softly for a quarter of an

hower vntill yow see them growe greene

in the water (as they will doe if yow vse

them as I haue said) If also when yow haue

peeled them, yow cutt them a little on the syde

with a penn knife, and theire take out the

stones before yow boyle them, they will looke

much Cleerer when they bee preserued

Moreouer yow must not giue them too much

water in the boyleing, Least yow take away too

much of the Sharpnes of the grapes, for then

they will eate Mellowish and sweet, and be

nothing soe pleasant in taste, Then take them

from the fire and Couer them close, and soe

lett them stand a quarter of an hower Then

take them vpp into a dish and dreyne the

water from them asmuch as yow cann, Then

weigh them with your Sugar, and take to

euery pound of Grapes a pound and two

ounzes of the best Sugar and finely beaten

Then strewe an handfull or two in the

bottome of your pann wherein yow will

preserue your them, Then lay in your grapes

and Cast the rest of your weight of Sugar

vpon them, and so sett them vpon the fire,

and lett them boyle a pretty pace for halfe

an houre If any ffroath arise in the boyle=

ing, scume it offe Cleane, and when they

are allmost ready yow may add to them (if

yow please) a graine of Muske dissolued with

a little Sugar, and a spoonefull of Rosewater

(if yow like of it) and when yow perceiue the

grapes to be very greene and your Syrrupp

to growe thicke, take them vpp, and putt them

into a Gallypott or glasse, and lett your Syrupp

boyle a little while longer, And beeing cold

a whyle streyne itt vpon your grapes through

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peece of Cushion Canvas, because of the

Stones which wilbe in the Syrupp And when

they be through Cold, Cover your pott

Close, that noe Ayre may Come into them,

And yow may keepe them all the yeare exceeding

faire and good. The ^ daye Straberry is to bee

done in all respectes like the Grape, nothing

tobe altered or changed in any particuler.

To Preserue Greene Peasecodds./

Gather them whylest they be greene, young

and tender, Then scald them but lett your

water be no hotter at the first, then as yow

may well suffer your finger in it Then

Couer them Close with a little dish, soe as

your Peasecoddes may be still vnder the water

And soe keepe a Continuall moderate heate

about your pann by the space of 3 or 4 howers

that they may onely scald, but not boyle in any

wise Then take some of them vpp, and with

your knife striue ^ try to take away a little filme

or skynn that is vpon them all over, If yow

perceiue that it will not easiely be done, Then

lett them scald a little whyle longer; If yow

scald them in a well nealed pipkin, it wilbe the

better, be reason of their long scalding, and the

great Hasting Pease wilbe the best, and the largest

when they be done, Then your Peasecoddes being

peeled boyle them in the same water they weere

scalded in, but lett the water boyle before yow putt

them in; And when yow perceiue them to looke very

greene, and to be tender withall Take them vpp and lett

them stand still they be cold; then weigh them with

theire Sugar weight for weight, and take also theire

weight, and halfe their weight in faire water, and

Rosewater together (halfe a dozen spoonefulls of Rose=

water is enough soe it be very good) Make your

Syrrup first, and scume it very Cleane in the boyleing,

Then take it off the fire, and when it is allmost Cold,

putt in your Peasecodds, and ply them with a Con=

tinuall soft fire by the space of halfe an hower, or

thereaboutes till yow see them very greene and tender,

Then take them vpp, but lett your Syrupp boyle

a while longer adding therevnto halfe a spoonefull

of fyne whyte Sugar, Then take it from the fire,

and when it is cold, powre it in vpon your Peasecodds

And when they haue stood 3 or 4 daies Close Couered,

dreyne out your Syrupp from it into a Siluer or

Chyna dish, adding thervnto the Iuyce of an Oringe

and a good spoonefull or two of fyne Sugar more, and

lett it boyle very well together the space of a quarter

of an hower, or longer vpon a Chafingdish of

Coales, and skymme it very Cleane in boyleing,

Then take it from the fire, and when it is through

Cold power it againe vpon your Peasecoddes; and

putt into your pott a sticke or two of Cinnamond,

and halfe a dozen Cloues, which will giue them a

pretty Relish./

To Preserue Quinces the best way./

Take the fairest Quinces and make a little hole in the

Topp, and take out the Coare, pare them purely,

Then sett a pann of faire water ouer the fire, and

when it Boyles putt them in, and lett them boyle

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till they beginn to be somewhat soft Then take

them vpp and lay them vpon a Table, and a Cleane

Cloath vnder them to dreyne away the water,

Then take asmuch beaten Sugar as yow

thinke will preserue them, and putt it into a

pann with a good quantaty of water,

and the whites of two Egges well beaten, and

sett it ouer the fire to boyle, and stirr it about,

and when it hath boyled a pretty whyle,

take off the Scume as it riseth And when

yow thinke it hath boyled enough Take

it off the fire, and streyne it and putt it

into a pann, and lay in your Quinces, and

sett it againe ouer the fire to boyle, And

putt into the pann with your Quinces and

Syrup a good peice of hard Sugar well

beaten and so lett them boyle together a

good space; Att the first lett them boyle but

softely, but after a whyle yow may lett them

boyle to the Panns topp, but ouer turne

them with your spoone very softly, and

allwaies as they boyle to the panns topp,

yow may take them off the fire, and lett

them lye to Soake, and turne them, and

sett them on againe; And when yow see

the Syrupp white and Cleere and ready

to Ielly, then they are boyled enoughe,

Then take them vpp and putt them into a

Gally pott with your Syrupp and lett them

stand soe 3 or 4 daies In which tyme yow

will fynde the topp of the Syrrupp thynn, which

yow must power forth and sett it ouer the fire

againe with a peice of fine hard Sugar beaten,

and lett it boyle vpp quickely to your panns mouth

and scumme it Cleane And when it is somewhat

thicke Take it off and streyne it, and putt it

into a dishe to Coole, and when it is cold lay

it on the topp of your preserued Quinces to keep

them from moulding, Yow must not lett

your Syrrup boyle too long least it turne

redd And though your Syrupp looke thynn

on the topp, It will stand on a Ielly in the

Bottome./

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Marmalades./

To make whyte Marmalades of Quinces./

Take your Quinces and putt them into a kettle of

faire water, and boyle them till they be very tender,

Then take them out of the kettle and pare them, and

take off all the papp from the Coare, and beate it

in a stone morter very fine, Then take your

Quinces & theire weight in Sugar and mingle

them well together, Then putt it into a Cleane

skellett, and putt into a little Rosewater, and soe

lett it boyle on a good quicke fire till it be so softe

that when it is cold it will Cutt./

To make Redd Marmalade of Quinces./

Take a pound of Quinces, and quarter them,

then take out theire Coares and pare them;

Then take a pound of Sugar, and putt the

Quinces and the Sugar into a pynte of faire

water, and so boyle them together, And when

yow perceiue the Quinces to growe softe, then

take them out of the Liquour, and breake them

very small with a spoone Then putt them

into the Liquoure againe, and lett it boyle till

it be thicke enough to Cutt, And then putt it

vpp with Boxes, Yow must Couer this

Marmalate very Close in the boyleing to make

it looke redd./

To make marmalade of any Plumbe

Putt your Plumbes into an Earthen or pewter

pott, and then sett them into a Brazen pott

of faire water ouer the fire, and lett them stewe

till they be enough, Then streyne the thynne Liquore

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from them, and putt the pulpe into a dishe

by it selfe, Then take the weight of your

pulpe in fyne Sugar, and boyle them together

till it will Ielly very hard, Then putt it vpp

into Boxes for vse.

To make Marmalate of Oringes

Take your Oringe Pills and Chipp them very

thynn, then lay them in water three daies,

shifting them euery day once, Then boyle

them in two waters till they be very tender,

and the bitternes of them Cleane taken away,

Then hacke them vpon a Trencher as small,

or as great as yow will, and weigh them

with your Sugar weight for weight;

Then seeth them together to the height

of Marmalade in an Earthen pann well

glazed, remembring to keepe them stirring

still, from burning to the Pann./

Cakes of Fruite & Candid Flowers Leaches &cetera./

To make Cakes of Oringes & other Fruit./

Take your oringes and paire them and lay them

a day in water, Then Boyle them in water till

they be tender, Then Cutt them in peeces, and

take out the seedes, and bruise them very small in

a stone morter; Take to euery pound of oringe

a pound of Sugar, and putt asmuch water to the

Sugar as will wett it, Then boyle it till it be

ready to scumn Then dry your Oringes in a dish

on the fire till they be very dry, then power vpon

them the melted Sugar hott, and mingle Aetm

them together, Then power it on a pye plate, and

lett it stand s till it be ready to Cutt from the plate

This way yow may make Cakes of all sortes of

fruite./

To make Cakes of Lemmons or Oringes./

Take the fairest Lemmons Cutt them in peices, and

boyle them as tender as possiblely may bee (first

takeing out the sowre substance as cleane as yow

cann) Beeing well boyled take them vpp, and with

a Cleane Cloath dry the water from them, Then take

away the insyde as neere the rynde as yow cann but

first take away the Ragges and threddes that hang at them

Then with your spoone or knife make them into a very

thynn pulpe or substance Then take the sower sub=

stance which yow take out before, and mingle it

with the rest of your stuffe, with so much as will

make it pretty sharpe, This done dry it ouer a

Chafing dish of Coales a little whyle, but lett it

not boyle, Then boyle your Syrupp with a very

little fire to the height that it may hang or fall

from your spoone like an haire, Then take the

quantaty of Sugar as in your decoction is fitt and

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mingle the stuffe and it together and lett it drye

a while over a Chafingdish of Coales till it be hott;

but lett it not boyle And then beeing all most Cold

take it vpp with your Syrupp, and cast them vpon

flatt plates one by another Then sett it into a

Stoue till it bee a little hardned, Then turne them

with your knife, but do not breake the Crust

or yce of them as neere as yow cann, If yow

would haue them thicker, Then Clapp the two

moyst sydes of them together, and putt them

into your Stove againe till they be hardned

Then keepe them in Boxes./

To make Ielly of Oringes./

Take the seedes of Oringes, and lett them lye in

steepe two daies in faire water, and when the

seedes be Iellyed about Then straine them with

the water wherein they weere steeped, And then

take one spoonefull of the Liquour of an Oring

to 2 spoonefulls of that, And to euery spoone=

full of that soe mingled take a spoonefull

of Refyned Sugar beaten small Then sett

it on the fire, and lett it boyle scuming of it

till it be stiffe, And when yow see it come to a

Ielly, then take it off the fire, and putt it into

a Box or pott, and keepe it by the fire or in

a Stoue./

To make violett Cakes./

Beate the Gumme and the Sugar first in a morter,

the gumme beeing watered with rosewater.

Then putt in the Violettes or Gilly flowers, either

in Leafe or Iuyce & worke it with Searsed Sugar

in a very thynn mould & soe store it vpp./

To make Cleere Cakes of Fruite

Take your Plumbes, Gooseberries, or Raspers,

and putt them into a faire pipkin Then sett them

either vpon Embers, or in a pott of Water which

must Seeth very softly, and as the fruit doth heate,

and yeild out Iuyce, drawe it forth so long as the

fruite will yeild any; Then yow must take a pynte of

the same Iuyce, and a pound of fyne Sugar which

yow must boyle with faire water to a Candie, Allmost

to the height of Manus Christi, Then stirr in your

Iuyce into the Candy till they be well mixed Then

putt it into Glasses or Boxes, of what thicknes

yow will haue them, soe sett them into a Stoue,

where they may stand till the topp of the Cakes bee

Candid, and haue an hard Crust Then turne

them forth into Glasses, and sett them in the Stoue

till the other side bee candid likewise, Then may

yow keepe them in a Stoue till yow spend them, And

if the growe too drye, yow may putt them into boxes./

To make dryed Apples./

Take to euery pound of Apples, a pound and a quarter of

fine Barberry Sugar, The Apples must not bee full

Ripe) Then pare, and parboyle them, Then lay them

a Cooling, Then putt them into your Sugar mingled

with a little Rosewater, Soe much as will wett the

Sugar, Cover them Close vntill they boyle, Then

take off the Cover and lett them boyle a pace till they

bee all most enough, Then lett them boyle softly

againe till they bee full ready, They are ready when

the Syrupp comes whole from the Pann together, then

take them out one by one whylest they are in boyleing,

and lay them on a dry Sive (The Syrupp beeing

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dreyned from them as Cleane as yow cann) and

sett them into a Stove, being but a little =

warmed, and as the moysture soaketh out of

them, so turne them into dry places, within

5 or 6 daies they wilbe ready to putt vpp

in Boxes./

To make a good Banquetting Dish

Take a Tender Curd with some good

thicke milke, and drawe out the whay as

Cleane as yow can, Then pound the

Curd in a morter with 5 or 6 yelkes

of Egges, beate it very well together,

Then streyne it and season it with

sugar and a Little Rosewater and soe

serue it out in Plates./

To make drye Leach

Take a quart of wyne and lett it seeth

all most halfe a way Then putt in two

or three handfulls of Liquorice powder,

as much of Annyseedes, a little pepper & ginger

and a good deale of Saunders, and lett them

boyle together a pretty while, Then take it off

the fire, and putt in a good deale of grated bread

and stirr it about till it bee as thicke as doughe

Then take it and mould it vpp in Annyseedes &

Liquorice, and make it in printes as yow please./

To make other Leach

Seeth a pynt of Creame and in the Seething putt

in some dissolved Isingglasse stirring it till

it be very thicke Then take an handfull of

Blancht Allmondes beaten, and putt them in

the dishe with the Creame, season it with

Sugar, Then slyce it and dish it./

To make a Dish of Creame

Take thynn Chipps of bread, and lay them in the

botome of a dish, Then Chopp marrowe and lay

vpon it, Then lay some Currandes vpon it, and

some Cinnamond and Sugar vpon that, And then

a lay of bread again, and of euery of the other

thinges ouer againe within two fingers of the

dish topp, Then take some Creame and beate it

with the yelkes of three Egges, and one whyte,

and when they are well beaten, putt it into the

dish att the sydes Leasurely, Soe as it may

raise all the other thinges And soe bake it in an

oven./

To make Ovum Lumbardicum or Cawdle

Take whyte wyne and water a like quantatie,

one Spoonefull of Rosewater, two yelkes of Egges

a little Cinnamond and enough Sugar to

sweeten it, Boyle it and drinke it Præbet San=

guinem benignum It makes good blood./

To make an Almond Tart./

To a pound of Allmondes blaunched, putt sixteene

yelkes of Egges, a pound of Butter, three quarters

of a pound of Sugar and a pennyworth of Rose=

water./ &cetera/

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To make Iuyce of Liquorice

Take Hysopp flowers and Sives a good quantaty

and putt it into a Limbecke, putt to it a pottle of

sacke, and a pound of Annyseedes, distill it out,

Then take three poundes of Liquorice and cutt it

into small peices, and putt it into the water soe

distilled, and putt to it asmuch horehound water

and halfe a pound of Anniseedes and lett it stand

a day and a night in the water, stirr it often

Then boyle it till it be thicke as Creame,

streyne it, and then sett it in the Sunn,

And as it dryeth stirr it together, When it

is stiffe make it into Cakes and keepe it./

To make Manus Christi

Take Sugar and Rosewater and boyle

them a long whyle with a Cinnamond

sticke, and one Clove, or streyne streye violett

flowers, and lay it vpon Sugar, and so keepe

it in Boxes./

To Candy great Flowers

Yow must take your flowers and Cutt off

the Stemms and beardes of them; Then take as

much as a Pease of Gumm dragon and steepe

it in Rosewater, Then take the same and putt

into it as much Sugar as will Couer the

fflowers, Boyle it and when your Syrupp

is boyled high enough, then putt in your flowers

and turne them once, Then take them out when the

Sugar is boyled high enough Then yow must strewe some

Sugar Candy grossely beaten vpon them whyle they

are warme./

To Candy small Flowers

ffor Rosemary fflowers you must take twice

theire weight in Sugar, but for other fflowers

their Iust weight, Make a Syrrup with the

one halfe of your Sugar, and boyle your flowers

therein Then make another Syrupp with the

rest of your Sugar, and putt the fflowers into that,

and soe lett them boyle to the height, and stirre

them still with a sticke that is made for that purpose,

When yow see them growe soe hard that they

beginn to Candie Couer them with another

dish, and seeth them together as fast as may bee/

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Conserues & Syrupps./

To make Conserue of wormewood

Picke the Leaues of the wormewood very Cleane

from the Stalkes, stampe them very fine in a Stone

Morter, To halfe a pound of wormewood putt

two poundes of Sugar, beate them very weltogether

then putt it into a Gally or Stone pott, that is

somewhat too great for the said Ingredientes, then

tye it vpp Close, and sett it in a kettle of water

ouer a soft fire for two or three howers Then

take it and stirr it well together, and when it is

through Cold, tye itt vpp, and sett it in a Coole

place for your vse./

To make Conserue of Barberries

Take Barberries picke them, and putt them into

a stone pott without any water Then putt the

stone pott into a kettle of water ouer the fire

all most vpp to the brym, and so lett it boyle till

the Barberries bee all of ^ a papp Then streyne

them, and to a wyne pynte of the Liquour, take

a pound of Sugar, Beate your Sugar very fine,

then wett it with two or three sponefulls of water

and boyle it to sugar againe Then putt in

your Liquoure which yow streyned, and soe

lett it boyle 3 or 4 Cal wallmes, And soe

putt it into your glasse or pott./

To make Conserue of Sloes./

You must make it as yow did Conserue of

Barberries, onely to a wyne pynt of the

Liquour of Sloes, yow must putt a pound and

a quarter of Sugar./

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To make Syrrupp of Wormewood./

Take a quart of good Aqua vitæ and picke a good

quantatie of wormewood Leaue by Leafe from

the stalkes, putt thereof into your Aqua vitæ

asmuch as it will well wett Then stopp the

glass Close and lett it stand 24 howers,

and soe streyne it, Then putt that Liquour

into the glasse againe, and fill it vpp with

wormewood, as before, and so lett it stand

24 howers more, and then streyne it, and

putto euery pynte therof a pound of Sugar

shake them well together in a glasse, stopp

it very Close and keepe it for your vse./

The vertues of it./

It doth much Comfort and warme the

Stomache, It much strengthens the

Liver, It will Reviue one that is in a sounde,

It is very good against the dropsie, or

any wyndines in the body, If the party

be young, and yow feare it too hott,

yow may putt a spoonefull of it into

Beere or Ale./

To keepe Damaske Roses fitt to Distill

att Christmas./

ffirst pull them from the Buddes as ordinarily

yow vse to doe, then briuse them in a morter,

and then take a little Barrell and lay first

a Lay of Bay salt, and then a Lay of Roses,

And when yow haue layd as many layes as

yow please, presse them Close with a trencher,

and stopp your vessell very well & so keepe them./

To make syrrupp of Damaske or redd roses./

To euery pynte of the Iuyce of Roses putt

a pound and a quarter of Sugare Clarified

with the whytes of Egges Then streyne it

and boyle it to a Syrupp height and keepe

it for your vse, Soe yow may make the like

Syrupps of Fumitory, Sicchorie, Scabious,

Coltesfoote, or any other herbes./

Or thus make Syrupp of Roses./

Take damaske Rosebuddes, Chopp them, then

steepe them in Running water, then to a quart

of Water putt halfe a pound of Sugar, then

sett the quart pott over the fire in a skellett of

water till it be ready to boyle, then streyne out

those Rosebuddes and putt in ffresh ones, and so vseto

doe once or twice till the Cullour bee highe enoughe

Then at last streyne out the Liquour, and to euery

pynte of Liquour putt in a pound of Sugar, but

lett the Sugar which was putt in at first bee

part of the pound./

To make Syrupp of Violetts

Yow must doe the like in euery respect./

Or thus make Syrupp of Violetts

Take your violettes being picked, and bruised in a

morter, and putt them to a pound of Clarified

Sugar, and halfe a pynte of faire water, beeing

first boyled to a Syrrupp height, giue them

three or fower walmes, then streyne it and

keepe it for your vse./

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To make Syrupp of Lemmonds

Take to euery halfe pynt of the Iuyce of Lemmonds

halfe a pound of Sugar, sett this over the fire,

and Clarifie both together with the whyte

of an Egge, then streyne it and boyle it againe

to a Syrrupp height and so keepe it for vse./

To make Syrrupp of Cittrons

Boyle a pound of Clarified Sugar to a Syrrupp

height, Then take halfe a pynte of the Iuyce

of Cittrons, and putt it thereto, And then

giue it three or fower Wallmes, and keepe

it for vse./

To make Syrrupe of Grapes yow must

doe the like./

To make Syrrupp of Vinegre./

To a pound of Sugar take halfe a pynte of

Whyte wyne Vineger, and as much hysopp

water, the Sugar beeing dissolued

Clarifie all together, with the whyte of an

Egge, then streyne it, and boyle it to A

Syrrupp height, and soe keepe it for vse./

Receipts of Cookery

To make Marrowe Puddings./

Cutt a quantatie of Marrowe like as yow cutt

Suett, then take Crummes of Bread, yekes of

Egges, and a quantaty of Creame with Rosewater

and mingle them together Take also Cloues

and Mace, Nutmegges and Cinnamond powdered,

and some Currandes Lett the Roapes either of an

hogg or Cowe be very Cleane washed, and

before they bee filled Lett them bee layd two

howers in Rosewater.

To make Hedghogge Puddings./

Take a pynte of Creame and two penny Manchettes

thynn slyced, yelkes of Egges and two of the whytes

some Nutmegges and mace finely beaten, a little

Cinnamond, halfe a quarter of a pound of Sugar,

and a little Rosewater, Lett all these be well tempered

together with a little Salt, and so lett it stand one

hower in Soake, Then putt it into a Cloath,

and tye it Round, and soe putt it into the pott

when the water boyleth, It wilbe boyled in

an hower, When yow take it vpp, blanch

halfe a quarter of a pound of Allmondes and

Cutt them the long way in fower quarters,

and so sticke the pudding all ouer with them

Then melt butter & some Sugar, with a little

Rosewater, and lay the Pudding in it, strewing

Sugar on it./

To make a Rice Pudding

Take a pound of Ryce boyle it in a pottle of

milke till it be soe thicke that yow may Cutt it

with a knife when it is Cold Then take halfe

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halfe a pound of Allmondes and grinde them

very well ^ small in a stone morter, adding in the

grynding now and then a spoonefull of

milke which hath bene boyled and is cold

againe, Putt in three poundes of Beefe Suett

two penny Loaues grated, one ounce of mace

and three Nuttmegges, fower or 5 yelkes

of Egges, a pound of Sugar, a little Rose=

water, some salt &cetera Lett all these bee

well Tempered with Creame that

hath bene boyled and cold again, butt

lett it not be tempered too thinn; Soe

vse it./

To make Almond Puddings

Take a pound and an halfe of Allmondes

and grynd them as aforesaid, three poundes

of Beefe Suett, two penny Loaues grated,

three quarters of a pound of Sugar, halfe

an ounce of Mace, two Nutmegges, 4 or 5.

yelkes of Egges, and a little Rosewater, temper

them as abouesaid./

To make a Good Whyte Pott./

Take a quart of Creame and boyle it, then

putt Lemmons slyced into it and a little

whole mace, then take a dozen yelkes

of Egges, beate them and putt them

into it, then season the same with =

Cinnamond, Cloues and Mace, Sugar

and Nutmegges, and with reysons of the Sunn

and Currandes as yow please, then either make

a Coffin for it, or putt it into a dish, But

yow must putt in some Butter to make it Leaue

the dish when it is ready./

To order Redd Deare

Parboyle it, and in the water wherein it is

to be parboyled, putt Rosemary, Sage, and bay=

Leaues of each an handfull, And before yow putt

in your Vennizen Lett it boyle a pretty while,

and then putt it in and parboyle it, And to season

it take Salt, pepper Cloues, mace, & ginger,

mingle them together, and therewith season

it./

To make Sawce for Fish

Take a pound of Butter, and the yelkes of Egges,

Beate them together very well, putt to it

two or three whole mace with grated Nutmegg

and grated Browne bread vntill yow see itt

thicken, then lay it to your ffish and serue it vpp

This will serue for Pyke, fflounders or any other

ffish./

To order Cowecumbers for Sallett./

Take small Cowcumbers, and wype them Cleane

with a dry (not a wett) Cloath, and sett them an End in an

Earthen pott, And betweene euery Ranke or lay, yow must

strewe a good quantatie of pepper and salt, and the topps

of fenner with their seedes, Then heate wyne Vineger

vpon the ffyre, and when it is hott power it vpon

the Cowecumbers and fill vpp the Pott and

soe lett it stand for vse./

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To Keepe Hartichokes all the yeare./

Take asmuch faire water as yow thinke will

Cover them, and boyle it them very well with

asmuch whyte wyne Vineger, as will make

a strong Liquour; but not soe strong as to

take away the ste Taste of your Artichoakes.

Then boyle in that Liquour those which yow

meane to keepe, till yow may pull out a Leafe

Then take them out of the Liquour and

lay them a Cooleing all night Likewise

sett the Liquour a Cooleing in some wodden

or Earthen Vessell, And in the morning

beeing Cold, putt them vpp into a Barrell,

and besure the Liquour doe Cover them,

And putt a Weight vpon them to keepe

them downe in the Liquour being Covered

exceeding close, And when yow vse them,

lay them in water an hower or two, and

boyle them in Beife Broath as att

other tymes./

To Dresse a Carpe

ffirst take him and wash him in faire water,

then open him and take out his guttes and spawne,

then Cutt him in three or fower peeces, and

putt him into a Stewing pann and the spawne

also, If yow dresse a Couple together, yow

must putt in a pynte of whyte or Clarett wyne,

If but one, less will serve; putt in also an

Onyon whole pepper and mace whole, putt in

putt in also a pynte of Oysters, and two

Little glasses of wyne Vineger, and a pretty

quantaty of Salt, and cause it to boyle with

a quicke fire; When it is all most boyled

enough, putt in two or three little Chipps

of Oringe, Tyme, and Butter a little of each.

Lett it Boyle a Walme or two, and then putt

it into a Charger with some Sippettes

made of fyne ffrench Bread./

folio 244 verso || folio 245 recto

Pastes, or Bisquettes/

To make Sugar Cakes

Take 3 pintes of fflower, one pound of Butter,

halfe a pound of Sugar, and 3 Nutmegges

grated and knead them well together with

water till they be stiffe &cetera/

To make Iumboldes

Take halfe a pound of Allmondes being beaten

to paste, a short Cake grated, two egges and two

ounces of Carraway seedes beeing beaten in it with

with the Iuyce of a Lemmon, Then worke it

into stringes, or cast them into Knottes, or the

like devices, and soe Bake them in an oven,

And when they are Baked, Slyce them with

Rosewater, the whyte of an Egg and Sugar beaten

together, glaze them and putt them into the

oven againe for a little while, and they wilbe

yced cleane ouer with a whyte yce, And soe

put them vpp in boxes which yow may

keepe all the yoa yeare./

To make Sugar Rings the best way

Take some fine flower which hath bene twice boulted

over, and fyne whyte Sugar very well searced, then

mix them with your hand, and take some

Coriander and Carraway seedes, and picke them

very well, and putt them into your flower and

mingle them ^ all together with your hand, Lett their

bee thrice as much flower as Sugar, Then

take three Egges and putt in the yelkes, and one

whyte with some very good Creame made a little

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Warme, and a little melted Butter, Worke

all these together very well, as yow would a

peece of dough, and lett it lye a little whyle

before yow make them vpp, and lett your

oven bee almost as hott as for Manchett

Then make vpp your ringes and lay them

vpon halfe sheetes of paper with flower strewed

vpon the paper vnder them, and putt them

into your oven and bake them./

To make Biskett Bread of Allmonds

Talk Allmondes and Blanch them, beate

them very fyne in a morter, still putting

Rosewater to keepe them from yelloweing

And take the weight of the Allmondes in Sugar

and Eggc shells and all, vse but the whytes and

the yelkes; and beate them an hower with

those Allmondes and Sugar, with a spoone

in a dish. Then putt in some Muske

and a little Rosewarer mingled, And if

yow will some Coryander and Aye

Annyseedes, Then butter a sheete of

paper and power it vpon it with a spoone

Soe in an oven after Bread hath bene

drawne, bake them They wilbe allmost

as thynn as a Wafer./

To make Biskett Royall./

Take the whytes of Eg Eight egges and the

yelkes of fower, beat them very well together

Then putt in a pound of fyne Sugar fynely

beaten, and halfe a pound of flower fynely

Searced, stirr these together with a wodden

slyce in a Bason, and it wilbe of a pretty

stiffnes; yow must putt in muske, or amber=

greece, and Coriander seedes asmuch as yow

thinke fitt; yow must annoynt your Coffins

with a feather, with a little melted butter and

putt in a spoonefull and an halfe of our

stuffe into every one, and strewe a little fyne

sugar on the topp of them, and then putt them

into your Oven, benig of a more temperate

heate then for the other Biskett followeing,

They wilbe baked in less then halfe a quarter of an

hower, Then take them out of the Coffins whylest

they bee hott without breakeing the glassinesse on

the topp of them, then lett them lye till they bee

Cold, And then putt them againe into the oven

for a little whyle./

To make Biskett of Naples./

Take a pound of fyne searsed fflower, and a

pound and three quarters of fyne Sugar 15 egges

yelkes and whytes Beat your Egges first well

together in a great Bason with a Wodden slyce

Then putt your sugar into your Egges and beate

them weltogether Then putt in your fflower

and halfe an ounce of Coriander seedes well beaten,

yow must haue little Coffins of ffower or five Inches

long and one ynche broad and deepe. Then annoynt

your Coffins with a ffeather in melted Butter,

Then putt in a spoonefull or two of Butter into your

Coffins, and sett them into your Oven (beeing

somewhat hotter then when yow take out Leavyned bread)

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Theire lett them stand an howre In which

tyme w yow shall see them Ryse much higher

then the Coffin, and haue a glassy skynn

on the Topp, then take them out and Lesse

Loosen them with a knife softly from the

Coffin, and beeing forth Lett them lye till

they be cold; Then lay them on Cleane

papers, and sett them into your oven again

(not beeing any more or newe heate) and

lett them stand an hower longer (the mouth

of the oven being allwaies Close stopt.)

Thus may yow make also spanish

Biskett Bread, with Eight or Tenn

Egges more, And bake it in a great

Coffin; And when it is Cold Cutt it

out in slyces and dry the Slyces./

To make Paste of Genoa./

Take of yellow quinces the ffairest, and

core them purely, then lapp them in papers

and sprincle your papers with a little water,

Soe Roast them in the Embers; But in any

wise burne them not, This done pare them,

and slice off all the substance from the

hardnes of the Core, then streyne it through

a peece of Cusshion, Canvase or Searse,

and to euery pound of streyned Quinces

take a pound of Sugar finely beaten, and

searsed, and boyle them together either

in pewter or silver vpon a Chafingdish of

Coales to the height of a Marmalate;

Then strewe some searsed sugar vpon a table,

or stoole, and lay your Marmalade thereon in

Spoonefulls, according as your printes are in

Biggnes; And when it is allmost Cold, Cast

thereof a little Searsed Sugar, and putt it abroad

with your fingers as thynn as yow please, But

the thickedr yow make it, the better it will eate,

Then print and cast them out, as yow please,

Remembring to cast some searsed Sugar vpon

your printes before yow lay them on, and so sett

them before the fire in a platter to drye by the

space of 3 or 4 howers; Thenafter putt them

into a great pann vpon a plate and Couer

them with a lesser pann, putting some Embers

and Coales on the Topp and soe lett them

dry turning them once or twyce a day In

three or fower daies they wilbe enough./

To make Paste of Genoa the best way

Take the fairest Apple Quinces and Core them

purely but pare them not, then lapp them vpp in

whyte papers two or three together in a paper &cetera

as before The true manner whereof is att

large sett downe in the fforegoeing Reciept; onely

in this is added, Yow may make the same paste

with pippins or other good Apples roasted before

the fire, but allwaies turning them for feare of

Burning, and are not to be roasted in papers as

the Quinces./

To make Cracknells

Take three pyntes of fflower and so much Sugar

as yow thinke will make it sweet enough and Eight

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whytes of Egges, and six yelkes; of Nutmegges

mace and ffennell seedes of each halfe an ounce,

and asmuch pepper or more, beeing all bruised;

Then take some good Creame and boyle it

very thicke, all most to butter, and putt it to your

flower and spices with a little Salt, and soe Roolle

it out very thinn, and pricke them very thicke

for feare of blystering, and turne the Egges like

Cracknells, Then sett a pann of water over

the fire, And when the water beginns to keepe

att the bottome at the bottome of the pann

Then with a scummer putt them in And when

they ryse to the topp of the pann againe take them

out with a Scummer, and putt them vpon a

sheet, but remoue them presently againe to a dry

part of the Sheete, and putt them vpon papers

beeing strewed with flower, And so bake them

in an oven, being of a temperate heate some=

what hotter, then when Household bread is

drawne.

To make fyne Manchett in Rolls./

ffirst take a pecke of the ffynest fflower yow

cann gett, and lett it bee twice bolted over, and

lay it over the slope end of your troughe,

and make a bare place next the Corner of your

trough to power your Liquore in Then take

4 spoonefulls of the best yeast yow can gett,

and one spoonefull of Whyte Salt and a quart

of Warme water Then stirr your water yeast

and salt together vntill your salt bee all

moulten Then streyne it into the bare

Corner of your Trough within your flower,

and then worke your Liquour, and flower together

by little & little vntill yow haue wrought vpp all

your flower, Yow may haue warme Liquuor

standying by yowe and in your working of it yow

may vse it (as occasion shall serve.) yow

must worke your paste throughly well, then

turne the smoothe syde upwardes into the Corner of your

trough, and warme a Cloath and lay vpon it, and

so lett it lye, till it haue risen, And the whylst heat

your oven, then make it vpp into rolls or little

Manchettes./

To make whyte Cheat Levened Bread

taught by Edward Lewis./

ffirst take a Bushell of fyne fflower (your trough beeing

very faire and Cleane) and lay it at one end thereof,

Then with both your handes make the flower Close

att the bottome, that no Liquour may come vpp vnder it;

Then take halfe a pound of Leaven, and breake it small

into a quart of faire water, somewhat more then

blood warme, breake your Leaven as small as yow

cann into the liquour, and then streyne it into the'nd

of your Trough by the flower, Then putt a quart

more of warme Liquour to that which yow haue

streyned, and worke it well with so much of that flower

as will make it Lythe Paste; Then lay this Lythe Paste

Close to thend of your Trough, and then putt all the

rest of your fflower Close vpp to the Paste, and with

your handes head it vpp, that it may lye an handfull

higher then your Leaven; Then strewe an handfull

of the same flower ouer the Leaven and Cover it with

a faire Cloath, and soe lett it Lye all night. Then

the next morning sett on a pann of faire water

of two gallons, and make it sufficiently warme, Then

sett your pann by your Cloath Trough and with a

dishe take a quart of that water, and halfe a pynte

of good yeast and streyne it through a streyner into

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that Leaven Then putt your flower a little

Backe from your Leaven, and worke your

yeast and water into your Leaven Then take an

handfull of whyte salt and Cast it ouer the

Leaven Then take so much Liquour as

will sufficiently worke vpp your Leaven,

and flower together, that it may bee fitt to

mould vpp for Bread, bee sure yow worke

it throughly And when yow haue done,

Turne the softest syde of your Paste vpwardes,

and lay it Close to the end of your Troughe

Then warme a Cloath and Couer it, and soe

lett it lye for a quarter of an hower.

Memorandum when yow sett on your liquoure

first in the morning Then lett your oven beginn

to heate./

To Keepe Beere from Sowreing

Take a Lemmond and sticke it it full of Cloues

and putt it into the Beere; then take an handfull

of Bay salt, and putt it into a fyne Lynnen

Cloath and hang it vnder the Bung of the

Barrell, Soe neere the drinke as is possible

without touching of it, Then bung vpp

your Barrell as Close as yow can, and lett

it stand Eight daies before yow broach it./

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To make Cheese Severall wayes

Make your Cheese of newe milke and offeringes

And when yow putt it together, Boyle a quart

of Creame, vntill it boyle vpp, and then putt

it together, But in Sunner tyme, the Creame

must stand till it be Cold And in edishe tyme

yow must putt it together as hott as yow cann

And three daies after your Cheese is made, lay it

in greene Rushes, and shift it euery day, and in

three weekes it wilbe ready to eate./

Another way to make it./

Take your Evening Creame of 3 or 4 kyne & carry it

in a pale Couered, to milking in the morning; And

softely and leasurely milke in, the milke of 3

or 4 kyne, then bring it home and putt in your

Rennett as you vse to doe, but lett your milke

be scarcely or nothing at all warne warme

when yow putto your Rennett and soe make it./

To make Rennett for Cheese./

Take of Redd Sage, of the the Redd Buddes of

Hawthorne, hysupp and Speirmint of each of

these an handfull, groweing in wett places in the

ffeildes; Boyle all these together in well water

with two handfulls of salt boyled in it, then lett it

stand a night to Coole, then putt your bagges

into it with a good quantatie of Cloves, Mace,

and Cinnamondes, and lett them lye in continu=

ally; yow must procure the best bagges./

To make fresh Cheese without Rennett

Take six new laid Egges, breake them into a Bason,

then beate the Whytes & yelkes together first takeing

away the Cockes treadinges, Then take a quart of

Creame, and sett it over the fire, Beate a good

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Nutmegg something grosely, and tye it vpp in

a little Lawne bagg, and putt it into the Creame,

and putto it likewise your beaten Egges with a

pretty quantaty of whyte Salt, and a spoone=

full or two of Rosewater, and so let it boyle

with a softe fire, stirring it very softly, till

yow see it gather to a Curd, and the whay

lye Cleere about it Then take it from the

fire, and power it into a Cleane Lynnen

Cloath that is not very thicke holding it over

a Bason, that the whay may Run out Then

take a Cleane dish and lay downe the napkin

in it with the Curdes, and take as much Sugar

finely beaten, as will sweeten it to your

likeing, and so worke it well into the Curdes

in the Cloath, Then streyne it through

into the dish; then dish it vpp into your

Cheesefatt or into what yow will, and soe

lett it stand an hower or two; And when yow

are desirous to serve it vpp, Whelme it

downe into the dishe, or Bowle with your

Creame about it./

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Perfumes

To make sweet Powder./

Take of sweet oyle 2 ounzes, 2 ounces of the

powder of sweet Marjoram, of Gilly flowers

halfe an ounce, of Rosemary Blossomes an ounce

Bray all these together in a morter, and putto them

as much Muske as yow please. This Powder

may serue for a Queene./

To make Perfume for Gloues

Grynd a little Civett, muske, and Amber, but lett

theire be twice so much Amber as of any other in=

gredientes, and of Civett the least quantatie; Grind

these with the oyle of Benjamin, or the oyle of

Sweet Allmondes neately drawne, with this

yow may perfume your Gloues, rubbing them in

with your handes, Adding to the said Ingredientes

Storax & Benjamin according to your direction./

To make Sweet Rolls for Perfume./

Take Lignum Rhodium cutt into small peices, then

dry it before the fire, that yow may make it into

powder, then take thrice as much Iuniper, and vse it

as the former wood, mingle both these powders

together, and boult them through a fyne Boulter,

then take two spoonefulls of Rosewater, and putt

thereto so much of the powder, as will make it soe

thicke as an ordinary Paste; And so make them

into what forme yow please; laying them to

Bake in a dish before the ffyre./

To make Pomander Beades by Doctor

George of Bruxells

Take Benjamin halfe an ounce, Storax Calammita

2 drams, Gum dragagant halfe an ounce, Muske

tenn graines, Ambergrease tenn graines, Civett six

graines, Plaster of Paris or burnt Alablaster halfe an ounce

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This last ingredient must be steeped in Rosewater

a day, and a night, or thereaboutes The whole

Ingredientes must be beaten into fyne powder

and wrought vpp with Gumm Dragagant, or

stampt in a Morter It must be added, or putt

in by little and little, and wrought vpp, and

beaten withall the materialls into an hard,

and a stiffe Paste, and made vpp with the

hand, and pearced before it bee too drye.

If yow will haue them blacke Add Cole dust

fynely searsed. Those Ingredientes must

bee first beaten, then mixt, If yow would

haue the Scent more pleasing and gentle

yow must abate some graines of the Muske

and Amber./

Consumption in the Lungs

Woade sodd in Broath of the herbe, is a singuler preservation

against a Consumption of the Lunges of th and that a flocke of

sheepe beeing Rotten putt into a feild where woade grewe all

Recouered./

For a Cough & Cold./

Take Syrupp of Coltsfoote, of Maydenhaire and Isopp

mingled together, spread these three vpon a Toaste of

Whyte bread and take it goeing to bedd and wakeing in

the morning 4 or 5 tymes, tryed by Mr Holdsworth minster

For to stopp a Cough

Take a small pill made of Iuyce of Liquorice and storax

and swallow it with the papp of an Apple or Conserue or

syrupp or Roses./ probatum./

For a Cough

Take six Egges Roast them very hard, then take and Cutt

them in the middle and stewe them betweene two sallett

dishes full of sugar Candy small beaten, and take of the

syrupp after supper and morning take out the yalkes and fill

the whytes with sugar Candy and stewe them vpon Embers

3 or 4 howers, and take it euer after the fitt of Coughing

probatum./

For a Dropsie & Consumption

Take your owne Vryn ^ or a boyes Vrin of 14 yeares old euery morning fasting the space offowerteene daies together, after yow haue drunke of it

if it goe against your somach take some sugar Candy./

Pellettes of Butter lapt in whyte sugar Candy good for a

Cough or Cold./

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ffor keeping the body loose and Laxative

Eate Roasted Apples or stewed prunes halfe

an hower before dinner, drinking a good

draught in the Morninges forbeareing

dry meates./ Whey with Fiumetary./

In Consumptions

Take the steame of new ploughed groundes

and for such as haue not strength to walke

A fresh Turfe of Earth euery morning,

with a little vinegar poured vpon it.

To Cure the Cough./

Take spirit of Rosemary, Cutting away

some of the haire of the Crowne and

Nape or hinder part of the necke, and

annoynt it therewith when you goe to

bedd./

For the Flux

Take a pennyworth of Dioscordium, and a

pennyworth of Conserue of Redd Roses and

a pennyworth of Syrup of Ielly flowers mix

them together, After this take halfe a pynte

of Clarrett & burne it well with Cynnamon

and drinke it and keepe warme all night./

These to be taken after yow are in bedd./

A Receipt for a Childe that is Burst

Take Comphry one handfull, a handful of Nepp a handfull

of Clary and a handfull of Plantayne. Take all these and

Boyle them in three quarts of Ale till it come to three

Pints then streyne it and put in this following Powder

The Powder

Take Comphry Roots Polipode Roots and slice them

being first washed very cleane then dry them in an

Ouen after the Bread is drawne beate them to Powder

and searce them through a peice of tyffany or Lawne

Then Put in as much of the Powder as will lye on a

shilling at twice into the drinke it being first cold

and then Bottle it vp and giue to the Child a sack

glasse full euery morning fasting and the like

quantity at foure a Clock in the afternoone shaking

it together in the Bottle before you Powre it out/

The Child must either be cowled or haue

a trusse.

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back endleaf 1 verso || back inside cover

Al pi pen ca bas ni nas tot habet

quot habet gras

Stultus les sua mi calaria viscitur ohl

MG

Ioanesh Heygoshite

back outside cover

spine

Old M. SS.

8

head

fore-edge

tail