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Last updated: 1 July 2020

V.a.140: Receipt book [manuscript], compiled ca. 1600.

front outside cover

front inside cover || front endleaf 1 recto

g/a/

front endleaf 1 verso || front endeaf 2 recto

front endleaf 2 verso || front endleaf 3 recto

In the the name

In the name of god

Bookes of Receipts and

Blundels discourse of

short breathing. /

front endleaf 3 verso || folio 1 recto

An Electuarye for the Stone.

Take an Ounce & a halfe of Venice Turpentyne

very well washed three or fower tymes in Rose Water:

Diatragaganthum frigïonum One Oz Dram: Halfe a

Dram of the seede of Alkakenges three Drammes of

Licoris Powlder: Ten or Twelue Ounces of the

Powlder of fyne Suger verye Smale beaten

mixe all together in one masse. and fynishe it

The Vse.

Take the Quantitye of a Nuttmugge & a halfe

Deuyded into three Pilles Vse it ffasteinge three

Morninges together. Walke moderatelye allmost two

howers after vse this. Order ech Ten or Twelue

Dayes so longe as is needfull./

To make a Cowld Oyntement for

the Backe.

Take of Saleus Cowld Oyntment and the vnguentum

of Roases of eche Two oz. The Oyntment made

of Popler buddes Called Populion One oz. mixe

all together.

The Vse.

Anoynt the Back on boath sydes (but not the

Ridge) Right against the Kydneyes. Laye vpon

the same whyte Paper Vse this ffower Tymes

And then Rest xij or xiiij Dayes. and beginn

it againe as Cause Requyrethe./

1

folio 1 verso || folio 2 recto

A speciall Drinke for the same

When you will haue this Drinke Prepare over night

a Pynte of good whyte wyne, Boyle in the same

parceley, ffennell, and Mallow Rootes (their Inner

Pythes taken out) Of eche an oz, And halfe an

ounce of the Roote of Iringus, Great Reysins half

a Handfull, These boyle allmost to the halfe, Then

Streyne it. and in the morning Drinke it fastinge

and so Travell in goinge or Rydeing vpon it.

These do Prevente

The Ingendering of the Stone./ The Heat in

the Kydneyes, The Vlcers in the Kydneyes, And

neck of the Bladder./

A Powlder for the same.

Take Cinamon and Gallingall of ech a quarter of

an ounce./ Pignard a Dram, Annyseedes fennell

seedes, Caraway Seedes of ech six Drammes./ Comyn

Seede prepared halfe an oz./ Cipras Rootes fyve

Drammes. Grommell Seedes. and Licoris of eche

an Ounce./ Seynye without Stalkes: the weight

of all the Rest, These beat and Cearce. And then

Putto two Drammes of dyagredium in Powlder./

One dram or Two at the most Suffizeth at

once to be Drrunke in whyte wyne or Possitt Ale

Another drinke for the Stone

Take Radishe Leaves, vnsett Tyme Parceley:/

ffilipendula, Pellitorye of the wall, of ech a

Handfull:/ whyte wyne One Gallon, Annyseedes

2

Three good Spoonefulles, Gromell Seedes Two oz

Lett them be well distilled with a Close Still and

Cleane kept./ Of which vse when Occasion serueth

halfe a Pynte with One Ounc of Suger euerye

Morninge fastinge. and fast two howers after.

walking & take a little of the former Poulder Once

in Two weekes, in Possitt Ale or whyte wyne./

A Powlder for the Could to

breake the same

Take Licoris ffower Ounces./ Annyseedes Three oz

Gynger i oz./ Allacampana two Drammes. The

Kirnelles of Ashe Chates i Dram. Carawaye seedes

three Drammes. Beate & Cearse them. Putto

halfe a quarter of whyte Suger Candye fynelye

beaten to Powlder./

To make an Odifferous Perfume to

last longe

Take Labdanum an Ounce. Beniormen One ounce

Storax One Ounce./ Cloves, Cynamon. Cypris

wood./ Synyper of ech a Dram./ Then take muske

Disolued in Rose water./ These Drosses & Svmes

beaten in Powder. Put all in a morter and beat them

with a hoatt Pestle. And then take them and make

them in what forme you will, and Print little

Peeces, betwixt two Seales, And when you would

vse it put the weyght or quantitye of a pennye

vppon a hoat Coale or Iron & it will perfume verye

Exceedinglye well.

3

folio 2 verso || folio 3 recto

4

Agaynst the payne of bladder

and grauel

Take the skinne of a Hare new fleane, and put it

heare and all in an earthen potte, or laye it vpon a

cleane tyle, & that done put it to the fier, so that yow

maye make a pouder of the same skynne, the which pouder

beinge sifted, you shall keepe it in some cleane vessel

And when yow shall neede it, take thereof three spones

full in your Drynke: which thynge soone appeaseth the

greefe of the bladder, & the grauell. Neuerthelesse the

remedye woulde haue greater vertue, if yow tooke the

whole Hare alyue, and put hym in a new earthen pott

and stoppe all the hooles with plaister or with claye, so that

there come no aire out. Than yf yow put the sayde

potte into an Ouen, & lette itt burne with a small fyer

fyer, & whan it is thorowly burned, make it into

a very fyne pouder, and sifte it fynelye, and

then vse it for your purpose. This is very

goode for them that haue the grauell, and that

pisse bloode, if it be taken with a lyttle white

winde.

To stoppe the hycket yexynge

or yox

Take whot water, and put your handes into it, &

holde them there a goode whyle, and the hicket will cease.

it hath bin proued & found true.

5

folio 3 verso || folio 4 recto

Agaynst defnes and hardenes

of hearinge

Take an Oxe gall, and the pyse of a he Gote:

Mixe all together, and put of inte the Defe eare &

incontinent he shall be healed.

Agaynst the payne of of the eares, Defnes, durt,

or filthe, wormes, or not water that is in them.

Take the iuyce of onyons, & mingle it with honney, &

than Droppe it into the eares, & it will cleare & heale

them.

for to stenche bleedynge at

the nose

Take very stronge vinaigre , and powre of it into

the eare of that syde that he bleedeth, and if he

bleede of both sydes put vinaigre into bothe his

eares, and it shall stenche it.

Agaynst the Dymnesse or Daselynge

of the sight

Take salte Armoniacke burned and well brayed: &

mixe it with the pisse of a yonge childe, & therwith annoynt

often tymes your eyes, and laye of it vpon them,

& it will take awaye the daselynge.

6

Agaynst the webbe or spottes in

the eye

Take the gall of a whyte cocke, and braye it with

water, & laye it to your eyes, or put some in your eyes,

& it will take awaye the webb webbe or spotte, and will

consume the Droppes of bloode that ar in the eyes,

and strengthen the sight.

for to make heares growe

Ye shall take a hedgehogge, and burne it all to

coales, & put the pouder or ashes made fine & small,

with Boares grease: and laye this oyntment ouer all

the heade of a balde man, and it will make his

heare growe as fayre as euer it was.

for to kill lyce

Take the whaye that remayneth of cheese making

and put to it a little vinaigre, and Drinke of it

certayne Dayes : and all the lyce will Dye, and ther

will breede no more aboute yow.

A remedye to stenche the bleedinge

at the nose

Take of the best vinagre yow can get, Plantayne

water of eche tow pounde, wet certayne lynnen cloathes

in it, and laye them to the soules of his foote, and

palmes of his handes, and agaynst the liuer, and the

bloode shall forthwith stente.

7

folio 4 verso || folio 5 recto

for a horse that is cloied or pricked

with a nayle

Take out the nayle, and when his foote is well

made cleane, mak a little hole even vnto the

quicke fleshe, where the nayle touched, then fill it vp

agayne with Rosen: and with a hotte yron melte some

pitche vpon it: This doen, laye some Cotton vpon

it, showe him well, and then feare not to ryde him

after where you will&

for a horse that cann cannot

stale

Geve him to Drinke hote water, that is more then

lucke warme, and he sheall stale.

to take awaye red rubies that grow

in the face by reason of the heate of

the liuer

Take hogges suet well purified, & brimstone as much

of the one as of the other with a water Distilled of a

Peche tree, and serue, and incorporate all together

with a slowe fier, and make ther of an ointement where

with you shall anointe your selfe Diuers times, &

they will go a waye.

8

for one that can take nothinge at the

month, or els to make him goe to the stoole

and to sweate well

first the pacient must be rubbed with hot linen clothes,

from the heade to the foote, & must be very warme kept in

his bed, then geue him this ointement followinge.

Take as muche pepper as will lye vpon a grote, &

put it into halfe a glasse full of vinaigre & oyle,

as as muche of the one as of the other, and let it be very

warme, and anoint all his bodye ouer with it, & let him be

well couered in his bedde : and then shall he sweatte, &

go well to the stoole.

To make very good blacke

ynke

Take a pound and a halfe of raine water, with iij

vnces of the waightiest Galles yow can finde, bruse

them into small peeces, and poure them into the sayed

water, & let it stande tow dayes in the sunne. Then

put to it tow vnces of Romayne vitriolle well colored

& beaten smale, & mixe all ^ well together with a sticke of

a figge tree & leaue it agayne tow dayes more in the

sunne. finallely put to it an vnce gumme Arabicke,

that is cleane, & bright, and beaten into powder, and

an vnce of the pill of Pomigranades, and then boile it

a little with a slowe fier: that done strayne it, & keepe

it in a vessel of leade or glasse, & it will be very blacke

& perfite goode.

9

folio 5 verso || folio 6 recto

To make red yncke

Take an vnce of the same woode skraped with a piece

of glasse, and take ten vnces of water, and pouer the

scraped brasil into it, & let it remayne so the

space of vij houers, than seeth it, and let it diminishe

of the iiij, iij partes, and it will be redde hauinge

a goode lustre. And if let it Deminishe of more then

three par partes, it will be a red sanguine.

To heale the payne of the heade

Take Maioram, and presse out the iuice of it, &

let the pacient take of it into his nose.

To make a Greene, yellow, Redde

and Blewe coloure without thicknesse,

for to write with, vpon paper.

Take Verdegrise grosly beaten, and put it into

a Violl with Vinaigre very stronge, & put to it allso

a little Gomme Arabicke, and a little iuyce of

Ren, and the violl beinge so full, stoppe it, and

set it in the sunne the space of xv or xx dayes

or els boile it vpon the fier, & then strayne it, &

let the verdegrise be well molten: this done put

it into the violl agayne, & keepe it well from

dust, put it and whan you will occupye any of it

10

turne it well together that it maye be thicke

and troubled, & write or paynte with it, & it will

be a very fayre Greene. ^ & ffor to make the redde

take hedde lye, and put into it some Verzene

cut in smalle pieces, and let it steepe therin a

night: then put to is a little alome, and boile it

vntill it decrease of the thirde parte and strayn

it, and keepe it agaynst you will occupye it. And

when you will put it in effecte, take as muche as

shall serue yow, & boile it agayne, & put to it some

gomme arabicke, & the more you put in, the Redder &

cleerer it will be, but let it be hot, & if yow will

haue it cleere put into it a little alome beaten, but

very little at ones, & yow shall make what colour you

will, Redd, darke, or bright.

To preserue a man from

vomitinge on the sea

Yow must drincke the iuyce of wormewood, & you shall

be quite from such payne, & vexation of vomitinge.

11.

folio 6 verso || folio 7 recto

for those that haue a stinkinge

breathe bicause, of the stomake

Take an vnce of Sage, and make ther of pouder,

iij vnces of Rosemary floures, halfe an vnce of

Cloues, tow Drammes of fine Sinamom, tow Nutmegges

tow graynes of Muske, and make them into pouder

then take as muche purified Honnye as shall be

sufficient to knethe the sayde pouders, or to incorpo=

rate them well together, this Done, put it in a boxe

of earth and let it remayne in the sun four or

fyue dayes, and it will be perfitt, then take

of it in the morninge fastinge halfe an ounce

and as much at night, to the intent it

may comfort the meate, that it corrupt not

nor puttrefye in the stomake, and in vsinge

it offten tymes you shall be cured.

Agaynst the stynkynge of

the breath

Take Rosemary leaues with blossomes, if you

can get them, and seethe them in whyte wine, with a

little Cynamom, and Bengewion: ant takinge

of the sayde winde often times, in your

mouthe yow shall finde a meruelous effecte.

12

a medicine for a galde horse

Take the white of an egge if you will drawe

the gale a halfe a spoonefull of hunnye &

beate them well togeather then take white

flower to the bignes of a walenutt and all

togeather and make a playster therof and

laye it to the gale when you see the gale

to be drawne sufficiently then take the

yulke of the egge in steede of the white

& doe as afore.--/probatum est

for a horse when he hath sprunge

a vayne

take a quarte of ^ runninge Water a pew

a pennye wourth of vinichre and a peny wourth

of cummon and boyle it togeather vntill

a pynte and laye it vppon a brode clothe

and sewe it vp to rounde aboute the legge

of the horse in which he hath spsronge the vayne

as hot as you maye put it to his legge

and not scalde awaye the horse and then

rolde it vppon with haye vp to the shouder

probatum est

13

folio 7 verso || folio 8 recto

14

for the scraches in a horse heaels

Take tarre hogges grease iij or iiij cornes of

baye salte & boyle it togeather then take an

olde cloth & dyppe it therin & anoynte the

sore there with as hotte as the horse maye

abyde it for skaldinge and then sowe or

bynde the same cloth close about it & it will

kure it

or thuse

Take blacke sope & mustarde & mingle them

well toogeather and anoynt the sore ther

with every daye till it be hele remembringe

to kepe your horse heles from wett vntill

they be hele /

or thus

Take tarre hooges grease a litle deare

suett mayes butter and culvers donge

and boyle it to geather & make a playstre

therof and sooe it close & as hotte as the

horse maye abyde it over all the sore &

dresse it every three dayes and kepe his

heles drye and it, will heale it&

or thus

Take halfe a pounde of freshe grease & a qua

=rteren of a pounde of brymstone & a nounce of quicke

sylver & mingle them togeather & anoynte the sore

therwith & it will heale it.

15.

folio 8 verso || folio 9 recto

for the yeallowes

Take halfe a handfull of Seallyenedyne Seallendyne

as much grounswell Rew & lavender cotton

pounde them all to geather & strayne them

and put therto a fewe angle dogges &

pounde them with the herbes with a penyworthe

of turmerecke a fewe blades of Englishe saferon

with one penyworth of fyne Synamum beaten

to pouder and put all these in cowe hott

mylke and so drenche your horse therewith and

in any wise see that yow let your horse

bludde in the eye vaynes or els in the mouth

when yow drenche him and kepe his heade

and body warme.

To make a white marke on a horse

Take & burne a tyle stone to powder & take

daysy rotes & the roles of the white bryer of eche

alyke & drye them and make pounder therof then shave

the place that you will have white & rubb it much with the

pouder then washe it with such water as foloweth

Take a quantitye of honysocke flowers and a

quantity of hony & the water that molles have

bin sodden in and washe the place & rubb it

sore therwith & doe thuse three dayes and kepe

him from winde and that place shalbe

white ever after--probatum est

16

for the Retrete

A retrete is when a horse is smyten into the quick

of the fote & maketh a horse to halte Take therefore

a handfull of Redd Nettels and bruse them in

a morter & put therto a sponefull of redd vinegre

& a sponefull of blacke sope & iij sponefulles of b

bores grece or els salte bacon and braye all

thes toogeather and make salfe therof & stoppe

well the sore therewith & it shall never roll

farther though he be labored fourth with for this

will hele him

ffor the gravelinge

Take & cutt the hove vntill ye maye fynde

the sore and then take and vnce of virgin

waxe & a quarteren of an vnce of rosyn & a

quarteron of an vnce of deere suett & halfe an

vnce of bores grece and and a heade of singrene &

braye them all in a morter and sett it over the

fyer tyll it be melted and then laye this

medicyne therto & spare not to travell him

theron for it shall helpe him

for a borynt in the hole

ffor a strayte hove

Take halfe a pounde of the swordes of bacon and

a quartir of a pounde of white sope & a handfull of

bawme & a handfull of baye leves and 4 or 5 branchs

of Rewe and stampe them well and frye them and

laye them to the sore a hotte as you maye & kepe it drye

& then it willbe hole.

17

folio 9 verso || blank folio 1 recto

18

blank folio 1 verso || folio 10 recto

To make one that is poisned to vomit

vp the poison.

Take tow graynes of Pazar which is a stone

that commeth out of Portugall , and is grene & tawnye

somewhat obscure glysteringe and light, and in

breakinge it, it is within of the colour of ashes,

and geue it him to drinke with a litle milke, and

incontinent he will vomit vp the poison, if ther

be any.

To make on haue a good

memorye

Take a toothe on the left legge of a

Grey and binde it about your right arme, next

vnto the fleshe. Take allso the gall of a

Partriche and rub your temples with it that it

maye soke into the skin, once in a moneth and it

shall mak you haue a good memory.

19

folio 10 verso || folio 11 recto

To make very good

blacke yncke

Take one pounde of galles and one pound

of gumm a pound of coperous and a gallon

of water beate them toge and then put

them into the water and put in with

a handfull of baye salte and sturr it

well from the botom of the vessell every

daye let your water fyrst stand in

thinge vntill it stincke before yow

in your stuffe and if you will haue your

yncke shine put somm sugarcandy into

20

To make water Imperiall

Take a galon of good gascoyne wyne. then take ginger

Galingale. Synamon. Nutmegges. Graynes. Cloves. Anyseed

ffenell seedes and Carawayes of eche of them a dramme

Then take. Sage. Redde myntes. Redde Roses. Tyme. Wilde

Tyme. Pellytorye. rosemarye. Camomyll. and Lavender of

eache of them one handfull. then braye the spices small

And pull the herbes small with your handes. And put all into the

wyne togither. And let yt stand so the space of xij hewers

together or longer sterringe yt diuerse tymes. then still

yt by Limbecke. And keepe the first water by yt selfe

for yt is the beste. the seconde ys good but not soe good

as the ffirste ys.

The waters vertew ys this. yt comforteth the

spirites vitalles. and helpeth inward diseases that

comme of colde. And ys medicinalle againste the shaking

of the palsey. Yt cureth the Contraccion of sinewes

and helpeth the Concepcion of women that be

barrayne. Yt killeth the wormes within the bodye

Yt cureth the colde coughe. Yt killeth the akinge of

the teeth. And comforteth the stomake verye muche

And cureth olde dropseys yt helpeth the stone

in the Bladder and in the Raynes of the backe

Yt helpeth shortelie a stinkinge breathe And who so

vseth this water and not to often yt preservethe

him in good likinge and maketh him to seeme

younge verye Longe.

Ye maye still ij galons at one tyme addinge

thereto the quantytie of the spices and herbes.

21

folio 11 verso || folio 12 recto

To drawe a arrow head or other yron

out of a wounde

Take the iuyce of Valeriane, in the which yow shall weat

a tente, and put it into the wounde, layenge the sayde

herbe stamped vpon it, then make your byndynge or

bande, as it appertayneth, & by this meanes ye shall

Drawe out the yron, . And after heale the wounde

accordinge as it shall require.

Agaynsyt the biting of all venomous

beastes

As soone as the person feeleth hymselfe bitten, with any

venomous beaste, take greene leaues of a fig tree,

and prese the milke of them, thre or foure tymes

into the wounde, And for this serueth all so mustard

seede mingled with vineiger.

To make glue or past that holdeth

as fast as a naile

Take Pixe Greca, and Rosen and the pouder of burned

Bricke, and mingle all together, and hete it when

yow will occupye it, & when it is cold it will holde

as fast as a nayle.

To make hennes laye egges all

the winter.

Take the toppes of Nettles when they begin to haue seede

and drye them, and geue the hennes a little of it

with Brane and hemp seede, and they shall laye

veuerye daye an egge

23

folio 12 verso || folio 13 recto

To cause meruelous Dreames.

Take the bloode of a Lapwink and rubbe your

temples with it and so goe to your bedde & yow shall

see merueilous thinges in your sleepe. or els if

yow take eate at night a little of the herbe called

Henban, and yow shall see in the night goodlye

thinges in your Dreame.

To make a Candell that can

not be put out.

Take virgine waxe, & Brimstone well purged,

asmuch much of the one, as of the other, and melte it together

and make therof a candell, the which will neuer be put

out vntill it be burned and consumed to the ende.

To make that your children shall haue no

payne or greefe on ther teeth

Take an olde Cocke and cut of his combe, &

take of the blud that commeth of it and rubbe

the gummes with it, and they shall neuer feele payne.

ffor to make a cleere voyce

Take the floures of an Elder tree and Drye

them in the sunne, but take heade they take no

moisture or wette, then make a pouder of them, and

Drincke of it with white wine euerye morninge fastinge.

for one that hath his light

troubled.

Take the lunges or lightes of a Barrow hogge with all

the appurtenances and seeth it in water, and when

it is sodden let him holde his eies ouer the smoke

of it, & in three or foure Dayes times Doynge he shall be

cured of that trouble yt.

24.

for one that is broke

Take of the roote of Bugle or Cumferey and put of it

into the breade that he eateth euery daye, and let him eate

euerye daye of the sayde roote, ether rawe or rost, and it

shallbe a very health healthfull for his Desease.

for one that hath his coddes

swollen.

Take Rue and stampe it, & laye it vpon his coddes, &

immediatly they will aswage ther swellinge, which thinge is

sufficiently proued.

Agaynst the Plage

Take iij vnces of the licour of the inward rine of an Ashe

tree and still it with iij vnces of white winde wine , & geue the

pacient Drinke of it euerye iij houres, & within xxiiij houres

he shall be cured.

To make womens milke

encrease.

Take fenell seede and seeth it in barley water,

& geue the woman Drinke of it, & her milke shall

encrease abundantlye.&

A preseruation in time of Pestilence or

Plage, and against all venim or poison, &

bitinge of a madde dogge.

If yow eate before your meales, a walnutt or tow,

tow drie figges, & some leaues of Gardine Rue, with a corne

of salt, it will be a good preseruatiue in the time of the Plage,

& agaynst all poison. And the same beinge stamped & laye

to the bitiinge of a madd Dogge it healeth it, so doe

Nutmegges allso worke the like effecte.

25

folio 13 verso || folio 14 recto

To kill lise, and nittes in the

heade.

Take the pouder or scrapinge of Hartes horne, &

make the pacient to Drinke it and ther will no lise

nor nittes breede in his heade, but if yow strowe the sayde

pouder vpon his heade, all the lise & nittes will die.

To make letters of golde without golde,

Take an vnce of Orpimente, & an vnce of fyne

Christall, & braye them eche one by him selfe, than

mingle them together, with the whites of Egges, & write

with it.

To make siluer letters without

siluer

Take an vnce of tinne, tow vnces of quicke syl

syluer, & melte them to gether, then braye them with

Gummed water, and wryte with it.

To make green letters

Take the iuyce of Rue, verdegrise, & saffron: braye

them well all together, and write ther with, with

Gummed water.

To make that no Dogge shall barke

at yow

Take a blacke Dogge and plucke out one

of his eies and holde it in your left hande, and

by reason of the sauour and smell there of the

Dogges will not barke at yow.

26.

for to make wilde beastes shall

non hurt yow

ffor to be assured and safe from wilde Beastes, as

Wolues, Beares, and such other like, take the grease of

a Lion, & annointe your selfe therwith ouer & ouer, &

go hardely wher you will and no beast shall hurt yow,

but as sone as they smel the sauour of the grease, they

will runn a waye. And if by chaunce yow meete with a

Wolfe, or other wilde beast, ronne not awaye but with

a good corage go euen to him that he maye smel the

grease that yow ar anointed with all, & he will flye.

To take the payne and

greafe of the gente.

Take a greate foul called a vultour, & take the

skinne of her right heele and laye vpon the right

foote of the pacient, then take the skinne of the

left heele and laye it vpon his left foote, and

incontinent yow shall see that in halfe an houer

the payne will go a waye. which is a meruelous thinge.

for to see wilde beastes

in a Dreame.

Take the harte of an Ape, and laye it vnder your

heade, when you go to bed so that it touche your heade, &

you shall see meruelous thinges, & all kindes of beastes,

as Lions, Beares, Wolfes, Apes, Tigars, & other like.

27.

folio 14 verso || folio 15 recto

To make that fruites shall non rott

vpon the tree.

Take a nayle, and heate it glowinge hot in the fier, &

Driue it into the foote of the tree, or if you will not do so,

Make a hole in the same place with a porcer, and leaue

it so, for at that hole all the superfluous sucke or

iuyce will com out, which is the cause thatthe fruites rot on the tree

To make letters that cannot be red onles

the paper be put in water.

Take Roche alome and make it into pouder, then put

it into a little water, & write what yow will with it vpon

white Paper, & let the letters Drye of them sealues, &

when yow will reade them, put the paper into cleere

water, and the letters vpward, & yow shall reade this

as if as if they were writen with incke, bicause the

water maketh the paper somwhat blacke, or rather grey,

and the allome shineth by reason of the whitnes of it

which is a meruelous thinge and proued.

To make letters that can not be red but

at the fier.

Take the iuyce of a Limmon or Onion ^ Oinyon and write

what you will with it vpon Paper, and let it Drye,

and when yow will read it holde it before the fier.

To make that a woman shall eate

of nothinge that is set vpon the

table.

Take a little grene Basill, and when

men bringe dishes to the table put it vnderneith

them that the woman perceiue it not, for

men say that she will eate of none of that which

is in the dishe, wher vnder the Bassil lieth.

28

To make an herbe grow that shall haue

many and Diuers odours and sauours.

Take one grayne of lettise seede, & one of succorye

one of alexanders, one of basill, one of a leeke, And a

nother of persley, and plant them all together in one

hole, so that one touche not another, and yow must

plant them in horse Donge, or Oxe Donge, or of any

other beaste, so that therbe no earth at all, & ther

will grow an herbe that shall haue the smell of, lettes,

alexanders, of basill, of succoray, of leekes, & of

Persley. & thes is a proued thinge.

To take awaye the payne

of the eyes

Take the lunges or Lightes of a kidde, hot as they be

taken out of his belly, & laye them vpon the eyes of the

pacient, & it shall take his payne from him.

To keap that fruites shall not fall

be fore they be ripe

If yow tie wilde figges vpon the trees in your

garden for from the which your fruite falleth, it shall not

only not fall downe, but allso thes figges will

keape them safe.

To driue awaye flies, Spiders, Scorpions

& other vermin from your howse

Take what quantitye of Lapwinkes feathers yow

will, and burne them in your chambers, & when suche

vermin shall smell the sauour they will not abyde.

29

folio 15 verso || folio 16 recto

To take oile or grease out of cloth of what&

colour so euer it be, without any drop of water

Take some sheepes feete, and make them very cleane

then seethe them, and eate them and keape the bones of

the right foote the which made cleane you shall burne

and make therof a cleane and fine pouder. This done

heate the sayde pouder and laye it vpon the spot, &

let it remayne in the sunne, & when yow see that the

pouder beginneth to waxe blacke, take it by and by of,

& put other freshe vpon it, and doe this so often that

often that you see the pouder no more blacke and

then the spotte will be gon, & the colour of the cloth not perishe.

for one that can not sleape, nor take his&

reast, neither for payne in the heade or other

like cause

Take oile of Violettes withthe yolke of an egge, &

womans milke, as much of the one, as of the other, & ha

hauinge mingled all to gether make therof a plaister

and laye it ether vpon his foreheade or vpon his

eyes, and the payne will cease, and Desier of sleape

shall come vpon him.

To make a horse haue a good hoofe.

Take oxe Dunge, & temper it with vinagre & at night laye it

hotte vpon his feete and wrappe them vp in some cloutes, to

the intente thatthe heate maye keape in, whiles it maketh his

operation, & by and by it will be a good hoofe.

30

To keape roses freshe all the

yeare

Take the buddes of Roses when they begin to open,

and Gather them in the euening with a knife, and in the night

folowing set them in the aier abrode, and in the morning put them

in a vessell of ea^rth well leaded within, and stoppe it well. &

couer it with drie sande.

symbol resembing & within a square The secret and properties

of an egge

And first the rounde egge set vnder the hen bringeth

fourth a hen chicke, & the longe egge set vnder the hen,

bringeth fourth a Cocke chicke. all so the egge withthe shell

layed in vineger for iij dayes space, doth after so soften

it, that any maye woorke the same at length like vnto wax.

And the same Egge afterwarde layd in water, doth com

agayne vnto the former estate. Allso, if an egge be

paynted with sundry coulours, and the same set vnder an

hen to bringe forth: she shall hatch a chicken hauinge

the like feathers vnto the coulours paynted on the egge.

Allso the egge layed for iij dayes space in stronge

vineger, and after for one whole moneth layed to

drye agayne in the sunne, will after come

vnto the hardnes of a stone.

31.

folio 16 verso || folio 17 recto

A proper practise to make a capon

to bring vp yonge Cickines

ffirst to do this take a capon & pull the bellye bare of

fethers, and after rubbe the naked place with nettels,

settinge yonge cickines vnder him, & he will then merue=

=louslye cherishe them, and bringe them kindelye vp, And

the rather, if you so accostome to vse the Capon the like for

a time: for by that meanes he is moued the willinger to

cherishe bringe vp, and feede, yea and to loue them so

wel, as the hen naturallye woulde Doe. And the reason of

this is, in that through the prickinge of the nettels he is

ther by the rather Desirous to touche the softe Downe

and feathers of the younge Chickines sittinge vnder

him.

To make any foule, of meat condition

the same be, to haye the feathers

all white

To doe this take the egges and role them in the iuyce

of the herbe called Mouse eare, or in the iuyce of the herbe

called houselyke, or other wise in oyle (after the minde of

Cardanus) and after put the Egges agayne in the nest

for after the hatchinge ther feathers shall grow white.

32

for to get out any thinge that sticketh

in a mans body, as thornes & suche other.

Take a peece of a sponge or wulle Dipped in pisse &

laye it vpon the thinge that sticketh in the fleshe & it

will com out without payne. Or els take sume lard

& seeth it in his owne grease, & then laye it vpon the

soore place & winde it, & it will Drawe out anythinge

that sticketh in the fleshe.

to make wartes fall of

When you kill a Hogge, let him that hath the warts

receyue the bloode euen whot hot vpon the place where the

wartes be, & assone as it is Dry let him washe it of.

And if it be a woman that hath those wartes, she

must take the bloode of a sowe, and she shall b

healed of them.

Agaynst the wormes that engender

in mens bodyes

Yow shall take the galle of a Bulle, and dippe

some woulle in it, & laye it on the nauell, & it will

make the wormes come out of the bodye.

Agaynst the payne of the Collicke&

comminge sodaynelye

Take the heele of a hare, and carye it about

yow, & the sodayne collicke shall neuer take yow.

33

folio 17 verso || folio 18 recto

How to finde a Person Drowned

that hather bin sought for

To doe this, take a white loafe, & cast the same into

the water nere the suspected place, and it will

forthwith go Derectly ouer the Deade body & ther stil

abide, bi which yow maye well finde the ded dead body.

To geue a colour to golder

Take the heares of a man to the bignesse of a finger, & laye them

vpon quicke coales, & holde your golde ouer them with a payre of tongues.

To take spots of oyle from parchment&

or white paper

Take sheepes bones and burne them, and make them into pouder

and rubbe the spot or on both sydes with the same pouder, &

laye it so betwine tow bourdes in a presse the space of

a night and the spot shall awaye.

To keepe all maner of yron, or steele cleane,

ne allso all maner of instrumentes of

warre

Take leade filed very small, and put it in a potte with

oyle Olyue, vntill it couer it, leauinge it so nine dayes

together: Then anoynt with the same oyle, harnesse, swordes,

yron or steele, and it shall neuer rust. The grease

of neates foote sodden is allso good for the same.

34

for to know a secret or hydeen Dysease&

of any man & to heale the same

Take a yonge whelpe that yet sucketh, and let him

lye night & daye with the man the space of thre dayes,

duringe the which time the pacient shall take milke

in his mouth, and spite in to the whelpes mouth. then

take the sayde whelpe and cleaue him in peeces, & yow

shall knowe the sicke parte of the man by that of the

Dogge, which you shall see either infected or whole & sounde

for certaynelye the whelpe Draweth to him selfe the

secret & hidden Disease where of he dieth, and the

man shall be healed, & you must burye the dogge.

Agaynst the bloodye fluxe.

Take milke, & quenche whot flinte stones in it, or els some

whot iron & that Done Dyuers times, geue it to drinke vnto the

pacient (prouided that he haue not the ague, & he shall be healed.

Agaynst the brusinge of the face

by a fall

Take therind rinde or barke of a Radishe roote,

and braye it well, and wipe it with Honnye,

and annointe the place, & it will heale yow.

To make a mans nayles growe

incontinent which be fallen of

Take the herbe called Cinkefoyle, & braye it with any

grease: And laye it vpon the place, & the nayle will

come agayne incontinent

35

folio 18 verso || folio 19 recto

A toy Seigneur s'entend ta Creature

Et cy soy temps tu luy donner pasture

Ouurant ta main par ta faueur tres grande

A toy Seigneur s'entend ta Creature

Et cy soy temps luy donner pasture

Ouurant ta main par ta faueur tres grande

A toy Seigneur s'entend ta Creature

Et cy soy temps tu luy donner pasture

Ouurant ta maint

ffor an Ague

Take two quartes of good Ale make a possett and take

of the Crudd then take a good handfull of Ribbe and

boyle itt good while in the possett drinke and putt

in a little pepper and drinke itt in the morninge

and fast an hower after and att night when you

goe to bedd for foure or five dayes

The herbes are to boyle till the vertue

be boyled out of them the said quantities

are to be dronncke at fyue draughts

blude warme./

36

folio 19 verso || folio 20 recto

Sir Iohn Savile his

medicine for an

ague.

A medycen for a soare throate.

Take two handfulls of woodbyne leaves, one handfull of sage, asmuche

of Rybworthe, of plantyne, of blacke burie leaves, the lyke quantety

of the toppes of Rosemarie, and also the toppes of lavender.

Boyle all thees togeather in a convenyent quantetie of

fayre runninge water: And first, put therein asmuche good

hunnye, as will make the water sweete, likewise a pynte of

whitte wyne, and a peece or two of white Allome, / And

when it hath well boyled all togeather, strayne it through a cleane

lynninge cloath, reserving the water thereof to vse it when

occasion shall serve, gargazing it in your throate morninge and

eveninge when you goe to bedde, and it will surely helpe you. 20

37

folio 20 verso || folio 21 recto

An Excellent oyntment for all Aches proceeding of a colde

Cause, for Shronke Synnewes, & straines in man or

Beast. It holde perfeccion 40ty yeares. And must be

only made in Maie /

Mallowe, Groundcell, Strawberry, Lavender Cotten, Birch leaues

Chickweed, Comphry, Sage leaues, Bay leaues, Rhue, Balme, Planton,

Sorrell, Wild Bryony, Byttony, wound worte, Carduus, Succory

Mariorom, Lungeworte, Camomill, Adderstounge, Oxeye, of each

3 handfulles./

Chopp the herbes very small & beate them in a Morter, Take Rosine .4.li

ffranckinsence .2.li and melt them vpon the ffyer, then put in hogges grease

12.li Maie butter Clerified in the Sun .38.li Sallett oyle .1. gallon Turpintyne

4.li Verdegrease halfe .a.li when all theise are melted putt in the herbes

and lett them boyle halfe a quarter of an hower; & carefully stirr it while it

is vpon the ffyer, Then take it of, and stirr it a quarter of an hower after; when

it is Colde putt it into Pootes close Covered, and sett them in a Horse=Doungehill a yard deepe for .21. daies, then take them out & putt them

alltogeather, and sett them on the ffier againe and boyle them a Whalme

or twoe, then straine it and putt therto Twoe pownd of Oyle of

Spike, and stirr it well /

38

folio 21 verso || folio 22 recto

22

a tretee receipte of mr Gascoignes cortiall powder

Take of the ragges of pearle or seede pearle

of redd currall, of Crabbes eyes, hartes horne,

of white Amber. of each a like quantitie beinge

all severally beaten into fyne powder & serced through

a fyne search. then take soe much of the blacke typps

or toes of the Crabbes clawes, as of all of the rest of the

powders (for that is the mayne agent of the wourke) and

beate & serche them as you doe all the rest of the

powders. then waye them severally. and take

soe much of the typpettes or towes. as of all the other

fyve powders. & mixt them all well togeather:

then make the it vp into balles. with some iellie made

of Hartes horne, wherein you must infuse some

saffron more or lesse as you desyer to have them

cullored soe lett them drye lye vntill they be drye

& fully decocted and then vse them as you have

occasion.

If the Crabb typpets or toes may be had before

they be boyled yt is soe muche the better, otherwise they

may be serued being boyled, soe the Crabb be in season

and thatt is eyther in the Moneth of May or September.

This powder being finely shauen or scraped with a knife

may be taken in a spoonfull of dragon water or Cordine

water, 10 grayns at a tyme, washing it downe with an

other spoonfull of the same water. but to a young Child

7 graynes may suffice/

The vertews of this pouder

It is good to preuent the small poxe & to putt forth the disease

It reccouereth those that be fallen into a Consumption yf itt be

taken dayly for a good tyme together.

It is most excellent in all violent and burning feauers,

and agaynst all sortes of poysons./

It serueth especially to master and extirpate the venome of

that most fearfull and infectious disease, The Plague,

wherin noe Terra semina sigillata, Bezers stone or

Vnicorns horne, though taken in a double proportion cann

match itt, or show itt selfe equiualent./

folio 22 verso || folio 23 recto

Taketh Quotidians Tertians and double Tertians Agues,

for Quartum Agues I cannot muche Commend itt, only itt

Comfort the spirits and mitigate the fitts, but for the

agues, itt is equall to any Animal or vegetable medicine

presauer

saye good for the trembling and passing of the heart, and

that most singular.

taken in tyme yt preserues a man from all disease

and infections, and itt continues one in health and vigor

and itt worketh without any violence to nature, and

prouokes seige or vomitt, or giueth any offence at all to the

..lt or stomack, and itt lasteth longe and decayeth not

nor because this pouder cannot be made till May.

To supple a synew or any parte of the

bodie that is shronke

Take a good handfull of marsh mallowes & other mallows

myngled together, and a good spoonfull of flaxe seede,

and put them together ^ both in a pinte of new milk, and boyle

the milke, then streyne it: and bathe the parte therwith

morning & eveninge as warme as you cann suffer it, with two cleane little lynen

clothes ragges letting one lye in the milke ^ vppon a chafing dish & colles to keepe it whott wil

whilest with the other you bathe the part that is shrunke./

and when you goe to bed (after you have sufficiently bathed it)

bynd a lynnenn cloth well soaked in the milke vpponn the parte

& so as it maye staye vppon it all the night. /

40

folio 23 verso || folio 24 recto

a medicine for the stone in the bladder

approved by mr Rotheram

Take i gallon of faihrte Cundit water and iij handfulls

of the Cropps of heath and seath it togeather the till

halfe be consumed then strayne it & drynck thereof

a good draught first in the morninge & as much at night

when you goe to bed warmed. the drinck is lyke to a

pallet Claret wyne in Cullor & yf the tast doe not

lyke your stomake put into your draught iij or iiij dropps

of Cinamon water. this to be vsed i moneth togeather

will breake & consume to stone in the bladder you shall

not know howe but by feelinge the ease of the former

payne it is especiall good allso against the Strangully

& to passe vrin well for the stone in the backe .

Take some v or vj spoonfulls of white wyne ij spoonfulls

of salett oyle & a nutmegg Cutt into s smale peeces or

grated and beat all these togeather verie well and

then drinck it & walk temperately a myle or somewhat

lesse after it but beware of taking colde or standinge

still after it till you come w home againe & it will

passe downe the stone easilie & strengthen the back

greately.

a playster for the same purpose

& to passe vrin easilie & quickly

Take the ioyce of Plantin gartem Tansey, howse licke

& ffetherffewe. the ioyce to be made by stampinge & strayinge

the hearbes severally in maye & soe kepte in glasses

till you have cause to vse them then take of the plant

Tansey & ffetherffewe & tansaye ioyce a lyke quantitie & of the

howselycke ioyce halfe as much as of i of the other

and boyle then in a skyllett or pipkin & when they

have well boyled put to it beane flower & honye

to make it as into a salve & then spread of it on

a playster & laye it warme to your backe & soe to

come on both sydes round aboute to your belly & keepe

it there & it will cause water to passe and

woorke a woonderfull affecte.

folio 24 verso || folio 25 recto

ffor the Toothach commyng by cold

Take a spoonfull of Red Sage and so much Rewe

& a quarter of a spoonfull of baye salt & x cornes

of pepper. Beat all theis together in dishe

& make i or more balles therof so big as a Beane

and put i of the balles into a fyne Lynen cloth

and put it betwene your Teeth right vppon the

aking tooth & bite it hard holding downe your

head that the water maye fall out vntill you

be at ease./

ffor the a Colde

Take a quarter of a pound of Currantes, an ownce of

Anyseedes. and a Licoras sticke. Boyle them in a

quart of fayer runnyng water vntill it com to a pynt. then

streyne into a faier dish. And then boyle that

Liccor againe with an ownce & half of Sugar

Candy vntill it and when it is coald it wilbe

a Syrop like Ielly: which put into a glasse

& take iij spoonfulls therof mornyng & evenyng

going to bed. /

42

folio 25 verso || folio 26 recto

for heates

Take the yongest plannten leaves, the buddes of the

red oke, and the flowers of the woodbyne, and

distill them together: & when you vse the ^ same water

water put in a little redd rose water & white sugar

candy: boill warme them together & applye them warme

for want of this distilled water take 9 spoon=

fulls of planten water 3 spoonfulls of redd

rose water & an oz of white sugar candye

& boyle ^ warme them together ^ vntill the sugar candy be melted. & applye them warme.

But if it be for the heat in the mowth then

leave out the sugar candye.

43

folio 26 verso || folio 27 recto

ffor the wounde drinke

Southerwood

wormewood

Buglesse

Mugwort

wood bittany

Sanackle

Plantan

dandelion

Ribwort

whitebottles

dayses rootes & all

Honisuckes

Asomes

Haw thorne buddes

Egremonie

Oken leaues.

Bramble buddes

wild angelica

Cumfrey

Mintes

Scabious

Strawbury leaues

Snickfeild

Violett leaues

Take of euery of these hearbes one handfull and putt

them into a pottle of white wine, and a gallon of cleare

running water and boyle them altogeather vntill

halfe of it be consumed. Then seperate and straine

out the liquor from the hearbes, and then putt to a

quart of Hony and boyle it againe and soe putt

it into a glasse and stopp it close, and when occacion

doth require lett the patient take three spoonefull

thereof first in the morning and last in the

euening vntill he hath druncke a quart thereof

There was a famous Phisicion that did report

that this drincke is good for sores both new & olde,

for woundes in the Body and laying withall vpon

them a plaister of Hony and wax for womans

Breastes and putrified bones causing them to

scale: for ache in the stomake & to breake an

impostume causing th it to come out. It hath

driuen Bullettes out of a Souldiers body that hath

lyen longe there & healed the issue. Also it is

approued to be a present remedy for the stopping

of bloud

This drincke aboue written

must be made in the Moneth

of May./

44

folio 27 verso || folio 28 verso (top)

To his lovinge father mr

Iohn Pitt tholdest geve

these at Blanford

445

folio 28 recto

Deare father my humble dewty remembred and your blissinge

with my mothers craved these maye be to certifie you that

wee vnderstand here that it hath pleased god to visit

your towne of Blanford with the plague, for the which wee

are hartelye sorie desyringe god of his greate mercie to

staye the same, wherein the good meanes which by your good

discretions of the towne maye be vsed with prayer to god

will noe doubt greatlye avayle as a seconde cause vnder

god to quenche the same againe, yf any fall sicke of

it, treacle or metredatum to be geven him in draggons

water or cardens benedictus water is verie good, with warme

keepinge of him, and garlicke is allso good to expell it

burninge of stone pitch ^ or tarr on a Chafingedish to be vsed

the morninge in everie pryvate howse to aire the peeple

of it well, is verie good. temperate dyet & such thinges

as doe coolde the bludd are preservatives against it, allso

for him which goeth abrode it is ann excellent preservative

for him to have in his mouth a peece of dryed Angelica

roote which beinge newe & then stirred in the mouth will

yeald a notable stronge favor to keepe out the infection

I have herein sent you an approved medicine with goodes helpe

for one that is infected, which was geven me at michelmis

last by one that had it here in london the last somer

and I have returned my mother her booke whichshe

lent me good father suffer none of your people goe

abrode but such as most of necessitie and yf you thincke

it fytt yf the sicknesse continewe I coulde wyshe Neill

to be removed to Redclyffe with his boye to entende him, and

your selfe and your howseholde to be remove allso out of

the towne to such place as you shall thincke fyttest

and thus prayinge god hartely to be your preservor, and to

cease the desease in the towne yf it be his holie will

doe committ you to the protection of the lorde as the safest

place, Westminster the xvth of Marche 1594./

Your lovinge sonn

William Pitt

I praye you good father lett vs here from

you, as you have meanes to sende howe thinges

goe in the towne, I have sent you herewith

a boxe of treacle a pewter boxe of metredatum

& a littell of angelica rootes as much as I coulde

gett for the next moneth is the tyme to drye

them.

folio 28 verso (bottom) || folio 29 recto

the booke & the boxes with this

Those that be infected. Let them drincke iij sponefulls of

this water with a litle traiacle or met

metrodatum

Those not infected maye drincke so muche of the

same to avoide the infeccion without triacle or

metrodatum,

To Those that are in health & feare the Infeccion, Let

them drincke iij sponefuls of vineger euerye

morninnge with the poulder of bolarmoniack

yt ys verye good to ayer your houses with vineger &

rose water caste vpon a hoate tyle or fier panne

myxed together. and all your people hole & sicke to receyve

the fume therof in to their mouth & nostrels.

for the plague

take a greate hard onion the reddest you can gett & slyce it

then take a pinte of white wyne & a pinte of Ale & sett it on the

fyer put into it the onion & ij penniwoorth of treacle & a h halpeny

woorth of saferon boyle all those to the halfe then strayne them

then put into the liquor id of damask rose water & id of balme

water & a spoonefull of salett oyle, & then let it have a walme

over on the fyer, & then the lett the partie greived drincke thereof

a good draught warme, fastinge, in the morninge & last at

night & it will by godes helpe expell the plague.

when the sore is come out anoynte it with oyle of white

lillies of the garden warme at the fyer and when the

sore is broken, playster it & tente it with englyshe honie

the youlke of an egg, flower & a little grounsell stamped

& strayned and mingled to a salf salve./

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folio 29 verso || folio 30 recto

A medicine for the pestylence that was taught&

kinge henry the vijth by his physysion

Take halfe a hanfull of rewe, lykewise of mandragoryes, fetherfey

sorrell Burnett lyke much: and a quantytie of cropes & rootes

of dragons: wash them cleane and seath them vppon a sought

fyer from a pottell to a quarte then strayne it thorough a

cleane cloth & yf it be bytter putt to yt a quantytie of

suger candy or other suger and yf this meadicine be vsed before the

purples be oute you shalbe whole by gods grace.

A preservation agaynest the plague

Take a hanfull of sage a hanfull of reue a hanfull elderleaves a

hanfull of red bremble leaves stampe them together strayne it thorough

a cloth with a quarte of white wine take a quantytie of ginsuger and

myngell them all together and dryncke therof eueninge and morninge a

sponefull nyne dayes together

ffor the party infected with the plage

yf it ffortune one be sicke before he hath taken the foresaide medicine

then take the water of scabias a spponnefull water of Bytton

asmuch a quantytie of treakell putt it together and drynke it

and it will expell all the venuim

A medicine to breake the botch

yf the boch doe appeere then take bremble leaves Elder leaves mustard

seede & stampe them all together & make a playster of it & laye it to the sore

& it will drawe out all the vennum

A medycine for the plage

Take iijte slyppes of rewe and syxe spoonefules of Vinygeare and beate

it to gether strayne oute the Ioyce thereof put thereto an ounce of

fyne treakell & an ounce of trea suger & stur it to gether then sett

it over the fyer & make thereof a sorrop then putt in to a pott or

glase and take a sage leafe & euery morninge fastinge spred as

much as a beane thereof vpon the same leafe & so eate it from

^ yf he that taketh it be infected yt will drive it from the his harte & yf the partie be not infected it will p preserve him

xxiiij houers after

A playser to drawe the sore

Take a sponnefull of honny, of Ioyse of spurge ij sponnefuls & a half

one sponefull of turpyntine, a quantytie of wheaten flower temper

these to gether with oute fyer & make of the same a playster & laye it

to the sore chaunge it at every xxiiij houers

A good medicine agaynst the plauge approvid

Take a cocke pullett or ch chyckin & lett the fethers of the tayle of the highest

parte be plucked of till the rumpe be bare then holde the saide bare of the pullet

to the sore and the pullett will guape, & labore for lyfe, & in the ende will dye

then have another pullett & doe the lyke to the patiente, and yf that dye, then

still apply the patient with pullettes, so longe as any doe dye, for when

poyson by the saide chyckins is drawne fourth, the patientes chyckinges that be

offered there vnto will lyve, then the sore presently will swage

the party fourth which recovereth, this medicine nessysary to dryve

Vennum from the harte.

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folio 30 verso || folio 31 verso (top)

A soveraigne drynce agaynst the pestylence

Take of sorrell water, and as much dragon water a dram of

put there to a dram & a halfe of powder Imperyall give it

withall ale within xxiiij houres after he is infected &

codesg eare escape and doe well /

A playster to drawe an hede to the sore & to breke it

rootes, one hanfull of sower drowe ij hanfuls of mallows

of lynseede stampe all these together small, & bwoyle it

of the lees of wine till it be thycke, then laye it

like vpon leather broder then the sore, and lett the borders

ther be playstered with Cordyers wexe; to make it cleave,

lyinge ffourth the both in xij howers and breake it shorly:

A medicine to be druncke suspecttinge any to have the

playge

Grate onion and the core of him beinge taken oute, fill the

good treakell of Ieue & wrap the same with paper, and

it be softe, then strayne the same with a lyttell

beere and beinge tempred with a quantytie of suger give

to dryncke ij sponefulles fastinge & yf the patient be

the plauge you shall perceve the apperaunce thereof within

after the receyte of the same dryncke./:

Also for the vsuall dryncke of every patiente beinge

in fettedd.

rosemarythe quantytie of eyght or nyne Croppes, then take

beinge Browne within, of Burnett & of Burage, of

hanfull, lett them be sedd in a quarte of stale ale

then put in to itt a cruste of Bredd, a lyttell whole

quantytie of suger, and lett him dryncke the same at all

lyinge the his syckins and put pimpernell in his broth:

A preservation agaynest the plauge & for the

avoydunge of the in fection

savery the quantytie of a hanfull and boyle the

quantytie quarte of good Wine Vinigeere with a sponeful

beinge beaten and putt into the same: then dryncke the

quantytie of suger euery morninge fastinge

A good meadysyne agaynste the plauge

Bytony water the quantytie of iij sponnefuls, of good wine

sponnefules and the quantytie of a nutmeg, of good

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lady Gostons medicines

against the plague

folio 31 recto

D Burg^es water for the plag^ue

Take iij pints of Malmesie and boyle therein of sage

of rue of each an handfull vntill a pint be consumed

then straigne it and sett it ouer the fier againe, then

putt to it a penny worth of longe pepper and halfe

an ounce of ginger and a quarter of an ounce of

nutmegs all beaten together and lett it boyle a

litele and then putt to itt 4d of Metredate 2d of treacle

Angelica water a quarter of a pinte. Keepe this as

youre life a boue all wordly treasures take it allwaise

allwaies warme both morninge and evening a

spoonefull or 2 If you be allreadie infected one

sponfull a day is sufficient halfe a spoonefull in

the morninge and halfe a spoonefull at night

In all the plague time vnder God there is was

neuer man woman or Childe deceaued

This is not only good for the Common plague called

the sicknis but allso for the smallpoxe mesells or

surfitts and divers other kinde of diseases. /

You may haue this water readie made at the

APoticaies right over greate St Tellings gate

for 2s 6d a quarte. /

folio 31 verso (bottom) || folio 32 verso (top)

medicines for the plague

from La:dy Goston

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folio 32 recto

Rue a handfull: mynsed small

Angellica Rootes

Sedoaria./

Cloues.

Cubebes

All them beaten small

of each 4ee Drames

Camphire iij scruples beaten with the rest ./.

All these infused in a pottle of good wyne veneger putt together

in a glasse with a Narrowe mouth Close stopte. And once in a

day shaken together the longer they stand the better it is:

wett a sponnge with the cleere veniger and smell there to./.

If at any tyme a man shall find his heade to ake his sperritts

heavie, and his stomacke ill. and botheringe meate Lett

him not fayle the next morninge lyinge in his bedd to drincke

fastinge this Drafte /

Take of Cardans water about a penny pott full and

vdisolue therin methridate of the best the

quantity of a hasillnutt and Drincke it off and

soe lye still with ordinary bedclothes vppon him and

about 2: howers after drinke a good drafte of

possitt ale as hott as hee may endure soe lett him

lye and swett, and beinge in sweatinge at the least

ve howers ever and a none drinckeinge warme possit

ale and after the tyme of sweate drye him with

warme clothes and putt on cleane lynnen and soe

by degrees coole himselfe vntill hee be in his ordenary

former temper, which may be aboute three howers

And keepe himselfe for that day out of the ague and

eate some warme meate as he liketh ./

And that night after supper to take as hee goeth to reste 2.

pylles of Pillulae pestilentialls each of them of the

biggnes of a lardge pease the next day it may bee they

will give .3.4.er stoolles ./

folio 32 verso (bottom) || folio 33 verso (top)

50

folio 33 recto

Though there is noe one sure or generall way other to prevent

the sicknes but keepinge far from infected places and persons,

much lesse any certaine waie or generall to cure all, yeat

vsinge ordinarie good meanes there is better effect founde.

than where those meanes are not vsed.

That which I have vsually given and advised for prevention is

that makinge a mixture of conserves of red roses and

wood sorel of each iij ounces and on ounce of Andromacy

treacle I give every morninge the quantety of a large

filbert or litel nutmeg of this mixture and cause them

to drinke a draught of posset drinke after it with good

store of sorel boiled in it and a fewe slices of zedoarie

and angelica roote of both together the weight of vid

or viijd

And when the party beginneth to complaine we give a grote

weight of mithridate or the former treacle in

a draught of carduous or dragon water and cause

the sick party to swete after it th an hower: the swete

beinge dried with clothes and the bodie quieted we give

broth made with borage bugless: sorel may and

marigold leaves or flowers and so againe after

six or viij howeres, causing them to swete oute in a

day as beefore: many declininge treacle or mithridate

where the feaver is stronge ^ give as much of the confection

caled confectio & hyacintho or such like as of mithridate

When the sore cometh hardly out we many times applie cup=

pinglasses to helpe drawe it out: or a plaster of galbanum:

or yf it offer it self well, a like roote rosted and a

tosted figg or to, with a fewe elder budes stamped together

some mixinge a litell turpentine and a litel yoalke of

an egg with them: the sore being thus ripned and opened,

or eles yf this doe it not speedily we advise to open it

with a lancet, or caustick ^ it beinge ripe and drawe it as an ordinarie

sore or bile keepinge it open till the corruption be

spent and the party well in his health:

you are to note that may many times we are dewe to

varie in owre advise accordinge the quality and

condition of the plague, and the distemper and acci=

dentes that doe accompany the sick: but this is the ordi=

narie and a good waie.

ffor my Ladie

Pittes

folio 33 verso (bottom) || folio 34 recto

Sir!

As in moralitye it is sayd omne beneficium petit officium

every benefitt is obligatorye, and binds to some thankfullness; soe

(for myne owne part) I think him nothing rellishing of goodness

that is not as seriously conformeable in the retribution of a curtesye

(though he come short of a full recompensing abilitye) yet quatenus

ad potestatem, in some kind or other) as he is earnestly sollicitous

to receave one. Therefore (having long run vppon the seeming

score of forgetfullness) I have at length made bold to present

you with this litle token of gratitude for your favors vnto

me, that hereby you might be satisfyed that they cherish not

a drone, or one vnflexible to industrye, but one, rather by the

hand of Fortune, hitherto necessitated to want imployment, then

diligence. Neither was it for me (till now) to propose my selfe

a constant course, or expect assistance from others, whilste the

perverseness of that generation, into which: I was by marriage fallen

was soe great and continuall to blemmish, and preiudice me

and in nothing to benefitt, or releeve me; soe that I may well

say, If theyr indulgence to doe me good, had countervaild but

the tenth part of theyr eagerness to ruine me; I might long

since have gained the worlds good opinion, and preferment

answerable. But I submit the consideration of my crosses and

troubles by them throwen vppon me, to the omnipotent God

and the revenge of his iustice; in whose providence, I trust

I shall allwayes find support from oppression, and supplye of

necessaryes both for me and myne, and by whose favor and

blessing vppon your health, I hope the continuation of your

favors towards me, for which: I will not only press my pen

to be thankfull, butt allso all my facultyes, and remayne

Yours in what I may doe

you service Richard Blundell

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folio 34 verso || folio 35 recto

The subiect of this litle tractate following, is the demon

stration ^ of the offence of breathing in generall; which: I was induced to compose

for that I found you were insuch oppressed with shortness

and difficultye of breathing, and for that I perceaved divers

scruples arise in your opinion concerning this infirmitye,

and the observations in dyet, and other respects in the same

case necessarye; which I wanting time and opportunitye

by personall discourse to e explicate, (and yet desirous to

manifest my devoted respects vnto you) thought this the

best meanes to accomplish my purpose, both in resolving

your doubtes, and presenting vnto you the certayne shape

of your disease, from what origenall soever it derive

it selfe; which I suppose you may by this, easely distinguish

and informe your knowledge of;

2

That I may the better explayne the causes of the defectiveness

or impediments, of breathing, it will not be amiss, first to

shew what breathing is in its naturall perfection, or vnblemmish=

edness, as allsoe by what parts of the body it is performed

and what benefit acrues it. Respiration, or breathing

(of the Greekes called αvαωνoε) is effected by two motions

inspiration, and exspiration, by inspiration or drawing in of the

breath, the lungs and brest are stretched, or inlarged, and ayre receaved

into the body: by exspiration or breathing out, the brest and lungs are

contracted, or straightned, and for the impure ayre expelled. Now

to respiration doe belong these three, first the mooving faculty

secondly the organes or instruments of breathing, thirdly as the lungs

midriff, brest, the aspera arteria. (through which the ayre is convaighed)

wherevnto belong the nosthrills, mouth, and iawes, which are the

first that receave, and last that expell, thirdly the vse of breathing

which is the ventilation, or cooling the heat of the hart, and

generation of the spirits therein, which mayntayne life. Thus much

concerning the definition of respiration being perfect, and its

instrumentall contrivers, and efficacye. Now of the causes that

deprave it: the benefitt of free respiration is hindered through the

defaults of the brest and lungs, which happen sometimes by the

imperfection of the mooving faculty, sometimes by the stuffing of

the organes ^ of breathing or other affects of the same, and often by the ayre it

selfe; now forasmuch as the force of this moovinig faculty, which:

causeth breathing, consists as well in the brest, as in the lungs:

it will be expedient to define, how either off them may suffer

apart, in the default of this facultye; the lungs doe soe long

mayntayne the force of this propertye, as they enioye theyr

naturall heat and temper; for that this facultye is then only sayd

to be depraved in the lungs, when they loose theyr woonted good

temperature, as in consumptions, and many other great diseases.

this mooving facultye of the lungs, is allsoe hindered (though it be

in its full strength) by accident, (and soe is deprived of its operation)

by the narrowness, or straightness of of the brest howsoever occasioned,

by the crookedness of the body, or by an imposthume, or dropsye of the

brest, or by ^ the swelling of the entrayles, and midriff; by which meanes

3

folio 35 verso || folio 36 recto

4

the lungs are soe cooped vpp, that they have not roome enough

freely to moove in. Now the motion of the brest, depends

vppon the animall facultye, which being of a subtill spirituous

essence; cannot properly be sayd in it selfe to suffer hurt, yet

by phisitians, it is sayd to be hurt, or depraved in it selfe

when through weakeness of great evacuations, or sickness, it doth

not soe amply conduce vnto the benefitt of motion, as it should

and allsoe, when it descends not precisely vppon the muscles of

the brest and midriff, which happens, for that the brayne

(the origenall of the animall virtue) doth not according to the

necesitye of nature, communicate it vnto those parts, by reason

of some great disease in the head as apoplexye, and such like

or through some imperfection of the nerves (proceeding from

the braynes) whose office it is to convaighe this animall spiritt

or facultye, vnto the muscles of the brest, and midriff.

Moreover, the facultye of the brest is sayd to be hindered by

accident, when as the same faculty (by the due assistance of the

animall spirits) is in perfect force, and yet cannot execute its

necessarye function, being hindered from extending, or stretching

the brest to the full scope of natures ^ bounds appointed, by reason of

paynes in the neck, sides, midriff, belly, and bowels, or by any

bruse, hurt or inflammation in any of these, and by the

obstruction, or swelling of the liver, or spleen, as allsoe,

by reason of water, phleame, or blood impacting the concave

part of the brest, and soe straightening it, and likewise

allsoe by vapors, and wind abounding in the paunch, and

rising vnto the midriff, which not only oppress motion, and

soe cause difficulty of breathing, but many times soe puffe

vpp those parts and soe incroach further, that there is

danger of suffocation. According to Hypocrates , Galen ,

Avicex , Celsus , and others of later ages, as Fernelius

Horstius , and Senertus , it is concluded that the origenall

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folio 36 verso || folio 37 recto

offences, or hinderances of breathing in generall, are these

fifteen following. first, that difficulty of breathing

is occasioned, by the in temperature, or corruption of the

lungs, secondly by the narrowness, or straightness of the

brest, whereby the lungs and midriff cannot freely moove

thirdly by the want of the ..... of the animall spirits

as in the apoplexye, and other cold and soporiferous affects

and in those that are neer death. fourthly through the

hurt or imperfection of the nerves that tend to the

passing of the animall spirits from the brayne, vnto the

muscles of the brest and midriff, fiftthly by reason of

payne in the muscles of the brest, or other adiacent parts

that either administer help vnto breathing, or by theyr

grievance may hinder it. sixthly by the hinderance of

the midriffs motion, through waters, or phlegmatick

humors, or blood contaynd in the concave part of the brest

or through the obstruction or swelling of the bowells in the

paunch, or ascension of vapors fr and wind from the lower

parts vnto the midriff. seventhly by the vlceration, or hurt

whatsoever of the lungs, or by its groweth vnto the brest

or by the obstruction, or stoppage of its conduits, or pipes.

Eightly thorough the hurt or inflammation of the

midriff, or by the defluxion of some catarrhe vppon

it. Ninthly thorough the brusing, or other hurt of the

muscles that moove the brest. tenthly from the brusing

breaking or dislocation, of the ribs, or ^ the ioynts of the

back bone, as allso the induration, of the grissly part of

the brest into a bonelike so hardness. Eleventhly from

the diseases or hurts of the muscles of the paunch.

twelfthly from the nose, mouth, and iawes as when

they are sore, inflamed, or swelled.

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thirteenthly, ^ by the hurt, or stopping of the larinx, (which is

the head of the aspera arteria) or aspera arteria it selfe

or its branches dispersed in the lungs, by watery, or phlegmatick

matter, as in dropsyes, and other cold diseases. fourteenthly

thorough the alteration, or change of the vse of breathing

which: is divers wayes occasioned, but especially and most

dangerously, when the hart leaves beating, for soe long as

the motion of the hart surceaseth, soe long is there very

litle, or no breathing at all, as in swoundings, and in

woemen) suffocation of the womb, vulgarly called the

mother: by which: as it is evident that breathing is chiefely

ordayned for the ayering and ev refreshing of the hart, soe

is it manifest that breathing is not a litle furthered, by

the impulsive force of the harts motion. fifteenthly, by

the fault of the ayre which: wee draw in, as when it is

too hott, too cold, to thick, impure and vaporous, and soe

vnapt alltogether, to temper the harts heate, as it should.

to these causes may allsoe be added this consideration, that

in fevers, and diverse other diseases allsoe the breathing

facultyes may be hurt, by reason of which: diversitye of causes

I suppose no generall ^ one medecine can be soe generally

distributive, as to serve for the cure of these severall

particulers; nor hath the methode (in my reading or hearesay)

been by any one author at full sett downe, but in part,

according as the affect hath required; being derived from

one, or other internall, or externall cause. To observe therefore

vnto ^ you the methode of my teachers, and not only myne, but

theyrs whosoever that owne the calling of phisitians at this

day. I will handle the .... cureable sorts of difficulty

of breathing, as that wee call asthma, and orthopnaea,

to the first whereof your impediment of breathing (If I

mistake not) is not improperly to be resembled. Therefore

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folio 37 verso || folio 38 recto

I will briefely Explayne ^ what asthma is, whence it

proceeds, by what sighnes to be discernd, and by what

methode in phisick, and dyett it is cureable. The word

asthma according to Senertus is thus vnfolded; Asthma

est læsa respiratio, eaque densa, et frequens fere. vt æger

sine anhelatione respirare nequeat; sine febrie plerumque

ab angustia bronchiorum pulmonis proveniens, quando

malum (differt enim asthma, et orthopnaea, saltem

magnitudine) ita inerementum sumpsit. vt æger, non

nisi o erecta service spirare possit, orthopnaea nominat

Asthma (sayth he) is a distemperature of breathing

being thick and often, soe that the sick cannot fetch

theyr wind, without difficulty. it is commonly without

a feaver, proceeding from the straightness of the pipes

of the lungs, when the evill (for the asthma, and

orthopnaea differ only in quantitye) is soe increased, that

the sick cannot breathe, but with the neck stretched out

it is called orthopnea, the place affected causing this

hardness of breathing, is the lungs, whose aspera, or

sharp arterye, with its severall branches, being obstructed

or stopped, with thick phleame, or thin watery matter,

by which meanes, the ayre cannot fre freely and sufficiently

be drawen into the body, allthough the lungs, and brest

are inlarged or mooved to the full of theyr office:

wherefore the ofteness of breathing is for the better

satisfaction of Nature, who by such frequencye rec.a..

that non sufficient quantitye, which: at once it could

not doe, for the causes mentioned. Galen is of opinion

that the Asthma is chiefely occasioned by these two

meanes, namely by a thick and tough phleame impacting

the conduits of the lungs, and by a kind of litle

swelling like haylestone, and sometimes hard like

stone in the kidney, or blather.

8

To which Avicen , Ætius , and Carolus Piso . add, that

it may be occasioned by a thin watery matter, as in the

dropsye, where the brest is cumbered with the like; to

these, some adioyne the vapors, and windyness ascending

from the lower parts. It is allsoe a common opinion amongst

writers that the frequentest cause, of the asthmaticall

difficultye of breathing, is derived from the descent of an

excrementitious matter, from an intemperate brayne, vppon

the lungs, which sticks there, and soe stops the passages,

and causeth the asthma. to which: obiection. Senertus replyes

thus, non nego quandoque post catarrhos, aliquid pituitæ in

pulmone restare, eiusque bronchia obstruere, et asthma

excitare posse, tamen rarius hoc fieri existimo, sed

frequentissime, asthma gonerari puto, ab humoribus crudis

circa epar, imo in vniverso venosa genere collectis, et per

venam arteriosam in pulmones effusis. I doe not deny,

(sayth he) that after a catarrhe, some phleame may remayne

in the lungs, and soe stopp its pipes, and cause the asthma:

but I think this not ordinarye, but am of opinion that the

asthma is most commonly ingendred, of crude, or rawe

humors, collected about the liver, and indeed in the veines

in generall, and powred out vppon the lungs, through the

veine called arteriosa now sayth the same author further.

If the asthma be derived from the catarrhe, consequently

must the catarrhe precede the asthma, and soe there must

have beene an a cough, which: (sayth he) those that have the

asthma, commonly miss, but they that have the catarrhe

very seldome; Now to reconcile the opinion of Senertus with

other writers, it is necessary to observe, that he denyes

not, but that the catarrhe may cause the asthma, but

he seemes to inferr, that when it is soe, then there will

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folio 38 verso || folio 39 recto

be some manifest token of the Catarrhe, and If there

be none such, that then the cause may proceed from

the intemperature of the liver and veines, as aforesayd

which is absolutely confirmed, If there succeed a swelling

of the feet, and weakeness of concoction, of the food

receaved. thus much for the explanation of the word

asthma, and the definition of its origenall. Now of

the sighnes that detect it. Arctius in his booke de signis

et caussis etc. sayth, Asthma incipientis, seu impendentis

notae sunt huiusmodi, gravitas pectoris, tarditas ad solitum

opus, et aliud quodlibet agendum, in excercitatione difficilis

et ægra spiratio, flatus in præcordiis, atque cructationes præter

rationem excitantur. the sighnes of the beginning or

approach of the asthma are such like, the heaviness, or

payne of the brest, sloweness to woonted worke, or other

actions, in excercise difficult and feeble breathing, wind

allso in the bowels, and belchings beyond measure; and (sayth

he) further, they to whome this affect is imminent, sleep

not soe well w as formerly, and by night they are

somewhat more hott then in the day, and theyr nostrills

are growen sharpe, and sayth Senertus , in the asthma

the fits of short breathing, is occasioned according to

the motion of the moone; and commonly indeed, every

fourth day the sick will find himselfe indisposed

here allso may be inserted the observation of Carolus

Piso , who sayes, vrinæ sæpe sunt copiosæ in asthmate

ac tenues, ac instar aquæ perspicuæ, atque ideo dissimiles

vrinis familiaribus. the urine is commonly plentifull

in the asthma, and thin, and transparent, as water,

not resembling the woonted vrine.

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To these might be added many more, which for

brevitye I omitt, supposing these enough to manifest

the approach, or presence of the asthma. I should now

according to the reguler proceeding of phisitians discuss the

prognostick point of the asthma, which is a demonstration

or rather denomination of the daunger thereof in its

continuation, and conclusion, butt conceaving the explanation

hereof not alltogether matteriall; I pass by itt vnto the

methode of cure observed by the most famous and

greatest phisitians: which consists of this forme

or manner; first the matter that infests the pipes

or conduits of the lungs is to be taken away, by

evacuation, butt If it be thick and tough, it is first

to be attenuated or made thin by preparatives, that it

may the easelyer complye with the operation of the

phisick, and be thereby avoided. secondly the parts that

send this naughty ^ matter matter to the lungs, are to be purged

and strengthened; and the influx of the matter diverted,

thirdly If windiness be conioynd with the peccant

matter, it is to be expeld by medecines proper in such

cases. fourthely. If the cause arise from a crude

swelling resembling hayle, or stones, such as grow in the

kidneyes. or blather, it is to be taken away, by

attenuating, and drying things. and fiftthly and

lastly, If the lungs be of a drye temper, care must

be had that moystening phisick, brothes; meate, and

dring be administered: with this caution allsoe, that by

how much the weaker the body is, by soe much

the gentler meanes must it be wrought vppon,

vsing sometimes the benefitt of cordyalls. I shall

not need to come to particulers, since my ayme

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folio 39 verso || folio 40 recto

is not, (in this my small paynes) to commit soe

great an absurditye, or rellish of soe great a presumption

as to prescribe, where the expertissimi (as I may say)

doe rem agere; but only to shew you what you have

not soe compendiously had from them (your doctors I

meane) wherein If you shall find any thing that

may advantage your observations for your health,

I have my purpose fully satisfyed; sure I am that

no man directs his paynes with a more earnest desire

of good success to you, then I doe these lines and

my dayly wishes. But now of dyett. some doe

question, whether or no slender or spare dyett be

convenient in the asthma or difficulty of breathing.

and the cause (I suppose) that mooves this doubt, is

because Galen sayes in his booke de victu attenuante

that he had with a slender dyett, without any phisick

cured hardness of breathing, and the gout, and

epilepsye or falling sickness, and many other lingring

diseases. but against this of Galen is Hypocrates

scited in his first aphorismi and 4th:, who there sayes

that a slender spare dyett is vnsafe in longe continuin^ g

diseases. now some doe thus moderate the matter,

say they it is requisite there should be according to

Galen an attenuating ^ or slender dyett, quatenus ad qualitatem

in the qualitye, that is such as is of easy digestion

and doth rarifye or make thinn the oppressing matter

in the parts offended; and this seemes to concurr

with Hypocrates , in his further expression of

himselfe in the place above mentioned. for he,

by his exception against scant dyett in this disease

doth only feare deiection of strength, and not any

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other impediment; likely to ensue vnto the

patient thereby. Now as too slender a dyett

is not frequently tolerable, soe is it more

rather sometimes alloweable, then excess at any

time at all: which: is defined to be such a quantity

as cannot receave due concoction. Morever,

forasmuch as the asthma, most commonly hath

its beginning from a thick and cold cause, the

dyett should be of an attenuating and moderate

hott qualitye, and withall participating of

a moystening property: for otherwise If the

dyett and drink be of a heating, attenuating

and withall a drying disposition, it may very

easely happen, that the humor may thereby

acquire a greater thickness, and toughness, and

soe be more firmely fixed, to the places

affected, then before. In this case the broth

or decoction of an old Cock, is much famed

by antiquitye, for that it hath with soe

good success been vsed allmost by all men

phisitians; the manner of composing, and

ordering of which: (because it is to this day

by many Phisitians thought inferiour to no

other, in pectorall diseases) I will sett you

downe according to the vse, and description,

of Benedictus Victor: Faventi (which stands

exemplarye for immitation of dayly practise)

in this manner.

13

folio 40 verso || folio 41 recto

. gallum antiquum, ad minimum trium

annorum, quem flagellato, et multum

defatigato, postea decollato, et sine aqua

deplumato, ac visceribus mundato, et vino

forti eluito, parumque salito. deinde .

semin: carthami, anisi, anethi. ana&ʒ​ij.

rad: Helenii, iridis. fol: hyssop: prassii ana

℥​ ss: glycyrrhiz: passular: enucleatar: ana ʒ​vj

tartari albi&℥​ij. pulmon: vulpis pulver:

ʒ​ij omnibus his crasso modo contusis.

venter galli repleatur, gallusque in aq: lb xvu

coquatur, donec caro ab ossibus separetur,

deinde fiat colatura cum forti expressione,

et relinquatur in loco frigido, vt quod

fæculentum est subsideat; et postea pars

clara separetur, et vsui reservetur.

Take (sayth he) an old cock, at the least

three yeares old, drive him, or beate him

to and fro, till he be very wearye, then

cutt off his head, and pluck him without

water, and cleanse him from his entralls

and wosh him with strong wine and putt

a litle salt into him. Then take wild

saffron seedes, anise seedes, and Dyll seedes

of each two drams, or a quarter of an

ounce by waighte. of helecampane roote

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and orrace of Florence, the leaves of hyssop

and horehound, of each of these foure, halfe

an ounce by waighte. of lickorish and

raysens of the sunne stoned, of each three

quarters of an ounce; of white tartar

two ounces of the lungs of foxe lungs

powdered. a quarter of an ounce, all these

being beaten in a morter grossely, must be

stuffed into the Cocks belly, and the cock

boyled in a sufficient quantitye of pure

water, till the flesh fall from the bones.

then take it from the fyre, and when it

hath stood a while, straine it very well

and sett that which is strained apart, in a

cold place, that the dregs may sinke to

the bottome, then strayne it once more,

and reserve the cleare liquer for vse.

Thus much concerning this medecine soe much

cryed vpp, and indeed not without great

probabilitye of desert. The qualitye and

quantitye of meate hath been allready

handled: therefore a few words of drink

and some other necessarye points to be

observed. It is all agreed by all authors

that wine is in this disease, or affect

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folio 41 verso || folio 42 recto

is alloweable, provided that (for the most

part) it be such, as is of a thinn, and

opening qualitye. for thick wines, as Galen

reports (in his booke, de alimentorum

facultatibus the 3d.) as they nourish more

then others, soe above all others doe they

cause obstructions, filling the veines with

thick blood. drink is in this disease soe

necessary, and behoofefull, as Galen is of

opinion. 1 de locis affect: cap: 6. that the

sick is not to suffer thirst, but to drink

largely. by reason that moysture is necessary

for the assistance of the expectoration, or

bringing vpp of the humor, which is by dyett

and phisick made apt to be avoided. But

this freedome is not generall, for at meales

drinking is not to be permitted in full measure

or great draughtes, bein by reason that the

belly being thus as it were doubly filled,

is subiect to swell and puff vpp, and soe

oppress the meanes of breathing; for indeed

when the food receaved into the body is

made to liquid with much drink. it is

subiect to be to swell stirred, and passed

to and fro, to the great disturbance of

concoction.

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hereby then it appeares that thirst is in some

measure is rather tollerable at meales, then

satiety or fullness of drinking to be permitted,

and this indeed may the better be observed,

forasmuch as recompence may be made, with

a more plentifull allowance, after the concoction

of the meat. Sleep should in this case be

vsed, only in the night: butt If through

custome and weakness it cannot be refrayned

in the day, yet should it be short, and

performed with the head, and brest a litle

elavated, or raysed vpp, and If possible to be

avoided to soone, or suddenly after dinner, or

supper. As for excercise, there can none

of any violent sort be ordayned, least thereby

the humors be to much stirred, and vrged vnto

the further oppression of the parts affected.

walking, or some gentle motions before meales

are very good and laudable; butt all troubles

or anxiousness of mind through business, or

thoughtfullness, and anger, grief, and such

like are to be avoided.

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folio 42 verso || folio 43 recto

A breif Treatise towchinge the preservacion

of the eyesight Consistinge partely in good

order of dyet & partely in vse of medycynes

Occasioned thoroughe certayne speches had with somme of myne

honorable good frendes to wryte myne opinion of means to

preserue the sighte in good integryty I haue performed the same in

this litle pamphlett wherein I haue dyrected my penn rather to

leave rules for those which haue not in them selves suffycient knowledge

then to satisfy the lerned who I know canne devise muche

better means and remydyes: And my intent beinge onelye to sett

downe somme order as may be fyttest for all sortes of men to contynue

in perfecion there sight I thought not good to inserte anye discourse

of the dyseases of the eyes which will require a longe treatis &

cannot well be executed but by men which haue skyll in the arte

of phesicke: therefore it semed mete vnto me at this tyme to

omytt that parte and to leave the reader for the knowledge and

Cure of suche diseases to the professors thereof by whose helpe

they may receyve remedye of all infirmytyes and affectes, which

shall happen to the eyes: purposinge in this litle trestis onelye

to declare how the sight might be contynued in his integrytye,

by suche Common order as maye of all men in their trade of

lyef be resonablye followed leavinge all other harder matters

to a farther dyrection of the lerned And now followinge the

laudable custome begunne in anncyent tyme & contynued in

theis our dayes of presentinge our frendes with new yeres gyftes

for lacke of other thinges of greater pryce I offer vnto you

this litle pamphlet as a signification of my good will

wishinge that the same maye be a token of many good &

prosperous yeres which god the gyver of all goodnes sende vnto

you./ 1586

your lovinge frende

Walter Bailye

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folio 43 verso || folio 44 recto

A treatise concerninge the

preservacion of the eye sight

The preservatyue of the sight doth consist partelye in good order

Dyet of dyet partelye in vse of medycynes. /

Concerninge dyett somme thinges hurtfull ar to be eschewed & somme

thinges Comfortable to the sight ar to be vsed: wherefore

Ayre./ they which may Chose their habitacions in this respecte maye

make election of ayre clere, declyninge to moderate heat &

drynes: colde & moyst ayre, and thicke mystye and raynye

weather is hurtfull: yt is best therefore to abide in drye

places from moorye, marrishe, and watryshe goundes and e

Wynd dust Smoke especially to provide, that the scyte of the dwellinge be not

betwene the wett places and the sonne: southerne wyndes

do hurt the sight: so doe low roomes: places full of duste &

smokye are hurtfull./

Meates ar best which ar easye to be digested & which doe not

staye longe in the stomacke: amonge suche a yong henne

is greatly to be Comended: so is partridg & pheasant: Rasis

prayseth the younge starue, & the quayle: so doth all wryters

the doue both tame and wilde, but Cheifelye the wilde

dove which (as Zoar wryteth) hath especiall vertue against

the weaknes of the sight which commeth by defect of sperites &

the rather yf the same be sodden with Rape rootes or turnep

rootes: for yt is accorded by all wryters, that the turnep

hath great facultye to doe good to the eyes & to preserve the

the sight Grosse and slymye meates, & all waterfoule are

dispraised, of smale birdes the martyn, the swallow, the

Iaye & pye, the witwall, the specht ar noted very hurtful

to the sight And albeit theis birdes are seledome or never

vsed of the better sorte yet Common people happely may be

fyshe. compelled to eat them. No fyshe is accompted good yet some

2

fyshes which doe scowre in gravelye places beinge savorye sodden

with white wyne, fennell, eyebright, sage parselye &c may at

some tymes be eaten and so a litle salt fyshe moderatelye

taken dothe no greate harme: fleshe sodden with fennell, eybright preparacion of meates

myntes sage &c is reputed best next after rosted meates, fleshe

fryed with butter or oile is to be reiected thentralls & fete of Intralls

beastes ar not so good nor the braynes for the most parte yet Braines

the braynes of an hare, of a Connye and of pygions are

saide to quicken the sight. milke and all thinges made wMilke

thereof are founde by experyence to induce dymnes of

sight rear rosted rear sodden or poched egges ar holsome Egges

especially eaten with the powder of eyebright, fryed egges

and harde are blamed./

Of Savses vergis vineger of wyne and the yvices of Savces

leamondes ar commpted best, pomgranettes not so good./

Of spyces Cynamon is Commended by Avicenna as a speciall Spyces

good for the webbe of the eye and for dymnes of the

sight: so is safferon, ginger bothe outwardlye taken

and inwardlye taken, & outwardlye applyed dothe

singulerlye clere the sight. Cloues, mace, nutmegges

and all three kynde of peppers may be vsed Suger is Sugar

Convenient to Condite thinges but honye is better noe

Oyle is good saue oyle olyve called sallet oyle and

that is better then butter./ HonyeOyleButter

Albeit few raw herbes in Common vse for sallittes or Com

mensed, except fennell, eybright, younge sage, teragon ^which ar very good Raw herbes

yet theis are to be avoyded as in most hurtfull, name:

lye, lettis, colliwortes, Cabage, beetes, spynnage, purslaine:

buddes of Dill, garlike Chiboles oynions scallions &c Capers

Capers may be eaten, Olyves not so good Radishe rootesOlyves

parsnep rootes ar greatly dispraysed: Carrot rootes the

buddes of asperage may be eaten: but the turnep or Rootes

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folio 44 verso || folio 45 recto

The Rape & Turnep or Rape roote & the Navew roote are aboue all other noted

for exellencye to preservue the sight: and to that purpose

manye doe preserue with suger those rootes & eat them as

sucket./

ffruictes

PearesThe moyst kynde of fruictes are hurtfull to the sight: yet

Apples peares and the better kynde of Apples may be eaten with

ffigges the powder of eyebright or with fennell sedes thynlye

Reisons incrusted in fyne suger: ffygges ar verye good not onlye

^ for the sight but also to open skoure and to clense the brest, lyver,

Nuttes stomacke & kydneys so are reasons which haue a speciall

property to strengthen the lyver: nuttes are verye evell

Dates for that they doe fill the head: the walnuttes more

tollerable then the hassell nutt Chestnuttes ar very

wyndye better frendes for venns then for the eyes

dates are not commended nor Mulberyes.

confectes Confectes made with fyne suger & thynlye incrusted about

with turnep seedes & Navew seedes fennell seedes Annis

seedes almondes, pynaple kyrnells ginger Cynamon

the powder of eybright &c are reputed a very good

Drinkes means to preserue the sight likewise in the preservacion

of the sight, amongest other thinges suche drynckes as ^ ar

Beare in Common vse & ar to be allowed therefore he that hath

byn vsed to drinke bere maye not forsake the same & so

Wyne. in ale In this respect it is not amys to dryncke wyne

at meales for them which haue byn accustomed to the

same althoughe wyne in some affectes in the eyes is

forbydden yet to preserue the sight wyne is not incon=

venyent, for the vapors of wyne are dryenge, clere,

abstersyve & doe consume & extenuate grosse and

thicke humors so yt be moderatelye taken In this place

I doe greatlye commende their Counsells which do prepare

medicy=nall drinkesmedycynall drynkes with eybright & other thinges

comfortable for the sight to be vsed in the morning

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and at meat yf the pacyent can well endure so to drinke

the same our authors herein ar verye ingenious some

addressinge drynkes with one thinge some with another

The symplest & most wryten of is of the herbe called of drinkes made with eybright

the Arrabians, Adhill, in Latyn Euphragia in Eng=

lishe eybright, of whose miraculous vertues in preservacion

of the sight Arnoldus de villa nova hath wryten in

Arnoldus de villa nova theis wordes eybright is good anye waye taken eyther

with meat drynke or medycyne, grene or drye against

all ympedymentes of the sight whereby the clerenes of the prais of eybright for the sight

the same may be obscured And he wryteth thus of wyne

made with eybright which he calleth vinn evphragiatum this

wyne sayeth he is made by puttinge the herbe in the muste

or new wyne vntill the same wyne become clere to be dronke Eybright wyne

by the vse of this wyne olde mens sightes ar become made

younge of all degrees specially in fatt men & suche which do

abounde with flegme One (sayeth he) which was blynde and

did see nothinge in a longe tyme by vsinge this wyne one

yere was restored to his sight. The herbe is hott, and drye Eybright taken in an egg

and hath by propertye of substaunce, to remove the affectes

of the eyes sight And so the powder ^ of the herbe taken in an egge or

dronken in wyne doth wonderfully performe the same And

there are yet alyve (sayeth he) witnesses of good credite

which haue made proofe hereof in them selves which colde not

read without spectacles by vse hereof haue recouered their

sight to read smale letters And so Arnoldus concludeth

that nothinge to doe good to the sight is to be Compared

with wyne made of eybryght yf the wyne be to stronge

he Counselleth to allaye the same with fennell water and

to that intention you may also add suger./

In Countryes which for their Common drynkes vse wyne and

water they alwayes doe myngle thinges for the sight in

wyne & not in water for wyne in truthe is a fytter lyquor

to receive the qualities & to carrye the same to the eyes

then water which thinges they doe put in the muste and so

let it stande vntill the wyne be rype & ready to be droken

and so do vse yt.

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folio 45 verso || folio 46 recto

Eybright may be vsed in beer Ale or meade Notwithstandinge in other Countryes which haue other vsuall

drinckes, the same thinges may be put in their Common drynckes

So some haue put them in ale, some in beare, & somme in mead

and no doubt but all theis means ar verye good accordinge

to thusage & disposicion of the partye for even in this our

Countrye they which eyther do vse or by constitution of bodye

may well beare the drynkinge of wyne may well compound

the same with thinges good for the sight: others of hot complexions

and drye, not greatlye accustomed to wyne, maye of ale,

beer & meade make suche drynckes because in theis northe

Countryes ale, and bere are the vsuall & Comon drynckes

and in some places meade also is much vsed therefore in myne

opynion it is convenient for most men to make their drynkes

with bere, ale, and meade, rather then with wyne: and mead

assuredlye is ^ a verye Convenient thinge for them which can

awaye with honye./

how eybright wyne may be vsed Touchinge the dyrection of those which haue byn accustomed

to dryncke wyne I doe nothinge doubt but that they maye

without offence beare suche drynckes for the sight Compounded

with wyne to take a draught in the morninge, especiallye

yf they delaye the same with the distylled water of fennell

accordinge to Arnoldus Counsell And for this purpose

the vse of eybright or ale or bere theise maye be made, of verye good white wyne, and the

thinges may be myngled in the Countrye where the wyne

doth growe, notwithstandinge in that our most vsed drinck

with meat ^ ys or ale or bere theis are convenyent to receive

theis thinges for the sight, and absolutelye better then

yf you like to dryncke the same with meat as our authors

doe Counsell: which ale I thinke better to be made with a

ale made with grout groute accordinge to tholde order of brewyinge And

so the thinges for the sight maye be sodden in the groute

or otherwise put in the drincke when it is nerely clensed

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and put into the vessel in which it is tunned to be kept

that in the workinge of the dryncke in the vessell the Eybright meade

vertues and qualityes of the thinges may be drawne

and receyved into the same: when theis thinges ar Compoun=

ded in meade, then the same are sodden. with the honye in

suche order as other herbes ar sodden which they make metheglyn

I thinke yt best to begynn with the symplest order to compound the quanti-tye of the eybright to the drinke

ale or bere to eche mans best lykinge with eybright onelye

takinge to euerye gallon of the drynke a great handfull of

of the herbe & bynde it, together, & put it rawe & thyne

Tynsell of silke & so tye the same by a strynge to the topp

of the vessell that the herbe maye hange in the myddest

of the drinke, not to lowe in the groundes nor to hye in the

barme, beinge put into the dryncke when it is newlye

clensed let all worke together vntill the drynke be

clere and rype to be dronken accordinge to the Common

vse, and then you may drinke of it at pleasure in the

morninge fastinge & at meat also yf you will and

canne well like thereof, and most men may like to

drynke of it bycause this herbe dothe yeld no vngratefull

taste but rather with a pleasaunt sapour dothe Commende

the drynke, it were not amysse to avoide wyndenes, to ffennell seedes

every handfull of the herbe to add ij drames of fennell

seedes well dusted and a litle brused. As I doe put

theis for a more proporcion to begyn withall that the

stomacke be not at the first offended with the strangnes

So after a tyme ye may encrease the quantitye &

put to euerye gallon of drynke too handfulls of the

herbe, wherein ye may best be dyrected by the taste

that the herbe shall yelde in the drynke In the winter spice may be added

season you may also add some spyces, as ginger whole

mace a few cloues, nutmegges Cynamon & make as it

were bragget ale which drynke besides that it doth preserue

and clere the sight will also helpe digestion clense &

cut flegme and broke wynde. /

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folio 46 verso || folio 47 recto

the effect confyrmed by examples I cann witnes that manye by this symple composicion

of eybright and fennell seedes haue found great good for

the sight, not onelye to contynue in good estate, but also

that somme haue founde remedye against the dymnes

and other ympeymentes growinge in their syght I

mett an olde man in Shropeshire called Mr Hoorde

about thage of 84. yeres, who had at that tyme

perfecte sight & did read smale lettres verye well without

spectacles: he tolde me that about thage of xltie

yeres, he fyndinge his sight to decaye, he did vse

eybright in ale for his drynke, and did also eat the

powder thereof in an egge three dayes in a weeke

beinge so taught of his father, whoe by the like order

conntynued his sight in good integrytye to a verye

longe age I haue harde the same confirmed by

manye old men. Rowland Shurlocke an Iryshe

man phisition to Quene Marye , did affyrme for

truethe that a Byshop in Irelande perceyvinge his

sight to wex dymme about his age of fyfty yeres by the

vse of eybright taken in pouder in an egg did lyve to

thage of fouerscore yeres with good integretye of sight.

drinkes more compounded for the sighte./ We doe read of manye drinkes to preserue the sight

compounded not of eybright onelye but of manye

mo good thinges added: so some put to yt sage, some

vervaine, some Celendyne, and fennell seedes, annisse

sedes & the forenamed spices others clecompane rootes

iris, gallingale & Cubebs & in truth all theis are

greatlye Comended to preserue the sight ^ and mace very aptlye be put in drinke notwithstan=

dinge for that we are now to delyver a drynke

for the sight which may be pleasinge and allowed

with meate myne opynion is that the same ought

to be made as symple as may be for yf Galen

in his sixth booke de sanitate tenenda doth preferr

8

the Composicion of the medycyne termed diatrion pipe= the moste compound not all wayes best

non which hathe fewest symples bycause (as he wrytethe)

that is soonest & with least troble to nature digested sure=

lye the drinckes for the sight which are Compounded with

fewest thinges are most to be Commended especiallye

when we meane to vse the same with meat, as all our

authors doe Councell. wherefore for my parte at this

present tyme I will onelye advise to haue for vse

eyther wyne, ale, or bere, accordinge to eche mans

best lykinge made as is before prescrybed with eybright

and fennell seedes, & to dryncke of the same in the

morning or if it so like with meat as other drinke.

It is holden better to drincke ofte & smale draughtesdrinke often & smale draughtes

at meat for so meat & drynke will better myngle,

and the meat will lesse swymm in the stomacke which

geveth Cause of manye vapours to the hedd It is

affirmed not good to begynne the meale with drincke

but to eat somewhat before you drinck.

When you dryncke wyne if you meane to allay the/ When to myngle water with wyne

same with water it is best to myngle with the wyne

^ fennell water or eybright water, And Montagnana dothe

Counsell to doe the same some reasonable tyme be=

fore you do drynke, & not presently when you drinke

as Comonly men doe.

Bread in our intention is to be made with fyne floure Bread

of Chosen wheat alwaye leavened & salter somwhat

more, then Comon bread, well wrought, thoroughly

baked, nor new nor olde, of aboute a daye or ij old past with fennell seedes

vnleavened bread is not accompted good and the

bredd is the better yf fennell seedes be wrought in

the paste to which purpose some doe cause cakes to

be made of some porcion of the dowe in which they

9

folio 47 verso || folio 48 recto

in which they know the powder of fennell seedes and the

powder of eybright, and doe eat them in the morninge

and after drincke the eybright dryncke & make that a brekfast

Evacuacion As generallye in the preservation of helthe soe especiallye to

contynue the sight, it is Convenyent that the bodye be

obedyent to doe his offyce for evacuacion accordingly and if

nature herein be slacke yt may be procured with brothes made

of loose herbes, as mallows, violet leaves, mercurye, grounsell

great reysons the stones taken out, dammaske prewens, and

currantes, and if nede be of more medycynall thinges for surely

the same must be gentle, for as strange medycynes which make

agitacion of humors are not good to be vsed for this

intention: so gentell medycynes taken in dew tyme, doe

great good to the sight, which I doe leave to the appoinctment

and dyrection of a lerned phisition: of all manner of

evacuacions theis which are don by vomytinge are most

hurtfull soe are fluxes of blood by the nose. And as belkes

doe ease the stomacke, so muche belkinge gyveth occacion that

fumes do aryse to the head forepart of the head whereby

the sight may be harmed.

fullnes hurtfull Nothinge is more hurtfull to helthe then fullnes & he that

will contynue his sight good, must be carefull of over

plentifull feedinge & therfore must ende his meales with

good apetite & never laye gorge vpon gorge, but so feed

that the former meat may be concocted before he do eate

agayne: It is best to make light suppers and sumwhat tymely

As modest vse of venus performed in the feare of god in due

vse of Venus tyme when the meat in the stomacke is digested, and nature

is desirous to be disburdened, is to be allowed so ymmoderate

and vnraisonable vse thereof, dothe of all thinges most hurt

the sight & soonest induce blyndnes over muche watchinge is

not good very longe slepes are more hurtfull, the meane

10

sleeps of about vijen houres are best yet better to abridge

the slepe & enlarge watchinge then contrarywise. sleepe slepe and watching

taken in the night is best, as most naturall when externall

ayre doth distracte nature motion, and all externall thinges

concurr to helpe slepe, therfore the moe houres the man doth

borrow of the daye to slepe the worser. It is not good to this

our purpose to slepe ymmediately after meat: for ij houres

at the least ought to be put betwene meat and slepe.

best to begyn slepe vpon the right side. and then to torne

on the lefte side to slepe vpright vpon the backe is

naught generallye: to torne vpon the face worser for the The moonshyne hurtfull for the sight.

sight Care must be had that you slepe not in a Chamber

or anye place in which the moone dothe shyne./

Exercises ar nedefull: the same best after the bellye Exercyses

hath don his offyce that the excrementes ar avoided

otherwise they by exercyse vapours ar styrred and doe

assende more plentyfull to the head All exercyses

must be vsed fastinge & none after meat And I

wishe you might after meat forbere wrytinge by the wryting after meat

space of three houres but yf your Course of lief and

callinge will not so permytt you, you may herein follow

Montagnana his Counsell, to wryght eyther standinge

vpright or a litle leaninge and restinge your hedd

vpon your right or lefte Cheeke in no case to wryte

bowinge yourselfe forwarde and holdinge doune the

head: when opportunytye and tyme will serue, fryc=ffrictions

tions with a roughe lynnen clothe are good which are to be

performed thus. ffirst to rubb the feete, the legge then

the theys, the hipps the buttockes so assendinge to the

sholders, & necke, with softe and longe rubbinge even

vntyll the partes begynn to wex redd. amongest orders

to remove ^ the weakness of the sight Avycenna wryteth that the

Combinge of the hedd is not of lesse force, whichCombing the head

ought to be donne euery morninge fastinge backward

against the hayre for yt draweth the vapors out of

the hedd & removeth them from the sight./

11

folio 48 verso || folio 49 recto

mirth of the mynd mirth ioye and pleasanntnes of the mynde is good: a litle

anger dothe not hurte ymmoderate sorrow, fearfullnes

and all vehement affections ar hurtfull forbidden in

all affectes but in this ^or Case Cheifely as most hurtfull

to the sight./

To preserve the sight by medycynes.

outwarde medycynes. The order to preserue the sight by medycynes, both

consist of thinges outwardly applyed & inwardlye

the smell of marierom taken Amongest outward medycynes to preserve

the sight it is accompted a great secret to smell

muche to marierome, So theis thinges followinge

ar founde verye muche to comfort the sight in

stayenge the visible spirites from wastinge vizit

thinges comfortable to the sight Corall, pearle, the stone called lapis Armenius,

spectacles of Cristallyne, or clere and pure glasse

Eye Cupps grene and sky coolors, to dypp the eyes in cold water,

to which purpose manye haue cupps made in the forme

of any ey called eye Cupps: and to washe the eyes

with waters or decoctions of eyebright roses & vervain

thinges put into the eyes. Some other thinges ar put into the eyes to clere the

sight & to remove ympedymentes which doe often growe

there to which purpose as approved very good and without

hurte the yuice and waters of eyebright, of fennell

of verbaine of marygoldes, of pearleworte are

greatly commended And Montagnana doth mention

A preparacion of the yuice of fennell.

of a certaine kynde of preparacion of the yuice of

fennell singuler good to preserue the sight from dymnes

to take the yuice of a fennell in the moneth of Aprill

and to put it in a vessell of glasse, with a longe and

narrow necke, & let it stande xv dayes in the sonne

that it may be well dryed, then remove the glasse

softelye, that you doe not troble the residue, or ground

and so poure ^ it the yuice into another vessell And to

euery halfe pounde of the yuice put an ounce of

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chosen lignum alloes beaten into fyne powder and let it

stande other xv dayes in the sonne then strayne lignum Alloes good for the sight

it twist thorough a thick clothe & kepe the cleerest

in a vessell to your vse: you maye dropp a litle

hereof into your eyes to clere the sight. And som

doe distill this wood in a styllitorye of glasse

and put the water thereof into the eyes and hold

this for a great secrete to preserue the sight And

the same Montagnana doth Compounde another

medycyne more abstersine to remedye the dym=

nes of the sight, dissolvinge in an ounce of the ^ water of the

Rosemarye floures too scruples of sall gemma sal gemma doth clere the sight

verye fynely powdered & flyttered ad counselleth

to drop the same often into the eyes affyrminge

by his experyence that it dothe so mightelye clere

the sight, that suffusions ar thereby wonderfullye

removed, and especiallye moystures of the eyes.

am here also for the ^ clensinge and strengtheninge of the eyes

especially to commende vnto you, the frequent vse

of old and clere white wyne, in which the Calamyner

stone hathe byn often tymes extinguished: and like

wise the pure lycor of good suger Candye dissolved

in the white of an egge beinge harde rosted and

the yolke taken out./

Also our authors doe Commende the washinge of the eyes the Vryine of a Childe

with the vryne of a Childe & sometymes to dropp the

same into the eyes And for this purpose also they A lye of fennell stalkes

doe Commende lye made of the Ashes of fennell

stalkes we do read in all our authors great commen=

dacions of the lycor of the lyver of a goate prepared A preparacion of the lyver of a goate for the sight

in manner followinge Take the lyver of a male

goate not diseased newlye kylled: and after it is

13

folio 49 verso || folio 50 recto

ys well washed prycke yt in many places & fill the

same with grayne of pepper, and infarre the

lyver with the leaves of fennill & eybright then

rost it with a softe fyer clere, not smokye vntyll it be

reasonably rosted: and in the tyme of rostinge receyve

the lycor which doth distyll in a Convenient vessell

and applye the same to your vse./

Avicenna in his third fenn and third booke and

fouerth treatis, Cap: de debilitate visus aboue

Collerium de fellibus all other thinges doth commende the medycyne called

Collerium de fellibus for that yt clenseth the poores

of the eyes, clereth and conserveth the sperites,

Mundyfyeth the moystures or waters of the sight

as you may read in Avicenna in the foresaid place.

Inwarde medycynes.

Medycynes to be taken inwardly ar in nomber

manye but I thinke best at this tyme to mention

A powder for the sighte a few which are easy to be had and and as of great

efficacye most Commended. And so of such the

powder followinge is most symple yet by experience

appoved of suche force that manye their sight

haue byn decayed haue by the vse of it receyved

againe the same perfectly: the powder is this made

Take of the powder of eybright fouer ounces of

Mace one ounce myngle them together and take

thereof the weight of three pence before meat

Montanus in his 92 Counsell gyveth ^ great praise of a syrope

against the decaye of the sight thoroughe weak=

nes and dymnes of the same which he compoundeth

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thus take of the yuices of fennell of vervayne of

of roses of eche too ounces the leaves of the herbe

eybright of endyve of Cellendyne of ech halfe a

handfull boile the herbes in too pyntes of water,

vntill halfe be spent: then strayne it hard and

myngle the yuices with the decoction and with suger

accordinge to arte make a syrope which is to be

kept in a glasse vessell. you may take ij ounces of

this sirope in three ounces of the water of eye=

bright in the morninge fastinge In wyndye bodyes

he maketh the siropp thus: Take of fennell seedes

of Anysseedes of eche iij ounces of the herbes eybright

of vervayne drye rose leaves of eche iij handfulls

of Cellendyne one handfull of Ruhe a handfull

& an halfe boyle therein water vntill halfe be

consumed: strayne it harde and with suger syropyze

the decoction both theis syropes are excellent good

to defende the sight from dymnes./

Mesue in his book called Grabadyn wrytinge An electuary to preserue the sight./

of the diseases of the eyes aboue all other medy=

cynes extolleth an electuarye vnder the name

of hummayn as havinge noble vertues to preserue

the eyes and contynue the visible spirites in their

clerenes which he compoundeth thus: Take the herb

Adhill that is eybright too ounces, fennell seedes fyve

ounces, mace, Cubebs, Cynamon, longe pepper,

cloues of eche one ounce beat all into a powder

serse yt then take of good honye clarified one

pounde of the yuice of fennell boyled and cla=

rifyed one ounce of the yuices of Ruhe and Celendyne

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folio 50 verso || folio 51 recto

both boyled and claryfyed of eche halfe an ounce boile

all to the height of an electuarye, and then put to it

the powders accordinge to arte & so reserue yt in

glasse vessells. you may take hereof the quantitye

of three ounce in wyne as Mesue wryteth: yf

wyne seme to hote you maye alaye it with fenyll

water or with eybright water; yt must be taken

in the morninge fastinge and you ought to forbere

the takinge of anye thinges by the space of three

houres, and so at night, but then you must take a

light supper & supp the more tymelye.

distilled Waters Where in this litle treatis mencion is made of

distylled waters I wishe the same to be

artificiallye donne in styllitoryes of glasse that

the qualityes of the herbes maye remayne in

the distylled waters. And therefore I doe not

allowe of the Common manner of distyllinge

in styllitoryes of lead by the which the waterye

partes onelye are drawne. /

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folio 51 verso || folio 52 recto

Electuary for the Stone 1

The Use

A coulde Oyntement for the Backe

The Use

A special Drinke for the same 2

To preserve the ingendering of the Stone

A Powlder for the same 2

Another Drinke for the Stone

A Powlder for the Coulde to breake the same 3

To make an odoriferous Perfume to last longer

Agaynst the payne of bladder & gravel 5

To stoppe the Hycket

Agaynst defnes & hardnes of hearinge 6

Agaynst the payne of the Eares, defnes, durt

or filthe, wormes, or water that is in

them

For to stenche bleedynge at the nose

Agaynst the dymnesse or daselynge of the sight

Agaynst the Webbe or spots in the Eye 7

For to make Heares to growe

For to kill Lyce

To stenche the bleedinge at the Nose

For a horse that is cloied or pricked with

a nayle 8

For a horse that cannot stale

To take away red Rubies that grow in the

face by reason of the heate of the liver

For one that can take nothing at the mouth,

or else to make him goe to the stoole

& to sweate well 9

To make very good blacke Ynke

To make red Ynke 10

To heale the payne of the head.

To make a Greene and a Redd without

thicknesse for to write with upon paper

To preserve a man from vomitinge on the sea 11

For those that have a stinkinge breathe

because of the stomake 12

Agaynst the stynkynge of the breath

A medicine for a galde horse 13

For a horse when he hath sprunge a vayne

For the scratches in a horse heels 15

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To make a white marke in a horse

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To make one that is poisned to vomit up

the poison 19

To make one have a good memorye

To make very good black Yncke 20

To make Water Imperiall 21

The Water's vertew

To draw an arrow head or other yron

out of a wounde 23

Agaynst the biteinge of venemous beastes

To make Glue or Past that holdeth as fast

as a Naile

To male Hennes laye Egges all the winter

To cause marvelous Dreames 24

To make a Candell that can not be put out

To make that your children shall have no

payne or greefe in their Teeth

For to make a cleere Voice

For one that hath his Sight troubled

For one that is broke 25

For one that hath his coddes swollen

Agaynst the Plague

To make Womens Milke encrease

A Preservative in time of Pestilence or

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To kill Lise & Nittes in the Heade 26

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To make Silver Letters without Silver

To make greene letters

To make that no dogge shall barke at you

To make that wilde beastes shall not hurt you 27

To take awaye the payne of the goute

For to see wilde beastes in a dreame

To make that fruites shall not rot upon the

tree 28

To make letters that cannot be red onles

the paper be put in water

To make letters that cannot be red but at the

fire

To make that a woman shall eate of nothinge

that is set upon the table

folio 52 verso || back endleaf 1 recto

To make an herbe herb grow that shall have

many & divers odours & savours 29

To take awaye the payne of the Eyes

To keepe that fruites shall not fall before

they be ripe

To drive awaye Flies, Spiders, Scorpions &

other Vermin from your howse

To take Oile or Grease out of cloth of what

colour soever it be without any drop

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reaste either for payne in the heade or

other like cause

To make a horse have a good hoofe

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which be fallen off

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spine

head

fore-edge

tail