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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 endleaf 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 frigionum 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 moderatlye 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 fflower Tymes And then Rest xij or xiii Dayes. and beginn it againe as Cause Requyrethe.

A speciall Drinke for the same

When you will haue this Drinke Prepare over night a Pyncte 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 Cinnamon and Gallingall of ech a quarter of an ounce./ Pignard a Dram, Annyseedes ffennell seedes, Caraway Seedes of ech six Drammes./ Comyn
Seede prepared halfe an oz. Cipras Rootes fyve Drammes. Gromell 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

Two

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 fflower Ounces./ Annyseedes Three oz Gyger i oz./ Allacampana two Drammes. The Kirnelles of Ashe Chates i Dram. Carawaye seeds 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 mortar 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
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 poudre of the same skynne, the which poudre
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 poudre, and sifte it fynelye, and
then vse it for your purpose. This is very
gode 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 proved & found true.

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 bleedyngae 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 Daselyne of the sight

Take salte Armoniacke burned and well brayed: & mixe it with the pisse of a yonge childe, & therwith annoynyt 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 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.

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 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.
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 wth 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 weightiest Galles yow can finde, bruse
them into small peces, and pour 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 together with a sticke of
a figge tree & leaue it agayne tow dayes more in the
sunne. finallle 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.

To make red yncke

Take an vnce of the same woode skraped wth 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 iiiij, iij partes, and it will be redde hauinge
a goode lustre. And if let it Deminishe of more then
three 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 colour 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 alsol 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 when you will occupye any of it turne it well together that it maye be thicke and troubled, & write or paynte with it, & it will be a very fayre Greene. & for 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 have a stinkinge
breathe because, 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 offfen 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 spoonfull of hunnye &
beate them well togeather then take white
flower to the bignes of a walennutt 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 spronge 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

for the scraches in a horse heaels

Take tarre hogges grease iiij or iiiij 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 heales from wet vntill
they be hele /

or thus

Take tarre hooges grease a little deare
suett mayes butter and culvers donge
and boyle it to geather & make a playstre
thoerof 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
for the yeallowes

Take halfe a handfull of Scally nedyne
as much grounswell Rew & lavender cotton
pounde them all to geather & strayne them
and put theerto a fewe angle dogges &
pounde them with the herbes with a penyworth the
of turnerecke 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 drench your horse therewith and
in any wise see that yow let your horse
blude in the eye vaynes or els in the mouth
when yow drench 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

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 togeather 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.

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 little milke, and
incontinent he will vomit vp the poison, if ther
be any.
To make on haue a good memory

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.

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

To make water ImperialTake 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
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 keeepe 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

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

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 things 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 things 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 gummies 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 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 breaide that he eateth every 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 swel linge, *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 *wines* & 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
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 siluer, & 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, & anointe 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 waye 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.

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 that the 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 upward, & yow shall reade this as if as if they were written with incke, because the water maketh the paper somewhat 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 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.

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 & 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.

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 with the 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 oxo Dunge, & temper it with vinagre & at night laye it hotte vpon his feete and wrappe them vp in some cloutes, to the intente that the 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^th well leaded within, and stoppe it well. & couer it with drie sande.

symbol resembling & 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 with the 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 practice to make a capon
to bring up yonge Chickines

First to do this take a capon & pull the belly bare of
fethers, and after rubbe the naked place with nettels,
settinge yonge cickines vnder him, & he will then meruely
= louslye cherish the, and bringe them kindelye vp, And
the rather, if you so accostome to use the Capon the like for
a time: for by that means 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.

for to get out any thinge that sticketh
in a mans body, as thornes & suche other.

Take a piece 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 euyn what hit vpon the place where the
warts 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 woollie in it, & laye it on the nauell, & it will
make the wormes come out of the bodye.

Agaynst the payne of the Collicke &
comming sodaynelye

Take the heele of a hare, and carye it about
yow, & the sodayne collicke shall neuer take yow.

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 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 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 also 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 the radishe 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
Sir John Savile his medicine for an ague.

A medycen for a soare throate.

Take two handfulls of woodbye leaves, one handfull of sage, asmuche of Ryb worthe, 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 conveyent 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 lynnigne cloth, 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.

folio 19 verso || folio 20 recto

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./

folio 20 verso || folio 21 recto
An Excellent ointment for all Aches proceeding of a colde Cause, for Shronke Synnewes, & straines in man or Beast. It holde perfection 40\textsuperscript{th} 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 fffyer, then put in hoggges grease 12. li Maie butter Clerified in the Sun .38. li Sallett oyle .1. gallon Turpintyne 4. li Verdegresa 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 fffyer. 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 alltogether, and sett them on the fffier 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 typettenes 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 saffiron 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 that 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 recouereth 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./

Taketh Quotidians Tertians and double Tertians Agues,
for Quartum Agues I cannot muche Com mend 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
..It 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. 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 ^ vpon a chafing dish & colles to keepe it whott will whilst wth 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 vponn the parte & so as it maye staye vpon it all the night. / 40

a medicine for the stone in the bladder approved by mr Rotheram

Take i gallon of faête Cundit water and iij handfulls of the Croppps 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 & yt the tast doe not lyke your stomake put into your draught iij or iij 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 peces 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.

ffor the Toothach commnyng 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. /

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 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 spoonfulls of planten water 3 spoonfulls of redd rose water & an oz of white sugar candye
& Boyle them together until the sugar candy be melted, & applye them warme.

But if it be for the heat in the mouth then leave out the sugar candye.

for the wounde drinke

Southerwood
wormewood
Buglesse
Mugwort
wood bittany
Sanackle
Plantan
dandelion

Ribwort
whitebottles
dayses rootes & all
Honisuckes
Asomes
Haw thorne buddes
Egremone
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 altogether until 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 occasion 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 Phisic/ion 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 it to come out. It hath dreuen 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./

To his lovinge father mr John Pitt tholdest geve these at Blanford

Deare father my humble dewty remembred and your blissinge with my mothers crave 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 everye pryvate howse to aire the peplee of it well, is verie good. temperate dyet & such thinges as doe cooledge 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 fytest 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 loveinge 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.

the booke & the boxes with this

Those that be infected. Let them drincke iij sponefulls of this water with a little triacle 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 morininge with the pouder 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 worth of saferon boyle all those to the halfe then strayne them then put into the liquor i of damask rose water & i 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
A medicine for the pestylence that was taught &
kinge henry the vijth by his physyson

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 ginsu ger 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 ffortion one be sicke before he hath taken the foresaide medicine then take the water of scbias 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 venum

A medycine for the plage

Take iiijte slyppes of rewe and syxe spoonefules of Vinygeare and beate it to gether strayne oute the Joyce thereof put thereto an ounce of 

lillies of the garden warme at the fyre 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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fyne treakell & an ounce of sugar & 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 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 eh 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 gu³pe, & 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 poysone by the saide chyckins is drawne fourth, the patients 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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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 & codexg 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 leue & 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 perceive the apperaunce thereof within after the receyte of the same dryncke./:

Also for the usuall dryncke of every patiентe beinge in fettedd. rosemary the 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 pimprenell in his broth:

A preservation agaynest the plauge & for the avoydunge of the infection

savery the quantytie of a hanfull and boyle the quarte of good Wine Vinigeere with a sponeful beinge beaten and putt into the same: then dryncke the of suger euery morninge fastinge

A good meadysyne agaynste the plauge

Bytony water the quantytie of iij sponnefuls, of good wine sponnefuls and the quantytie of a nutmeg, of good

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lady Gostons medicines against the plague

D Burg^e's water for the plag^u
e

Take iiij 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 litle 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 allwaies 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 also 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. /

medicines for the plague from La:dy Goston 64

Rue a handfull: mynsed small Angellica Rootes Sedoaria./ Cloues. Cubebes All them beaten small of each 4ee Drames Camphire iij scruples beaten w ith the rest ./ All these infused in a pottle of good wyne veneger putt together in a glasse w ith a Narrowe mouth Close stopte. And once in a day shaken together the longer they stand the better it is: wett a sponnge w ith the cleere veneger 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 fastinghe this Draffe / Take of Cardans water about a penny pott full and dissolue therin methridate of the best the quantity of a hasillnutt and Drincke it off and
soe lye still with ordinary bedclothes vpon 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

v^e^ howers ever and a none drinckeinge warme possit
ale and after the tyme of sweate drye him with
warne 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
bignes of a lardge pease the next day it may bee they
will give .3.4. er stoolles.

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 usuallie 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 vii
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 sweete after it than an hower: the sweete
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 sweete 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=
inglasses to helpe drawe it out: or a plaster of galbanum:
or yf it offer it self well, a like roote rosted and a
toasted 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

Sir!
As in moraliyte 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 little 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 blemish, and preiudice me
and in nothing to benefitt, or releve 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 thrown upon me, to the omnipotent God
and the revenge of his justice; 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 vpon your health, I hope the continuation of your
favors towards me, for which: I will not only press my pen
to be thankfull, but also all my facultyes, and remayne
Yours in what I may doe
you service Richard Blundell

The subject of this little 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 necessarie; which I wanting time and opportunitie
by personall discourse to 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 originall soever it derive
it selfe; which I suppose you may by this, easely distinguish
and informe your knowledge of;

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 vnblemish=
edness, as allsoe by what parts of the body it is performed
and what benefit acrues it. Respiration, or breathing
(of the Greekes called αναωνοε) 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 use 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
deprive 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 mooving 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 enjoie 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 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
the lungs are soe cooped upp, that they have not roome enough
freely to moove in. Now the motion of the brest, depends
vpon 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 weakness 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 vpon the muscles of
the brest and midriff, which happens, for that the brayne
(the origenal of the animall virtue) doth not according to the
necessitye 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

folio 35 verso || folio 36 recto

4
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 narowness, or straightness of the 
brest, whereby the lungs and midriff cannot freely moove 
thirdly by the want 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, fiftethly 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. sixteenthly 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 
panch, or ascencion of vapors # 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. 
Eighthly thorough the hurt or inflammation of the 
midriff, or by the defluxion of some catarrhe vppon 
it. Ninithly 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 ° 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.

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 
through 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 
little, 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 chiefly ordained for the ayering and refreshing of the hart, soe is it manifest that breathing is not a little 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 al altogether, 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: diversitie of causes I suppose no general medecine can be soe generally distributive, as to serve for the cure of these severall particulars; nor hath the methode (in my reading or hearesay) been by any one author at full sett done, but in part, according as the affect hath required; being derived from one, or other internall, or externall cause. To observe therefore nto 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 I will briefly 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 unfold; 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 arteyre, with its several branches, being obstructed or stopped, with thick phleame, or thin watery matter, by which means, the ayre cannot be drawn into the body, althought 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 frequency rec.a.
that non sufficient quantitie, which: at once it could
not doe, for the causes mentioned. Galen is of opinion
that the Asthma is chiefly occasioned by these two
meanes, namely by a thick and tough phleame impacting
the conduits of the lungs, and by a kind of little
swelling like haylestone, and sometimes hard like
stone in the kidney, or blatter.

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 bee 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
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 weakness of concoction, of the food

folio 38 verso || folio 39 recto
received. thus much for the explanation of the word asthma, and the definition of its originall. Now of the sighnes that detect it. Arctius in his booke de signis et causis etc. sayth, Asthma incipientis, seu impendentis notae sunt huiusmodi, gravitas pectoris, tarditas ad solitum opus, et alius quodlibet agendum, in exercitacione 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 imminen, 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 also 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 vine.

To these might be added many more, which for brevitye I omit, 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, but conceaving the explanation here of not altogether 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 to the lungs, are to be purged and strengthened; and the influx of the matter diverted, thirdly If windiness be comioynd 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
kidneys. or blather, it is to be taken away, by attenuating, and drying things. and fifthly and lastly, If the lungs be of a drye temper, care must be had that moistening 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 benefit of cordyalls. I shall not need to come to particulers, since my ayme

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 satisfied; 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 moves 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 lingering diseases. but against this of Galen is Hypocrates scited in his first aphorismi and 4th: who there sayes that a slender spare dyett is unsafe 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 dejection of strength, and not any other impediment; likely to ensued 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 receive due concoction. Moreover, 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 firmly 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 dowe according to the use, and description, of Benedictus Victor: Faventi (which stands exemplarye for imitation of dayly practise) in this manner.

Take (sayth he) an old cock, at the least three yeares old, drive him, or beate him to and fro, till he be very weare, 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 little salt into him. Then take wild saffron seedes, anise seedes, and Dyll seedes of each two drams, or a quarter of an ounce by weight. of helcamese roote

and orrace of Florence, the leaves of hyssop and horehound, of each of these four, half an ounce by weight. 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 mortar grossely, must be stuffed into the Cocks belly, and the cock boyled in a sufficient quantity 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 liquor for vse.

Thus much concerning this medecine soe much cryed vpp, and indeed not without great probability 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

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 behoofeful, 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
subject to be to swell stirred, and passed
to and fro, to the great disturbance of
concoction.
16

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
used, 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 little
elevated, 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 urged 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.
17

A breif Treatise towchinge the preservacion
of the eyesight Consistinge partely in good
A treatise concerninge the
preservation of the eye sight

The preservatym of the sight doeth consist partelye in good order
Dyet of dyet partelye in use of medicynes. / 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 &

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 little 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 fytest for all sortes of men to contynue in perfeccion there sight I thought not good to inserte anye discourse of the dyseses of the eyes which will require a longe treatis & cannot well be executed but by men which haue skyl 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 infirmytys and affectes, which shall happen to the eyes: pursposinge in this little 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 annceynt tyme & contynued in thes our dayes of presentinge our frendes with new yeres gyftes for lacke of other thinges of greater pryce I offer vnto you this little 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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smoky 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 birds the martyn, the swallow, the
laye & pye, 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 happily 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 little salt fyshe moderatlye
taken dothe no greate harme: fleshe sodden with fennell, eybright preparacion of meates
myntes sage &c is reputed best next after rosted meates, fleshe
fried with butter or oile is to be reicted 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 eggges ar holsome Eggges
especially eaten with the powder of eyebright, fryed eggges
and harde are blamed./
Of Savses vergis vineger of wyne and the yvices of Savses
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

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./

fruictes
Pears The moyst kynde of fruictes are hurtfull to the sight: yet
Apples peares and the better kynde of Apples may be eaten with
ffyges the powder of eybright or with fennell sedes thynlye
Reisons incrusted in fyne suger: ffyges ar verye good not onlye
∧ for the sight but also to open skoure and to clense the brest, lyver,
Nuttess 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 wíth 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, amongst other thinges suche drynckes as ^ arr
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 inconv=
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

and at meat yf the pacyent can well endure so to drinke
the same our authors herein ar verye ingenious some
addressinge drynkes wíth one thinge some wíth another
The symplest & most wryten of is of the herbe called of drinkes made with eybright
the Arrabians, Adhill, in Latyn Euphragia in Englishe 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 nothinke in a longe tyme by vzinge 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 nothinke 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 vntill the wyne be rype & ready to be droken and so do vse yt.

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 drinckes 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 & disposition 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 opnion 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 nothinke doubt but that they maye without offence beare suche drynckes for the sight Compound with wyne to take a draught in the morninge, especiallye
yf they delaye the same with the distylld 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
dothe growe, notwithstanding in that our most vsed drinck
with meat ^ys or ale or bere theis are convened to receive
theis thinges for the sight, and absolutely 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 drinke 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
virtues and qualities 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 honeye in
suche order as other herbes ar sodden which they make methyglyn
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 untill the drynke be
clore 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 pleasaut 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 little 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 quantitiye &
put to euerye gallon of drynke too handfulls of the
herbe, wherein ye may best be dyrected by the taste
that the herbe shaull 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. /
the effect confirmed 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 remeedye 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 xtlie 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 contynued 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 trueth that a Byshop in Irelande perceyvvinge his sight to wex dymme about his age of fyfty yerres by the vse of eybright taken in pouder in an egg did lyve to thage of fouerscore yerres 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

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and fennell seedes, & to drinke of the same in the
morning or if it so like with meat as other drinke.
It is holden better to drinke ofte & smale draughtes
at meat for so meat & drinke will better myngle,
and the meat will lesse swym in the stomacke which
giveth Cause of manye vapours to the hedd It is
affirmed not good to begynne the meale with drinke
but to eat somewhat before you drinke.
When you drinke 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 doth
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
vleavened bread is not accompted good and the
breed 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 downe in which they

in which they know the powder of fennell seedes and the
powder of eybright, and doe eat them in the morninge
and after drinke the eybright dryncke & make that a brekfast
Evacuation As generallye in the preservation of helthe soe especiallye to
contynue the sight, it is Convenyent that the bodye be
obedyent to doe his office for evacuation accordingly and if
nature herein be slacke yt may be procured with brotheres made
of loose herbes, as mallows, violet leaves, mercurye, groundell
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 appoinctmment
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 use of Venus performed in the fear of God in due use of Venus' time when the meat in the stomach is digested, and nature is desirous to be disburdened, is to be allowed so unmoderate and unreasonabile use thereof, doth of all things most hurt the sight & soonest induce blyndnes over muche watchinge is not good very longe slepes are more hurtfull, the meane

sleepes of about viij en hours are best yet better to abridge the slepe & enlarge watchinge then contrarywise. sleepe sleepe and watchinge taken in the night is best, as most naturall when externall ayre doth distracte nature motion, and all externall thinges concurr to helpe sleepe, therfore the moe hours the man doth borrow of the daye to sleepe the worser. It is not good to this our purpose to sleepe ymmediately after meat: for ij hours at the least ought to be put betwene meat and sleepe. best to begyn sleepe vpon the right side. and then to torne on the lefte side to sleepe vpright vpon the backe is naught generally: to torne vpon the face worser for the The moonshyne hurtfull for the sight. sight Care must be had that you sleepe not in a Chamber or anye place in which the moone doth shyne. Exercises ar nedefull: the same best after the bellye Exercise hath don his office that the excremente ar avoided otherwise they by exercise vapours ar styrred and doe assende more plentyfull to the head All exercises must be vsed fasting & none after meat And I wishe you might after meat forbere wrytinge by the wryting after meat space of three hours but yf your Course of lief and callinge will not so permitt you, you may herein follow Montagnana his Counsell, to wryght eyther standinge vpright or a little leaninge and restinge your hedd vpon your right or lefte Cheeke in no case to wryte bowinge yourselfe forward and holdinge doune the head: when opportuntye and tyme will serue, fryc=ffrictions of a roughe lynnen cloth are good which are to be performed thus. ffirst to rubb the feete, the legge then the theys, the hips the buttockes so assendinge to the sholders, & necke, with softe and longe rubbinge even vntyll the partes begynn to wex redd. amongst orders to remove ^ the weakness of the sight Avycenna wryteth that the Combinge of the hedd is not of lesse force, which Combing 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

mirth of the mynd mirth ioye and pleasannntnes of the mynde is good: a litle anger dothe not hurte ymmoderate sorrow, fearfullnes
and all vehement affections are hurtfull forbidden in
all affects but in this ^or Case Chiefely as most hurtfull
to the sight./

To preserve the sight by medycynes.

outwarde medycynes. The order to preserve the sight by medycynes, both
consist of things outwardly applied & inwardlye
the smell of marierom taken Amongst outward medycynes to preserve
the sight it is accounted a great secret to smell
muche to marierome, So theis things 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 preserve 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
every halfe pounde of the yuice put an ounce of

chosen lignum aloes beaten into fyne powder and let it
stande other xv dayes in the sonne then strayne lignum Aloes good for the sight
it twist thorough a thick clothe & kepe the clearest
in a vessell to your vse: you maye dropp a little
hereof into your eyes to clere the sight. And som
doe distill this wood in a stylitoyre of glasse
and put the water thereof into the eyes and hold
this for a great secrete to preserve the sight And
the same Montagnana doth Compounde another
medecyne more abstersine to remedye the dym=
nes of the sight, dissolvinge in an ounce of the water of the Rosemarye flour^es 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 experience 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 hath the 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 stalk^es doe Commende lye made of the Ashes of fennell stalk^es we do read in all our authors great commen= daciones 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 kyled: and after it is

ys well washed prycke yt in many plac^es & 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 fourth treatis, Cap: de debilitate visus aboue Collerium de fellibus all other thing^es doth commende the medycyne called Collerium de fellibus for that yt clenseth the poor^es of the eyes, clereth and conserveth the sperit^es, Mundifyeth 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 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 four 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 thorough weaknes and dymnes of the same which he compoundeth

thus take of the yuices of fennell of vervayne of
dr of roses of ech too ounces the leaves of the herbe
eybright of endyve of Cellendyne of ech halfe a
handfull boile the herbes in two 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=
right in the morninge fastinge In wyndye bodyes
he maketh the sippo: Take of fennell seedes
of Anysseedes of ech iij ounces of the herbes eybright
of vervayne drye rose leaves of ech 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 syropye
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 ynder the name
of hummayn as havinge noble vertues to preserue
the eyes and contynue the visible spirites in their
erenes which he compoundeth thus: Take the herb
Adhill that is eybright too ounces, fennell seedes fyve
ounces, mace, Cubebs, Cynamon, longe pepper,
cloues of ech 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=
ryfied one ounce of the yuices of Ruhe and Celendyne
15
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 mention is made of
distilled waters I wishe the same to be
 artificiallye donne in styllitoryes of glasse that
the qualityes of the herbes maye remayne in
the distilled 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. / 16

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 stench the bleedynges at the nose
Agaynst the dysmesse 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 stench 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
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
For the Yeallowes 16

To make a white marke in a horse
For the Retrete 17
For the Gravelinge
For a strayte hove
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 biteing 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
Plage & against all venim or poison
& bitinge of a madde dogge
To kill Lise & Nittes in the Heade 26
To make Letters of Golde without Golde
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
To take awaye the payne of the goute
For to see wilde beastes in a dreame
To make that fruities shall not rot upon the
To make letters that cannot be red only
the paper be put in water
To make letters that cannot be red but at the fire
To make that a woman shall eat of nothing
that is set upon the table

To make an herbe herb grow that shall have many & divers odours & savours
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 house
To take Oile or Grease out of cloth of what colour soever it be without any drop of water
For one that cannot sleepe nor take his reaste either for Payne in the heade or other like cause
To make a horse have a good hoofe
To keepe Roses freshe all the yeare
The secret & properties of an Egge
A proper practise to make a Capon to bring up yonge Chickines
To make any Fowle of what condition the same be to have the feathers all white
To get out anything that sticketh in a man's body, as thornes & suche others
To make Wartes fall off
Agaynst the Wormes that engender in men's bodyes
Agaynst the Payne of the Collicke comminge sodaynelye
How to finde a person drowned that hath bin sought for
To give a colour to Golde
To take spots of Oyle from Parchment or white Paper
To keepe all manner of Yron or Steele cleane
For to know a secret or hydden dysease of any man & to heale the same
Agaynst the bloodye flyxe
Against the brusinge of the face by a fall
To make a man's nayles growe incontinent which be fallen off
For the Ague
A Medycen for a soare throate
An excellent Oyntment for all Aches
Mr Gascoigne 's Cordial Powder 39
To supple a Synew or any part that is shronke 40.

A medicine for the Stone in the bladder 41
For the Toothach coming of Colde 42
For a Colde
For Heates 43
The wounde drinke 44
Directions for the Plague
For the Plague 45
A Medicine for the Pestylence that was taught King Henry the 7th by his
Physician 46
A preservatice agaynst the Plague
For the party infected with the Plague
A medicine to break the Botch
A medicine for the Plague
A Playster to drawe the Sore
A good medicine against the Plague approued
A soveraigne drynke against the Pestylence 47
A playster to drawe an hedde to the sore
& to breke it
A medicine to be druncke suspectinge any to have the Plague
Also for the usual dryncke every patiente being infected
A preservative agaynst the Plauge & for the avoydinge of the infection
A good Meadysyne agaynste the Plauge
For the Plauge
Doctor Burges Water for the Plage
Medicines for the Plague from Lady Coston 48 49
Directions in the Plague for my Lady Pitt 50
Blundell 's discourse of short breathing 51
A brief Treatise towchinge the preservation of the Eyesight, consistinge partely in good order of Dyet, & partely in use of Medycynes, by Walter Barlye 52.
spine
head
fore-edge
tail