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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:
Diatraganthum 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 Mornings together. Walke moderatelye allmost two howers after vse this. Order ech Ten or Twelue Dayes so longe as is needfull./

To make a Cowld Oyntement for the Backe.

Take of Saleus Cowld Oyntment and the vnguentum of Roases of eche Two oz. The Oyntment made of Popler buddes Called Populion One oz. mixe all together.

The Vse.

Anoynt the Back on boath sydes (but not the Ridge) Right against the Kydneyes. Laye vpon the same whyte Paper Vse this ffower Tymes And then Rest xij or xiiij Dayes. and beginn it againe as Cause Requyrethe./

1

folio 1 verso || folio 2 recto

A speciall Drinke for the same

When you will haue this Drinke Prepare over night a Pynte of good whyte wyne, Boyle in the same *parceley*, ffennell, and Mallow Rootes (their Inner Pythes taken out) Of eche an oz, And halfe an ounce of the Roote of Iringus, Great Reysins half a Handfull, These boyle allmost to the halfe, Then Streyne it. and in the morning Drinke it fastinge and so Travell in goinge or Rydeing vpon it.

These do Prevente

The Ingendering of the Stone./ The Heat in the Kydneyes, The Vlcers in the Kydneyes, And neck of the Bladder./

A Powlder for the same.

Take Cinamon and Gallingall of ech a quarter of an ounce./ Pignard a Dram, Annyseedes fennell seedes, Caraway Seedes of ech six Drammes./ Comyn

Seede prepared halfe an oz./ Cipras Rootes fyve Drammes. 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

2

Three good Spooonefulles, Gromell Seedes Two oz Lett them be well distilled with a Close Still and Cleane kept./ Of which vse when Occasion serueth halfe a Pynte with One Ounc of Suger euerye Morninge fastinge. and fast two howers after. walking & take a little of the former Poulder Once in Two weekes, in Possitt Ale or whyte wyne./

A Powlder for the Could to breake the same

Take Licoris ffower Ounces./ Annyseedes Three oz Gynger i oz./ Allacampana two Drammes. The Kirmelles of Ashe Chates i Dram. Carawaye seedes three Drammes. Beate & Cearse them. Putto halfe a quarter of whyte Suger Candye fynelye beaten to Powlder./

To make an Odifferous Perfume to last longe

Take Labdanum an Ounce. Beniormen One ounce Storax One Ounce./ Cloves, Cynamon. Cypris wood./ Synyper of ech a Dram./ Then take muske Disolued in Rose water./ These Drosses & Svmes beaten in Powder. Put all in a mortar and beat them with a hoatt Pestle. And then take them and make them in what forme you will, and Print little Peeeces, betwixt two Seales, And when you would vse it put the weyght or quantitee of a pennye

vppon a hoat Coale or Iron & it will perfume verye
Exceedinglye well.

3

folio 2 verso || folio 3 recto

4

Agaynst *the* payne of bladder
and grauel

Take the skinne of a Hare new fleane, and put it
heare and all in an earthen potte, or laye it vpon a
cleane tyle, & that done put it to *the* fier, so that yow
maye make a pouder of the same skynne, the *which* pouder
beinge sifted, you shall keepe it in some cleane vessel
And when yow shall neede it, take thereof three spones
full in your Drynke: *which* thyng soone appeaseth the
greefe of the bladder, & the grauell. Neuerthesse the
remedye woulde haue greater vertue, if yow tooke the
whole Hare alyue, and put hym in a new earthen pott
and stoppe all the hooles with plaister or with claye, so *that*
there come no aire out. Than yf yow put the sayde
potte into an Ouen, & lette itt burne with a small ~~fyer~~
fyer, & whan it is thorowly burned, make it into
a very fyne pouder, and sifte it fynelye, and
then vse it for your purpose. This is very
goode for them that haue the grauell, and that
pisse bloode, if it be taken with a lyttle white
winde.

To stoppe *the* hycket yexynge
or yox

Take whot water, and put your handes into it, &
holde them there a goode whyle, and the hicket will cease.
it hath bin proued & found true.

5

folio 3 verso || folio 4 recto

Agaynst defnes and hardenes
of hearinge

Take an Oxe gall, and the pyse of a he Gote:
Mixe all together, and put of into the Defe eare &
incontinent he shall be healed.

Agaynst the payne of of the eares, Defnes, durt,
or filthe, wormes, or ~~no~~ 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 stenze bleedynge at
the nose

Take very stronge vinaigre , and powre of it into
the eare of that syde that he bleedeth, and if he
bleede of both sydes put vinaigre into bothe his
eares, and it shall stenze it.

Agaynst the Dymnesse or Daselynge
of the sight

Take salte Armoniacke burned and well brayed: &
mixe it *with* the pisse of a yonge childe, & *therwith annoynt*
often tymes your eyes, and laye of it vpon them,
& it will take awaye the daselynge.

6

Agaynst the webbe or spottes in
the eye

Take the gall of a whyte cocke, and braye it *with*
water, & laye it to your eyes, or put some in your eyes,
& it will take awaye the ~~webb~~ webbe or spotte, and will
consume the Droppe 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 stenze the bleedinge
at the nose

Take of the best vinagre yow can get, Plantayne
water of eche tow ponde, wet certayne linnen cloathes
in it, and laye them to the soules of his foote, and
palmes of his handes, and agaynst the liuer, and the
bloode shall forthwith stente.

7

folio 4 verso || folio 5 recto

for a horse that is cloied or pricked
with a nayle

Take out the nayle, and when his foote is well
made cleane, mak a little hole even vnto the
quicke fleshe, where the nayle touched, then fill it vp
agayne with Rosen: and with a hotte yron melte some
pitche vpon it: This doen, laye some Cotton vpon
it, showe him well, and then feare not to ryde him
after where you will&

for a horse that ~~eann~~ 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
Peché tree, and serue, and incorporate all together
with a slowe fier, and make ther of an ointement where
with you shall anointe your selfe Diuers times, &
they will go a waye.

8

for one that can take nothings 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 much pepper as will lye vpon a grote, &
put it into halfe a glasse full of vinaigre & oyle,
as as much of the one as of the other, and let it be very
warme, and anoint all his bodye ouer with it, & let him be
well couered in his bedde : and then shall he sweatte, &
go well to the stoole.

To make very good blacke
ynke

Take a pound and a halfe of raine water, with iij
vnces of the waightiest Galles yow can finde, bruse
them into small peeces, and poure them into the sayed
water, & let it stande tow dayes in the sunne. Then
put to it tow vnces of Romaine vitriolle well colored
& beaten smale, & mixe all ^{^ well} together with a sticke of
a figge tree & leaue it agayne tow dayes more in the
sunne. finallely put to it an vnce gumme Arabicke,
that is cleane, & bright, and beaten into powder, and
an vnce of the pill of Pomigranades, and then boile it
a little with a slowe fier: that done strayne it, & keepe
it in a vessel of leade or glasse, & it will be very blacke
& perfite goode.

9

folio 5 verso || folio 6 recto

To make red yncke

Take an vnce of the same woode skraped with a piece
of glasse, and take ten vnces of water, and pouer the
scraped brasil into it, & let it remayne so the
space of vij houers, than seeth it, and let it diminishe
of the iij, iij partes, and it will be redde hauinge
a goode lustre. And if let it Deminishe of more then
three par partes, it will be a red sanguine.

To heale the payne of the heade

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

let the pacient take of it into his nose.

To make a Greene, yellow, Redde
and Blewe coloure without thicknesse,
for to write with, vpon paper.

Take Verdegrise grosly beaten, and put it into
a Violl with Vinaigre very stronge, & put to it also
a little Gomme Arabicke, and a little iuyce of
Ren, and the violl beinge so full, stoppe it, and
set it in the sunne the space of xv or xx dayes
or els boile it vpon the fier, & then strayne it, &
let the verdegrise be well molten: this done put
it into the violl agayne, & keepe it well from
dust, ~~put it~~ and whan you will occupye any of it
10

turne it well together that it maye be thicke
and troubled, & write or paynte with it, & it will
be a very fayre Greene. ^ & ffor to make the redde
take hedde lye, and put into it some Verzene
cut in smalle pieces, and let it steepe therin a
night: then put to is a little alome, and boile it
vntill it decrease of the thirde parte and strayn
it, and keepe it agaynst you will occupye it. And
when you will put it in effecte, take as muche as
shall serue yow, & boile it agayne, & put to it some
gomme arabicke, & the more you put in, *the* Redder &
cleerer it will be, but let it be hot, & if yow will
haue it cleere put into it a little alome beaten, but
very little at ones, & yow shall make what colour you
will, Redd, darke, or bright.

To preserue a man from

vomitinge on *the* sea

Yow must drincke the iuyce of wormewood, & you shall
be quite from such payne, & vexation of vomitinge.

11.

for those that haue a stinkinge
breathe bicause, of the stomake

Take an vnce of Sage, and make ther of pouder,
iij vnces of Rosemary floures, halfe an vnce of
Cloues, tow Drammes of fine Sinamom, tow Nutmegges
tow graynes of Muske, and make them into pouder
then take as muche purified Honnye as shall be
sufficient to knethe the sayde pouders, or to incorpo=
rate them well together, this Done, put it in a boxe
of earth and let it remayne in the sun four or
fyue dayes, and it will be perfitt, then take
of it in the morninge fastinge halfe an ounce
and as much at night, to the intent it
may comfort the meate, that it corrupt not
nor puttrefye in the stomake, and in vsinge
it offten tymes you shall be cured.

Agaynst the stynkyng of
the breath

Take Rosemary leaues with blossomes, if you
can get them, and see the them in whyte wine, with a
little Cynamom, and Bengewion: ant takinge
of the sayde winde often times, in your
mouthe yow shall finde a meruelous effecte.
12

a medicine for a galde horse

Take the white of an egge ~~if you will drawe~~
~~the gale~~ a halfe a spoonefull of hunnye &
beate them well togeather then take white
flower to the bignes of a walennutt and all
together 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 penny wourth of vinichre and a peny wourth

of cummon and boyle it together vntill
a pynte and laye it vppon a brode clothe
and sewe it vp t̄o 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

13

folio 7 verso || folio 8 recto

14

for the scraches in a horse heaels

Take tarre hogges grease iij or iiij cornes of
baye salte & boyle it together 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 toogether and anoynt the sore ther
with every daye till it be hele remembringe
to kepe *your* horse heles from wett vntill
they be hele /

or thus

Take tarre hooges grease a litle deare
suett mayes butter and culvers donge
and boyle it to geather & make a playstre
therof and sooe it close & as hotte as the
horse maye abyde it over all the sore &
dresse it every three dayes and kepe his
heles drye and it, will heale it&

or thus

Take halfe a pounce of freshe grease & a qua

=rteren of a pounce of brymstone & a nounce of quicke sylver & mingle them together & anoynte the sore therewith & it will heale it.

15.

folio 8 verso || folio 9 recto

for the yeallowes

Take halfe a handfull of ~~Seallyenedyne~~ ^{Seallendyne} as much grounswell Rew & lavender cotton pounce them all together & strayne them and put therto a fewe angle dogges & pounce them *with* the herbes *with* a penyworthe of turmerekke a fewe blades of Englishe saferon *with* one penyworth of fyne Synamum beaten to powder and put all these in cowe hott mylke and so drenche *your* horse therewith and in any wise see that yow let your horse bludde in the eye vaynes or els in the mouth when yow drenche him and kepe his heade and body warme.

To make a white marke on a horse

Take & burne a tyle stone to powder & take daysy rotes & *the* roles of the white bryer of eche alyke & drye them and make poulder therof then shave *the* place *that* you will have white & rubb it much *with* the powder then washe it *with* such water as foloweth Take a quanty of honysocke flowers and a quantity of hony & *the* water *that* molles have bin sodden in and washe the place & rubb it sore therewith & doe thuse three dayes and kepe him from winde and that place shalbe white ever after--*probatum est*

16

for the Retrete

A retrete is when a horse is smyten into *the* quick of *the* fote & maketh a horse to halte Take therefore a handfull of Redd Nettels and bruse them in a mortar & put therto a sponefull of redd vinegre & a sponefull of blacke sope & iij sponefulles of bores grece or els salte bacon and braye all

thes toogether 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 mortar 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 pounce of the swordes of bacon and
a quartir of a pounce 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 will be hole.

17

folio 9 verso || blank folio 1 recto

18

blank folio 1 verso || folio 10 recto

To make one *that* is poisoned to vomit
vp the poison.

Take tow graynes of Pazar *which* is a stone
that commeth out of Portugall, and is grene & tawnye
somewhat obscure glysteringe and light, and in
breakinge it, it is *within* of the colour of ashes,
and geue it him to drinke with a litle milke, and
incontinent he will vomit vp the poison, if ther
be any.

To make on haue a good
memorye

Take a toothe on the left legge of a
Grey and binde it about your right arme, next
vnto the fleshe. Take allso the gall of a
Partriche and rub your temples *with* it that it
maye soke into *the* skin, once in a moneth and it
shall mak you haue a good memory.
19

folio 10 verso || folio 11 recto

To make very good
blacke yncke

Take one pounce of galles and one pound
of gumm a pound of coperous and a gallon
of water beate them toge and then put
them into the water and put in *with*
a handfull of baye salte and sturr it
well from the botom of the vessell every
daye let your water fyrst stand in
thinge vntill it stincke before yow
in your stuffe and if you will haue your
yncke shine put *somm* sugarcandy into
20

To make water Imperiall Take a galon of good gascoyne wyne. then take ginger

Galingale. Synamon. Nutmegges. Graynes. Cloves. Anyseed
ffennell seedes and Carawayes of eche of them a dramme
Then take. Sage. Redde myntes. Redde Roses. Tyme. Wilde
Tyme. Pellytorye. rosemarye. Camomyll. and Lavender of
eache of them one handfull. then braye the spices small
And pull *the* herbes small *with your* handes. And put all into *the*
wyne together. And let yt stand so the space of xij hewers
together or longer sterringe yt diuerse tymes. then still
yt by Limbecke. And keepe the first water by yt selfe
for yt is the beste. *the* seconde ys good but not soe good
as the ffirste ys.

The waters vertew ys this. yt comforteth the
spirites vitalles. and helpeth inward diseases that
comme of colde. And ys medicinalle againste the shaking
of the palsey. Yt cureth the Contraccion of sinewes
and helpeth the Concepcion of women that be

barrayne. Yt killeth the wormes within *the* bodye
Yt cureth the colde coughe. Yt killeth *the* akinge of
the teeth. And comforteth the stomake verye muche
And cureth olde dropseys yt helpeth the stone
in the Bladder and in the Raynes of the backe
Yt helpeth shortelie a stinkinge breathe And who so
vseth this water and not to often yt *preservethe*
him in good likinge and maketh him to seeme
younge verye Longe.

Ye maye still ij galons at one tyme addinge
thereto the quantytie of the spices and herbes.

21

folio 11 verso || folio 12 recto

To drawe a arrow head or other yron
out of a wounde

Take the iuyce of Valeriane, in the *which* yow shall weat
a tente, and put it into *the* wounde, layenge *the* sayde
herbe stamped vpon it, then make your byndynge or
bande, as it appertayneth, & by this meanes ye shall
Drawe out *the* yron, . And after heale *the* wounde
accordinge as it shall require.

Agaynsyt *the* biting of all venomous
beastes

As soone as *the* person feeleth hymselfe bitten, with any
venomous beaste, take greene leaues of a fig tree,
and prese *the* milke of them, thre or foure tymes
into the wounde, And for this serueth all so mustard
seede mingled with vineiger.

To make glue or past that holdeth
as fast as a naile

Take Pixe Greca, and Rosen and *the* pouder of burned
Bricke, and mingle all together, and hete it when
yow will occupye it, & when it is cold it will holde
as fast as a nayle.

To make hennes laye egges all
the winter.

Take the toppes of Nettles when they begin to haue seede
and drye them, and geue the hennes a little of it
with Brane and hemp seede, and they shall laye
veuerye daye an egge

23

folio 12 verso || folio 13 recto

To cause meruelous Dreames.

Take the bloode of a Lapwink and rubbe your
temples *with* it and so goe to your bedde & yow shall
see merueilous thinges in your sleepe. or els if
yow take eate at night a little of *the* herbe called
Henban, and yow shall see in the night goodlye
thinges in your Dreame.

To make a Candell *that* can
not be put out.

Take virgine waxe, & Brimstone well purged,
asmuch much of *the* one, as of *the* other, and melte it together
and make therof a candell, the *which* will neuer be put
out vntill it be burned and consumed to *the* ende.

To make *that* your children shall haue no
payne or greefe on ther teeth

Take an olde Cocke and cut of his combe, &
take of the blud *that* commeth of it and rubbe
the gummes *with* it, and they shall neuer feele payne.

ffor to make a cleere voyce

Take the floures of an Elder tree and Drye
them in the sunne, but take heade they take no
moisture or wette, then make a pouder of them, and
Drinke of it *with* white wine euerye morninge fastinge.

for one that hath his light
troubled.

Take the lunges or lightes of a Barrow hogge *with* all
the appurtenances and seeth it in water, and when
it is sodden let him holde his eies ouer *the* smoke
of it, & in three or foure *Dayes* ^{times} Doynge he shall be

cured of *that* trouble yt.

24.

for one that is broke

Take of the roote of Bugle or Cumferey and put of it into the breade that he eateth euery daye, and let him eate euerye daye of *the* sayde roote, ether rawe or rost, and it shallbe a very health healthfull for his Desease.

for one that hath his coddess
swollen.

Take Rue and stampe it, & laye it vpon his coddess, & immediatly they will aswage ther swellinge, *which* thinge is sufficiently proued.

Agaynst the Plage

Take iij vneces of the licour of the inward rine of an Ashe tree and still it with iij vneces of white wine^{wine}, & geue the pacient Drinke of it euerye iij houres, & within xxiiij houres he shall be cured.

To make womens milke
encrease.

Take fenell seede and seeth it in barley water,
& geue *the* woman Drinke of it, & her milke shall
encrease abundantlye.&

A preseruatiue 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* bitinge of a madd Dogge it healeth it, so doe
Nutmegges also worke *the* like effecte.

25

To kill lise, and nittes in the
heade

Take the powder or scrapinge of Hartes horne, &
make the pacient to Drinke it and ther will no lise
nor nittes breede in his heade, but if yow strowe the sayde
pouder vpon his heade, all *the* lise & nittes will die.

To make letters of golde *without* golde,

Take an vnce of Orpimente, & an vnce of fyne
Christall, & braye them eche one by him selfe, than
mingle them together, *with* the whites of Egges, & write
with it.

To make siluer letters without
siluer

Take an vnce of tinne, tow vnces of quicke syl
syluer, & melte them to gether, then braye them with
Gummed water, and wryte with it.

To make green letters

Take *the* iuyce of Rue, verdegrise, & saffron: braye
them well all together, and write ther *with*, *with*
Gummed water.

To make that no Dogge shall barke
at yow

Take a blacke Dogge and plucke out one
of his eies and holde it in your left hande, and
by reason of the sauour and smell there of the
Dogges will not barke at yow.
26.

for to make wilde beastes shall
non hurt yow

ffor to be assured and safe from wilde Beastes, as
Wolues, Beares, and such other like, take *the* grease of

a Lion, & annointe your selfe therwith ouer & ouer, & go hardely wher you will and no beast shall hurt yow, but as sone as they smel *the* sauour of the grease, they will runn a waye. And if by chaunce yow meete with a Wolfe, or other wilde beast, ronne not awaye but with a good corage go euen to him *that* he maye smel *the* grease that yow ar anointed with all, & he will flye.

To take *the* payne and greafe of the gente.

Take a greate fowl called a vultour, & take *the* skinne of her right heele and laye vpon *the* right foote of *the* pacient, then take the skinne of the left heele and laye it vpon his left foote, and incontinent yow shall see that in halfe an houer the payne will go a waye. *which* is a meruelous thinge.

for to see wilde beastes in a Dreame.

Take the harte of an Ape, and laye it vnder your heade, when you go to bed so *that* it touche your heade, & you shall see meruelous thinges, & all kindes of beastes, as Lions, Beares, Wolfes, Apes, Tigars, & other like.
27.

folio 14 verso || folio 15 recto

To make that fruites shall non rott vpon the tree.

Take a nayle, and heate it glowinge hot in *the* fier, & Driue it into *the* foote of the tree, or if you will not do so, Make a hole in the same place with a porcer, and leaue it so, for at that hole all *the* superfluous sucke or iuyce will com out, *which* is *the* cause *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 vpward, & yow shall reade this as if as if they were written *with* incke, bicause 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~~ ^{Oinyon} and write what you will with it vpon Paper, and let it Drye, and when yow will read it holde it before *the* fier.

To make that a woman shall eate of nothinge *that* is set vpon the

table.

Take a little grene Basill, and when men bringe dishes to the table put it vnderneath them that the woman perceiue it not, for men say *that* she will eate of none of *that* *which* is in the dishe, wher vnder *the* Bassil lieth.

28

To make an herbe grow that shall haue many and Diuers odours and sauours.

Take one grayne of lettise seede, & one of succorye one of alexanders, one of basill, one of a leeke, And a nother of persley, and plant them all together in one hole, so that one touche not another, and yow must plant *them* in horse Donge, or Oxe Donge, or of any other beaste, so that therbe no earth at all, & ther will grow an herbe *that* shall haue *the* smell of, lettes, alexanders, of basill, of succoray, of leekes, & of Persley. & thes is a proued thinge.

To take awaye *the* payne

of *the* eyes

Take *the* lunges or Lightes of a kidde, hot as they be taken out of his belly, & laye them vpon *the* eyes of the pacient, & it shall take his payne from him.

To keap *that* frutes shall not fall

be fore they be ripe

If yow tie wilde figges vpon the trees in your garden for from *the which* your fruite falleth, it shall not only not fall downe, but also thes figges will keape them safe.

To driue away flies, Spiders, Scorpions & other vermin from your howse

Take what quantitye of Lapwinkes feathers yow will, and burne them in your chambers, & when suche vermin shall smell the sauour they will not abyde.
29

folio 15 verso || folio 16 recto

To take oile or grease out of cloth of what & colour so euer it be, without any drop of water

Take some sheepes feete, and make them very cleane then seethe them, and eate *them* and keape *the* bones of the right foote *the which* made cleane you shall burne and make therof a cleane and fine powder. This done heate the sayde powder and laye it vpon the spot, & let it remayne in the sunne, & when yow see that the powder 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* powder 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 oxe 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^rth well leaded *within*, and stoppe it well. & couer it with drie sande.

symbol resembing & within a square The secret and properties

of an egge

And first *the* rounde egge set vnder the hen bringeth fourth a hen chicke, & *the* longe egge set vnder *the* hen, bringeth fourth a Cocke chicke. all so *the* egge *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.

A proper practise to make a capon
to bring vp yonge Cickines

ffirst 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 merue=
=louslye cherishe them, and bringe them kindelye vp, And
the rather, if you so accostome to vse *the* Capon the like for
a time: for by that meanes he is moued the willinger to
cherishe bringe vp, and feede, yea and to loue them so
wel, as *the* hen naturallye woulde Doe. And *the* reason of
this is, in *that* through *the* prickinge of the nettels he is
ther by *the* rather Desirous to touche the softe Downe
and feathers of *the* younge Chickines sittinge vnder
him.

To make any foule, of meat condition
the same be, to haue the feathers
all white

To doe this take *the* egges and role them in *the* iuyce
of *the* herbe called Mouse eare, or in the iuyce of *the* herbe
called houselyke, or other wise in oyle (after *the* minde of
Cardanus) and after put the Egges agayne in the nest
for after *the* hatchinge ther feathers shall grow white.

32

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

Take a peece of a sponge or wulle Dipped in pisse &
laye it vpon the thinge that sticketh in *the* fleshe & it
will com out without payne. Or els take sume lard
& seeth it in his owne grease, & then laye it vpon the
soore place & winde it, & it will Drawe out anythinge
that sticketh in the fleshe.

to make wartes fall of

When you kill a Hogge, let him that hath the warts
receyue *the* bloode euen ^{whot} hot vpon *the* place where the
wartes be, & assone as it is Dry let him washe it of.
And if it be a woman that hath those wartes, she
must take the bloode of a sowe, and she shall b

healed of them.

Agaynst the wormes that engender
in mens bodyes

Yow shall take the galle of a Bulle, and dippe
some w^hle in it, & laye it on the nauell, & it will
make the wormes come out of the bodye.

Agaynst *the* payne of the Collicke&
comminge sodaynelye

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

33

folio 17 verso || folio 18 recto

How to finde a Person Drowned
that hather bin sought for

To doe this, take a white loafe, & cast the same into
the water nere the suspected place, and it will
forthwith go Directly ouer *the* Deade body & ther stil
abide, bi *which* yow maye well finde the ~~deed~~ 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 parchent&
or white paper

Take sheepes bones and burne them, and make them into pouder
and rubbe the spot ~~or~~ on both sydes *with* the same pouder, &
laye it so betwine tow bourdes in a presse the space of
a night and the spot shall awaye.

To keepe all maner of yron, or steele cleane,
ne allso all maner of instrumentes of
warre

Take leade filed very small, and put it in a potte *with*
oyle Olyue, vntill it couer it, leauinge it so nine dayes

together: Then anynt with the same oyle, harnesse, swordes,
yron or steele, and it shall neuer rust. The grease
of neates foote sodden is also 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~~ 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

A toy Seigneur s'entend ta Creature
Et cy soy temps tu luy donner pasture
Oourant ta main par ta faueur tres grande
A toy Seigneur s'entend ta Creature
Et cy soy temps luy donner pasture
Oourant ta main par ta faueur tres grande
A toy Seigneur s'entend ta Creature
Et cy soy temps tu luy donner pasture
Oourant ta maint

ffor an Ague

Take two quartes of good Ale make a possett and take
of the Crudd then take a good handfull of Ribbe and
boyle itt good while in the possett drinke and putt
in a little pepper and drinke itt in the morninge
and fast an hower after and att night when you
goe to bedd for foure or five dayes
The herbes are to boyle till the vertue
be boyled out of them the said quantities
are to be dronncke at fyue draughts
blude warme./

36

folio 19 verso || folio 20 recto

Sir Iohn Savile his
medicine for an
ague.

A medycen for a soare throate.

Take two handfulls of woodbyne leaves, one handfull of sage, asmuche
of Rybworthe, of plantyne, of blacke burie leaves, the lyke quantety
of the toppes of Rosemarie, and also the toppes of lavender.
Boyle all thees together in a convenyent quantetie of
fayre runninge water: And first, put therein asmuche good
hunnye, as will make the water sweete, likewise a pynte of
whitte wyne, and a peece or two of white Allome, / And
when it hath well boyled all together, strayne it through a cleane
lynninge cloath, reserving the water thereof to vse it when
occasion shall serve, gargazing it in your throate morninge and
evening when you goe to bedde, and it will surely helpe you. 20

37

folio 20 verso || folio 21 recto

An Excellent oyntment for all Aches proceeding of a colde Cause, for Shronke Synnewes, & straines in man or Beast. It holde perfeccion 40^{ty} 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, Adderstoung, Oxeye, of each
3 handfulles./

Chopp the herbes very small & beate them in a Morter, Take Rosine .4.^{li}
ffranckinsence .2.^{li} and melt them vpon the ffyer, then put in hogges grease
12.^{li} Maie butter Clerified in the Sun .38.^{li} Sallett oyle .1. gallon Turpintyne
4.^{li} Verdegrease halfe .a.^{li} when all theise are melted putt in the herbes
and lett them boyle halfe a *quarter* of an hower; & carefully stirr it while it
is vpon the ffyer, Then take it of, and stirr it a *quarter* of an hower after; when
it is Colde putt it into Pootes close Covered, and sett them in a Horse=Doungehill a yard deepe for .21. daies,
then take them out & putt them
alltogether, and sett them on the ffier againe and boyle them a Whalme
or twoe, then straine it and putt therto Twoe pwnd of Oyle of
Spike, and stirr it well /
38

folio 21 verso || folio 22 recto

22

a trettee receipte of mr Gascoignes cortiall powder

Take of *the* ragges of pearle or seede pearle
of redd currall, of Crabbes eyes, hartes horne,
of white Amber. of each a like quantitie beinge
all severally beaten into fyne powder & serced through
a fyne search. then take soe much of *the* blacke typps
or toes of *the* Crabbes clawes, as of all of *the* rest of *the*
powders (for *that* is *the* mayne agent of the wourke) and
beate & serche them as you doe all *the* rest of the
powders. then waye them severally. and take
soe much of *the* typpettes or towes. as of all *the* other
fyve powders. & mixt them all well togethether:
then make ~~the~~ it vp into balles. with some iellie made
of Hartes horne, wherein you must infuse some
saffron more or lesse as you desyer to have them
cullored soe lett them ~~drye~~ lye vntill they be drye
& fully decocted and then vse them as you have
occasion.

If the Crabb typpets or toes may be had before
they be boyled yt is soe muche the better, otherwise they
may be serued being boyled, soe the Crabb be in season
and thatt is eyther in the Moneth of May or September.
This powder being finely shauen or scraped with a knife
may be taken in a spoonfull of dragon water or Cordine
water, 10 grayns at a tyme, washing it downe with an
other spoonfull of the same water. but to a young Child
7 graynes may suffice/

The vertews of this powder

It is good to preuent the small poxe & to putt forth the disease
It reccouereth those that be fallen into a Consumption yf itt be
taken dayly for a good tyme together.

It is most excellent in all violent and burning feauers,
and agaynst all sortes of poysons./

It serueth especially to master and extirpate the venome of
that most fearfull and infectious disease, The Plague,
wherin noe Terra semina sigillata, Bezers stone or
Vnicorns horne, though taken in a double proportion cann
match itt, or show itt selfe equiualent./

folio 22 verso || folio 23 recto

Taketh Quotidians Tertians and double Tertians Agues,
for Quartum Agues I cannot muche Commend itt, only itt
Comfort *the* spirits and mitigate *the* fitts, but for *the*
agues, itt is equall to any Animal or vegetable medicine
presauer

saye good for the trembling and passing of the heart, and
that most singular.

taken in tyme yt preserues a man from all disease
and infections, and itt continues one in health and vigor
and itt worketh without any violence to nature, and
prouokes seige or vomitt, or giueth any offence at all to the
..It or stomach, and itt lasteth longe and decayeth not
~~nor~~ because this powder cannot be made till May.

To supple a synew or any *parte* of the
bodie that is shronke

Take a good handfull of marsh mallowes & other mallows
myngled together, and a good spoonfull of flaxe seede,
and put them together ^{^ both} in a pinte of new milk, and boyle
the milke, then streyne it: and bathe the parte therwith
morning & eveninge as warme as you cann suffer it, with two cleane little lynen

clothes ragges lettng one lye in the milke ^ vppon a chafing dish & colles to keepe it whott wil
whilest with the other you bathe the part that is shrunke./
and when you goe to bed (after you have sufficiently bathed it)
bynd a lynnenn cloth well soaked in the milke vpponn the parte
& so as it maye staye vppon it all the night. /
40

folio 23 verso || folio 24 recto

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

Take i gallon of fairhte Cundit water and iij handfulls
of the Cropps of heath and seath it togeather the till
halfe be consumed then strayne it & drynck thereof
a good draught ^{first} in the morninge & as much at night
when you goe to bed warmed. the drinck is lyke to a
pallet Claret wyne in Cullor & yf the tast doe not
lyke your stomake put into your draught iij or iiij dropps
of Cinamon water. this to be vsed i moneth togeather
will breake & consume to stone in the bladder you shall
not know howe but by feelinge the ease of the former
payne it is especiall good allso against the Strangully
& to passe vrin well for the stone in the backe .

Take some v or vj spoonfulls of white wyne ij spoonfulls
of salett oyle & a nutmegg Cutt into s smale peeces or
grated and beat all these togeather verie well and
then drinck it & walk temperately a myle or somewhat
lesse after it but beware of taking colde or standinge
still after it till you come w home againe & it will
passe downe the stone easilie & strengthen the back
greately.

a playster for *the* same purpose
& to passe vrin easilie & quickly

Take the ioyce of Plantin gartem Tansey, howse licke
& ffetherffewe. *the* ioyce to be made by stampinge & strayinge
the hearbes severally in maye & soe kepte in glasses
till you have cause to vse them then take of the plant
Tansey & ffetherffewe & ~~tansaye~~ ioyce a lyke quantitie & of the
howselycke ioyce halfe as much as of i of the other
and boyle then in a skyllett or pipkin & when they
have well boyled put to it beane flower & honye
to make it as into a salve & then spread of it on
a playster & laye it warme to *your* backe & soe to

come on both sydes round aboute to *your* belly & keepe
it there & it will cause water to passe and
woorke a woonderfull affecte.

folio 24 verso || folio 25 recto

ffor the Toothach commyng by cold

Take a spoonfull of Red Sage and so much Rewe
& a quarter of a spoonfull of baye salt & x cornes
of pepper. Beat all theis together in dishe
& make i or more balles therof so big as a Beane
and put i of the balles into a fyne Lynen cloth
and put it betwene *your* Teeth right vppon the
aking tooth & bite it hard holding downe *your*
head that the water maye fall out vntill you
be at ease./

ffor ~~the~~ a Colde

Take a *quarter* of a pound of Currantes, an ownce of
Anyseedes. and ^a Licoras sticke. Boyle them in a
quart of fayer runnyng water vntill it com to a pynt. then
streyne into a faier dish. And then boyle that
Liccor againe with an ownce & half of Sugar
Candy ~~vntill it~~ and when it is coald it wilbe
a Syrop like Ielley: which put into a glasse
& take iij spoonfulls therof mornyng & evenyng
going to bed. /

42

folio 25 verso || folio 26 recto

for heates

Take *the* yongest plannten leaves, the buddes of the
red oke, and the flowers of the woodbyne, and
distill them together: & when you vse the ^{^ same} ~~water~~
~~water~~ put in a little redd rose water & white sugar
candy: ~~boill~~ ^{warme} them together & applye them warme

for want of this distilled water take 9 spoon=
fulls of planten water 3 spoonfulls of redd
rose water & an oz of white sugar candye

& boyle ^{^ warme} them together ^{^ vntill} *the* sugar candy be melted. & applye them warme.
But if it be for *the* heat in *the* mowth then
leave out the sugar candye.

43

folio 26 verso || folio 27 recto

ffor the wounde drinke

Southerwood
wormewood
Buglesse
Mugwort
wood bittany
Sanackle
Plantan
dandelion

Ribwort
whitebottles
dayes rootes & all
Honisuckles
Asomes
Haw thorne buddes
Egremonie
Oken leaues.

Bramble buddes
wild angelica
Cumfrey
Mintes
Scabious
Strawbury leaues
Snickfeild
Violett leaues

Take of euery of these hearbes one handfull and putt
them into a pottle of white wine, and a gallon of cleare
running water and boyle them altogeather vntill
halfe of it be consumed. Then seperate and straine
out the liquor from the hearbes, and then putt to a
quart of Hony and boyle it againe and soe putt
it into a glasse and stopp it close, and when occacion
doth require lett the patient take three spoonefull
thereof first in the morning and last in the
euening vntill he hath druncke a quart thereof
There was a famous Phisicion that did report
that this drinke 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 putrifid bones causing them to
scale: for ache in the stomake & to breake an
impostume causing ~~th~~ it to come out. It hath
driuen Bulletes out of a Souldiers body that hath
lyen longe there & healed the issue. Also it is
approued to be a present remedy for the stopping
of bloud

This drincke aboue written
must be made in the Moneth
of May./
44

folio 27 verso || folio 28 verso (top)

To his lovinge father mr
Iohn Pitt tholdest geve
these at Blanford
445

folio 28 recto

Deare father my humble dewty remembred and *your* blissinge
with my mothers craved these maye be to certifie you that
wee vnderstand here that it hath pleased god to visit
your towne of Blanford *with* the plague, for the *which* wee
are hartelye sorie desyringe god of his greate mercie to
staye the same, wherein the good meanes *which* by *your* good
discretions of the towne maye be vsed *with* prayer to god
will noe doubt greatlye avayle as a seconde cause vnder
god to quenche the same againe, yf any fall sicke of
it, treacle or metredatum to be geven him in draggons
water or cardens benedictus water is verie good, *with* warme
keepinge of him, and garlicke is allso good to expell it
burninge of stone pitch ^{^ or tarr} on a Chafingedish to be vsed
the morninge in everie pryvate howse to aire the people
of it well, is verie good. temperate dyet & such thinges
as doe coolde the bludd are preservatives against it, allso
for him *which* goeth abrode it is ann excellent preservative
for him to have in his mouth a peece of dryed Angelica
roote *which* beinge newe & then stirred in the mouth will
yeald a notable stronge favor to keepe out the infection
I have herein sent you an approved medicine *with* goodes helpe
for one that is infected, *which* was geven me at michelmis
last by one that had it here in london the last somer
and I have returned my mother her booke *which* she
lent me good father suffer none of *your* people goe
abrode but such as most of necessitie and yf you thincke
it fytt yf the sicknesse continewe I coulde wyshe Neill

to be removed to Redclyffe with his boye to entende him, and
your selfe and *your* howseholde to be remove allso out of
the towne to such place as you shall thincke fyttest
and thus prayinge god hartely to be *your* preservor, and to
cease the desease in the towne yf it be his holie will
doe committ you to the protection of the lorde as the safest
place, Westminster the xvth of Marche 1594./

Your lovinge sonn

William Pitt

I praye you good father lett vs here from
you, as you have meanes to sende howe thinges
goe in the towne, I have sent you herewith
a boxe of treacle a pewter boxe of metredatum
& a littell of angelica rootes as much as I coulde
gett for the next moneth is the tyme to drye
them.

folio 28 verso (bottom) || folio 29 recto

the booke & the boxes with this

Those *that* be infected. Let them drincke iij sponefulls of
this water with a litle traiaacle or ~~met~~
metrodatum

Those not infected maye drincke so mucche of the
same to avoide *the* infeccion without triacle or
metrodatum,

Ⓕ Those *that* are in health & feare the Infeccion, Let
them drincke iij sponefulls of vineger euerye
mornin~~ng~~e with the poulder of bolarmoniack
yt ys verye good to ayer *your* houses with vineger &
rose water caste vpon a hoate tyle or fier panne
myxed together. and all *your* people hole & sicke to receyve
the fume therof in to their mouth & nostrels.

for the plague

take a greate hard onion the reddest you can gett & slyce it
then take a pinte of white wyne & a pinte of Ale & sett it on the
fyer put into it the onion & ij penniwoorth of treacle & a h halpeny
woorth of saferon boyle all those to the halfe then strayne them
then put into the liquor i^d of damask rose water & i^d 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 anyoynte it with oyle of white

lillies of the garden warme at the fyer and when the
sore is broken, playster it & tente it with englyshe honie
the youlke of an egg, flower & a little grounsell stamped
& strayed and mingled to a salff salve./

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folio 29 verso || folio 30 recto

A medicine for the pestylence that was taught &
kinge henry the vijth by his physision

Take halfe a hanfull of rewe, lykewise of mandragoryes, fetherfey
sorrell Burnett lyke much: and a quantytie of croupes & rootes
of dragons: wash them cleane and seath them vpon a sought
fyer from a pottell to a quarte then strayne it thorough a
cleane cloth & yf it be bytter putt to yt a quantytie of
suger candy or other suger and yf this meadicine be vsed before the
purples be oute you shalbe whole by gods grace.

A preservation agaynest the plague

Take a hanfull of sage a hanfull of reue a hanfull elderleaves a
hanfull of red bremble leaves stampe them together strayne it thorough
a cloth with a quarte of white wine take a quantytie of ginsuger and
myngell them all together and dryncke therof eueninge and morninge a
sponefull nyne dayes together

ffor the party infected with the plage

yf it ffortune one be sicke before he hath taken the foresaide medicine
then take the water of scabias a sponnefull water of Bytton
asmuch a quantytie of treakell putt it together and drynke it
and it will expell all the venum

A medicine to breake the botch

yf the boch doe appeere then take bremble leaves Elder leaves mustard
seede & stampe them all together & make a playster of it & laye it to the sore
& it will drawe out all the vennum

A medycine for the plage

Take iij^{te} slyppes of rewe and syxe spoonefules of Vinygeare and beate
it to gether strayne oute the Ioyce thereof put thereto an ounce of

fyne treakell & an ounce of trea suger & stur it to gether then sett
it over the fyer & make thereof a sorrop then putt in to a pott or
glase and take a sage leafe & euery morninge fastinge spred as
much as a beane thereof vpon the same leafe & so eate it ~~from~~
^ yf he that taketh it be infected yt will drive it from the ~~his~~ harte & yf the partie be not infected it will p̄ 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 sponnefull 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 change it at every xxiiij houers

A good medicine agaynst the plauge approvid

Take a cocke pullett or eñ 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 gu^ape, & 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 pulletes, so longe as any doe dye, for when
poyson by the saide chyckins is drawne fourth, the patientes chyckinges that be
offered there vnto will lyve, then the sore presently will swage
the party fourth which recovereth, this medicine nessysary to dryve
Vennum from the harte.

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folio 30 verso || folio 31 verso (top)

A soveraigne drynce agaynst the pestylence

Take of sorrell water, and as much dragon water a dram of
put there to a dram & a halfe of powder Imperyall give it
witha^{ll} ale within xxiiij houers after he is infected &
codesg eare escape and doe well /

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

rootes, one hanfull of sower drowe ij hanfuls of mallows
of lynseede stampe all these together small, & bwoyle it
of the lees of wine till it be thicke, then laye it
like vpon leather broder then the sore, and lett the borders
ther be playstered with Cordyers wexe; to make it cleave,
lyinge ffourth the both in xij howers and breake it shorly:

A medicine to be druncke suspecttinge any to have the
playge

Grate onion and the core of him beinge taken oute, fill the
good treakell of Ieue & wrap the same with paper, and
it be softe, then strayne the same with a lyttell
beere and beinge tempred with a quantytie of suger give
to dryncke ij sponnefulles fastinge & yf the patient be
the plauge you shall perceve the apperaunce thereof within
after the receyte of the same dryncke./:

Also for the vsuall dryncke of every patiente beinge

in fettedd.
rosemarythe quantytie of eyght or nyne Croppes, then take
beinge Browne within, of Burnett & of Buraige, of
hanfull, lett them be sedd in a quarte of stale ale
then put in to itt a cruste of Bredd, a lyttell whole
quantytie of suger, and lett him dryncke the same at all
lyinge the his syckins and put pimpernell in his broth:

A preservation agaynest the plauge & for the
avoydunge of the in fection

savery the quantytie of a hanfull and boyle the
quantitye quarte of good Wine Vinigeere with a sponneful
beinge beaten and putt into the same: then dryncke the
quantitye 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

folio 31 recto

D Burg^es water for the plag^ue

Take iij pints of Malmesie and boyle therein of sage

of rue of each an handfull vntill a pint be consumed
then straigne it and sett it ouer the fier againe, then
putt to it a penny worth of longe pepper and halfe
an ounce of ginger and a quarter of an ounce of
nutmegs all beaten together and lett it boyle a
litele and then putt to itt 4^d of Metredate 2^d of treacle
Angelica water a quarter of a pinte. Keepe this as
youre life a boue all wordly treasures take it allwaise
allwaies warme both morninge and evening a
spoonfull or 2 If you be allreadie infected one
sponfull a day is sufficient halfe a spoonfull in
the morninge and halfe a spoonfull at night
In all the plague time vnder God there is was
neuer man woman or Childe deceaued

This is not only good for the Common plague called
the sicknis but allso for the smallpoxe mesells or
surfitts and diuers other kinde of diseases. /
You may haue this water readie made at the
APoticaies right over greate St Tellings gate
for 2^s 6^d a quarte. /

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

medicines for the plague
from La:dy Goston
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folio 32 recto

Rue a handfull: mynsed small
Angellica Rootes
Sedoaria./
Cloues.
Cubebes
All them beaten small
of each 4^{ee} Drames
Camphire iij scruples beaten with the rest ./.
All these infused in a pottle of good wyne veneger putt together
in a glasse with a Narrowe mouth Close stopte. And once in a
day shaken together the longer they stand the better it is:
wett a sponnge with the cleere veniger and smell there to./.
If at any tyme a man shall find his heade to ake his sperritts
heavie, and his stomacke ill. and botheringe meate Lett
him not fayle the next morninge lyinge in his bedd to drincke
fastinge this Drafte /
Take of Cardans water about a penny pott full and
vdissolue 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^c howers ever and a none drinkeinge warme possit
ale and after the tyme of sweate drye him with
warme clothes and putt on cleane linnen and soe
by degrees coole himselfe vntill hee be in his ordenary
former temper, *which* may be aboute three howers
And keepe himselfe for *that* day out of the ague and
eate some warme meate as he liketh ./
And *that* night after supper to take as hee goeth to reste 2.
pylles of Pillulae pestilentialls each of them of *the*
biggnes of a lardge pease the next day it may bee they
will give .3.4.^{er} stoolles ./

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

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folio 33 recto

Though there is noe one sure or generall way other to prevent
the sicknes but keepinge far from infected places and persons,
much lesse any certaine waie or generall to cure all, yeat
vsinge ordinarie good meanes there is better effect founde.
than where those meanes are not vsed.

That *which* I have vsually given and advised for prevention is
that makinge a mixture of conserves of red roses and
wood sorel of each iij ounces and on ounce of Andromacy
treacle I give every morninge the *quantety* of a large
filbert or litel nutmeg of this mixture and cause *them*
to drinke a draught of posset drinke after it with good
store of sorel boiled in it and a fewe slices of zedoarie
and angelica roote of both together the weight of vi^d
or viij^d

And *when* the party beginneth to complaine we give a grote
weight of mithridate or the former treacle in
a draught of carduous or dragon water and cause
the sick party to swete after it th an hower: the swete
beinge dried with clothes and the bodie quieted we give
broth made with borage bugless: sorel may and
marigold leaves or flowers and so againe after

six or viij howeres, causing them to swete oute in a day as beefore: many declininge treacle or mithridate where the feaver is stronge ^{^ give} as much of the confection caled confectio & hyacintho or such like as of mithridate

When the sore cometh hardly out we many times applie cuppinglasses to helpe drawe it out: or a plaster of galbanum: or yf it offer it self well, a like roote rosted and a tosted figg or to, with a fewe elder budes stamped together some mixinge a litell turpentine and a litel yoalke of an egg with them: the sore being thus ripned and opened, or eles yf this doe it not speedily we advise to open it with a lancet, or caustick ^{^ it beinge ripe} and drawe it as an ordinarie sore or bile keepinge it open till the corruption be spent and the party well in his health:

you are to note that ~~may~~ many times we are dewe to varie in owre advise accordinge the quality and condition of the plague, and the distemper and accidents that doe accompany the sick: but this is the ordinarie and a good waie.
ffor my Ladie
Pittes

folio 33 verso (bottom) || folio 34 recto

Sir!

As in moralitye it is sayd omne beneficium petit officium every benefitt is obligatorye, and binds to some thankfullness; soe (for myne owne part) I think him nothing rellishing of goodness that is not as seriously conformeable in the retribution of a curtesye (though he come short of a full recompensing abilitye) yet quatenus ad potestatem, in some kind or other) as he is earnestly sollicitous to receive one. Therefore (having long run vppon the seeming score of forgetfullness) I have at length made bold to present you with this litle token of gratitude for your favors vnto me, that hereby you might be satisfyed that they cherish not a drone, or one vnflexible to industrye, but one, rather by the hand of Fortune, hitherto necessitated to want employment, then diligence. Neither was it for me (till now) to propose my selfe a constant course, or expect assistance from others, whilst the perverseness of that generation, into which: I was by marriage fallen was soe great and continuall to blemmish, and preiudice me and in nothing to benefitt, or releeve me; soe that I may well say, If theyr indulgence to doe me good, had countervaild but the tenth part of theyr eagerness to ruine me; I might long since have gained the worlds good opinion, and preferment answerable. But I submit the consideration of my crosses and

troubles by them throwen vpon me, to the omnipotent God and the revenge of his iustice; in whose providence, I trust I shall allwayes find support from oppression, and supplye of necessaryes both for me and myne, and by whose favor and blessing vpon your health, I hope the continuation of your favors towards me, for *which*: I will not only press my pen to be thankfull, butt allso all my facultyes, and remayne

Yours in what I may doe

you service Richard Blundell

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folio 34 verso || folio 35 recto

The subject of this litle tractate following, is the demonstration ^{^ of the} offence of breathing in generall; *which*: I was induced to compose for that I found you were ~~in~~ oppressed with shortness and difficultye of breathing, and for that I perceaved divers scruples arise in your opinion concerning this infirmitye, and the observations in dyet, and other respects in the same case necessarye; which I wanting time and opportunitye by personall discourse to e explicate, (and yet desirous to manifest my devoted respects vnto you) thought this the best meanes to accomplish my purpose, both in resolving your doubttes, and presenting vnto you the certayne shape of your disease, from what origenall soever it derive it selfe; which I suppose you may by this, easely distinguish and informe your knowledge of;

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That I may the better explyne 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 αναπνοε) is effected by two motions inspiration, and expiration, by inspiration or drawing in of the breath, the lungs and brest are stretched, or enlarged, and ayre received into the body: by expiration 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 nostrills, mouth, and iawes, which are the first that receive, and last that expell, thirdly the vse of breathing which is the ventilation, or cooling the heat of the hart, and generation of the spirits therein, which mayntayne life. Thus much concerning the definition of respiration being perfect, and its instrumentall contrivers, and efficacye. Now of the causes that deprave it: the benefitt of free respiration is hindered through the defaults of the brest and lungs, which happen sometimes by the

imperfection of the mooving faculty, sometimes by the stuffing of the organes [^] of breathing or other affects of the same, and often by the ayre it selfe; now forasmuch as the force of this 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 enioye theyr naturall heat and temper; for that this facultye is then only sayd to be depraved in the lungs, when they loose theyr woonted good temperature, as in consumptions, and many other great diseases. this mooving facultye of the lungs, is allsoe hindered (though it be in its full strength) by accident, (and soe is deprived of its operation) by the narrowness, or straightness of 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

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folio 35 verso || folio 36 recto

4

the lungs are soe cooped vpp, that they have not roome enough freely to moove in. Now the motion of the brest, depends vppon the animall facultye, *which* being of a subtill spirituouse essence; cannot properly be sayd in it selfe to suffer hurt, yet by phisitions, 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 vppon the muscles of the brest and midriff, which happens, for that the brayne (the origenall of the animall virtue) doth not according to the necesitye of nature, communicate it vnto those parts, by reason of some great disease in the head as apoplexye, and such like or through some imperfection of the nerves (proceeding from the braynes) whose office it is to convaighe this animall spiritt or facultye, vnto the muscles of the brest, and midriff. Moreover, the facultye of the brest is sayd to be hindered by accident, when as the same facultye (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 puffed

vpp those parts and soe inroach further, that there is danger of suffocation. According to Hypocrates , Galen , Avicex , Celsus , and others of later ages, as Fernelius Horstius , and Senertus , it is concluded that the origenall

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folio 36 verso || folio 37 recto

offences, or hinderances of breathing in generall, are these fifteen following. first, that difficulty of breathing is occasioned, by the in temperature, or corruption of the lungs, secondly by the narrowness, or straightness of the brest, whereby the lungs and midriff cannot freely moove thirdly by the want of the ~~of the~~ 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, fifthly by reason of payne in the muscles of the brest, or other adiacent parts that either administer help vnto breathing, or by theyr grievance may hinder it. sixthly by the hinderance of the midriffs motion, through waters, or phlegmatick humors, or blood contaynd in the concave part of the brest or through the obstruction or swelling of the bowells in the paunch, or ascension of vapors ~~fr~~ and wind from the lower parts vnto the midriff. seventhly by the vlceration, or hurt whatsoever of the lungs, or by its groweth vnto the brest or by the obstruction, or stoppage of its conduits, or pipes. Eightly thorough the hurt or inflammation of the midriff, or by the defluxion of some catarrhe vpon it. Ninthly thorough the brusing, or other hurt of the muscles that moove the brest. tenthly from the brusing breaking or dislocation, of the ribs, or [^]the ioynts of the back bone, as allso the induration, of the grissly part of the brest into a bonelike s~~o~~ hardness. Eleventhly from the diseases or hurts of the muscles of the paunch. twelfthly from the nose, mouth, and iawes as when they are sore, inflamed, or swelled.

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thirteenthly, [^]by the hurt, or stopping of the larinx, (which is the head of the aspera arteria) or aspera arteria it selfe or its branches dispersed in the lungs, by watery, or phlegmatick matter, as in dropsyes, and other cold diseases. fourteenthly thorough the alteration, or change of the vse of breathing *which*: is divers wayes occasioned, but especially and most dangerously, when the hart leaves beating, for soe long as the motion of the hart surceaseth, soe long is there very litle, or no breathing at all, as in swoundings, and in

woemen) suffocation of the womb, vulgarly called the mother: by *which*: as it is evident that breathing is chiefly ordayned for the ayering and ~~ev~~ refreshing of the hart, soe is it manifest that breathing is not a litle furthered, by the impulsive force of the harts motion. fifteenthly, by the fault of the ayre *which*: wee draw in, as when it is too hott, too cold, to thick, impure and vaporous, and soe vnapt alltogether, to temper the harts heate, as it should. to these causes may allsoe be added this consideration, that in fevers, and diverse other diseases allsoe the breathing facultyes may be hurt, by reason of *which*: diversitye of causes I suppose no ~~generall~~ ^{one} ~~medecine~~ can be soe generally distributive, as to serve for the cure of these severall particulers; nor hath the methode (in my reading or hearesay) been by any one author at full sett downe, but in part, according as the affect hath required; being derived from one, or other internall, or externall cause. To observe therefore vnto ^{you} the methode of my teachers, and not only myne, but theirs whosoever that owne the calling of phisitians at this day. I will handle the ~~---~~ cureable sorts of difficulty of breathing, as that wee call asthma, and orthopnaea, to the first whereof your impediment of breathing (If I mistake not) is not improperly to be resembled. Therefore

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folio 37 verso || folio 38 recto

I will briefly Explayne ^{what} asthma is, whence it proceeds, by what sighnes to be discerned, and by what methode in phisick, and dyett it is cureable. The word asthma according to Senertus is thus vnfolded; *Asthma est læsa respiratio, eaque densa, et frequens fere. vt æger sine anhelatione respirare nequeat; sine febrile plerumque ab angustia bronchiorum pulmonis proveniens, quando malum (differt enim asthma, et orthopnaea, saltem magnitudine) ita inrementum sumpsit. vt æger, non nisi o erecta service spirare possit, orthopnaea nominat* Asthma (sayth he) is a distemperature of breathing being thick and often, soe that the sick cannot fetch theyr wind, without difficulty. it is commonly without a feaver, proceeding from the straightness of the pipes of the lungs, when the evill (for the asthma, and orthopnaea differ only in quantitye) is soe increased, that the sick cannot breathe, but with the neck stretched out it is called orthopnea, the place affected causing this hardness of breathing, is the lungs, whose aspera, or sharp arterye, *with* its severall branches, being obstructed or stopped, *with* thick phleame, or thin watery matter, ~~by which meanes~~, the ayre cannot fre freely and sufficient/y be drawn into the body, although the lungs, and brest are enlarged 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 quantity, *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 litle
swelling like haylestone, and sometimes hard like
stone in the kidney, or blather.

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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, vpon
the lungs, which sticks there, and soe stops the passages,
and causeth the asthma. to *which*: obiection. Senertus replies
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 generari 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 vpon the lungs, through the
veine called arteriosa now sayth the same author further.
If the asthma be derived from the catarrhe, consequently
must the catarrhe precede the asthma, and soe there must
have beene ~~an~~ a cough, *which*: (sayth he) those that have the
asthma, commonly miss, but they that have the catarrhe
very seldome; Now to reconcile the opinion of Senertus *with*
other writers, it is necessary to observe, that he denyes
not, but that the catarrhe may cause the asthma, but
he seemes to inferr, that when it is soe, then there will

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folio 38 verso || folio 39 recto

be some manifest token of the Catarrhe, and If there
be none such, that then the cause may proceed from
the intemperature of the liver and veines, as aforesayd
which is absolutely confirmed, If there succeed a swelling
of the feet, and weakness of concoction, of the food

received. thus much for the explanation of the word
 asthma, and the definition of its originall. Now of
 the signes that detect it. Arctius in his booke de *signis*
 et *caussis* etc. sayth, Asthma incipientis, seu impendentis
 notae sunt huiusmodi, gravitas pectoris, tarditas ad solitum
 opus, et aliud quodlibet agendum, in exercitatione difficilis
 et ægra spiratio, flatus in præcordiis, atque cructationes præter
 rationem excitantur. the signes of the beginning or
 approach of the asthma are such like, the heaviness, or
 payne of the brest, slowness to woonted worke, or other
 actions, in exercise difficult and feeble breathing, wind
 allso in the bowels, and belchings beyond measure; and (sayth
 he) further, they to whome this affect is imminent, sleep
 not soe well w as formerly, and by night they are
 somewhat more hott then in the day, and theyr nostrills
 are growen sharpe, and sayth Senertus , in the asthma
 the fits of short breathing, is occasioned according to
 the motion of the moone; and commonly indeed, every
 fourth day the sick will find himselfe indisposed
 here allso may be inserted the observation of Carolus
 Piso , who sayes, vrinæ sæpe sunt copiosæ in asthmate
 ac tenues, ac instar aquæ perspicuæ, atque ideo dissimiles
 vrinis familiaribus. the urine is commonly plentifull
 in the asthma, and thin, and transparent, as water,
 not resembling the woonted vrine.

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To these might be added many more, which for
 brevitye I omitt, supposing these enough to manifest
 the approach, or presence of the asthma. I should now
 according to the regular proceeding of phisitions discuss the
 prognostick point of the asthma, which is a demonstration
 or rather denomination of the daunger thereof in its
 continuation, and conclusion, butt conceaving the explanation
 hereof of not alltogether matteriall; I pass by itt vnto the
 methode of cure observed by the most famous and
 greatest phisitions: which consists of this forme
 or manner; first the matter that infests the pipes
 or conduits of the lungs is to be taken away, by
 evacuation, butt If it be thick and tough, it is first
 to be attenuated or made thin by preparatives, that it
 may the easelyer complye *with* the operation of the
 phisick, and be thereby avoided. secondly the parts that
 send this naughty ^{matter} matter to the lungs, are to be purged
 and strengthened; and the influx of the matter diverted,
 thirdly If windiness be conioynd *with* the peccant
 matter, it is to be expeld by medecines proper in such
 cases. fourthely. If the cause arise from a crude
 swelling resembling hayle, or stones, such as grow in the

kidneyes. or blather, it is to be taken away, by attenuating, and drying things. and fifthly and lastly, If the lungs be of a drye temper, care must be had that moystening phisick, brothes; meate, and dring be administered: *with* this caution allsoe, that by how much the weaker the body is, by soe much the gentler meanes must it be wrought vpon, vsing sometimes the benefitt of cordyalls. I shall not need to come to particulers, since my ayme

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folio 39 verso || folio 40 recto

is not, (in this my small paynes) to commit soe great an absurditye, or relish 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 mooves this doubt, is because Galen sayes in his booke de victu *attenuante* that he had *with* a slender dyett, *without* any phisick cured hardness of breathing, and the gout, and epilepsye or falling sickness, and many other lingring diseases. but against this of Galen is Hypocrates scited in his first *aphorismi* and 4th; who there sayes that a slender spare dyett is vnsafe in longe continuin[^] g diseases. now some doe thus moderate the matter, say they it is requisite there should be according to Galen an attenuating ^{^ or slender} dyett, quatenus ad qualitatem in the qualitye, that is such as is of easy digestion and doth rarifye or make thinn the oppressing matter in the parts offended; and this seemes to concurr with Hypocrates, in his further expression of himselfe in the place above mentioned. for he, by his exception against scant dyett in this disease doth only feare deiection of strength, and not any

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other impediment; likely to ensue vnto the patient thereby. Now as too slender a dyett is not frequently tolerable, soe is it more

rather sometimes alloweable, then excess at any time at all: *which*: is defined to be such a quantity as cannot 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 downe according to the vse, and description, of Benedictus Victor: Faventi (which stands exemplarye for immitation of dayly practise) in this manner.

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folio 40 verso || folio 41 recto

. gallum antiquum, ad minimum trium annorum, quem flagellato, et multum defatigato, postea decollato, et sine aqua deplumato, ac visceribus mundato, et vino forti eluito, parumque salito. deinde .
 semin: carthami, anisi, anethi. ana&zij.
 rad: Helenii, iridis. fol: hyssop: prassii ana
 ꝛ ss: glycyrrhiz: passular: enucleatar: ana ꝛvj
 tartari albi&ꝛij. pulmon: vulpis pulver:
 zij omnibus his crasso modo contusis.
 venter galli repleatur, gallusque in aq: lb xvꝞ
 coquatur, donec caro ab ossibus separetur,
 deinde fiat colatura cum forti expressione,
 et relinquatur in loco frigido, vt quod
 fæculentum est subsideat; et postea pars
 clara separetur, et vsui reservetur.

Take (sayth he) an old cock, at the least three yeares old, drive him, or beate him to and fro, till he be very wearye, then cutt off his head, and pluck him without water, and cleanse him from his entralls and wosh him with strong wine and putt

a litle salt into him. Then take wild
saffron seedes, anise seedes, and Dyll seedes
of each two drams, or a quarter of an
ounce by waighte. of helecampane roote
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and orrace of Florence, the leaves of hyssop
and horehound, of each of these foure, halfe
an ounce by waighte. of lickorish and
raysens of the sunne stoned, of each three
quarters of an ounce; of white tartar
two ounces ~~of the lungs of foxe lungs~~
powdered. a quarter of an ounce, all these
being beaten in a mortar grossely, must be
stuffed into the Cocks belly, and the cock
boyled in a sufficient quantitye of pure
water, till the flesh fall from the bones.
then take it from the fyre, and when it
hath stood a while, straine it very well
and sett that which is strained apart, in a
cold place, that the dregs may sinke to
the bottome, then strayne it once more,
and reserve the cleare liquer for vse.
Thus much concerning this medecine soe much
cryed vpp, and indeed not without great
probabilitye of desert. The qualitye and
quantitye of meate hath been already
handled: therefore a few words of drink
and some other necessarye points to be
observed. It is all agreed by all authors
that wine is in this disease, or affect
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folio 41 verso || folio 42 recto

is alloweable, provided that (for the most
part) it be such, as is of a thinn, and
opening qualitye. for thick wines, as Galen
reports (in his booke, de alimentorum
facultatibus the 3^d.) as they nourish more
then others, soe above all others doe they
cause obstructions, filling the veines *with*
thick blood. drink is in this disease soe
necessary, and behoofefull, as Galen is of
opinion. 1 de locis affect: cap: 6. that the
sick is not to suffer thirst, but to drink
largely. by reason that moysture is necessary
for the assistance of the expectoration, or
bringing vpp of the humor, which is by dyett
and phisick made apt to be avoided. But

this freedome is not generall, for at meales drinking is not to be permitted in full measure or great draughtes, ~~bein~~ by reason that the belly being thus as it were doubly filled, is subiect to swell and puff vpp, and soe oppress the meanes of breathing; for indeed when the food receaved into the body is made ~~to~~-liquid *with* much drink. it is subiect to be ~~to~~-swell stirred, and passed to and fro, to the great disturbance of concoction.

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hereby then it appeares that thirst is in some measure is rather tollerable at meales, then satiety or fullness of drinking to be permitted, and this indeed may the better be observed, forasmuch as recompence may be made, with a more plentiful allowance, after the concoction of the meat. Sleep should in this case be vsed, only in the night: butt If through custome and weakness it cannot be refrayned in the day, yet should it be short, and performed *with* the head, and brest a litle elavated, or raysed vpp, and If possible to be avoided to soone, or suddenly after dinner, or supper. As for excercise, there can none of any violent sort be ordayned, least thereby the humors be to much stirred, and vrged vnto the further oppression of the parts affected. walking, or some gentle motions before meales are very good and laudable; butt all troubles or anxiousness of mind through business, or thoughtfullness, and anger, grief, and such like are to be avoided.

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folio 42 verso || folio 43 recto

A breif Treatise towchinge the *preservacion*

of the eyesight Consistinge *partely* in good

order of dyet & partely in vse of medycynes

Occasioned thorough certayne speches had with *somme* of myne honorable good frendes to wryte myne opinion of means to preserue the sighte in good integryty I haue performed the same in this litle pamphlett wherein I haue dyrected my penn rather to leave rules for those *which* haue not in them selves suffycient knowledge then to satisfy the lerned who I know canne devise muche better means and remedyes: And my intent beinge onelye to sett downe *somme* order as may be fyttest for all sortes of men to contynue in *perfecion* there sight I thought not good to inserte anye discourse of the dyseases of the eyes *which* will require a longe treatis & cannot well be executed but by men *which* haue skylle in the arte of phesicke: therefore it semed mete vnto me at this tyme to onytt that *parte* and to leave the reader for the knowledge and Cure of suche diseases to the *professors* thereof by whose helpe they may receyve remedye of all infirmytyes and affectes, *which* shall happen to the eyes: purposinge in this litle trestis onelye to declare how the sight might be contynued in his integrytye, by suche *Common* order as maye of all men in their trade of lyef be resonablye followed leavinge all other harder matters to a farther dyrection of the lerned And now followinge the laudable custome begunne in annycient tyme & contynued in theis our dayes of presentinge our frendes with new yeres gyftes for lacke of other thinges of greater pryce I offer vnto you this litle pamphlet as a signification of my good will wishinge that the same maye be a token of many good & prosperous yeres *which* god the gyver of all goodnes sende vnto you./ 1586

your lovinge frende

Walter Bailye

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folio 43 verso || folio 44 recto

A treatise concerninge the
preservacion of the eye sight

The preservatyue of the sight doth consist *partelye* in good order Dyet of dyet partelye in vse of medycynes. /
Concerninge dyett *somme* thinges hurtfull ar to be eschewed & *somme* thinges Comfortable to the sight ar to be vsed: wherefore Ayre./ they *which* may Chose their habitacions in this respecte maye make election of ayre clere, declyninge to moderate heat & drynes: colde & moyst ayre, and thicke mystye and raynye weather is hurtfull: yt is best therefore to abide in drye places from moorye, marrishe, and watryshe goundes and e Wynd dust Smoke especially to *provide*, that the scyte of the dwellinge be not betwene the wett places and the sonne: southerne wyndes do hurt the sight: so doe low roomes: places full of duste &

smokye are hurtfull./

Meates ar best *which* ar easye to be digested & *which* doe not staye longe in the stomacke: amonge suche a yong henne is greatly to be Comended: so is partridg & pheasant: Rasis prayseth the younge starue, & the quayle: so doth all wryters the doue both tame and wilde, but Cheifelye the wilde dove *which* (as Zoar wryteth) hath especiall vertue against the weaknes of the sight *which* commeth by defect of sperites & the rather yf the same be sodden with Rape rootes or turnep rootes: for yt is accorded by all wryters, that the turnep hath great facultye to doe good to the eyes & to preserve the the sight Grosse and slymye meates, & all waterfoule are dispraised, of smale birdes the martyn, the swallow, the Iaye & pye, the witwall, the specht ar noted very hurtful to the sight And albeit theis birdes are seledome or never vsed of the better sorte yet Common people happely may be fyshe. compelled to eat them. No fyshe is accompted good yet some

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fyses *which* doe scowre in gravelye places beinge savorye sodden with white wyne, fennell, eyebright, sage *parselye* &c may at some tymes be eaten and so a litle salt fyshe moderatelye taken dothe no greate harme: fleshe sodden with fennell, eybright preparacion of meates myntes sage &c is reputed best next after rosted meates, fleshe fryed with butter or oyle is to be reiected thentralls & fete of Intralls beastes ar not so good nor the braynes for the most parte yet Braines the braynes of an hare, of a Connye and of pygions are saide to quicken the sight. milke and all thinges made wMilke thereof are founde by experyence to induce dymnes of sight rear rosted rear sodden or poched egges ar holsome Egges especially eaten with the powder of eyebright, fryed egges and harde are blamed./

Of Savses vergis vineger of wyne and the yvices of Savces leamondes ar commpted best, pomgranettes not so good./

Of spyces Cynamon is Commended by Avicenna as a speciall Spyces good for the webbe of the eye and for dymnes of the sight: so is safferon, ginger bothe outwardlye taken and inwardlye taken, & outwardlye applyed dothe singulerlye clere the sight. Cloues, mace, nutmegges and all three kynde of peppers may be vsed Suger is Sugar Convenient to Condite thinges but honye is better noe Oyle is good saue oyle olyve called sallet oyle and that is better then butter./ HonyeOyleButter

Albeit few raw herbes in Common vse for sallittes or Com mensed, except fennell, eybright, younge sage, teragon ^{^which ar very good} Raw herbes yet theis are to be avoyded as in most hurtfull, name: lye, lettis, colliwortes, Cabage, beetes, spynnage, purslaine: buddes of Dill, garlike Chiboles oynions scallions &c Capers Capers may be eaten, Olyves not so good Radishe rootesOlyves

parsnep rootes ar greatly disprayed: Carrot rootes the
buddes of asperage may be eaten: but the turnep or Rootes

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folio 44 verso || folio 45 recto

The Rape & Turnep or Rape roote & the Navew roote are aboue all other noted
for excellencye to preserue the sight: and to that purpose
manye doe preserue with suger those rootes & eat them as
sucket./

ffruictes

Peares The moyst kynde of *fruictes* are hurtfull to the sight: yet
Apples peares and the better kynde of Apples may be eaten with
ffigges the powder of *eyebright* or with *fennell sedes* thynlye
Reisons incrusted in fyne suger: *ffygges* ar verye good not onlye
^ for the sight but also to open skoure and to clense the brest, lyver,
Nuttess stomacke & kydneyes so are reasons *which* haue a speciall
property to strengthen the lyver: *nuttess* are verye euell
Dates for that they doe fill the head: the *walnuttes* more
tollerable then the *hassell nutt* *Chestnuttes* ar very
wyndye better frendes for venns then for the eyes
dates are not commended nor *Mulberyes*.

confectes *Confectes* made with fyne suger & thynlye incrusted about
with *turnep seedes* & *Navew seedes* *fennell seedes* *Annis*
seedes *almondess*, *pynaple kyrnellss* *ginger* *Cynamon*
the powder of *eybright* &c are reputed a very good

Drinckes means to preserue the sight likewise in the preservacion
of the sight, amongst other thinges suche *drynckes* as ^ ar

Beare in *Common vse* & ar to be allowed therefore he that hath
byn vsed to drinke bere maye not forsake the same & so
Wyne. in ale In this respect it is not amys to dryncke wyne
at meales for them *which* haue byn accustomed to the
same althoughe wyne in some affectes in the eyes is
forbydden yet to preserue the sight wyne is not incon=
venyent, for the vapors of wyne are dryenge, clere,
abstersyve & doe consume & extenuate grosse and
thicke humors so yt be moderatlye taken In this place

I doe greatlye commende their Counsellss *which* do prepare
medycynall drinckes *medycynall drinckes* with *eybright* & other thinges
comfortable for the sight to be vsed in the morning

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and at meat yf the pacyent can well endure so to drinke
the same our authors herein ar verye ingenious some
addressinge *drynckes* with one thinge some with another
The symplest & most wryten of is of the herbe called of *drinckes* made with *eybright*
the *Arrabians*, *Adhill*, in Latyn *Euphragia* in Eng=
lishe *eybright*, of whose miraculous vertues in preservacion
of the sight *Arnoldus de villa nova* hath wryten in
Arnoldus de villa nova theis wordes *eybright* is good anye waye taken eyther
with meat dryncke 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 ~~beeome~~ made younge of all degrees specially in fatt men & suche *which* do abounde *with* flegme One (sayeth he) *which* was blynde and did see nothings in a longe tyme by vsinge this wyne one yere was restored to his sight. The herbe is hott, and drye Eybright taken in an egge 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 prooffe 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 nothings to doe good to the sight is to be Compared *with* wyne made of eybryght yf the wyne be to stronge he Counselleth to allaye the same *with* fennell water and to that intention you may also add suger./

In Countryes *which* for their Common drynkes vse wyne and water they alwayes doe myngle thinges for the sight in wyne & not in water for wyne in truthe is a fyttter lyquor to receive the qualities & to carrye the same to the eyes then water *which* thinges they doe put in the muste and so let it stande vntill the wyne be rype & ready to be dronken and so do vse yt.

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folio 45 verso || folio 46 recto

Eybright may be vsed in beer Ale or meade Notwithstandinge in other Countryes *which* haue other vsuall drinckes, the same thinges may be put in their Common drynckes So some haue put them in ale, some in beare, & somme in mead and no doubt but all theis means ar verye good accordinge to thusage & disposicion of the *partye* for even in this our Countrye they *which* eyther do vse or by constitution of bodye may well beare the drynkinge of wyne may well compound the same *with* thinges good for the sight: others of hot complexions and drye, not greatlye accustomed to wyne, maye of ale, beer & meade make suche drynckes because in theis northe Countryes ale, and bere are the vsuall & Comon drynckes and in some places meade also is much vsed therefore in myne opynion it is convenient for most men to make their drynckes *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 nothings doubt but that they maye *without* offence beare suche drynckes for the sight Compounded *with* wyne to take a draught in the morninge, especiallye

yf they delaye the same with the distylled water of fennell
accordinge to Arnoldus Counsell And for this purpose
the vse of eybright or ale or bere these maye be made, of verry good white wyne, and the
thinges may be myngled in the Countrye where the wyne
doth growe, notwithstandinge in that our most vsed drinck
with meat ^{^ys} or ale or bere theis are conuenient to receive
theis thinges for the sight, and absolutelye better then
yf you like to dryncke the same with meat as our authors
doe Counsell: *which* ale I thinke better to be made with a
ale made with grout groute accordinge to tholde order of brewyinge And
so the thinges for the sight maye be sodden in the groute
or otherwise put in the drincke when it is nerely clenched
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and put into the vessel in *which* it is tunned to be kept
that in the workinge of the dryncke in the vessell the Eybright meade
vertues and 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 honye in
suche order as other herbes ar sodden *which* they make metheglyn
I thinke yt best to begynn with the symplest order to compound the quanti-tye of the eybright to the drinke
ale or bere to eche mans best lykinge with eybright onelye
takinge to euerye gallon of the dryncke 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
barne, beinge put into the dryncke when it is newlye
clensed let all worke together vntill the dryncke be
clere and rype to be dronken accordinge to the Common
vse, and then you may drinke of it at pleasure in the
morninge fastinge & at meat also yf you will and
canne well like thereof, and most men may like to
dryncke of it bycause this herbe dothe yeld no vngratefull
taste but rather with a pleasaunt sapour dothe Commende
the dryncke, it were not amyse to auoide wyndenes, to ffennell seedes
every handfull of the herbe to add ij drames of fennell
seedes well dusted and a litle brused. As I doe put
theis for a more *proporcion* to begyn withall that the
stomacke be not at the first offended with the strangnes
So after a tyme ye may encrease the quantitye &
put to euerye gallon of dryncke too handfulls of the
herbe, wherein ye may best be dyrected by the taste
that the herbe shall yelde in the dryncke 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* dryncke besides that it doth preserue
and clere the sight will also helpe digestion clense &
cut flegme and broke wynde. /

folio 46 verso || folio 47 recto

the effect conformed by examples I can witness that many by this simple composition of eybright and fennell seedes haue found great good for the sight, not onely to continue in good estate, but also that some haue founde remedye against the dymnes and other ympeymentes growinge in their syght I mett an olde man in Shropeshire called Mr Hoorde about thage of 84. yeres, who had at that tyme perfecte sight & did read smale *lettres* very well without spectacles: he tolde me that about thage of xl^{tie} 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 continued his sight in good integrytye to a verye longe age I haue harde the same confirmed by manye old men. Rowland Shurlocke an Iryshe man phisition to Quene Marye, did affyrme for truethe that a Byshop in Irelande perceyvinge his sight to wex dymme about his age of fyfty yeres by the vse of eybright taken in powder in an egg did lyve to thage of fouerscore yeres with good integretye of sight. drinkes more compounded for the sighte./ We doe read of manye drinkes to preserue the sight compounded not of eybright onely 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 & Cubebes & in truth all theis are greatlye Comended to preserue the sight ^ and mace very aptlye be put in drinke notwithstandinge 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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the Composition of the medycyne termed diatrion pipe= the moste compound not all wayes best non which hath the fewest symples bycause (as he wrytethe) that is soonest & with least troble to nature digested surelye the drinckes for the sight which are Compounded with fewest thinges are most to be Commended especiallye when we meane to vse the same with meat, as all our authors doe Councill. wherefore for my parte at this present tyme I will onely advise to haue for vse eyther wyne, ale, or bere, accordinge to eche mans best lykinge made as is before prescrybed with eybright

and fennell seedes, & to dryncke of the same in the morning or if it so like with meat as other drinke.

It is holden better to drinke ofte & smale draughtes drinke often & smale draughtes at meat for so meat & dryncke will better myngle, and the meat will lesse swymm in the stomacke *which* geveth Cause of manye vapours to the hedd It is affirmed not good to begynne the meale with drinke but to eat somewhat before you drinck.

When you dryncke wyne if you meane to allay the/ When to myngle water with wyne same with water it is best to myngle with the wyne

^ fennell water or eybright water, And Montagnana dothe Counsell to doe the same some reasonable tyme before you do dryncke, & 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 somewhat more, then Comon bread, well wrought, thoroughly baked, nor new nor olde, of aboute a daye or ij old past with fennell seedes vnleavened bread is not accompted good and the bredd is the better yf fennell seedes be wrought in the paste to *which* purpose some doe cause cakes to be made of some porcion of the dowe in *which* they

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folio 47 verso || folio 48 recto

in *which* they know the powder of fennell seedes and the powder of eybright, and doe eat them in the morninge and after drinke the eybright dryncke & make that a brekfast Evacuacion As generallye in the preservation of helthe soe especiallye to contynue the sight, it is Convenyent that the bodye be obedyent to doe his offyce for evacuacion accordingly and if nature herein be slacke yt may be *procured* with brothes made of loose herbes, as mallows, violet leaves, mercurye, grounsell great reysons the stoness 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 agitation 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 appointment 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 occasion 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 & therefore must ende his meales with good apeteite & 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 somewhat tymely

As modest vse of venus performed in the feare of god in due vse of Venus tyme when the meat in the stomacke is digested, and nature is desirous to be disburdened, is to be allowed so ymmoderate and vnraisonable vse thereof, dothe of all thinges most hurt the sight & soonest induce blyndnes over muche watchinge is not good very longe slepes are more hurtfull, the meane
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slepes of about vij^{en} houres are best yet better to abridge the slepe & enlarge watchinge then contrarywise. sleepe slepe and watching taken in the night is best, as most naturall when externall ayre doth distracte nature motion, and all externall thinges concurr to helpe slepe, therefore the moe houres the man doth borrow of the daye to slepe the worser. It is not good to this our purpose to slepe ymmediately after meat: for ij houres at the least ought to be put betwene meat and slepe. best to begyn slepe vpon the right side. and then to torne on the lefte side to slepe vpriht vpon the backe is naught generallye: to torne vpon the face worser for the sight Care must be had that you slepe not in a Chamber or anye place in *which* the moone dothe shyne./
Exercyses ar nedefull: the same best after the bellye Exercyses hath don his offyce that the excrementes ar avoided otherwise they by exercyse vapours ar styrred and doe assende more plentyfull to the head All exercyses must be vsed fastinge & none after meat And I wishe you might after meat forbere wrytinge by the wryting after meat space of three houres but yf *your* Course of lief and callinge will not so *permytt* you, you may herein follow Montagnana his Counsell, to wryght eyther standinge vpriht or a litle leaninge and restinge your hedd vpon *your* right or lefte Cheeke in no case to wryte bowinge *yourselfe* forwarde and holdinge doune the head: when opportunitye and tyme will serue, fryc=ffrictions tions with a roughe lynnene clothe are good *which* are to be performed thus. ffirst to rubb the feete, the legge then the theys, the hipps the buttockes so assendinge to the sholders, & necke, with softe and longe rubbinge even vntyll the *partes* begynn to wex redd. 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./

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folio 48 verso || folio 49 recto

mirth of the mynd mirth ioye and pleasanntnes of the mynde is good: a litle anger dothe not hurte ymmoderate sorrow, fearfullnes

and all vehement affections ar ~~hurtfull~~ forbidden in
all affectes but in this ^or Case Cheifely as most hurtfull
to the sight./

To preserve the sight by medycynes.

outwarde medycynes. The order to preserue the sight by medycynes, both
consist of thinges outwardly applyed & inwardlye
the smell of marierom taken Amongest outward medycynes to preserve
the sight it is accompted a great secret to smell
muche to marierome, So theis thinges followinge
ar founde verye muche to comfort the sight in
stayenge the visible spirites from wastinge vizit
thinges comfortable to the sight Corall, pearle, the stone called lapis Armenius,
spectacles of Cristallyne, or clere and pure glasse
Eye Cupps grene and sky colors, 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 pearleworthe are
greatly commended And Montagnana doth mention

A preparacion of the yuice of fennell.

of a certaine kynde of preparacion of the yuice of
fennell singuler good to preserue the sight from dymnes
to take the yuice of a fennell in the moneth of Aprill
and to put it in a vessell of glasse, with a longe and
narrow necke, & let it stande xv dayes in the sonne
that it may be well dried, then remove the glasse
softelye, that you doe not troble the residue, or ground
and so poure ^{^ it} ~~the yuice~~ into another vessell And to
euery halfe pounce of the yuice put an ounce of
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chosen *lignum* alloes beaten into fyne powder and let it
stande other xv dayes in the sonne then strayne *lignum* Alloes good for the sight
it twist thorough a thick clothe & kepe the cleerest
in a vessell to your vse: you maye dropp a litle
hereof into your eyes to clere the sight. And som
doe distill this wood in a styllitorye of glasse
and put the water thereof into the eyes and hold
this for a great secrete to preserue the sight And
the same Montagnana doth Compounde another
medycyne more abstersine to remedye the dym=

nes of the sight, dissolving in an ounce of the [^]water of the
Rosemarye floures too scruples of sall gemma sal gemma doth clere the sight
verye fynely powdered & flyttered ad counselleth
to drop the same often into the eyes affyrminge
by his experyence that it dothe so mightelye clere
the sight, that suffusions ar thereby wonderfullye
removed, and especiallye moystures of the eyes.

am here also for the [^]clensing^e 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 byn often tymes extinguished: and like
wise the pure lycor of good suger Candye dissolved
in the white of an egge beinge harde rosted and
the yolke taken out./

Also our authors doe Commende the washinge of the eyes the Vryine of a Childe
with the vryne of a Childe & sometymes to dropp the
same into the eyes And for this purpose also they A lye of fennell stalkes
doe Commende lye made of the Ashes of fennell
stalkes we do read in all our authors great commen=
dacions of the lycor of the lyver of a goate prepared A preparacion of the lyver of a goate for the sight
in manner followinge Take the lyver of a male
goate not diseased newlye kylled: and after it is
13

folio 49 verso || folio 50 recto

ys well washed prycke yt in many places & fill the
same with grayne of pepper, and infarre the
lyver with the leaves of fennill & eybright then
rost it with a softe fyer clere, not smokye vntyll it be
reasonably rosted: and in the tyme of rostinge receyve
the lycor *which* doth distyll in a Convenient vessell
and applye the same to your vse./

Avicenna in his third fenn and third booke and
fouerth treatis, Cap: de debilitate visus aboue
Collerium de fellibus all other thinges doth commende the medycyne called
Collerium de fellibus for that yt clenseth the poores
of the eyes, clereth and conserveth the sperites,
Mundyfyeth the moystures or waters of the sight
as you may read in Avicenna in the foresaid place.

Inwarde medycynes.

Medycynes to be taken inwardly ar in nomber
manye but I thinke best at this tyme to mention
A powder for the sighte a few *which* are easy to be had and as of great
efficacye most Commended. And so of such the
powder followinge is most symple yet by experience
appoved of suche force that manye their sight
haue byn decayed haue by the vse of it receyved
againe the same perfectly: the powder is this made

Take of the powder of eybright fouer ounces of
Mace one ounce myngle them together and take
thereof the weight of three pence before meat
Montanus in his 92 Counsell gyveth ^{^ great praise} of a syrope
against the decaye of the sight thoroughe weak=
nes and dymnes of the same *which* he compoundeth
14

thus take of the yuices of fennell of vervayne of
of roses of eche too ounces the leaves of the herbe
eybright of endyve of Cellendyne of ech halfe a
handfull boile the herbes in too pyntes of water,
vntill halfe be spent: then strayne it hard and
myngle the yuices with the decoction and with suger
accordinge to arte make a syrope *which* is to be
kept in a glasse vessell. you may take ij ounces of
this sirope in three ounces of the water of eye=
bright in the morninge fastinge In wyndye bodyes
he maketh the siropp thus: Take of fennell seedes
of Anyseedes of eche ij ounces of the herbes eybright
of vervayne drye rose leaves of eche ij handfulls
of Cellendyne one handfull of Ruhe a handfull
& an halfe boyle therein water vntill halfe be
consumed: strayne it harde and with suger syropyze
the decoction both theis syropes are excellent good
to defende the sight from dymnes./

Mesue in his book called Grabadyn wrytinge An electuary to preserue the sight./
of the diseases of the eyes aboue all other medy=
cynes extolleth an electuarye vnder the name
of hummayn as havinge noble vertues to preserue
the eyes and contynue the visible spirites in their
clerenes *which* he compoundeth thus: Take the herb
Adhill that is eybright too ounces, fennell seedes fyve
ounces, mace, Cubebs, Cynamon, longe pepper,
cloues of eche one ounce beat all into a powder
serse yt then take of good honye clarified one
pounde of the yuice of fennell boyled and cla=
rified one ounce of the yuices of Ruhe and Celendyne
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folio 50 verso || folio 51 recto

both boyled and claryfyed of eche halfe an ounce boile
all to the height of an electuarye, and then put to it
the powders accordinge to arte & so reserue yt in
glasse vessells. you may take hereof the quantitye
of three ounce in wyne as Mesue wryteth: yf
wyne seme to hote you maye alaye it with fenyll
water or with eybright water; yt must be taken
in the morninge fastinge and you ought to forbere

the takinge of anye thinges by the space of three
houres, and so at night, but then you must take a
light supper & suppe the more tymelye.
distilled Waters Where in this litle treatise mencion is made of
distylled waters I wishe the same to be
artificiallye donne in styllitoryes of glasse that
the qualities of the herbes maye remayne in
the distylled waters. And therefore I doe not
allowe of the Common manner of distyllinge
in styllitoryes of lead by the *which* the waterye
partes onelye are drawne. /
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folio 51 verso || folio 52 recto

Electuary for the Stone 1
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A coulede Oyntement for the Backe
The Use
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To preserve the ingendering of the Stone
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Another Drinke for the Stone
A Powlder for the Coulede 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 stanche bleedyng at the nose
Agaynst the dymnesse or daselyng of the sight
Agaynst the Webbe or spots in the Eye 7
For to make Heares to growe
For to kill Lyce
To stanche the bleeding at the Nose
For a horse that is cloied or pricked with
a nayle 8
For a horse that cannot stale
To take away red Rubies that grow in the
face by reason of the heate of the liver
For one that can take nothing at the mouth,
or else to make him goe to the stoole
& to sweate well 9
To make very good blacke Ynke

To make red Ynke 10
To heale the payne of the head.
To make a Greene and a Redd without
thicknesse for to write with upon paper
To preserve a man from vomitinge on the sea 11
For those that have a stinkinge breathe
because of the stomake 12
Agaynst the stynkyng of the breath
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To make one that is poisoned to vomit up
the poison 19
To make one have a good memorye
To make very good black Yncke 20
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out of a wounde 23
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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 coddess 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
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To make that wilde beastes shall not hurt you 27
To take awaye the payne of the goute
For to see wilde beastes in a dreame
To make that fruites shall not rot upon the

tree 28

To make letters that cannot be red onles
the paper be put in water

To make letters that cannot be red but at the
fire

To make that a woman shall eate of nothings
that is set upon the table

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To make an herbe herb grow that shall have
many & divers odours & savours 29

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