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Last Updated: 8 April 2021

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

front outside cover

front inside cover || front endleaf 1 recto

Salomon dicitur Pacificus
Iohannes dicitur Amor Dej./

Cicero:/ Cum biduum cibo se abstiniuisset,
Fæbris discessit./

J Harvey

181

front endleaf 1 verso || insertion 1 recto

Ickwell = Bury Biggleswade Old M.S.S. 8
1 Gradations of the Callender
glass. (weather glass) M.S.
2 Treatise on Medecine 1634
by Dan Worrall
& Tho Burton M.S.
3. Receipts for cooking
also Medecine MS M.S.

insertion 1 verso || insertion 2 recto

insertion 2 verso || folio 1 recto

Gradations upon the Callender Glaesse

1. The propertie of the Water is to Ascend with Cold,and descend with heate upon the Least & euery change of the Weather Certainely./
2. By the suddaine falling of the Water is a certaine signe of Rayne; for Example, If the Water fall a degree or two in 7 or 8 howers, it will surely rayne presently, or within 10 or 12 howers after./
3. If the Water fall in the night season it will surely Rayne, for Example, If the water be fallen any Lower in the morning att Sunn riseing, then it was overnight att Sunn setting it will surely raine the day following before midnight./

4. You must marke at what degree the water standeth where it first beginneth to fall against raine; for vntill it riseth upp againe to the same degree from which it fell against Raine, first, the weather will still be raine more or lesse./

5. So long as the Water Continueth Certaine at any one degree whatsoeuer soe long the weather will Continue certaine at the same stay that it is att then; whether it be faire or fowle, frost or raine; But if the water rise, or fall a degree or two, and soe standeth the Weather will presently Change Probatum est./

6. Note That at the figures 1. 2. & 3, is the Extreame heate of the Summer, Att 4 & 5 not soe hott, att 6 more temperate, att 7 is a degree more hott then cold.; att 8 is the Medium or very temperate Att 9 is a degree more Cold then hott; Att tenn is a ffrst certainely, Att Eleaun is a harder frost, att 14 & 13 store of Ice vpon the Thames Att 15 Boates cannot passe for yce, Att 16: Men may goe over the Thames on yc'e. Probatum est./

17. Note Soo long as the water Continueth about the figure of 10 So long the ffrst will last But if the water fall before the figure of 10 and soe standeth, the ffrst will breake Certainely./

18. Note That in the tyme of ffrst the water standeth about the figures of 11 or 12, the suddaine falling of the water and a degree or two is a certaine signe of Snowe or Sleet weather certainely./

19. Yow may also knowe the Temperature of the Body, whether it be hott or Cold, by holding your hand vpon the head of the glasse./

Take dunghill Water in Tubbs or Barrells soake or steep wheate, Barley, or other graine all the night before you should sowe it, and then drawe out your water and to
every Bushell of graine putt one pecke of pigeon, or
Henn dung, Riddle it with a Sive or Riddle and then
take a shovell & mix it well then putt it in your
hopper and sowe it./ and by Gods helpe it will bring
much increase./
Boyle Assifetida in faire water and after steepe
Rushes and short strawe therein and strowe them in your
Pidgeon howse, & your pidgeons will build their
Nestes therewith, & by sitting therein wilbe soe
strongly scented, when they fly abroad they wilbe
soe Rescented by others, they will decoy others
in great number to your Dovehowse./

I B M D

Praelectio Prima 1634

Omnis quæ a ratione suscipitur de aliqua re institutio, debet a definitione proficisci, ut intelligatur quid sit id, de
Tullius i mo Officiis
quo disputatur, (saith the Orator).
Which, that we may obserue (for our more methodical proceeding) let vs
e're wee come to handle any particulier part of physick define
Hypocrates in libro de Flatibus
what physicke is; Hypocrates gives yts definition from the effect
( ), adiectio
quidem deficientium, detractio vero redundantium. in English thus
it is an addition, and a substraction; an addition of what wanteth,
and a substraction of what's superfluuous; according to which distinction
all diseases may be saide to be Cur'd either by putting to, or
taking fro; Galen takes his definition from the end, he saith
Galenus de Constitutione artis
'tis Ars praesentis sanatatis Conservatrix, et labefactatae restauratrix.
and in libro introductorio, it is santatis proectrix et morborum expultrix
an art of Conseruing health where it is, and restoreing it Where
'tis lost; or a protectrix of health and a destroyer of diseases
Hierophilus gives vs his definition from the subject, ( )
( ), scientia salubrium, insalubrium, et
neutrorum, a science or knowledge of body es healthfull, vnhealthful
& neither, or between both. so much for the definition, now
in right order & method, I should come to the devision, or
severall parts of physicke yet e're I fall to that, give me leaue
to cleare an obiection that may be vrg'd, against this definition
of Hierophilus, which is that there cannot be any, (as he calls yt heere)
Corpus neutrum, a body that neyther enjoy's health nor is afflicted with
sicknes. to omit that of of Artistotle where he places sanum &
#198;grum imediatj Contraria, let vs amongst others come to our Maister
Galen and cleare those two places which may seem most to
Galenus in primo de locis affectis
oppugne this definition, the first in primo de locis affectis
Where he hath these wordes; cum corpus egreditur sanitatem
Galenus in primo de Crisibus Capitulo primo.
ingreditur morbum. the second, transitus a sanitate in morbum,
fit in puncto imperceptibile, the transition, or passage from
health to sicknes is done in a moment, in an vnperceiuable
poyn of in time; to which I answere that Galen circumscribes

The limits of health sometimes more stricktly, somtimes
more largly, for in some places (as in the former cited)
is to be vnderstood, that health, which is in the habit of
the body, which is firme & stable, and againe in the other
place that which is in the disposition or affection, and is
subject to be hurt by every slight injury, and this is that
wee call Corpus neutrum, & that two manner of wayes, one when
we fall from health to sicknes by degrees & slow progressions
as in most c^hronicall diseases, & this wee call Neutrum decidentiæ,
by the greekes [..........], the other when wee recover
from sicknes to health, and this is neutrum convalescentiæ, of the
Greekes [.........]. but of this more heerafter, when I shall
haue occasion to handle yt in its due place. to conclude then
medicine is an art to conserue the sound, restore the sicke,
and preserue the Crasey. or if you will, a science of thinges
naturall, thinges not naturall, & thinges against nature; the
former distinction wherof, hath an espetial respect to the
practical part, the latter to the Theorical part of phisicke.
and heere againe before I passe any further, giue me leaue
to shew what is meant by these termes thinges naturall, thinges
against nature, & things not naturall, by naturall I vnderstand
those thinges that constitute our^ bodys, or whereof our^ natures
are compo'sd as the Elements, Temperaments, Humors, Spirits, parts,
Faculties & Functions; thinges against nature are such as are
imediately or directly opposite to nature and ^ doe dre assault
& destroy nature, as Diseases, causes of diseases, Symtomes
thinges not natural are those that receiue a meane or indiffe=
rencey beweeene naturall & contranaturall, and though wee
reckon them, & commonly call them the six not naturall thinges,
as aire, meate & drink, sleeping & Wakeing, exercise &
rest, expultion & retention, & the affections of the minde;
yet are they in most authors both ancient & moderne, comm=
prehended vnder the generall name of Dyett, in a lawfull and
proper vse wherof is health preserud, as on the contrary dis=
esases contracted, and so necessary are they to the the preserva=
tion of life that Without the vse of them, wee presently
perish & without a proper vse of them wee cannot liue long in health
The parts of Physicke are five, vizd. the Prophylactick, the Therapeuticke, the Physiologicke, Pathologicke, & Semioticke; Galenus in imo de sanguinis et ad Thrasibulum de sanguinis

Capitulum 30.

the two first wherof are by Galen Cal'd primas et maximas medicinæ partes, for that the one preserves health; the other recovers yt. the other three but subservient or lesse principall. So that the parts of Physicke Principally are Two that is Prophylactique, & Therapeutique, prævention from diseases, & and a right vse & administration of necassy means to cure Diseases, but for that a physition can neither properly prævent, nor rightly cure, without a due knowledge & Consideration of the parts, faculties & functions, with the various operations of nature in the body of man (which is the subject of medicine therfore there are Certaine other præcognoscendæ, thinges to be forknowne e're we come to the practicall part, which are as I said before either naturall, comprehended vnder the Physiologique part, or Contranaturall, explicating the nature, and qualities of Diseases, there causes & Symptomes, cal'd Pathologique or Semiotique which treats of the signes, Diagnostick & Prognosticke, the present state, & future event, of the patient vnder the affliction of Diseases, and for that these are not Essentiall to the worke of Cureing yt selfe (for a man may know all these & ne're be able to cure a patient without the former two) therfore they are c'al'd of some subservients, subministrants, of some Theoretical, Contemplatiue; Other more accurate & ample division might ^ heere be made, but, for that it may be more properly spoken of in another lecture; I will prævent my self by touching that now which will require a larger explication when I shall come to handle them in there severall parts, let me therfore return to those two parts of Physicke which I saide weere

more principall, that is to say the ........: or Prophilkactique and the Therapeutique, in the first wee consider conservation of health, in the last Curation. I will begin with the first, for that health is before sicknes, for health is, affectus secundum naturam

Primo per se actiones perficiens: sicknes is Affectus Contra naturam primo per se actionem lædens. now for that it is not possible to come to a perfect knowledge of thinges against nature, except we first know what is according to nature, I will (as I saide) leaving those that are meerly naturall as the Elements, Temperaments, &c. and those thinges
that are wholly against nature, as Diseases, there Causes, and Symptomes; begin with those that wee call not naturall Comprehended vnder the generall name of Dyet though as I saide before they are restrain'd as Aire, Dyet &c. before I handle them, in particular, giue me leaue to acquainte you with certain comon axiom's, the remembrance wherof will much conduce to the better vnderstanding of what I shall afterwards Deliver, as well in the matter of prævention as cure./ then wee are to consider that natura nihil temere agit nature do's nothing rashly or vnadvisedly,, for it is illa ordi=naria Dej potestas as Scaliger in his 159 exercitat Sectio II 3 de vsu partium
Capitulum15
and Hippocrates calls it, erudita et Iusta, quæque semper quod opus sit officiat. and Galen saith, Iam nunquam in necessarijs Deficere aut aliquid supervacanej efficere scribat. secondly Hippocrates in 2 Sectione
aphorismarum 3
that nat^uræ omne nimium est inimicum , as Hypocrates , somnus et vigilia modum si exessserint malum , sleeping and watching yf they exceede a meane, are hurtfull, and in the next Aphorisme of the same section, non satietas, non Fames, neque aliquid quicquum quod naturæ modum excedat bonu. neither fullnes, nor Emptines, nor any thing that exceeds the Bounds of measure can be voide of daunger; for health as I saide before is nothing but affectus secundum naturam primo per se actiones perficiens: or as Galen in his first Chapter de Differentibus Symptomatum Defines it, Dispositio secundum naturam actionum naturalium , a dis= position or constitution of the naturall Function

According to nature, from which Symmatrie & proportion of parts and powers, whossoever declines from becomes sicke, & the more or lesse sicke by how much the nearer or further of the body is from the natural state./ the Third thing to be remembred is this, that, natura non facit subitas mutationes, et omnis subita mutatio est periculosa as Hippocrates Hippocrates Sectio 2 aphorisma 7 et ejusdem Sectio Aphorisma 51
The Fourth is that natura est morborum medicatrix: medicus vero natauræ minister. that nature is the Chiefe Phy=sition, the Physition but natures minister, as Hyppocrates , Hyppocrates in libro 61o de morbis vulgorum sectio 5 et jmo aphorismae
naturamque recte agentem. Medicus imitari debet, if nature goes the right way, the Physition ought not only to hinder, but to
follow her as in the 2 & 21 aphorismis of Hyppocrates first section./

The Fifth is, Consuetudo est altera natura, et Consuet
longo tempore, etsi deteriora sint insuetis minus molesta

Hyppocrates Sectio 2

Aphorisma 50.

esse solent. Lastly that Finis dat medijs mensuram, the end
gives measure to the meanes, that is in all our actions,
eatings, drinkings, sleeping, watching, rest exercisings, affections &c
we ought to use them as that they may conduce only to the
end for which we use them, that is health, not to sleepe
while wee can, for so the Phlegmatique person would soone
Contract his death, by takeing too much of that with which
his nature is alreadye burde'n with all, as on the contrarry
the Chollericke man is contented with least sleepe, for whom
sleepe is most proficuous, the reasons of all which I shall
God willing hearafter deliver./ Those things thus pre=#
=mis'd to this præventionall part, with though, through an
evill custome it is of all parts of phisicke most neglected
as thinking it needlesse to take care of health till wee be fallen
into sicknes; yet is it of greater use then any part els,
and a wise man will rather take a little care at first
to preserve that treasure, which once lost cannot without
greate paine & peril be recover'd, and whether it be
easier to prevent the enemies entraunce, or to expell him

folio 5 verso || folio 6 recto

Once entered let any man judge, nor is there lesse care to be
taken by the Physition, of this part of his Art then of the
Curatiue part; nay nor so much, for with out this no
cure can be made, and with this may many a disease be
prevented, and Asclepiades is reported not only to haue
prevented sicknes, but also to haue cur'd many diseases
meerly by dyet. Fælix Platerus is of opinion that most
Chronicall Diseases may be cur'd therby if the patient
would be conformable, & whence is it that the Goute is,
& many other diseases are reputed so incurable, and are
left of there Physitions as incurable, but that the order
of dyet therin ought to be so strickt, that no man will
endure it, though therby he may receive cure. and the
proverb is Medicina ægris non sanis scripta est, Physicke
is for the sicke & not for the sound; and miseri vivunt
qui medici vivunt, they live miserably that live phy-
sically; firma valent per se nullum machaonæ quærunt:

Ad medici Dubius Confugit ager opem, but let such take
heed, least by too much neglect in the begining, when
nature is strong, and a little order of good Dyet may
cure, they come not to repent what they cannot re=
paire; but to proceede; These six not naturall things
Comprehended vnder the name of Dyet, may properly be distributed into there parts, in ea quæ assumuntur, quæ geruntur, quæ excornuntur et retinentur, into those thinges \textit{which} we doe, as exercise & rest, sleeping & waking, all kinds of motions both of body & minde; lastly into those that we doe evacuate, or longer then due time doe retaine as urine, ordure, & sweat; in all \textit{which} I will observe for method sake, qualification, \textit{quantitatem}, \textit{tempus}, et \textit{vtendj modum}; the quallity the quantity, the time & the manner of useing. and first I will begin with aire in \textit{which} wee breath, \textit{which} of all

Other is Chiefly to be had in regard, for that \textit{with} out yt wee can neither live in health, no nor lieue at all, and that againe is doubly to be consider'd, the Ambiat ayre \textit{extrinsically insinuating} it selfe into \textit{ouf} bodyes \textit{per} poros et spiracula cutis, by the pores & spirackles of the skinne; and that \textit{which} (by the Lungs) wee draw into the Breast to Coole the heart; and repaire the continuall losse of naturall spirits; both \textit{which} doe strongly affect \textit{ouf} bodyes, as well to the conservation of \textit{ouf} naturall state, as allso to the præcipitating of vs into diverse diseases, according as they are agreeable, or adverse to the same, now for that Aire is variously temperated, according to the situation, the soyle, the windes,, the seasons of the yeere, the proximity or remotion of hilles, lakes, rivers, & Fen\textsc{s}, wee will first set downe what aire is best in generall; and in its owne \textit{proper} nature; and from thence shew how by accident, it may be corrupted by the means forespoken of. and that in method, beginning first with the quality./

\textbf{Qualitas}

Such aire then is best, & Chiefly to be made choice of for Conservation of health, \textit{which} is temperate in its first quality, as neither too hott, too Cold, too moyst or too dry, (for as I saide before) whatsoever is in excesse is an enemy to nature, that \textit{which} is thin, Serene & gently mou'd \textit{with} wholesome windes is best, for such (as by \textit{\^{\textasciicircum}reason} of high hilles about cannot be agitated with the winde) is soone corrupted, so much in briefe, for the quality of the aire./

\textbf{Quantitas}

Now the \textit{quantum} or quantity of aire, that must be order'd according to the strength, state & Constitution of the body; as yf the body be strong \& able by how much the more free \& open aire they inioy, by so much the better in health; but yf weak, sickly or newly recover'd from any sicknes, then may not such suddenly Brooke open and liberall aire, but by degrees, \& as they gather strength Tempus or quanto
For the time it ought to be in cleere dayes, when the Sun hath drawne vp the yll vapours from the earth

Yet not at such times, as when the sin is in full force (as in Summer) shall overmuch heate the ayre, for therby are many malidies Contracted; nor late after Sunset for then (yf any) falls' fogges & mists./

The manner of vseing this is, as in excercise, first gently, then more freely, & lastly moderately againe./

Nor for that (as I told you) the ayre is diversly affected from the various causes before recited, giue me leaue in a word or two, to show by what meanes it comes so to bee. First then from the situation in respect of latitude, some are hotter, some Colder, as they are in neernes, or remotion from the & 198;quinox, for such countries as receive the sunbeames more direct, and enjoy him longest vpon there Horizon, such people ^feele most heate; as on the Contrary, most Cold; and this againe is not so generall but that yt may admit of some exceptions; for in one & the same Clyme or Paralel, many thinges may Concurre to vary the state, & Temperature of the Ayre. As for example, in respect of situation yf the place be higher or lower one plaines, mountains, or in valley's; all which may either helpe or hinder the windes, from makeing the place or healthfull, or hurtfull; or whether neere the sea or lakes, or common shores, or the ground it selfe fat, foule, and Clay'ey, fatt, Dirty or barren, stoney, or sandy, or neere to Mines of mettals, for a leane sandy soile, makes a dry aire, as a Clayey, fatt dirty, makes the contrary; & those Townes Cytties or dwelling houses, that are built neere where mettall is Dugge, doe for the most ^part thence contract an vnwholsome, and oftimes venemous aire whence arise not a few Endemicall diseases, as is evident in diverse parts of High Germany, Hungary, Cicily, & many parts of Italy, especially neere Naples; moreover such as inhabit on hills & mountains

Are generally Colder then those in valley's & low places, for that the first are more subject to the power of windes, wherby they are ventilated & Coold; and the latter doe sooner & more powerfully receiue the repercussion of the Sun's beames; likewise such as dwell at the foote of any hill that is opposite to the East, & South Sun feele a farre greater heate then such as dwell
toward to the north & west, and the hilles on the contrary, for that the first receiue the benifitt of the rising and midday Sun, & are shelter'd by the hills from the north windes, and the latter not only loose the Sun, but are (besides the weaknes of the Sun's power in his declention) subject to the northwind, which will surely Coole, yf any be stirring. Yt weere endles to repeate the severall opinions of Authors concerning the various mutations of aire by the variety of winds, I'le only giue you the most generall receiued opinions and so proceed; and not of all the windes neither, but only of the foure principall, which are commonly cal'd Cardinall windes, as the East, West, North, & South, the East windew is moderatly hott & dry, of all windes most holsome, and for the most part, makes Aristotle meteorologica 2

Capitulo 6\(^1\)

the Aire Cleere when yt blows, renders the body Active, nimble, as the minde cheerfull to all manner of actions. the West winde is cold & moist, cloudy & Tempetuous, yet Aristotle ibidem fertile, but lesse healthfull then\(^2\) than \(^3\) the former The North winde falcifies the proverb, which is omne malum ab Aquilone, for though it be Cold & dry, yet it very much strengthens the body, except in weake bodies, where it Constipates, & Closes vp the pores too much, yt purges & Clarifies the aire, driues away all poysionous and pestilential vapours, whence of some it is Caled ventus Scoparius, quod aerem Scoparum in modum verrit. The South winde is hott & moyst the two parents of

Infection, Cloudy & Rainy makes the body dull, and heavy, relaxes the parts therof, and makes it more cap= =able of whatsoever is hurtfull; but of these more at large in Hyppocrates de aere, locis et, aqua. The vicinity of waters to any habitation strongly affects the inhabitants with health or harme, as yf the River run on the South side, it (doubtlesse) increases the moysture, yf on the north side with Cold, and so of the rest, except this be hindr'd by some mountanous places neare hand, which may keepe of free perspirations of the winde; or high trees, or woods &c. The time of the yeere hath no small share in altering Hyppocrates de natura: humana the air, as in Hyppocrates de natura humana and in Galen de Temperamentis Galen de Temperamentis, and elce where in diuere places of them both may appeere./ But rightly to devide the several seasons of the yeere, will require some labour there being one account of the Astronomers, and another of the Auncient Physitions, the Astronomers reckon there
there Spring from the Sun's first entrance into Aries
to the last of Geminj, from which time to the last of virgo
is there summer, his passage through libra, Scorpio, and
Sagittarie, perfects the Autumne, and he spends his winter
with Capricorne, Aquarius & pisces; The Physitions estimate
these times according to the Temperature of the season,
Calling the Spring most Temperate, Summer , hott & dry,
Autumn Cold & dry, and Winter Cold & moyst, nor are
those seasons æquall in all regions, for (to passe by many
whoem I might instance) I will only produce that of Hyppocrates
of his owne Country where he liu'd as he hath set yt downe
in his third booke de diaeta, a little from the begining;
the Spring saith he is from the Equinox to the riseing
of the Pleiades which is about the seaventh of May,
from thence to the riseing of the Arcturus, which is in the
mids't of September, was there Summer; from the

Riseing of Arcturus to the setting of the Pleiades
was there Autumnne, which was the begining of November,
from which to the vernall Equinox was winter, by which
account they gave to winter and Summer four months
and ten daies apeeece, to the Spring but two monthes, and to the
Autumne not so much and in Egipt the January and
February are there Spring, for Summer begins in March
and dures till the end of August; September and
October terminates the Autumnne, and November and
December finisheth the winter with the yeere, as
liber i capitulum 7 de
medicis &#198;gipt
Prosper Alpinus./ in a word to Conclude, the seasons of the
yeere are in every place denominated according as the
Aire was hotter, Colder moyster, or Dryer, Hyppocrates calls
that the Spring when neither ^ with heathe wee sweat, or are
Chill through Cold, & this he stiles Calidum et humidum
and in his 9 aporisme of this third Section he sai's 'tis
omnium saluberrimum et minime exitiosum, but Galen in the
first & the fourth De temperamentis denies the spring to be hott
and moist, for that saith he, the Spring of all times of
the yeere is most healthfull; as in the place before cited;
which himselfe alloweth in his comment vpon that Aphorisme,
and heate & moysture are of all tempers most subject
to sicknes, and that Constitution of body, least in health
of all Constitutions, so that Galen seems much to
dissent from our^ Oracle Hyppocrates but well weigh'd and
diligently obseru'd, those places of them both, you shall
finde there meanings both one, for y'ts true of Galen
that if heate & moysture doe in any body exceede
i'ts of all Temperatures most vnsound; which he meanes
when he sa'is so, but Hypocrates meanes only that state where
the heate moderately & gently excells the Cold, as the
moysture in like manner the drought, which Temperament
was by all the Aunc\^ients (not unworthily) accounted the


healthfull and sound, and of this Constitution for the
most part is the Spring. The Summer is hott and dry
both by reason of the Sun's beames sent directly
vpon vs, he hauing got to ou'r verticall pointe; and
likewise in regard of his long stay vpon ou'r Horizon,
this time of yeere makes ou'r bodies hot and dry like the
Aire, rarifies, dissolu's & weakens ou'r naturall parts, in=
=creases Choller & setts the spiritts on fire; the Autumn
is reputed Cold and dry, and so for most part it is in=
=deed, yet but obserue it, & you shall finde the morne
& evenings very Cold, the Midday hott; nay Scarce a
day or two together of æquall Temper, from which
inaequality it is, that this season (is by Hyp pocrates) so much
spoken against, for its enmity to humane nature, for
in this season, Diseases of all kindes more rage, then
at any time, espetially those of melancholy./ Winter,
is Cold & moyst engendring diseases of Flegme comes next,
than is the Sun a stranger to us; or yf he doth salute
vs, his stay's but short, in Compensation wherof wee
keepe good fires, & eate good Cheere, yet it is to be
vnderstood that these Seasons doe not all waies keep
there Course, nor shew themselves in there owne likenes,
for somtimes the Summer is like the Spring, the winter
the Autumnne, each one takeing others shape as Hypocrates
Hypocrates Sectio 3
Aphorisma 8
most elegantly hath it./ from all this which hath beene
spoken I hope it is not difficult to know what place,
to what ayre, with what winde, may best accommodat
What states, & Temperaments of Bodies./
So haue I done with the ^first of the six not naturall things
namely the Aire, with which I haue detain'd you
too long, let vs now proceede to meate & drinke.
Which is the next thing that necessarily falls into ou'r
Consideration, but of that more in another place./
ffinis

Prelectio 2da
I B M D
In my last lecture, you may please to remember (kinde
friends & fellow brethren) that amongst all the parts of Physicke (whose definition & division I then gave you) I made choice only of that part, which Chiefly tended to the Conservation of health call'd the Hygenicke, which Consisteth in a due & proportionable regiment in those things commonly call'd the six not=naturall, that is to say, Ayre; Meate & Drinke, Sleeping, & Wakeing; Exercise & Rest; Excretion & Retention; With the Mindes Affection; but for that I was prevented by the time, I passed through but one of them, namely Aire: yt remaines now that I should proceed to the next which is meate & drinke, comprehended under the generall Word, Aliment, ab alendo, from nourishing, for according to all authority, that is strictly \textit{properly} call'd Alyment, quod solum corpus alit et auget non alterat, and as Mercatus has yt in quo nulla qualitas manifeste vincit; for yt once there be an exuperancy of qualities, there presently follow's an alteration, and then it comes into \textit{the} Rancke of Medicament or at least into the rancke of Medicamenta menta alimentosa; for Medicamentum nihil aliud est quam quod intro sumptum vel foris ad motum, facultatem habet mutandj Corpus, in which respect medicine holdes the meane twixt meat and poysone; for the first is, Tota substantia naturae affine, the other is tota substantia naturae inimicum, of which things more here= after. But may some say what needs all the stirre in absteining, following, ordering, and regulating our selues in matter of dyet, when as Celsus his law is, Sanu hymnem nullis se legibus obligare: and Hypocrates sai's that sanis exquisitum victum esse periculosum et nonnunquam noxas in emendabilis facere; and againe Temperata Temperatis gaudent, the Temperate body Galenus arte medicinale Capitulum 63. only delights in Temperate thinges & Galen in Contemplation of the various desires & appetites of diverse persons say's, Intemperies naturales ventriculj appetunt sibi similia: quæ vero sunt preter naturam appetunt Contraria: and to sett downe a rule or law in Dyett with respect to age, sex,

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downe some rules wherby wee may be directed, though not exactly in all particularers, which indeed is impossible, (and is only acquir’d by Custome and long observation of what either helps or hurts) yet in generall to poyn
t out what, how much, when, & the like according to the various temperaments and Constitutions of the body, with respect likewise to other particularers before men=tioned; for though as Fælix Platerus sais he is a foole that at thirty comes to the Physition to know what Dyet he shall keepe, yet the same author likewise tels vs that more Diseases are cur’d by a due and proper regiment of Dyet then by medicine, and Fernelius shall be my Judge how necessary a proper regard of Fernelius in 14 Capitulo
primi libri de morborum Causis
Dyet is to be had, who sais well may meate & drinke be randct next to ayre in the six not naturall things for saith he, quantumque celerius ac promptius in plures invadit; At Cibus atque Potus quoniam permanentem ac inhaærentem Corpori materiam suppeditant, id validius Contum^a esiusque afficiunt, although ayre doe more swiftly and readily assavlt us, yet meate & drinke, for that yt doth minister matter to the body of more perminancy and (as I may say) that which striketh Closer to vs, for yt becomes one with vs, for this cause I say yt doth more strongly and more vnresistably affect ou'r bodies,

And Doth so Cunningly insinuate matter of diseases into vs; that oft times (as the same Author obserues) those breake forth diseases of diverse kindes, hauing no ther impulsive cause but from former yll kept dyet, and I dare boldly maintaine that neither from Aire, Perturbation of minde, nor any of the other not=naturall things, are diseases stir'd vp except there be first a preæparation of yll humors for these to worke vpon, and that the humors (are from the dyet) well or yll affected no man is so ignorant as to Doubt, and in a word as Antonius said in the like case, Ense cadunt multj Periunt sed Crapula plures, soe I in this, vna gula omnium est prope morborum mater. but to proceed in my method formerly propos'd, that is to say in respect of quality, quantity, time, and manner of vseing, for the quality Qualitas
(of all thinges most ^ especially to be regarded) yt must or ought to be ( eukumos, eupeptos) and ( eukeatos ), that is boni succj, facilis Concoctionis et Temperatus, in particularrs wherof I might be endles, but I referre you to such authors as haue
writ therof, especially Galen de Alimentj facultatibus
only tell you that in generall he (in the same booke) approu's
best of flesh, then of fish, and lastly of such food as
comes neerest to these in property and Quality; and in the
vse heerof, he would have you regard the age, Region, State
of heauen, nature and Custome, ubi status Cælj; et regio
intemperata sunt, Contraria indicant ætas vero et natura,
et si intemperata sunt non absolute indicant Contraria, sed
mediante Consuetudine. vbi vero prædicta temperata sunt,
similia expostulant sive valeant homines sive ægrotent.
Quod si in vno Conveniunt, facilis est qualitatis Victus
investigatio: si vero dissona sunt, quæ majora dignioraq
Galen Capitulo vltimo libri 8:
methodi
ess Cognoventur sunt præferenda, more plainly thus,
suppose a man of flourishing age, of temperament dry,
but accustom'd to moyst dyet, heere now in respect of age and
temperament is requir'd dry Dyet, yet in respect of
Custome, (which is Chiefly to be followed) wee allow a moyst;
for Custome according to Galen is the more noble indication
and Hyppocrates : Cybos quibus uti consueverunt facile ferunt;
tametsi natura hauquaquam boni fuerint. so that yf
Region, time oth'yeere, and state of heaven, be Temperate
the indication is absolutly Contrary, but from Age & Nature
the indication is not absolute, but with respect to Custome,
which (as I saide) is to be prefer'd before all; and so much
in briife for the quality; now I come to the quantity
Quantitas
in doseeing out wherof yf I erre a little excuse mee, for
my betters long since saide that, quantitatem aptem ad
vires accomodatam recta conjectura consequit, ardua res
est: to accomodate the quantity of Dyet, sutable to the
strength of the Patient; res ardua est; yt is a hard
matter saith Hyppocrates in libro de alimento, nor is yt possible to
prescribe a fitt quantity for all, since there is not the
same reason in all alike differing according to time,
place, nature, and infinite the like occurrents, that may
cause an alteration in quantity as before in quality,
as for example in sommer lesse meate & more drinke,
and on the contrary in winter and Hyppocrates gies the reason
of yt. &#198;state (saith he) et autumno Cibos difficile ferunt:
Ventres hyeme et vere calidissimj sunt, quare per ea tempora
Copiosiora sunt adhibenda alimenta, In summer and Autumn
a litle meate sufficeth, for much is hardly borne; it'h Spring
and winter more, for then the viscera, the internalls
are hotter, and therfore more able to digest more; nor
doeth variation of quantity arise only from time of
yeere, age, sex, Region, & the like, but euen from the con-
dition of the meate yt selfe; for some meates nourish
much, and of such lesse will suffice then of such as nourish little; for it is a ru'd case in Physicke, that Tanton tib
ingerendum, quantum dissipatæ Corporis substantæ resartendiæ sit satis; the quantity of foode ought to Correspond to the reparation of spirits formerly lost by labour, excersise, or otherwise, whence it is that greate labourers eat most

As most fitt they should, for restoreing of such greate losse as the continually haue by there much exercise, not that a high and full dyett is generally to be approv'd of, nor al=
low'd to all persons: I'th instance in some particulars, as thus, if one of little exercise, of a sedentary life, eate much, eate much., yt must needes corrupt, for that naturall heate is not by exercise or labour stir'd vp to make digestion: yf such a on's stomach faile, & he or she seekes to procure yt by drinking wine & powring in hott liquors, this is like lime to the rootes of trees, which though it maturat's the fruite sooner, yet it perisheth the tree, for nature fore'd by adventicous heats may, for the time helpe Concoction, but withall it shall accelerare senium et tandem mortem, it shall hasten old age and Consequently Death, for while it increaseth the heate yt diminisheth the substance, which is the humudium primi=
genium , et animae et Corporis quasi vinculum: againe excesse of foode Hyppocrates explodes as a greate enimy to nature, when he sais: Vbi Cibus præter naturam copiosior ingestus est, hic morbum facit: & the reasons are evident, for let the meate be never so good, yet yf it in quantity exceed's the strength & power of digestion in the person, yt can never be all digested, and so by long stay vpon the stomach, Contracts corruption & Consequently diseases.
nay more yt from no other cause but from the meere distention of the vessells as suppose all that were in=
gested weree digested, yet shall not such lieu long in health, for that yt doth, vires premere et gravare, like a bow still bent, or an instrument high Hyppocrates Aphorismæ 3:
Sectio 1me strung: & this was the reason why Hyppocrates speakeing of those Gymnasticks, or strong wrastlers of his time whose state of body he suppos'd but slippery & uncertaine, obnoxious to diseases, vpon every light occasion, for that yt was impossible to adde to that height of body, and in that state yt was as impossible long to Continue,

Restat tamen ut in deterius labatur, as Hyppocrates in the place before cited most elegantly & fully, and Seneca , quicquid enim ad summunpervenit, ad exitum
properat; in a word that I may proceed; too much ingurgitation, what doth yt but beget Crudities, Chachexyes, Palsyes, Apoplexies, & so stuffe the body with excrements that from hence those miserable torments of the guts, together with obst^fuctions the mother of all diseases, nor doth the minde & functions of the soule scape the daunger of this monster Gluttony, for to encounter wherwith nature is so much imploy'de that all things else are set a part that Concoction may be made of that burden of nature, and many times all too little: for how oft doe wee see (as in a lampe drown'd in too much oyle and so the light put out) a man orewhelm'd in surfett so much that through natures oppression the man is stifled and the light of nature put out. Perniciosa admodum sentina est abdomen insaturabile, and not lesse sharply than Wittely is intemperaunce cald Medicorum nutricem the Physitions nurse: on the contrary they whose moderate vse of dyet answer's there age, region, temperament, custome & the like doe not only prevent the daunger of all these fore named malidies, & micheifs; but suppose the Virulency & violent forte euen of Hereditary diseases Contracted from our parents, & since I have proceeded so farre in this matter of quantity in dyet giue mee leave to make nereer inquiry into this matter of moderation, what it may be, & wherin yt con =sists: Hyppocrates saith, Alimentj tantum est indulgendu; Hyppocrates in 6to Epidemiæ text 20 quantum par sit laboribus , and in his aphorisme sectione secunda eam nimirum semper esse quantitatem ingerendum, quæ gravitatem Ventriculo non inferat; and Avicenna ; surgendum esse a mensa: by all which places wee may gather

That never take in so much as may fill the stomach, so as to bring a weighty heavines vpon vs, and indispose to laboure for though wee rise with desire to eate more, as wee say with an appetite, yet soone after shall that hunger cease; the reason is this, the place & seate of hunger & appetite is in the mouth of the stomach, now so long as that is vn= fil'd the appetite to more doth still continue, for that the quantity of foode doth not occupy all parts of yt so fully as to satisfy that, but soone after yt doth; for assoone as Concoction begine (which is presently after cessation) then the meate riseth vp to that part & so satisfy's all; for the meate must haue roome to boyle in x; as wee
X elce when yt rises
to Conanctio it would pro=
cure vomiting, wanting
roome to boyle in
see in a pott that is fil'd full, at first soone runs over
when yt begins to boyle, to this Doth Hypocrates allude in
his booke de locis in homine; when he sais, Cibos offeramus
ea Copia, quantum Corpus, cuij offertur, superare valeat. and
againe in the same booke non sumatur vsq ad respirationis
paruitatem: in a word such quantity of aliment is to be in=
=gested as is adequete, proficuous, & proportionable to every age
region, custome, & nature; the Just measure wherof, is by
no other meanes so well founde out, as by the sence of the
body in the very act of eating; for (as I saide before)
nature must not be burden'd therwith, nor the stomach
oppres'd with excessiue quantity, least therby wee extinguis
naturall heate; as on the contrary too little is like a
small parcell of meate to a greate fire, where the meate
is soone burnt, & the guests want there foode, both of
which are a like yll to the body. I should now shew
you what quantity is thought meet for every age
region, nature, time of yeere, and custome, but then
then I should be too tedious, I will therfore Conclude
in two words, how to know when one hath eaten so much

And no more, then may well stand with the rules of
health, first with Galen, from his pulse, yf yt be
3 de Causis pulsum
Capitulo 660
æquall, temperate, neither too greate, nor too languide,
his breathing free & large, next that he be not
dull, sleepy, or indispos'd to talking, reading, writing,
or other excercise, (not that I prescribe these soone
after eating, for they are hurtful and doe hinder
digestion) that after six or seaven houres feeles his
stomach empty, without eyther belchings or vnsavory
Ructations, for they shew the meate to be corrupt
upon the stomach; that in his sleepe is not
afflicted with turbulent dreames, or cannott sleepe
at all; that wakes Cheerfull & lightsome,
without much yawning or stretching; that hath
his belly to answere his stomach, readier to dis=
=charge the burden of former eaten meates, then
desireous of new, and an yll signe yt is yf he
be dry in the morning, and will be shrewdly
guest at what he hath beeene doeing over night,
yf any of these thinges happen, my advise is
that the second dayes sobriety, make compensation
Prælectio 3ia
I B M D

In my former lecture, where I took upon me to discourse of the second of the six, not Natural things, to wit, Eating & Drinking; I, for order sake considered therein four things; namely the quality, quantity, time of eating, & lastly the manner or method therein required; the former whereof I then briefly handled; & had not intended (as I then promised) to have finish'd the other two now, but when I revolved in my thoughts the many, & main important questions that hereon depend, I conceive'd it fitter to take more time to better purpose, then to huddle up obscurely (and as yet were) out of will to Ignorance promiscuously shuffle so many with notions together as are contain'd in there true discovery, the least of which (apart) hath cost many great Worthies of this Art more labour then I had allotted my selfe for the all; As first how Concoction is made; 2dly whether the stomach be nourish'd with Chyle or with Blood; a Controversy that hath been fiercely disputed on both sides, with very probable reasons for each side, all with in our time and place I will (God willing) deliver. againe whether variety of meates, or simple dyet, best nourishes; together with the Causes of hunger & many other usefull questions that from there will arise; all which I will more then touch at as they shall accrue to my discourse. I will begin with the time of eating, & first for the number of meales, which Hippocrates in his booke de ratione victus, reports of his time, to be to some once, to some twice, et alios sæpius in die, non solum comedere, sed etiam saturarj, others not once or twice a day onely, but often, even to satu-rity & fullnes. And it was a Custome amongst the Romanes to make five meales a day, there lenticulum, Prandium, Merendam, Cenam, et Comessationem, the first foure Common to all, the last (cal'd Comessatio) was there Revelling And Banquetting between supper and Bed, more peculiar Incontinentibus, as my Author saies to such as were of an un
chast life, but that as some of the rest weere but the
Issue & offspring of Epicurisme & Sensuality, with which
X more fit to beget
diseases then main=
taine health
let us haue litle to doe, least for want of practise
abroade, wee make worke at home; the Arabians
some of them prescribe 3 meales in two dayes, repuing
yt most congruous to health; not to oppresse the
stomach with a fresh meale, till perfect Consummation
of the third Concoction; an Opinion vaine & frivolous
and threfore not without good Cause rejected of our latter
Learned. for what need wee expect the third Concoction
whenas somtimes & in some Causes, a second meale may
be added ere the stomach (the place of the first concoction)
be absolutly discharged of the former, as I shall by
& by deliver. Others there are that best approue of
a breakfast & a supper, & some of suppers only,
but these are but perticulers, & fitter for history then
Art, let vs resolue vpon the most receiud, and most
allow'd of Custome, that is A Dinner & a Supper, and
heerin let vs Consider what orders and Intervenient time
there ought to be in this Course obseru'd. Hyppocrates sais
that you should never repeate your meale till you find
your stomach of former eaten meates discharg'd, with
a desire or hunger after fresh supply, according to which
Opinion is that Common saying, Crudum super indigestis
Morbos Creat; meate vpon meate is the Mother of Mala
=dies; & the Heraulds can tell you that Mettle vpon Mettle
is no good learning; & though this for the most part
be true in all, yet no rule but has his exception,
and he that shall duly weigh the matter, & Consider
rightly, shall finde in very hott Chollericke bodies it is

Not only lawfull to eate a litle betweene Meales, but
even to hasten supper vpon dinner, least by leaving the
stomach altogether empty, & destitute of matter for the
Humors opperation it forthwith (being Active) as it is, workes
vpon the sprits & begets Feveurs; or Climbes into the
Chaire of reason, & there infests the Animall faculties,
and all this with safty of that opinion, Crudum super indigesterum,
for thus yt may be vnderstood Crudum super-crudum indigestum,.
that is de crudo præxistente in stomacho, non de semici=
=cocto, aut majorj ex parte distributo; of such as is left
in the stomach, & cannot be digested, not of such as is
left halfe digested, and only wants a litle time to put
yt over, in this last case a man may eate before the
first concoction be perfectly made. well to resolue;
what time wee shall allow betweene meale & meale;
shall we with Rhasis allow twelve hours, or with
Gentilis, Ten, or with some more, with some lesse? no,
one of all these, for what Certainty can there be in
a prefixed number of hours, when age, exercise, time
of yeere, strength of body, quality of meate &c, may
alter that every short while; Conclude we then, that the
best time to eat a second meal is when you finde your
stomach lightened from the Burthen of the former, with=
=out heavines or indisposition to busines, without ructations
& vnsavory belchings, and as I saide before, & more large
=ly in my last lecture./ When you finde a sharpe
Appetite, with a waterishnes from your stomach at the
sight of meate, for these thinges evidently show
the former expence, and the necessity of fresh
Commons. But stay I have beene so busey to know
when wee should have our second meale, that I
had quite forgott how to Come to our first, for charity's
sake when shall we goe to dinner? what houre

of the day doe you thinke yt fittest to dine in?
amongst diverse Authors I find diverse opinions concerning
this matter: some would haue dinner ready within
three hours after they 'Rose, some six, some 7, 8, 9,
hours after, but this variety of Judgment in the
Case, proceeded rather from the various Customs of
Nations, then due respect to nature. In my opini=
on therfore (with reverence to better Judgments) two
things are Chiefly to be had in regard concerning the
institution of the first meale after wee 'rise the
first is in respect of the body; the other, of the time
of yeere; In respect of the body; that ere you eate
or drinke, you exonerate & discharge the principal
parts, of the excrements of former eaten meates;
the Lyver & that Region by vrine & stoole; the
heart, breast, & Lunges & that region by coughing,
spitting, haukeing, hollowing, & such like that cause
expectoration; the Braine by snuffing, sneesing
& emuction of the Nose. so much in respect
of the Body. In regard of the season of the yeere
thus; that in summer you dine two hours sooner
than in winter; for at midday which is a Common
error all most in all men we goe to dinner, when
the sun is to come to his full force & power vp
on vs, whereby our spirits are dissolu'd, and ou're natural
heate is dissipated, and by the force of the Ambient
heate drawne to the extreame parts of the body
and so Concoction hinder'd; wheras on the Contrary
in winter you ought not to eate till the suns in=
=flux be more full vpon you, that thereby natural
heate may be stirred vp: for which only Cause wee all waies in winter prescribe moderate exercise a

A little before Dinner, not but that the Internalls are hott enough, yea & too hott oftimes, but that heerby there may be a more proportioonable heate in all parts, which ever begets the best digestion and so much for our Dinner, & for my first part propos'd, namely the time of eating I now Come to my last & longest part, for to this part (as most peculiar) heerunto I referre all my Controversies of note, & greate Consequence; and first I will begin with that Auncient, and therfore famous Controversy in which Plato himself was a stickler as appears in the third of his Common wealth, Ciborum varietas varios nascit morbos, saith he, variety of meats begets various diseases; & the old & Common proverb, Multa fercula nocent, in many dishes Daunger, yet least wee seeme to yeild with fighting, let vs see what may be saide for the other side; A Doctrine that would be attended vnto, by our capon=eaters; & to be well pleaded, would deserue a fee of our Feast=founders & custard=crammers; well let us first heare what our simplicians can say that affect nothing like a legge of mutton, or a peece of Beefe Variety (say they) must needs be hurtfull, for in many dishes are (yf not Contrary) yet various qualities, & how Can there be an æquall concoction, or distribution of those many where one so much exceeds another in heate or cold, or Tender, or Hard, &c. another argument they bring against vs is this, In variety (say they) is greate delight and Pleasure, & that inticement to eate more then Nature can with safety beare, & that begets that repletion which Fernelius calls the mother of most diseases as ap=

Par est assumitur, tum etiam quoniam edulia varia et dissimilia sunt, quæ turbas excitant, nec pari celeritate coquantur. first for that more thenfitting is taken in; next that various & vnlike meates doe but trouble the stomach, & are long in digestion
and in his 2d booke de Dieta; Condimenta damnavi quoniam inter se viribus dissident & one witty said that various dishes were like variety of women, they intic'd vs to venter at more then wee are able to performe, from all which it seemes that a simple dyet is easy, safe, & Congruous to nature & to be prefer'd before variety, & multiplicity of Dishes.

And yet for all that hath beene saide on this behalf there wants not arguments on the other side to plead for numerous & various Dishes; & yt would seeme (mee thinke) to accord with reason, that variety of food should best agree, with that body which is com =pos'd of such various & different parts; & without all question, to Fatten a leane body, variety is best; & Aristotle sais that for that very reason it is that swine are so fatt, as you may see in 8tavo de hystoria Animalium, Sues ob id pinguj abun =dare, quod varijs vtantur cibis. againe the same Argument brought against yt (which was that variety begat delight & pleasure, & therfore nought, provoking vs to eate more then fitting quantity) makes most for it, for by how much the more pleasure & delight wee take in ou'r foode, by so much the better digestion is made, for that the stomach doth more closely imbrace, & graspe what it affects, & consequently better digest, then when yt takes in what it likes n. so well, And that's the reason why women with Child make digestion of any thing they long for,

For that the stomach doth with so much desire, Pleasure and as I may say Greediness devour it, now you see that there wants not reasons for both opinions, let vs in a word see in what Cases, and to whom either haue there proper vse, for eyther is best in several respects. As thus, to giue a man divers meates of different qualityes, as very hard, & very tender, or very hott, & very Cold together; these of necesity must produce mischiefe, espetially yf it happen to an vnresistant stomach, one that doth succumbere singulis, yeeld to every thing; and what cookery is there like to be, where the Legge of Beefe & the Larke are put into the Pott together, do'es the cow's vdder & Partridge require on time of dressing by one & the same fire, and against this, is the Argument of those that contend for simple Dyet, Chiefly prevalent; where on the Con=
=trary take many meates of one quality or more in quan=
=tity, as the capon, the hen, the young Turkey, the Phe=
=saunt, Partridge, &c. as likewise grosser meates to harder
stomachs, Why? this variety & multiplicity hinders not concoction, because though different in specie, yet are they neere & of kinde in quality, for one heat in our stomach, in one & the same space of time stries to make digestion of all these together; where yf you put the Ploughmans hard Cheese into the courtiers Quel=que=chose, alas hee's laide vp for half a progresse, and Kickshaw's either can eate nothing whilst that's digested, or by benifitt of Nature or Art is faine to throw yt vp the same way yt went in; & so the hard labouring clowne, whose stomach feele nothing, that is not within a degree of steele, let but him be fed a fortnight with cockbrothes & Iellies, and you haue taken vp his belly worse, then you had fed him with Chopt straw, for his fire is so hott that he burns such wafer Cakes as soone as the touch his oven./ but this be the by. the resolution then is thus, where

Where thicke & thin, hard & soft, are promiscuously ingested there the Damage proceeds from the variety & multiplicity of Dishes, but where many of one or alike quality are eaten of at once yt hurts not: for the reasons before aleadg'd so that it is the diversity of substances, not the variety of species, that begets the mischief; & to those that deny variety, because yt inticeth vs to saturity, & Repletion, I answere that, that desire proceeds from a voluptuous minde, and is rather an error in Judgement then an vice of nature; wherfore Plato saide, non ob aliam causam, periculum esse in varietate, nisi quia facile succumbimus voluptatij. there is no daunger in variety, to him that Can Conteine him=self within the bounds of mediocrity, quo fit, vt copia non varietas noceat. for variety with Temperaunce Life preseru's like & health; when a single surfett distroy's both; though yt may not be dein'd that excesse of one is lesse daungerous then of many, & thus have you heard how the reasons stand on both sides; for variety; or simple dyet./ I will now proceed to another question, which is to know, of Grosse or Thin meates, which is first to be eaten of in meale, for you must remember I am all this while in my method or manner of Eating. in which Controversy, give me leaue to looke over the reasons on both sides, and then resolue with which to take part, & the reas=sons why I take part with this rather than that. To passe over the reasons of some, who maintaine that grosse meate is first to be eaten, for that as in Building the Foundation is of Coursest matter, the wall finer, & so the Roofe purest, or as amongst
the Elements, the Earth (the grossest) is lowermost, 
the water next, & so the Ayre, & Fire finest & highest,

Therefore in variety of meates, wee must begin with 
grossest, & after thinner & easier, these reasons (I say) I 
passe over as Rediculous & of no weight, not worth ans=
=piring; and come to there Arguments (more solid) 
that hold that grosse meate is therfor first to be 
eaten, for that the lower part or bottome of the sto=
= mach is more fleshy, & Consequently more hott, 
fitt to make Concoction of hardest, and grossest foode, 
as the upper part nervous, colder, ordain'd for finer and 
tenderer dyet; for by how much the lower part exceeds the 
upper \(^{\text{in}}\) heate, by so much is the Aliment first put in, ex=
=ceeded in Concoction, so that while the strong part makes 
worke vpon the grosse meate the weaker part aboue 
may haue finisht its labour, vpon the finer, & so both 
(made ready in perfect chilification) may at once be=
throwne out into the guts for other operacions; for=
otherwise (say they) yt the finer should be put into 
the place of greatest heate, and so of swiftest di=
=gestion, and the grossest in the Contrary, yt would 
happen, that at the opening of the Pylorus the lower=
= most Mouth of the stomach, to giue way for the 
fine meate, first Concocted; that not only the labour 
of the grosse meate would be hindered, but (against 
natures order) yt would slip away with the rest vn=
=perfected, for nature doth not disgest apart & turne that 
of, and then a part, and so \(^{\text{as}}\) it is digested, but re=
=taines all till there be a perfect concoction of all, & 
then discharges all together, according to that of 
\(^{\text{3}\text{io}}\) de facultatibus 
naturalibus Capitulum 4 
Galen , Tum ventriculus aperit inferius os cum cibos 
ad perfectionem concoxit. now these men say somthing 
to the point, and though my Judgment carry mee 
another way, yet there is somwhat in there arguments 
semblable & seeming like truth: and did not Galen

Elsewhere positiuily determine otherwise I know not 
how this opinion could be wau'd being fortified by the 
same Author as by the place before cited, but wee 
shall easily distinguish vpon that place, and make 
Galen speak truth in both places, though seeming 
contradictory, and so make good that thin meates 
are to be eaten first, thus, that thin, fine

\[\text{folio 17 verso || folio 18 recto}\]
tender meates are sooner concocted then grosse, heavy, & hard meates, I think nobody will gainsay, now whatsoever is perfectly concocted, ought presently to be discharged, least by longer stay upon the stomach, after the work done for which it was put thither; yt corrupt & putrify, which it will sudenly doe yf it stay there, now this inconvenience must of necessity follow, yf fine meates weree put vpon grosse; for that the grosse meats, first eaten, last digested would stop the passage of fine meates whereby (through too long stay vpon the stomach) Corruption should be contracted, and so the wholl destroyed; for this is a truth in Physicke, omnis coctionis inequalitas, præludium est corruptionis, aut aliorum vitiorum, quæ jecur corrige nequit, all inequality of Concoction, eyther of too long stay or too suddaine passage is the prologue to Corruption and begets such inconvenience to the body, by the first digestions error, that the Liver can neither Correct nor amend afterwards; and heere is further to be understood, that Foode is saide to be easy of digestion and quick passage from the stomach, two manner of waies, either per se or per accident, per se two fold againe, either for that it is of yt selfe slippery and so slides away, or elce yt hath some medicinall quality, & therby stir's vp the expulsive faculty;

Purgendo, Irritandovem; per accident we say Concoction is soone made, when the meate is of yt self naturally easy to digest, and presently yeelds to the smallest portion of heate, and in both these respects is the fine food to be first taken in, by the 3to de ratione victus acutorum

rule of Hyppocrates where he brings in the example of Mulsa & Ptisan saying yf Mulsa be drank after Ptisan, yt fills, inflates, distends, & troubles the Hypochondries. Ptisana autem quam mulsa difficilior est Corrupta, et descendit tardius, si ergo Mulsa primo sumpta fuerit, ex ea quædam ad Ptisanae dejectionem provocatio, verum si ptisana primum sumpta fuerit, subduci mulsa prohibetur. semper enim oportet ingerere, quæ et facilius corrumpuntur, et quæ subducuntur magis: as Galen in his Coment vppon that place; and amonst many thinges, to Confirme this, he hath in his 11th chapter de alimentorum facultatibus these wordes:

satius enim fuerit scire ex cibis qui parantur ad
dejectionem, posteriores quidem sumendos, eos qui tardem
permeant: omnium autem primos, qui celeriter quidem
pervadunt, corrumpuntur tamen si in ventro morentur
diutius. by this you may easily perceive of what
minde ou Maister Galen was, that all such meates
as were quicker in passage, easy of digestion and of
fine parts, ought first to be eaten, least by being
too long stayde vpon the stomach, they (through
there owne corruption which they suddenly would
Contract) infected the rest of meates, and so over-
throw the wholl work of Concoction. And to this

2do 2da Doctrina

Capitulo 7mo

agrees that of Avicen. Nutrientia præterea ordinem
in suj receptionem habent, in quo sanitatis conservator
sollicitus esse debet: ne illud quod subtile est, et cito
digeritur, post forte nutriens quod sit eo durius, in

folio 18 verso || folio 19 recto

Cibo sumat, quia prius digeritur quam ipsum,
et super illum natabit non habens viam qua
penetret, putrefict ergo et corrumpetur, et corrumpet
illud quod ej admiscetur. so that the argument
wants not Confirmation yee see from the first
three that ever wrot? not first in place but in
power & authority, as also the manifest discomodity
ensuing the contrary: all which laide together cannot
but win vpon ou wills to assent vnto the same,
wheras in this there is all safety, no danger
at all, for I graunt that the lower part of the
stomach is hotter then the vpper, yet Can there
not be distinctly set out according to proportion (part
to part Compar'd) which, & how much this part
exceedes the other, correspondent to the meate ingested
nor is there such distinction of places (though taken
in in that manner the grosse before the fine I
meane) in the stomach; that this in this place
and that in the other, to giue way one to another
as yt were in orderly succession: as by the argu=
ment would be infer'd: but that which is first con=
cocted is first discharg'd, & so consequently part
after part, till all be dispatch'd; & not all at once
as the place before cited out of Galen would
seeme to inforce, and without all question, from
that very place misunderstood haue they built this
falce fabricke, nor Could they otherwise, taking
 yt after there interpretation, for yf it shalbe
graunted, that digestion & Distribution is perfected
at once; then of necessity must also a way be
found out to make the grosse & the fine meate
ready for discharge together or else you hear
what inconvenience would ensue, but as in Phylosophy

We say, vno absurdo dato mille sequuntur, from one
falce ground wee raise a thousand falce questions & conclusions
so from this of Galen (misconceiud) they inferd this
falce Consequence, whenas indeed the meaning of that
place is where such makes use out of like thus
(marke the words) Tunc ventriculus aperit inferius os,
cum cibos ad perfectionem concoxerit, then doth the lower
mouth of the stomach open, when the meate hath
receaued full & perfect concoction; yt were a strange
illation to conclude from hence that therfore all
must be digested, and expeld together, is not some part
perfect before other some to which the Pylorus the lower
mouth of the stomach giues way as is receiu's its perfection;
or yt they will needes understand it so, it must be restrain'd
either to such meates as are of like, & æquall parts,
or of one only meate, not of many, various, & vnlike
dishes, which require different time, according to there
severall natures; for yt all shall be digested & expel'd
at once, what becomes of the doctrine of parum, et sæpe
a little & often; impossible yt is for meates eaten at
such different times (though they meet altogether it'h
stomach) to receiue there perfection, and expulsion together,
but that which is first ready giues way for that which re=
=maines for further concoction; & from this order of dyet
can no discomodity arise, for suppose the grosser meate
in the colder part, what evill follows? why, nothing
more then a little longer stay to perfect the worke;
but no corruption to destroy the worke, as on the contrary,
corruption by long stay after Concoction; And yt at any
time (through any sharpe medicinall quality in the meate)
nature should be stirr'd vp to expell some part unperfected?
are not the guts instrumenta non dejectionis solum, sed
et concoctionis, vt non aliter quam ventriculus chylum
4to de vsu partium
possint elaborare, as Galen, Doth not the labour of the

Gutts make (that oft times) compleate, which pa'sd the stomach
unperfected? yes very oft, & that without other hurt or
damage to the Body. all which (with all that hath
beene saide before) rightly Considered may worke vpon
you (as vpon me yt hath) to maintaine that, Tenuia
ante crassa is the safest feeding, & that an error
heerin Comitted is less daungerous, & sooner repaired,
either by Art, or Nature, then a fault in the other,
and so haue you my resolution of this point allso
I should now proceed to other questions, as namely how
Concoction is made, and whether the stomach be
nourished with chyle or bloud &c. but for ^that yt is too
much to be delivered at this time I'le referre yt
to another lecture./

A Gentle Purge to be taken at Spring &
Fall

Take the best Senna 3 drams, of the best Rubard
4 Scruples, Anniseeds & sweet Fennell seedes of
Each a dram, of the flowers of violette, Borage,
Bugles, and Succory of Each a Little, Boyle
these in all most halfe a pyt of water till
halfe be Consumed over a very gentle fyre, then
leett it stand vntill it be almost cold, then straine it,
and after it be ^so strained, putt into it Syrop of
Succory with Rubarb one ounce, Creameotartar
a dram, shake them weltogether and drinke them
it off fasting betymes in the morning and fast
two howres after, then drinke some warme brooth./

To Purge waterish humors./

Pulvis Cario-Costinum ounze 1 take it at six
tymes in White wyne, divide an ounze into
three partes and take in the morning fastinge
every tyme the third part of pynte, blood
warne drinke, it of, and keepe warme, and
take thnne possett drinke about an hower
or two after./

Pills & Purges./

Pills for the paine in the Head proceeding of
Costivenes called Aqua Pendente Pills.

Take ^for 3 or 4 nights together a quarter of an howre before
Supper, a Pill of Aloes Rosati of the bignes of a Pease, and
whensoeuer you fynd your body very Costive, take of the
said Aloes Rosati according to youe discretion, If yow fynde your body not easiely moved, yow may take 2 pills: But yow must be Carefull to buy this Aloes Rosati of the best which is Comonly after the rate of 6d per ounce, The more certaine way therefore is to make it youe selfe which is done in this manner./

To make Aloes Rosati./
Aqua Pendent.
Pills./
Take of damaske Roses beaten and Iuyced (about a bushell of Roses will come to Sixteene pence Ounces)
To these 16 ounzes of Roses, add one ounce of Aloes of the brightest and Cleerest which will melt in the fingers, beeing touched with a warme hand, Boyle them together vpon a gentle fire, till the Aloes bee dissolved, then straine it through a Cleane Cloath, then boyle it againe vpon a soft fire, till it come to a fitt hight of softnes & thicknes fitt to make pills continually stirring it to the later end, for it wilbe apt to burne, It will aske 12 hours boyleing, and yow may as easily make 4 ounzes as one, that is about 4 bushellls of Roses to 4 ounzes of Aloes soe made It will last 3 yeares. This is called Aqua Pendentes Pill, beeing first made by a famous Italian Physician of that name and is Excellent for Cleansing & Cleareing the body, And of most singuler Efficacy against Fumes & paines in the Head much Commed by one Mr Goldesborough phisicon in the Palatinate, Mr Bold & Mr Bates Apothecaries.

A Purge for all Causes.

Take a quarter of an ounce of Rubarb, Infuse itt in a Cupp of Muskadine or Malmesey and drinke it Probatum/

Another for obstructions of the Liver.

Take 3 drams of Rubarb made into Powder, & mix with it asmuch Conserve of damaske Roses as will serue, & take the bignes of a Wallnutt att a tyme./

Another of the same

Take halfe an ounce of Saccharium Rosatum and a dram of Rubarb./

A very good Purge against Wynd & Water

Take one ounce of Siropp of Rubarbe, 2 ounzes of
Syrope of damaske Roses, 16 grains of Iollipp powdered. Infuse the Iollipp all night in white wyne made scaulding hott, the next day mingle all together & drinke it Luke warme./

An Easie Purge

Take a dram of Pulvis Sanctus and infuse the same in a dram of White Wyne all night, & drinke it in the morning. Take an hower or two after Broth or Possett Ale

To Purge the Liver & refresh the Stomacke

Take a pottle of milke of one Cowe and putt to it a pynt of redd or whyte wyne that is not too stronge nor troubled, distill them and drinke of the Water./

Doctor Herves Purge

Take Pilulæ Extracti Rudis halfe a drachme & 5 or 6 dropps of the oyle of Cloves, It worketh gently, drinke Broth when it hath wrought, and keepe warme./

A way to Purge by outward means./

Seeth Mallowes and redd nettles together in faire water, And lett any one that is Costive, or cannot goe to the Stoole, sitt & Close over the same, and Receiue the same thereof in all his fundament And it will helpe surely and speedily./

Excellent Pills of Amber called Pillullae de Succino

Take of white or other Amber a quarter of an ounce, of Aloes 5 drachmes, of Agricke, one dram & an halfe, of the Right Aristolochia halfe a dram. Beate them all into fyne powder, and temper them with the Syrupe of Wormewood, made therof a masse of pills, and forme 7 pills of a drachme.
Take 3 or 4 of them, when you goe to bedd They ex=pell all humiditie & vneleanenes from the stomach suffering nothing to putrifie therein, They Cleanse the Roynes and Wombe, and much strengthen the head and hart./
To Purge Fleagme from the Braines

Take Masticke alone and Champe it, or take of Mastick &\#8485; i, pepper piretrum of each &\#439; is mix it with honey, Make it into Little Cakes and Champe it./
Pillulæ de Succino are good to Purge the Spermaticall Vessells./

To Purge Melancholly by
Doctor I F

Take &\#439; 1 or &\#8456; iii of Pulvis Sanctus in whyte wyne./
Trochisks of Alipta Muscata, good for Gonorrhæa./
Extractum Panchimagogon, doth plentifully purge all humors./
Pilulæ Agrigativæ Purge the whole Body.
Pilulæ Aloes Stomaticæ purge very pleasantly all humors from the Hart./

To Purge the Head & Eyes

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

Another Purge

Scammony is the Iuyce of an heurbe, that is best which is Light, and being touchd with the moysture of the Tongue, will Lactescere, turne milkishe. The dose is from 5 graines to 12 in Conserue of damaske Roses, And a Scruple of Chrystalls, of Tartar well powdered together with the Scammony. per Dr I. F /

Or Thus

Powder, 7 - 10 or 12 graines of Scammony with a drachme of Chrystalls of Tartar, Grynd them on a marble stone a good whyle very well that they may bee throughly incorporated, And giue it in Whyte wyne, Possett, Ale, or Chickenbroath, And it will worke plentifully, speedily, pleasantly, strongly, and safely vpon all humors, but espetially vpon Choller and Water./
Another Purge

Rx Pillulæ Agrigati eorum Ʒ 1 Trochis eorum
Athandal (made of Colocynthis) 5 graines
Misce flat Pillulas This purgeth fflage Choller
and nations humours, It is good in great &
inveterate headaches, Meagrinces, Epilepsies,
Apoplixies or Giddines, Gout, Sciatica,
Astma, fflegmatique Cough, & difficulty
of Breathing./

Another Purge per Dr. I. F./

Iolap is a kynd of Mechoacan, and hath
the same vertues The Dose is from one &#8456; i
to &#8456; ii or &#8456; iii in strong bodies. If &#8456; i or
&#439; s bee very finely searced, It will purg very
pleasantly, and hath no tast. &#8456; i of this is
giuen (when any other purge worketh
slowely) in Broath, And it will followe the
other working plentifully and safely./

Other admirable Pills of Aloes.

Take Aloes washt &#8456; i of Choice Myrrhe &#439; i of
Masticke &#439; is of Saffron &#439; 1s, of roses &#439; i of
redd Saunders &#439; ii Make these Pills with
Endive water as bigg as a Pease, or a small
Beane And these may be taken att all tymes, vnles
the season be Extreame hott or Extreame Cold, And
they must be taken very early in the morning or late at
night, They Exact no Curious attendance, or

**folio 23 verso || folio 24 recto**

Abstinence from ordinary meates, or usuall dyett;
Comonly &#8456; of them are taken, sometymes one
will serue with a Little white wyne taken to cleare
the passage, The Roses & Saunders are added for
suchas have great heate of the Liver./

The vertues of them

1 - Suchas vse these Pills shal not be troubled with
any infirmity of Body which will not easiely be cured./
2 They preserue a man from the plague and infectious
diseases./
3. They defend the Body from all Corrupt noysome
and Contagious Ayres./
4 They keepe a man long from grey heyes and apparent old age./
5 They Exhilerate and make a man gladd and joyfull./
6. They sharpen the vnderstanding & strengthen the memorie./
7. They Comfort and Cleere the Eyesight./
8. They Cleanse the stomach hart and all the Entralls from all Corrupt Superfluities./
9. They purge and Cleanse sweetely, not distur= bing the humors or gripeing the Belly./
10 The Expell ffleagme and wyndenes ingendered of Cold which annoyeth any part of the Body./
11 They preserue the whole Body from the paines in the Ioyntes./

12 They Avayle especially against all newe or old cata^rthes all defluxtions of Rhumes./
13 They Cleare the Breast, and ease the paines in the sydes, So as they profitt Astmatique persons very much./
14 They Commonly purge within 12 howers being orderly taken, And if they worke not outwardly, yet inwardly they very much availe.

Theire are further vertues of this Medicine sett downe by the Famous Physitian Doctor Guiliam de Lovanzago thus .

1. The use of these Pills (saith hee) excuse a man from takeing any other Purge./
2. They much helpe the dullnes of the Eyysight and Cleere the Eyes./
3. They Cure the Headach, Meagrims and all verti= ginousnes./
4. They perfect the Hearing
5. They perfect the Sense of Tasting
6. They Cleere the Vnderstanding and helpe the memory
7. They preserue a man from the Palsey and Trembling./
8. They Cure all Catarrhs & Rhumes./
9. They availe much against all Colt diseases./
10. They helpe all Coughs, newe or old./
11. They avoyld all ill Rhumors ingendered by feeding on Crewd & Corrupt meates.
12 They preserue from the Gout and the Running of humors from place to place./
13 They keepe a man safe from all paines in the Ioynts./
14 They Comfort the liver and Cure the laundice./
15 They open the Hemrodes & not over much./
16 They are found very Comfortable and of great vertue in all Passions of the Hart./

The manner of Washing of Aloes for the Medicine aforesaid ./

Take of the best and purest Aloes lib. ii of Raine Water lb vi ffirst grind your Aloes fyne, Then putt in your water good & warme into a glasse dish or Bason, Then Lett it settle, Then take the pure and fatt Aloes which is mixt with the water, and cant it fynely from the dregges which will remain in the Bottome, and which you must cast away, Then take that which is Canted, or streyned, and dry itt in the Sunn Covered with a Cloath, Soe keepe it for vse./

To Purge

Take halfe an ounce of good Spainish Liquorice slyced and a little Coleander seedes Boyle it in a pyne and an halfe of ffaire water till it come to a pynte, streyne it, and powre it hott vpon an ounce of the best Sene well pickt in an Earthen Gallypott or Bason Coole the Pott and so lett it stand in steep all night. In the morning streyne it and drinke a good draught of it fasting three or fower daies together you shall not need in this to keepe your Chamber./
An Excellent Dyett Drinke for any Payne in the Joyntes, proceeding of Cold or from any sharpe Humors caused by Sower or Salt meates, or Drinkes./

Take of Sarsaperilla 8 ounzes, of Sassafras 4 ounzes, Lett them be sliced in very small peices Then put them into an Earthen pott with a Close Cover, and putt theireto six quartes of faire water, Then sett them on a gentle fire to infuse (not to boyle) the space of two howers, Then take it from the fyre and powre the water out as of noe other vse, but by this Infusion to take from the Ingredients the Earthy, and harsh quallity they had. Then take the Ingrediente aforesaid, and bruise them in a stone Morter, and putt them into the pott againe with fowerteene pyntes of ffaire water, Lett them boyle Close Covered to the Consumption of 4 or 6 pyntes, then straine it, & drinke it in a good quantitie att a tyme, the more the better./

ffrom the tyme you begin to drinke this dyett drinke, you must be Carefull not to drinke any other drinke whatsoever for the space of a moneth or 5 weekes att the Least. you may well drinke 5-2 pyntes a day, soe that one decoction will serue you but 2 or 3 daies, then make fresh. Before yow take this drinke

yow may prepare your body with this Purge videlicet
Take a drachme, and an halfe of Pulvis Sanctus and one ounce of Sirrope of Roses, Then take three ounces of flumitory Water, warme the Water, and with a spoone mix well the powder & the Water. The putt the powder and the Water to the Syrupp of Roses in a glasse, which holds somewhat more that the Ingredients, to th'end that yow may shake them well together, Then drinke it & keepe you warme as in the Course of other Phisicke, You must be sure to take this purging every 5 daies during the tyme yow take the dyett drinke, nor vse any other drinke to your meate, but the said dyett drinke; which if yow obserue yow shall fynd an admirable effect and vertue in the said Ingredient./

A Purging Ale

Take 5 or 6 handfulls of Egrimony, Betony Siverwort, Scurvie grasse, Pellitory of the Wall Redd docke Rootes English Madder Rootes, Polypodium Rootes, of each a like quantatie,
two or three handfull of English Rhubarbe
with six ounces of Sena, Liquorice and Anny=
=seeds of each three ounces to a proportionable
quantatie of Ale./

Another Dyett Drinke

Take a Gallon of new Ale 2 ounces of Sena
asmuch of the Rootes of Polipody of the Wall,
Maydenhaire, Egrimony, and hartes tougne of each
an handful, Cloves & Annyseeds of each an handful
halfepennyworth, asmuch of ginger and Orris
powder, putt all these in a Lynnen bagg in the drinke
three dayes before yow vse it./

An Excellent Drinke or Syrue

to Purge Choller, Fleagme, to open
obstructions of the Liver in hott
Feavers, & diuers other Greifes
Proceeding of Choller ./

Take of Endive Water a quarter of a pynte, of
good Rhubarbe 2 ounces, of Spicknard 10 graines,
Slyce and Cutt your Rhubarbe, and infuse them
together 24 howers, The strayne it forth
very strongly, Putt thereto one pound of ffyne
Sugar, and boyle it vnto a Syruppe, and take
thereof euery mornening and Evening one
Spoonefull, or two, or three as occasion serues./

Another Excellent Drinke to Purge
Choller Fleagme, Melancholly
&to open all obstructions of the
Liver & Spleene ./

Take of Orientall Sena 2 ounces, of
Chosen Rhubarbe halfe and ounce thyn sliced,
Annyseeds and ffennell seedes of each a good
spoonfull bruised, of Endive, Succory, Borage
and Buglosse of each a good handfull, of Reysons
of the Sunn opened and stoned 4 ounces, of
Currans 4 spoonfuls, halfe an handfull
of ffennell Rootes, Lett all these bee infused in
two quartes of Running Water in a Close pipkin
Covered, Lett it not boyle, but keepe it onely hott
for 6 or 8 howers Then streyne it & drinke thereof
for 5 or 6 daies euer morning a reasonable draught
blood warme, haueing some thinne broath 2 or 3
howers after. /

Another Excellent Drincke

Take of Madder Rootes, of ylowe docke Rootes of each
halfe a pound, of Scabious, Egrimony, Violett fflowers,
Cardis Carduns, Cicchory, ffumitory, Bettony,
Borage, Buglosse, or Maydenhare, hartes tongue and
Liverwort of each one handfull, of Liquorice and
Anniseedes of Each two ounces, of Rhubarbe cutt
in thynn slyces 2 vunces, Putt all these into a Boulter
Bagg, and hang the same in a vessell of 4 Gallons of
good Ale or Beere, And when it is 4 or 5 daies old
drinke thereof halfe a pynte or more first in the
morning and last att Evening while it lastes It
is most Excellent to Purge the Blood in the Spring
tyme. /

A Purging Drinke to Coole the Blood. /

Take violette Leaues and Strawberry Leaues of each
two hand fulls, a good quantitie of Buglosse or
Borage, one hand full of the Tipps of Rootes of
Redd ffennell, of Liquorice 3 ounzes, of the best
blewe Currandes a quarter of a pound; halfe a pound
of raisons of the Sunn stoned, two ounces of Annyseedes
well rubbed & dusted; 2 or 3 handfulls of ffrench
Barly, Boyle all these in a gallon of faire springe
water, till it come to a pottle, when the Liquore—is allmost
boyled, putt thereto two ounces of Sena, and so lett it
haue 2 or 3 walmes on the fire. /

Another approved Drinke for any kynde
of Heate riseing in Pimples or Itch
It Purgeth or Cleanseth Blood .................... /

Take of Egrimony, ffumitorie Scabious and
Scurvy grasse of Each an handfull, ffrench Barly
one ounce, of Annyseedes halfe an ounce, of Liquorice
scraped and bruised a sufficient quantatie, reysons of
the Sunn stoned an handfull; prunes 20tie
stones and all, Lett all these be boyled together in a pottle
of Running water, boyleing softly till halfe be consumed,
Then streyne it, and soe lett the partie drinke of it in the
morning about halfe a pynte fasting an howre after, And se againe att 4 of the Clocke in the Afternoone If you please to haue it purge, yow may putt in it one or two ounces of Sena.

Another Excellent Drinke against Hydropicall Humours Consumption &cetera./

Take Clary Camphry, Sheppardes purse, dandy=lyon, Cinquefoyle, hartes tongue Leaues, parsley and fennell Rootes of each an handfull the pythes taken out; A Comphrey roote slyced, Rosemary pennyroyall and Tyme of each a Branch or two, Coryander seedes and Annyseedes bruised of each an ounce; Liquorice an ounce slyced Cassia= fistula 3 ounces, bruised Creame of Tartar one ounce, Rhubarb &#439; ii, Agrick &#439; ii, Reysons of the Sunn a pound, dates and blewe Currans of each a quarter of a pound, lett the Cassia

Rhubarbe, Creame of Tartar and Agaricke infuse in a quart of white wyne whilst the rest boyles six quartes of spring water vnto three, Then mix both together, soe lett them gently stewe together for three quarters of an houre Then streyne itt and take thereof Morning, Noone, and Night a quarter of a pynte att a tyme. Probatum./

A Drying Diett Drinke/

Take of the best Sarsaperilla slyced and cutt into short pceces, and of the Raspinges of Guiacum of each of them 4 ounces, Infuse them all night in 6 quartes of faire water with 4 spoonefulls of ffrench Barly in a pipkin standing Close Covered vpon warme Embers; In the morning sett them to Boyle gently till halfe the Liquour bee spent putting to them in the beginning of the Boylinge two ounces of Raisons of the Sunn without their stones, a few Leaues of Dandilyon, Betony, Egrimony and Cetrache, one ounce and halfe of Liquorice scraped and bruised, halfe a spooneful of sweete fnell seedes of white Saunders and yellow Saunders of each a drame, Lett all these Boyle gently together till halfe the Liquoure bee spent. Then take them the fire, and power out the Liquore and putto the Ingredien=tes that remaine in the Bottome halfe an ounce of Sassafras Cutt into thinn Chipps and Boyle them againe in the other six quartes of pure water till halfe be consumed, Towardes th'end of the Boyleing, Putto
them a quarter of one ounce Cynnamond, and
an ounce of Liquorice and keepe it for a Second
Drinke. Dr. More ./

Another for the Same

Take of ffrench Barly a quarter of a pounde
wash it from the duste and boyle it in a pottle of
Water till it breake and swell, Then cast away all
that water and boyle it again in 3 quartes of water with
2 roots of Cicchory without there pythes, and handfull
of Reysons of the Sunn without their stones, an
ounce and an halfe of Liquorice, scraped and bruised, halfe
a spoonfull of Anniseedes, two spoonfulls of the Raspinges
of Guaiacum, and a Little hand full of the Leaues of
Dandilyon; Lett these Boyle all together to a
pottle, Then streyne it, and drinke thereof every
morning halfe a pynte, or three quarters, or a
whole pynte warme, besides often in the day, and
att meate, without drinkeing either Ale, beere,
or wyne, Except you will mingle a little
whyte wyne with it att dinners but not at Supper
per Dr Moore ./

To Provoke Sweate,

Make a possett of Sack and Ale, Then take away
the Curde, and boyle in the Possett drinke these
hearebes following videlicet Penny Royall, Speremint,
Bawme and Wood Bettony of each a pugill, that
is as many of each as yow cann take vpp betweene
your fingers, Lett them be first bruised & then boyled
in the Possett drinke, vntill they bee fully Enough.
Then streyne it & drinke thereof a good draught as
hott as you can in Bedd, Take the Receipt before
mentioned to Coole the Blood 3 or 4 daies before
and likewise 3 or daies after, Then yowe
may applye Leaches./

An Excellent Purging Drinke to be
vsed in Aprill, or May ./

Take three pyntes of Water, three pynts of Whyte
wine, a pound of Currandes, and six ounces of
docke Rootes of the most orrange Colour yow cann
gett Boyle all till a quart be spent, streyne it and
drinke halfe a pynt in the morning and asmuch
in the Afternoone about 4 of the Clocke.

Another Excellent Drinke./

Take two Gallons of small Ale, halfe a pound
of blancht Allmondes, a quarter of a pound of Anniseedes
3 or 4 stickes of Liquorice, one pound of redd roses,
a quantatie of Hysopp and parseley, Bruise all
those and lett then Boyle in the Ale till it come to
a Gallon, Then streyne it, and add to it a quart of
Mallmesey, drinke hereof morning & Eveninge
2 howers before yow Eate, It preserues from
the Cough, makes a strong Constitution, and
Cures the Consumption./

Another Drinke

The Leaues of Hysopp well pounded
and made fast in a Linnen bagg, and hunge into
newe Ale or wine is good against the diseases of
the Lungs, cough or shortnes of Breath./

Another

Eight drams of wormewood stamped and streyned,
& putt into 3 pyntes of Wyne or Ale, Is good for
the paine in the Stomache, or Liver or for
wormes in the Gutts.

A wholesome ordinary Dyett Drinke aswell
for those in heilth, as for Sicke or Impotent
persons ./

Take halfe a pound of Barley, 4 measures or
quartes of water, halfe an ounce of Liquorice, of the
seedes of Violettas and parceley of each two drams,
three ounces of Redd Roses, one ounce and an
halfe of Hysopp and Sage, with three ounces
of figges and reysons well pickt. Seeth them
altogether in an Earthen pott till they decrease
in Liquor two fingers breac^dth Then putt the
pott into Cold Water and streyne the Liquoure
from the Ingredients keeping the same in a
glasse for vse as occasion serues.
A Pleasante Drinke to make
the Body Light, the Hart merry
& to keep backe Cares & Melancholly
Fitts . /

In Summer prepare it thus.
Take of Rhenish wyne one quart of Cinnamond
water an ounce, of the distilled Waters of Balme,
Borage and Buglosse of each 3 ounces, of the Iuyce
of Lemmons two ounces, of Sugar Candie a pound, Lett
all these seeth together for a little Whyle, or rather lett
them stand in a glasse bottle for two daies in the Sunn
3 howers in a day, Then drinke thereof in the
morning halfe a pytne, or less as yow please. /

In winter prepare it thus
Take a quart of Malmesey or Muskadine, of Cinnamond,
Cloves and Ginger of each halfe an ounce, of graines
a quarter of an ounce, of Sugar 4 ounces, of Muske
two graines: Lett your Spices bee grosely beaten before
you putt them in Lett them then steepe 24 howers in
a glasse Bottle, and when yow vse it cast a Cloath
over the Bottles mouth and so streyne it, and
drinke a draught of it every morning, This is
Restoratiue and called Nectar by Arnoldus ./

V omitts. /

To vomitt
Take a pytne of faire water, and sly'ce a dram and an
halfe of Agrick an putt it into the water, and two
spoonfuls of Reddish seedes; Boyle these together
and when halfe a pytne is boyled away streyne it &
then putt in an ounce and an halfe of Oximell Simplex
to it, drinke it very warme, and keep it as long as yow
cann This purgeth out all fowle humors in the
Stomache./
Another Vomitt

Take glasse of Antimony, or the roote of White Helibore powdered halfe an ounce white wyne a quart, Infuse it Continually, Dose is from one ounce to 2 ounces.

Another Vomitt

Take a pynt of Ale and boyle in it an handfull of groundsill, and an handfull of Currans, till it come to halfe a pynte, Streyne it and drinke it.

Another

Take daffadownedillyes the bellies of them the greene of them, and the out and Loose Leaues being pulled away Then dry them in an oven, and after beate them to powder, Take a dram of the powder in a draught of Whyte wyne warme, It causeth an easie vomitt.

Clyster for the Stone Collicke

Take a pynte of newe milke, mallows, pellitory of the wall, the herbe Mercury and violett Leaues of each an handfull, Cammomill flowers, ffennell seedes and Anniseedes of each a Spoonefull, 2 marsh mallow Rootes slyced, and a spooffull of Mellilete flowers. Boyle all these together in the milke vntill it come to halfe a pynte, Then streyne it, and putt therein two ounces of blacke Sugar, one ounce of oyle of Violett, and one ounce of the oyle of Cammomill flowers. lett this Clyster be giuen as hott as may bee well indured tryeing the heate by putting the bladder to your cheeke. When yow make it for a man, Lett the milke bee turned with white wyne, And when yow haue taken away the Curd, vse it as you should the milke, and instead of Sugar vse white Hony.
A Clyster for the wynde Chollicke

In a pynte of possett drinke boyle Cammomill, Tyme, & the topps of fennell a like quantaty, And of the seedes of dill, fennell & Annis of each halfe a spoonefull Boyle these very well together & streyne it, & wring it out hard; Then beate the yelke of two Egges with a spoonefull of Sallett oyle, a spoonefull of the oyle of dill, and 4 spoonefulls of powdered sugar Putt all these into the possett drinke, and putt it into a platter on a Chafing= dish of Coales and stirr it well together till it be very hott; The putt in a good peice of Butter, & when it is melted, take it off the fire and stirr it together till it be cold enough for your vse, yow must minister it milke warme./

A Clyster for the Flux

Take a pynte and an halfe of newe milke Boyle in it a good handfull of redd rose Leaues dryed till it come to a pynte, then streyne it and giue it. Approved./ yow may (if you please) add to the said Clyster, yelkes of Eggs, Sugar, and Terra Sigillata, but the other is alone is exceeding good./

A Clyster for the Spleene, or Payne in the Syde through wynde ./

Make a Cleare possett, at Least a quart with milke Ale and Whyte wyne, then boyle in it of Cammomill flowers halfe an handfull, of Annyseedes, Sweete ffennell, Carraway and Cummyn seedes all bruised of each a quarter of an ounce, Boyle all these gently to a pynte, Then streyne it and putt to it of Redd Sugar 2 ounces, the yelkes of two Egges, and a penny worth of Sallett oyle, mixe them and administer it Luke warme, if yow can, keepe it an hower at Least, and take some warme thinge as occasion requires./

A Clyster for obstructions in the Stomacke

Take Beeife Breath and boyle in it 2 handfulls of Mallowes, & an handfull of Cammomill flowers with some Commyn & Anniseedes, when it is sodden, straine it and putt to it 3 ounzes of Butter & 2 ounzes of Sugar./
To make a Suppositor./

Take 2 spoonefulls of Life honey, one spoonefull of Sena fynely beaten in a morter, a small quantatie of fennell seedes, & Anniseedes fynely beaten, ffirft halfe boyle the honey, then putt in the powder, Lett it not over boyle Least it bee too soft, when yow make your Suppositors Coole them in Sallett oyle./

To take away the Smell of Stinking Armeholes ./

Boyle in Lye Redd Rootes, Myrtles Bay Leaues, Sweet Marjoram & a little Salt, & bathe them therewith./

To Bathe Vermyn or Sores.

A Lotion of Tobaccho, or halfe an ounce of Agrick, in three poundes of Lye, and washe with it is very good./

For Wartes or Cornes;

Take Sheepe's dung, & annoyt it with Vineger and apply it; yow may add to this oyle of Roses, and it Cures Burnes and Scaldes.

Another for Cornes or Warts

Take Savin and Saffron of each a Little, bruise them a little together, then pare your Cornes, bynd it to, Or ground Ivy applyed, Or the Choise part of the oyster applyed is good for Cornes./
Another for Cornes

Take a pennyworth of redd wax & a penny worth of Venice Turpintine, boyle & incorporate them well together, The Cornes first Cutt as neere as you can, apply it spread vpon a little Cloath. /

Another for Wartes

Take Marrygoldes & Spurge, stamp & streyne them, and take the Iuyce thereof, & boyle it with May butter in a Chafingdishe, putt it into a box & Annoynt sometymes your wartes with it. /

An approved medicine to kill Wartes.

Take a Raddish Roote, scrape off the outer syde of it & rubb it all ouer with Salt, then sett it thus dressed vpright in a Sawcer, or some other small dish, that yow may haue the Liquour which runneth from it, & with that annoynt your warts 3 or 4 tymes a day the oftner the better, & in 5 or 6 daies they wilbe Consumed away. /

Eyewaters or Powders.

An approved water for the Eyes. /

Take an ounce of Tutt of Alexandria from the Apothecaries, a quart of good whyte wyne, an hand= full of redd rose Leaues with the whyte thinges cutt offe Beat the Tutt in a mortar very small, then putt all into a Cleane possnett and seeth them over a soft fire till the halfe be Consumed, then streyne the rest through a fyne Lynnen Cloath into some cleane vessell, and when it is cold putt it vpp into a glasse stopping it very Close use it thus Putt a little of it into a spoone, and lett the partie lye downe and with a feather putt three dropps in the Eyes
morning and night, and lett the partie lye halfe
an howere and rest after it; then lett him wash
his Eyes with faire water, and vse this three
tymes morning & Evening, It much helpes./

Lady Cotton s Receipt for Sore Eyes

Take Lapis Caluminaris, and burne it in
a Charcole fire; then take a pynte of Whyte
wyne and putt it into a Cleane wodden dishe,
and when the stone is redd hott quench it in the
white wyne; and so heate and quench it three or
fower tymes, then dry the stone vpon a Course
Lit Lynnen Cloath, then scrape it Cleane, beeing
dry, beate it to fyne powder, then take a pyne of
redd Rosewater and weighe two ounces of the
powder, which yow must mix with the Redd Rose

water, shake it well together, and soe wash your
Eyes with it, but espesially the Eye Liddes and Corners,
And if the Eyes be very redd, Then take Lapis
Tutis, and a quarter of a pynte of the same water
aforesaid, And putt into it halfe a quarter of an
ounce of the same powder, and half a quarter
of an ounce of Whyte Sugar Candy fynely
beaten, And it will much ease and refresh
the Eyes./

Approved admirable water for the Eyes./

Take an Eggchell, the meate cleane taken out
fill it with faire Running water, and putt to it
asmuch whyte Copperasse as a wheate Corne
and a spoonefull of Cummyn seedes, or more,
Boyle this and streyne the water throughe
a Cloath, and drawe a little over the sore Eyes
with a feather And in doeing this twice or thrice
yow shall fynde a perfect Cure Approved of
many./

Precious water to Cleane & to take away
the Pearle in the Eyes ./

Take redd roses Smallage, Rue and Vervyn,
Maydenhaire, Ensuaige, Endive Singreene,
Redd fennell Hillwort and Sellendine of each
halfe a quart, then wash them Cleane & lay them
in good whyte wyne the space of a day, then
distill them in a Stillatory, the first water wilbee
like Gold, the 2d like silver, and the 3d like Balme
and keepe it in a glasse, for it is as precious as Balme for
any sore, & it may be vsed for as Balme water.

Another Excellent water for Eyes./

Take Sellendyne, Rose Leaues, Bettony, Eyebright
of each of them an equall quantatie & distill them
together, beeing stilled putt it into a glasse;
And when yow goe to bedd, or rise, putt two
dropps into your Eyes, yow must avoyd
the Wynde, Smoake, & all offensive things
to the Eyes;/

Comfortable Water for the Eyes.

Take Rose Leaues, Redd ffennell Vervyn
Rue, Sellendyne of each a like quantatie, distill
them together, and it wilbe a very good water
for the Eye.

Powder for a Cattaracke in the Eye

Take Ginge Roach Allowe, and White Sugar
Candy of each a pretty quantatie, beate them
into a very fyne powder, and blowe it into the
Eye with a quill./

Another water for the Eyes

Take a pynte of Whyte Rosewater, or
Springwater, and dissolve in it an ounce
of Whyte sugar candy, and putt a dropp or
two in the Eye.

Another Water for the Eyes.

Take of Whyte rose water, and Eyebright water
of each an ounce, whyte Copperas powdered
3 graines, Camphire 4 graines, Bole Armoniacke

folio 43 verso || folio 44 recto

i Lett the Copperas be well dissolved, The Cam-
phire will lye vndissolued, and soe will the Bole=
Armoniacke goe to the bottome, then take a little
in a spoone and with a feather dropp it into the eyes./
Or Eyebright dryed and drunke in Beere or Ale
in the morning, or made into a Conserue when
it is greene in May is good to strengthen the sight
Or

For an hott Rhume in the Eyes.

Dropp in them whyte rosewater, and annoy^nt the
Lidde & Corners of the Eyes with Unguentum
Tutiae, oyntment of Tutty, first purging
the head with pills, is very good./

To make a Drinke for a Pyn & Webb.

Take Redd nettles, redd fennell, dasierootes,
Betony, Eyebright, pearle wort, of each a
reasonable handfull, stampe & streyne them
into Ale, and Lett the partie drinke there of
att night when hee is ready to sleepe, and
in the morning, and sleepe after it./ or
The head of a Blacke Catt burnt to Ashes
is good to Cure Blyndnes and ffilmes
vpon the Eyes./
For defluxion of Rhume with Sore Eyes
By a voluntary abstinence from all drinke for 3 daies
& 3 nights together intire Mr Nicholas Pay Clarke of the
Kitchin to his majestie was perfectly Cured of this disease
beeing taught it by Sir Henry Wotton out of a German
Author Per totum triduum ab omni liquido abstinere./

For the Rhume./

Take Sage, Bettony, Sweet Marjoram, of each
an handfull, and the powder of Cloves, quilt them
as followeth and Lay them to the nape of the necke./

For Rhume in the Stomackle

Take mynt wormood Wormewood Sage, Marjo=
ram and redd rose Leaues of each an handfull,
drye them, & putt them to some Cloues and
Nutmegges well beaten to powder, quilt them
together with a little Bombast, and in Lynnen
Cloath, and besprinkle it with Rose water
and lay it warme to the stomache./
For Rhume in the Eyes an approved Medicine

Take a glasse Bason, and sett it in the rayne from any howse, reserve this water, And when it growes thicke, streyne it and wash the Eyes with it.

Another for Rhume or Bloodshedd or a Pyn & Webb in the Eyes.

Take an Egg and Roast it hard, then Cutt it through the middle, and take out the yelke, and fill the hole of it with whyte Sugar Candy fynely beaten to powder, and so Close the Egg together againe, and lett it stand warme before the fyre till all the Sugar Candy bee dissolued, then streyne it through a peece of Tiffany into a viall glasse & stopp it vpp Close, As yow haue occasion take a dropp of itt att a tyme, & dropp it into the Eye once or twice a day till it helpes.

A water for Sore Eyes or any old Sore.

Take 4: ounce of Bole Armoniacke, two ounces of white Copperas, halfe an ounce of Camphire & a gallon of Running water, beate the Bole Armoniacke and Copperas in a morter very small, Then Shredd your Camphire and putt it into an Earthen pann, & Cover it very Close, and sett it over a soft ffyre, & lett it boyle keeping stirring of it, till it comes to a small powder, Then sett your water ouer the fire, & when it is ready to Boyle take it of, putt all the powders into it, and stirr it altogether and keepe it for your vse.

yow must dresse the wound with the water beeing blood warme, and wash the wounde three tymes a day and lay a wett cloath vpnon it, & it will heale any old sore.

Shake the glass and take of the thicke of it for a sore, & of the Cleerest for the Eyes.

Mrs Swinfeild s Recepj.

For heat & redd burning Eyes Rhewne.

Take a garden snale and Cutt off the knobb or little Button and in a pinn hole, the first dropp wilbe thicke and the second very Cleere, which dropp into
For the Cough

Take halfe a pynt of Hysop water, & asmuch Coltsfoot water, Isope and Coltsfoot leaues of each an handfull, stampe them and putt them into the waters, & seeth them till the halfe be Consumed then streyne it and putto the Liquour 4 ounces of Browne Sugar Candy, and seeth it vntill it be melted, then putto it powder of Liquorice vntill it bee thicke, and so make it into Balls & eate them./

Another for a Cough

Take a pynt of Isopp water, halfe a pynt of good Aquavitæ, of browne Sugar Candy Anniseedes, & Liquorice, of each 2 ounces, Lett them steepe in the Liquorice 24 howers, then Evening and morning take 2 spoonefulls of it./

Another for a Cough

Take halfe a pynt of Coltsfoote water, and five ounces of double Refyned Sugar, Boyle them to a pretty thinn syrrupe, & vse it./

Another for a Cough

Take a small quantatie of pure and Right Balsome, mix it with Conserue of Redd Roses, and eate a Little att a tyme. Probatum./

For the Cough

Take of Whytewyne Vinegar, Hysopp water
Coltsfoot water of each halfe a pynte, of fyne Sugar halfe a pound, of Sugar Candy a quarter of a pound, Boyle it till it come to a pretty thynn Syrope, and then vse it, It will proue very helpefull taken moderately a spoonefull att a tyme, night or day as yow haue need. /

Another for a Cough

Take a pynte of fyne Virgin honey, Clarifie it in a dish, but lett it not boyle; when it is Cleane scumm'd, putto it an ounce of Ely=campane root beaten to fyne powder & searsed, 2 ounces of Liquorice beaten & searsed, one ounce of Anniseedes beaten also and searsed stirr it about with a sticke, as yow putt in your powders, soe putt it into a Gally pott, and take the quantatie of a Nutmegg, morning & Evening. /

For a Cold

Take a quart of good Canarie, boyle it to a pynt, roast halfe a dozen pippins ready, then take the papp of them and putt into the wyne and giue it a Walme againe vpon the fire, then streyne it through a Cleane Cloath, & putt theire in two ounces of the Syrupp of Violettles, Take a good draught of it when yow goe to bedd, keepe warme and it speedily Cures. /

For a Cold or Cough

Take the best Treacle, and of the best & sweetest Sallett oyle of each a pennyworth mix them well together, and with a Liquorice sticke bruised at the end sucke a little of it as yow have occasion. This hath helped when the stomach could not beare meate by reason of the Cough. /

For a Cold or Cough, To stay Rhume for them that haue any Giddinesse or Palsie
Take Amber as much as two Nuttes; olibanum as much as 2 small Nuttes, and Masticke as much as one Nutt or more, Bay Salt and pepper as much of each, Lett all these be beaten, but not too fyne, halfe a Nutmeg grated, then take asmuch browne paper, and Cutt it as round as a Trenchar then lay flax of a good thicknes, & strewe the Powder betweene, and soe bast it to the paper as yow would quilt a Capp; And also the Edges of it must bee a little drawne in to keepe in the powder, warme it and keepe it next your head, yow must warme it every day./

For stopping of the Brest & wheazing by reason of the Cough ./

Take of Squills two ounces, dry them & beat them to powder, putt it into a pynte of good wyne Vinegar, and take as much pure hony, as will boyle it upp to a Syrupp, this is the Right Oximell, which vse as need requireth./

To Procure Sleepe against a Tickling Cough

Take Coltsfoote and Rosemary dryed an equall quantatie, and pound them very small, then take a Liquorice stick, and scrape it very Cleane, and bruise it at one end, and wett it in hony or Syrupp, and dipp it in the powder, and sucke it downe nowe and then, Probatum./

Another

Burne halfe a pynte of the best Aquavitæ then boyle it with Sugar to a Syrupp, and take a little at a tyme, It is good for very younge Children./

Another for the Cough or Consumption

Take three pyntes of good Ale and a quart of milke, and make a Cleare possett taking off the Curd, then putt into the possett Ale Anniseedes and sweet ffennell seede, of each an ounce, three ounces of Liquorice slyced and Cutt, Rosemary Penny Royall, Camommill and hysope of each a halfe penny worth, or a small quantaty; Boyle
all these in the said possess possett Ale, and when they haue Boyled together about halfe an howe, then streyne the herbes, and dissolue in the Liquour 4 ounces of Sugar Candy, and three pennyworth of the best English honey: If yow please yow may add to it a quantatie of the powder of Fox Lunge.

For a Cough, to Candy Elycampane

Take the rootes of Elycampane from the Earth, then Cutt them into thynn slices, and seeth them vntill they bee tender and soft, then streyne them and take as much of the Iuyce as will moysten halfe a pound of Sugar in powder, sett it on a Chafindish of Coales, putt a little Rosewater vnto it and Boyle it vntill it be hard, then putt it on a trencher or Board, and strewe a Little Sugar and make Cakes thereof. This is an Excellent Medicine against Coughes or Rhumes, See more for Cough or Con= sumption among purging drinkes./

For Consumption or Cough, Hart Liver, Lungs, & Spleene ./

An approved Syrup for the Con= sumption of the Lunge ./

Take 2 great handfulls of Sanicle of Avens Speedwell, Rebwort and wood Buglosse of each two handfulls, Egrimony, Camphy, Bettony, dasie Rootes and Leaues of each an handfull, Bramble topps asmuch, Coltsfoot & vnsett Hysopp of each 2 handfulls, Stamp & streyne these herbes, to euery pynt of the Iuyce, take a pound of Sugar, sett it ouer the fire, and Clarifie it with the whyte of an Egg, then streine it and putt it into a Cleane skellett, & boyle it to the hight of a Syropp; If yow vse it presently doe not boyle too high, If to keepe, then boyle it that it may stand when it is dropt without flowing downe. The use of it is for all in ward greifes of the Longues,
or inward partes, As Coughes, Stoppages, fflaegmes, decays of the Longues, It may be taken in Broath, Possett Ale, or simply alone./ Probatum

A Syrupp of great vertue to
Cleanse the Brest & Lunges./

Take of small sliced Liquorice an ounce,
of Maydenhaire halfe an ounce, of hysopp a quarter of an ounce, Putt these into an Ale quart with a cover, putto it a wyne quart of faire water, sett it in a skellett of water

And lett the fire be kept vnto it 24 howers And as the water in the skellett or posnett Consumes fill it vpp againe; Lett not the fire bee too great for feare of Wasting that in the quart pott, then streyne that in the quart, and sett the Liquor on the fire againe in a Cleane Skellett, Putt vnto it Cleare honey, sugar whyte pellettes and whyte Sugar Candy of each 4 ounces, Beate into it, the white of an Egg, then sett it on the fire, & when yow the Scumme ariseth, and the Liquour Cleere, streyne it through a double streyner: but crush not nor squeaze the streyner, then putt it on the fire againe, and putto it three or fowre ounces of damaske Rosewater, Seeth them together to a Syrupp, Take of this any tyme of the day or night, the oftner the better, This Syrupp is of great Virtue to
Cleanse the Breast and Lunges./

To restore the body out of a Consumption

Take a pynt of newe milke and a pynte of Redd rosewater, and the yelkes of thirtie newe layd Eggs; Beate them well together, and putt them into a Stillitorie with one ounce of Cinnamond well bruised, and soe distill them with a soft fire And then vse one spoonefull or two in any Broath yowe eate or drinke./
An Allmond mike to vnstopp
the Liver and Spleene ./

Take Hysopp tyme Egrimony and maydenheyre
of each halfe an handfull, of parsely and fennell
Rootes of each 3 or 4 handfulls, a good hand=
full of violet fflowers if they bee to be had
as they growe, Otherwise instead take 2 handfulls
of dryed Reysons of the Sunn, and one ounce and an halfe
of Annyseedes Boyle them all in a pott of Running Water
till the third part bee Consumed, and with this Liquor
streyne your Allmondes, being ground, Lett the party
take a good draught of this Almond milke fasting
every morning for a fortnight or longer, as yow
shall see cause, An hower after hee hath drunke this,
hee must take the quantatie of a Wallnutt of the
Conserue of Redd roses./

Another approued & Excellent Medicine for
a Consumption ./

Take 2 poundes of Reysons of the Sunn ston'd, one
pound of figges Cutt in halfes, five ounces of
Annyseedes bruised, halfe a pound of English
Liquorish scraped and slyc'd, a quarter of a
 pound of Maydenhaire, Liverwort, & hartestongue
of each 3 handfulls, An equall proportion of Egrimony
Betony Coltsfoote & horehound; of Plant and
Scabius of each a good handfull, Two good handfulls
of vnsett Hysopp, a good handfull of Bawme,
& two handfulls of Marrygold flowers: Boyle
all these in ffive gallons of spring Water till
there bee but two left, then putt it into an Earthen

pott, Cover all Close and lett it stand till the next
day, then streyne it and add therevnto of Wormewood
Water and Cardus water of each halfe a pynte
Hysope water, and horehound water of each a
pynte, honey a quart, Browne Sugar Candy
a pound; Dates halfe a pound, Rosewater a
pottle, Sugar six poundes And soe boyle it
vpp to a Syrruppe./

Another for a Consumption

Take a pynte of Whitewyne, halfe an
ounce of harteshorne, and half an ounce
of dryed Marrygold fflowers, Infuse them
in a Cleane white newe pipkin Close
Covered vpon the fire softly boyleing halfe awaye, then take it off, and putt to it a Lump
of whyte Sugar as bigg as halfe an Egg,
and 2 or 3 spoonefulls of redd rose water,
when the Sugar is dissolued, streyne it, And
take a little att a tyme in the morninge
warmed./

Another approved medicyne for the Same

Take unsett Hysopp, Coltsfoote Egrimony
Maydenhayre, Liverwortes Siremintes, and
pennyroyall of each a small handfull, a Little
Hartestongue, Six Leaues of Alecoast, one
ounce of Browne Sugar Candy, a quarter of
a pound of Reysons of the Sunn ston'd, a quarter
of a pound of ffiges slyced, of dates & Liquorice
of each two pennyworth, a halfe penny worth

Anny seedes, Boyle all these in a gallon of Runng
water, till it be halfe Consumed, then streyne it and
drinke a good draught of it warme in the morning
halfe an hower after dinner and when yow goe to
bedd, If yow bee Costiue yow may make it solluble
by putting a peece of Butter in it as bigg as a
small Nutt This may be made of Ale if yow
please instead of Runnig water.

Another for the Same

Take an handfull of Rosemary Topps, and
asmuch of the Topps of Sweet Marjorome, and
boyle them in a pynte of sacke, till it come
to half a pynte, then take a quart of redd
Cowes milke, and boyle in it a Nuttmeegg
grated, then take the herbes out of the sacke, and
streyne them into a pynte of Ale, and soe putt
it into the sacke againe, and make a possett
of it ouer the fire as it may be cleere, then
take off the Curd, and putt in two ounces of
whyte Sugar Candy, and lett it dissolue
in it, drinke it first in the morning and
last at night, and stirr vpon it asmuch as
yow cann./
Another for a Consumption Cough

Take a pottle of Coltsfoot water, and putt into it redd Rose Leaues, Egrimony Bettony, Coltsfoot, Rosa solis of each two handfulls,

halfe a dozen branches of Isopp, 4 ounces of English Liquorish sly'ed and bruised, two ounces of sweet fennell seedes bruised. Putt all these into a Close pipkin done vpp with Paste, and sett them ouer a fewe Embers to stand for teenny howers or more in infusion, Then streyne it wringing it as hard as may bee, And to euery pyt of the Liquorice putt a pound of the best sugar, Then boyle it to a Syrupp till it comes to a good height, this is to be made when Rosa solis is in i*es prime; It must be taken in the morning a spoonfull att a tyme, and fast 4 howers after, the like quantatie att three of the Clocke in the after= noone fasting as long after it. It Cures all manner of coughs./

Another for a Consumption or Cough

Take 3 peeces of Elycampane rootes, of mayden= haire Coltsfoot Cetruche of each an hand= full, three three stickes of Liquorice scraped and bruised, three spoonfulles of Annyseede 12 blewe figges, 12 dates, one pound of Reysons of the Sunn dat-stoned, Liuerwort halfe an hand full, hartestongue, 7 Leaues, hartshorne two ounces, Bewglosse fflowers, Rosemary fflowers, Clove gilly flowers, Marygold flowers of each and handfull and an halfe of vnsett Isopp an handfull Putt all these into an earthen pipkin to a pottle of Running water ouer a softe fire to infuse 4 & 20. & 24 howers till halfe be Consumed, Then streyne it, and haueing ready the Iuyce of 12 Turnepps baked to putt to it, take a pound of Sugar, or Sugar Candy to euery pyt, and so boyle it to a Syrupp, And Take two spoonfulles of it euery morning and Evening first and last./
Another Syrupp for the Lunges

Take Lungwort Elycampanæ Leaues, horehound and Coltesfoote, of each halfe an handfull Boyle them in a pottle of water, to halfe a pynte, It must boyle seauen howers, then boyle it againe with halfe a pound of Sugar to a Syrrupp.

Another Syrupp for a Consumption

Take Coltsfoot, Burnett Leaues, redd rose Leaues, wood bettony Leaues, Compheoy Rootes of each handfull pic'kt and slyced, Boyle them in three quartes of water to three pyntes, then streyne them, and putt into the Liquore two poundes of good Sugar, and the whytes of two Eggs, Which done, yow must boyle them again for a quarter of an howre, and scum it; then take your Syrupp and putt it into a glasse And take thereof seauen spoonefulls in the morning and seauen att night.

Syrupp of Turneps for the Consumption, or Cough of the Lunges

Take of the best soundest and smoothest skinnd Turnipps what quantatie yow please (a pecke of Turnepps will yeild all most a pottle of Liquoure) wash them nott, but wype them Cleane with a Linnen Cloath, putt them into an Earthen pott, putt on the Cover, and Lute it about with Clay or such like, that noe Ayre goes out, Putt the same into an oven, and lett it stand as long as Household Bread in the bakeing, Then take them out, and streyne the Liquor from them, Putt this Liquour into a pipkyn, To a quart of the same, putt of Coltsfoot and Hysopp water both together about halfe a pynte, A quarter of a pound of Reysons of the Sunn stoned, as many figges Cut in halves one ounce of Annyseedes, three ounces of English Liquorice slyced, halfe an ounce of Cinnamon bruised, Lett all these boyle softly vpon a Charcole fire the space of two howers & more vntill the strength bee out of the Ingredients, then streyne the same againe, and putto euery pynte thereof a pound of Browne Sugar Candie, then Lett it boyle, stirring it till it come to
the thickenes of a Syrruppe Take three or
tower spoonfulls of this fasting, and asmuch
Bedward, or at any tyme when the Cough
opresseth yow.

Sirupus acetosus, Good to open the
Liver, Spleene & Reignes .

Take the Rootes of ffennell, Parseley and
Cicchory of each three ounces of water tenn
pyntes; Seeth them with a Softe ffire, till the
halfe be Consumed, when the Rootes are

halfe sodden, putt in of the seedes of ffennell and
parseley of each an ounce, of Endive seedes halfe
an ounce, When all is well sodden streyne it, and
putto the Liquoure three pounds of fyne white
Sugar, then seeth the same againe Scumimg
it till halfe be Consumed, then putt to it a
quart of whyte Verjuyce, and soe seeth it to
the height of a Syrupp.

Note that in making of Syrupps; to euery

pynte of Liquore you must take a pound of
Sugar, In makeing Decoctions, To
euery handfull of herbes, yow must take a
pynte of Water.

A Drinke for the Consumption &
Cough of the Lunges & for the Liver &cetera

Take of Coltsfoote, and Hysopp of each an
handfull, of the Rootes of ffennell Succhory, Endive,
Burdocke, and Elycampane as much of each as
yow shall thinke fitt, one good spoonfull of ffennell
seedes, one ounce of Liquorice scraped and bruised;
Boyle all these in a pottle of Water to a pynte and
an halfe Drinke of this att Least 4 spoonefulls
att a tyme 4 tymes a day; Videlicet in the morning,
Att 10: of the Clocke, att 4 of the Clocke in the
afternoone, and Bedward, or in the night if need
require. This hath Cured very great Coughes
and the Consumptions./

folio 54 verso || folio 55 recto
For a Short Breath, Sore Cough,
Consumption & Diseases of the Lunges. /

Take of the Confection of Fox Lights which is
Loach & Pulmones vulpis for the Cleansing and
healing the Vlcers of the Breast and Lights,
It is very much Commended, And exceedeth all
other Remedies for the Consumption It is made
thus. Take prepared Fox Lights the Iuyce of
Liquorice, Anniseedes, ffennell seedes, and venus
haire, of each an ounce, Clarified Sugar, seauen
ounces and an halfe, Beate altogether, then
decoct it with Sugar in Water of Coltsfoote,
and temper it to a Confection. /

Another most speciall & principall
medicine for the Lungs Consumption of the Lungs. /

Take a running Cocke pull him alive then
kill him, when hee is allmost Cold, Cutt him along
the backe, take out his entralls and wype him
Cleane, then putt him into a Still wherein yow
distill rose water, with a pottle of sacke, a pottle
of newe milke from a redd Cowe, of Currans
and reysons of the Sunn of each a pound, the
Reisons stoned, a quarter of a pound of dates
cutt small, of pennroyall Rosemary Blossomes
and Borage Blossomes of each two handfulls,
of ffennell Rootes and parsely Rootes scraped and
pythed of each an handfull, Endive Leaues and
Cicchory Leaues of each an handfull, 2 handfulls
of Coltesfoote, of Maydenhayre an handfull, an
handfull of figges Anniseedes and Liquorice scraped

and Bruised of each three ounces, distill all
these together with a soft fire, putting into the
glasse into which the water dropps halfe a pound
of Sugar Candy beaten small with a Booke of
Leafe Gould beaten small amongst the Sugar, 5
graines of Amber greece, and 12 graines of
prepared pearle; Lett the water dropp upon these
things, Mix the first and last water together, Take
4 spoonefulls of this fasting and asmuch, an
howe before Supper, still shakeing the glasse
before yow putt out the water.
Brothes

For the Consumption

Take Harteshorne, Ivory shaeings of each a quantatie quarter of an ounce, and bynd them vpp in a little Cloath, Tyme Rootes Cutt into thynn Slyces halfe an ounce, Steepe these all night in three quartes of Conduit Water, sett vpon soft Embers to keepe Warme onely Then take three spoonefulls of ffrench Barly first sodden in three seuerall waters, a Little Egrimony, halfe an handfull of Sorrell, of Borage, Endive and Buglosse of each a Roote a fewe fennell seedes, The Bottomes of two Manchettes, 2 or 3 large mace, 3 ounzes of Reysons of the Sunn stoned, halfe a Cocke and six Knuckle bones of Mutton, or oxe Veale, Lett all these Seeth together an houre, Then putt in six Peare= mayne Apples pared And when it is well sodden to the quantaty of three pyntes, take out the Bones and sreyne the rest drinke of this Broath a pynte a pynte 7 in the morning & five att night.

Another good Restoratiue
Broath for the Same ./

Take of China Root two drams of the Shaeinges of Ivorie and hartshorne of each 2 drams of Liquorice & lyced an ounce and an halfe of Annyseedes & ffennell seedes of each one dram, of Maydenhaire and Coltsfoote an handfull and an halfe Steepe all these 12 howers in Clarified Steel'd water, the water beeing Seeething hott before yow putt them in, then Lett it stand Close Covered for 12 howers as aforesaid, then putt in a Cockrill and a peece of Knuckle of Veale Chopt, scumme it well, Then putt in reysons
of the Sunn ston'd, damaske prunes and 
Currandes of each an handfull; of Cicchory 
Borage Strawberry Leaues & violett Leaues 
of each a fewe, 2 Cicchory Rootes pyth'd, a 
peece of Camphry roote slyced, ffower dates 
quartered, a nutmegg or two quartered 
and the bottome of a Manchett, Lett all boyle 
together to a quart, then streyne it, and take 
halfe a pynt of it early in the morning 
warmed, & asmuch three howers after./

A Praeparative for the same

Take of Hysopp Coltsfoot Maydenhaire of 
each an handfull; of the Leaues of Strawberries 
Violette, Cicchory and Borage of each an 
handfull and an halfe; of Liquorice one ounce, 
reysons of the Sunn two ounces fatt figges 
six, of Annyseedes, and ffennell seedes of each 
three drams, Make a decoction of this in two 
 pound of Barly water to a pound, scumme 
it well, then add to it 4 ounces of Sugar & 2 ounces 
of honey and drinke it att 4 tymes./

A Purge for the Same

Take of Manna Calabrensis and Syrump of 
Roses solluble, of each an ounce and an halfe 
in Beere Clarified with Annyseedes ffennell 
seedes and Liquorice of each a dram, and 
an hower after take warme Broath./

A Iulepp for the Same

Take of Syrump of Violettees 3 ounces, of 
Syrump of Coltsfoot one ounce, and an 
halfe, dissolue them in one pound of Scabious 
water, and drinke it att 4 tymes./

A Chynna Broth for the Consumption

Take halfe an ounce of China, and infuse it 
by the fire all night in a quart of Conduit 
water, Then take a knuckle of Veale, and 
halfe a redd cocke, and boyle it in a sufficient 
quantatie of Conduit water, wherin yow 
must putt an handfull of Strawberry Leaues,
Twentie reysons, and six dates stoned, a flake
or two of Mace, and a sprig of Rosemary Lett
them boyle ouer a soft fire, till the fflesh fall
off the Bones, Then streyne it and putt thereto
the aforesaid Infusion of China, and lett them
boyle together gently the space of halfe an hower,
Then streyne it and drinke thereof halfe a
pynte fasting every morning./

Another of the Same thus.

Take of the Rootes of China cutt into thyn Chipps,
and bruised in a morter one ounce, of Sarsaperilla
slyced and Cutt into short peices, and bruised
halfe an ounce. Infuse them all night in six
pynts of faire Conduit water in a pipkin Close
Covered standing on the warme Embers. In the
morning sett them to boyle on a gentle fire And
putt into them a pullett ready dressed; two
spoonefulls of ffrench Barly prepared, a fewe
Leaues of Cetrache, Maydenhaire, Cinque=-
foyle, strawberry and plantane; A few Raspinges
of harteshorne and Ivory, halfe an handfull
of Reysons of the Sunn, ston'd, a sprigg of
Rosemary or Tyme, and a flake of Mace,
Lett all these boyle vntill theire remaine
onely three pyntes of Cleere Broath
which streyne from the other Ingredients
and keepe for your vse. Lett the party drinke
hereof every morning halfe a pynte warme
and asmuch at 4 of the clocke in the Afternoone.

Another thus

Take one ounce of China, the Leane of a
necke of mutton, or a Cocke, Reysons of
the Sunn ston'd halfe a pound, a little large
mace, a Little Rosemary and tyme, the Crust
of a halfe penny Roll, a gallan and a halfe
of water boyled to a pottle./

Another Broth to helpe one
from wasting
Make a Broth with with a peice of Veale mutton or Chickin, a fewe Leaues of Comphry Clary, knottgrasse and Plantane, a spoonefull of the Raspinges of Ivorie, a few prunes, and Reysons of the Sunn without theire stones, a Crust of Bread and a flake of Mace, It is very Comfortable./

Another Broath for the Lungnes

Take ffennell parseley and grasse roots of each halfe an handfull, Violett Leaues strawberry Leaues, Borage, Buglosse, Bawme Longewort; and Cowslippes of each a small handfull, a flake or two of Mace, Boyle these in Broath It much helpes./

To Coole the Inflammations & Inæstuations of the Liver

Rx Pulvis ex Epithemate hepatis Apply it outwardly in Cicchory water, Sorrell water, Rose= water, and a Little Vineger, or Salt of Fumitary is good to purifie the blood and open the Liver./ Dr. Fr/

To Coole an hott Liver

Take Barley an handfull, Sorrell Cicchory and Endive of each an handfull, three Liquorice stickes bruised, reysons of the Sunn ston'd an handfull, Anniseedes halfe a Spoonefull, Seethe these in a quart of faire water to a pynt, then streyne it, and drinke of it thrice a weeke in the morning fasting Dr Hill s Counsell./

For the heate of the Liver./

Take a peice of Bread reasonabely well Leavened, dipp it in ffaire water & a little Vineger, and eate it an hower before yow eate meate./ Dr Aston s Counsell./

For the Cooling of the Liver & to keepe it from wasteing by Mother Byrd ./

Take an handfull of Liverwort, 6 Leaues of
Hartestongue, of Sorrell Cinquefoyle Bettony of the Wood of each an handfull, and a good handfull of fumitory Seeth all these in a quart of stale Ale till halfe be Consumed, then make a possett of this drinke, and drinke of it first and last, fast 2 howers in the morning after yow haue taken it, yow must take it for 6 daies together taken it

Another for the Lungs

Labdanum doth much helpe sores of the Lungs and Consumptions, It speediely causeth sleepe and Ceaseth any paine whatsoeuer beeing made of opium, or poppy heades It stayes bleedinges and vomittinges The Dose or quantatie taken is from 3 graines to 5 graines.

Castor beaten to powder, and asmuch taken in Beere as will lye vpon a groate doth often procure the Courses and helps Vapours Hysterical Passions of the Mother See more for the Liver among Purges & Dyett drinkes

Iellies & Restauratuiues for Consumptions or otherwise.

To make a Jelly for one that is in a Loosenes or Consumption

Take Calves ffeet, and when the haire is cleane scalded off, Slytt them in the Middle Cutt away all the blacke veynes and fatt, washe them very Cleane, and so putt them into a payle or Buckett of ffaire Water Lett them lye 24 howers And in that tyme the oftnner yow shift the water, It wilbe the better Then sett them vpon the fire in two gallons of water, or somewhat lesse, and lett then boyle very softly Continually takeing off the Scumm & fatt which ariseth and when the Liquor is more then halfe boyled away, putt into it a pynt and an halfe of whyte Wyne, and as it boyleth, still take away
the scumm which ariseth, When the Ielly is boyled enough yow may knowe by your fingers sticking to the spoone, Then take it from the fire, and with a Cullender take out all the bones and flesh; And when the Ielly is allmost Cold, beat the whytes of six Eggs and putt into it, and sett it on the fire againe and so lett it boyle till it be Cleere, Then streyne it through a Cleane Cloath into a Bason and so lett it stand all night The next morning putt it into a skellett and put thereto a pound of Sugar, halfe an ounce of Cinnamon broken in pieces, and one ounce of Nutmegges, an ounce of Ginger bruised with a good quantaty of large mace, Boyle all these together, till it taste of the Spices as much as yow desire, And when it is allmost Cold, Take the yelkes of six egges and beate them and putt into it, and sett it on the fire, And when it ryseth weld it or putt it into halfe a pynte of whyte wyne, and streyne it through a Ielly Bagg./

To restore Nature decayed eyther in Man or woman

Take a Nutmegg and grate it very small, a quantaty of Redd Rosewater, and a small quantaty of fyne Sugar, and the yelke of a newe layd egg, blend altogether very well, make it blood warme, and euery morning supp it off./

To make Ielly of Hartshorne./

Take a Stone lugg of a quart & fill it with faire water, and putt into it 5 or 6 spoonefulls of whyte wyne, or a spoonefull or two of Cinnamon water, Then putt into it 4 ounces of Harteshorne fynely shauen and sett itt into a pott, or kettle of boyleing water And lett it boyle till it comes to Ielly, then streyne it from the horne, and sweeten it with Sugar, then boyle it a little whyle in a skellett or pipkin, and streyne it into your glasses or plates, you may putt in a little muske if yow please./
To make whyte Ielly of Allmondes

Take of Rosewater and gum dragant or Isinglasse dissolved a sufficient quantatie and some Cinnamond grossely beaten, seeth them altogether, Then take a pound of Allmondes Blancht, and beaten very fyne with a little faire water, and dry them with a Cloath, Then seeth all these together stirring it Continually And when it is boyled to a good height take it off the fire, and so vse it./

To make Ielly of Pippins

Take the outward Rynde, but none of the whyte of 4 Orringes, boyle them soft, and then slyce them in thynne slyces as small as threddes, Then take thirty pippins, pared, Cored, and quartered, and boyle them with as much water as will Cover them till they bee soft, then bruise and squeaze them, After that take out the Cleere water of them, putting away the grosse substance And to a pynt of that water putt a pound of Sugar, and so boyle them well together till it come to a height, scumimng it still very Cleane, Then putt in the orring pills before mentioned, boyleing it a little till it will Ielly, Yow may giue it a taste of Muske or Amber as yow shall thinke fitt, And so putt it vpp in glasses or pottes for your vse, keeping itt all waies soe warme as may preserue the Ielly without spoileing If yow bee not very Carefull in the Boyleing, It will Rope and neuer come to Ielly./

An Elixar to Recover health in those who haue long Languished & to preserue those long in heilth who haue it

Take of the seedes of Quinces 2 ounces, of the pills of Citrons 6 ounces, of Baume Mugwort virga aurea, and nettles of each 4 ounces, Beate all these grosely and infuse them in twelue pyntes of the best wyne 6 dayes, then distill them with six ounces of honey vntill yow Receiue three pyntes of water Then take it from the fyre and lett
it Coole, then streyne it and putto the water
eight graines of muske dissolued in two
ounces of Rosewater, twelue graines of
Amber greece, and six ounces of Sugar,
Then for euerie pound of the said water, putt
one scruple of the oyle of Vitrioll & incorporate
them well keeping it in a Close glasse.
Take a little glasfull of it in the morning
and fast two howers after/ The vertues
It expells all evill in the stomach, Com=
=fortes the hart, helpes digestion, It purifies
the blood and Liver, dissoles wynd, Cleanseth
the Reynes & kidnies, healeth all Excori=
=ations of the mouth, brest, stomach, reynes
and bladder, Comforteth Nature, It
strengthens the head, & preserues the Body
from all Corruption in long health./

A Restoratiue for Prolonging Life

Take a pound of Capp dates, picke them Cleane,
and take forth all theire stones, seeth them in a
pottle of Muskadine which is pure and not mixt,
Lett it seeth til halfe be Consumed, when yow
vse it, putt 3 or 4 spoonfuls in your broath
or pottage att a tyme, yow may use it every
meale in your broath. It will strengthen much./

A Restoratiue for one wasted by Sicknes &cetera

Take a quantaty of Leeke heades washed & beaten
small Putt them into a pott with water, then
take Marrow bones Cleane from the flesh, breake
them a little & boyle altogether, then take out the
marrowe in the bones, & putt amongst the boyleing
hears; When it is well boyled take all out and
streyne it, and putt thereto the powder of pepper
ginger, nuttmeggges and Annyseedes. Eate hereof
a Little first & last. It is very Restoratiue./

A Restoratiue for any person that
cannot digest meate/. 

Take Eight Nutmegges Cutt them in the
middle and steepe them all night in a gill
of Vineger, then take them out & lapp them
in browne paper, and putt them in the Embers,
and lett them drye very well, then beate them
to powder, putt a quantatie of this powder
in the yelke of a Reare potcht Egg, and
eate it sometymes. It helps./

A Restoratiue for one that is much
Consumed

Take the oldest Cocke you can gett, scald him
draw him & Cutt him all in peeces, Putt them into a
glasse pott Close stopp'd, putting amongst the peeces
Cloves, mace, reysins of the Sunn, and a little
salt, Then putt this glasse into a great pott of water,
and lett it seeth till it come to a Ielly, Then
streyne it into a Cleane Vessell, and giue it to the
sicke first and last blood warme./

A Restoratiue for Prolonging of heilth./

ffill a glasse halfe full of Rosemary fflowers,
and then fill it vpp all most with the spiritt of
wyne, Lett them infuse two dayes beeing Close
stopt, Then distill it with a gentle fire Hee
that takes once in Eight daies a dram of
this water in drinke or Brooth, in the
morning, shall (God willing) longe
preserue his heilth, It renowes the strength,
sharpens the spirittes, and restores the sight./

Allmond Milke to Strengthen Nature
or otherwise ./

If it be to strengthen Nature it must bee
made the stronger, and thicker takeing the
more Allmondes & the Lesser, water The
Comon fashion to make it is To take as
many Allmondes as you please, Putt

them in hott water, and lett them steepe soe long
therein vntill you cann peele them, then power
Cold water vpon them, that through the heate
of the former water, they loose noe vertue;
Then pound them in a stone morter, and putt
them into a Cleane Lynnen Cloath, power
three or 4 spoonefulls of ffaire water vpon
them, and with a spoone rubb out the strength
and soe power a little more water, and streyne
it, soe long as any whitenes comes, Then putt
asmuch Sugar to it as yow thinke fitt; If
yow haue it to provoke sleepe, pound a little
whyte poppey seed, and rubb it through the
Cloath with the Allmondes. If yow would
haue it Cooleing, streyne a fewe mellon
seedes with the Allmondes, If for the fflux
then is the water to bee steeled./

For the Heart

Against the Palsey or a Comfortable
Conserve for the Heart ./

Take Rosemary fflowers, as many as yow
please and halfe as many Borage fflowers, seeth
them in Cleare water till they bee softe; then
streyne the water from them, and putt Sugar
to it according to the measure of the decoction
and putt fresh flowers therein, and seeth it
to the height of a Conserue, and so Receiue
it in a pott or Glasse without streyneing
it, you may add Cowslipp fflowers
to it, and make it as aforesaid./

For trembling of the Heart

Take Aromaticum rosatum the bignes
of a small Nutt goeing to bedd, or at any
tyme and drinke not an houre after it./
It helpes.

To Expell Flegme from the Hart

Take Centory Pennyroyall, redd my-myntes,
sage, and horehound of each an handfull,
halfe a pytne of honey a pottle of wyh-whyte
wyne. Putt them in a Stillatory, and distill
them. It will very much open the pipes./
For Swounding or faintenes of Heart
or trembling

Take Rosemary, Sage, Betony, & sweet Marjoram of each an handfull, seethe them in a
gallon or more of faire water, till it be halfe
Consumed, then take out the herbes, and put to the water one pynte of good honey, when it seethes skymm it well, Then take an ounce of Stechados tyed in a Cleane Lynnen cloath and lett it seeth therein a whyle, then take it out, and putt in the Liquore, one ounce of Cinnamond, three quarters of an ounce of Nutmegges, & asmuch ginger all in powder Drinke a good draught hereof Evening and morning for 6 or 7 daies; It is exceeding good./

A Water for the Passion of the Heart, or Wynde

Take of Gallingall, and Calamus Aromaticus of each an ounce, of Cloves, Mace, ginger, grayne of Paradise of each two drams, of sacke a pynte, of whyte wyne 2 pyntes, Lett all the spices aforesaid be bruised, and with them, steepe in the wyne soe much broad Tyme as the wyne will wett Lett it stand and steepe 24 howers, then still it in an ordinary still./

For a Burning Feauer or other Heate in the Body

Make a possett with Verjuyce and milke, and seeth in it of Violett Leaues and strawberry Leaues of each an handfull, and a little Dandelyon, streyne it and drinke the same./

To Prevent, or Coole a Feaver or heate
Take six spoonfulls of damaske Rosewater and six spoonfulls of Conduit water, pare one Lemnon and slyce the meate thereof very thynn, and putt it therein with two spoonfulls of ffyne Sugar beaten small, Lett it stand 2 howers, Lett the partie then take a spoonfull euery halfe hower, and taste a Little of the Lemmon./

Another to Coole Extreame heate

Take two ounces of ffrench Barly, shift it in two waters, then boyle it in three pyntes of newe milke, and drinke it Probatum./

Another for an inflamation or Feauer./

Take a quart of small Beere, a quarterne of Currandes, and seauen toppes of Speremint asmany Cullumbyne, Strawberry, and Violet Leaues, Boyle altogether & drinke it./

For a quartan Ague

Make a decoction of Sage Rosemary and Lavender, drinke a draught of this before the fitt Cometh, It helpes./

An Easie and approued Medicine for a Quartan Ague ./

Take a Whyte Flynt stone for it will best endure the fire without breakeing, burne it in the fire till it be redd hott, then quench it in ordinary Beere, and lett the patient drinke of it a little before the fitt Cometh, and likewise in the fitt, Lett this be done for three or 4 daies att the tyme when the fitt is expected, This hath bene tryed to haue Cured diuers when much Phisicke coule not preuaile, and when the Feauer hath held long./

For a Tertian Feaver./

Take Mellilott, Sellendine, White & blacke pepper, nettles and Salt peeter a sufficient quantaty well stampt together, and bynde a small quantatie to the Pulses of the Armes./
Another for an Ague

Take 2 or 3 Cloves of Garlicke & bruise them, a little saffron, butter, and Bees wax, asmuch as a Wallnutt of each, boyle these together till the Butter & wax be melted, then lett them Coole, when it is Coole, lay as much of them vpon a Lynnen Cloath as will Compasse the middle Ioynt of the 4 finger on the left hand & at it as a Plaster vpon the place 2 or 3 howers before the fitt If the fitt remoue not after 2 or 3 fittes, renew the plaster with what is left, or els make new as at the first Probatissimum./

Another

Take 2 pennyworth of Dioscordium, mixe it with halfe a pynt of Muskadine, and drinke it an hower before the fitt This hath Cured many beyond expectation./

Another for a Quartan

Cimices 7 taken inwardly are very good to Cure Quartan Feavers.

The Ague Plaister

Take halfe a pound of ffrankinsence the dryest that wilbe beaten to powder beate it and searce it as fyne as flower, Then take ordinary Tur=pentyne, as much as beeing mixt will make it into a Stiffe paste, Then take asmuch as halfe a Wallnutt, and spread it on Sheepes Leather, and lay it on hower or two before the Fitt comes to the Navill, If the Ague continue lay a Playster of the same to the left wrist./

A Cooleing Drinke in a Feaver, or other hott Disease.

Take a pottle of faire water, and halfe a pound of Currandes, Boyle it to a quart and streyne it; Then putt in some Iuyce of oringes or Lemmons, and some Syrrupp of Violettes; yow may boyle the ingredientes with some Coole
water, as with Redd weede water Succhory or Borrage water.

For a Surfett.

Feild Roses, otherwise called Reddweede distilled the water drunke is very good.

Another for a Surfett of what Kynde soeuer

Take of Aqua Composita, draggon water Rosewater, and Treackle of each a spoone= full Beate all well together & drincke it, It is good eyther for Man, woman or Chylde.

For any Heate

Take Leaues of Angelica distilled, and the water taken inwardly is good.

For heate in the body.

It is good to avoyd spice, wyne, Saltmeates & hott herbes in broath To vse often Clysters of milke & mallowes boyled together with fower ounces of honey dissolued in a pynte of streyned milke. Or in the stead thereof Take three ounces of Syrrupp of Roses soluble in a little Clarified whay, drinke it in a mor= ning earely and it will worke 4 or 5 tymes ffor dyett in this kynd vse Broathes with Cooleing herbes, french barly and prunes and as much coole Ayre as may bee, Dr Gulston s advice.

An Excellent Remedie for an Ague or Feaver, or any Pestic lentious disease

Take the quantatie of halfe a Nutt of Dioscordium, tempered with a silver spoone in a Little Sorrell water, three
spoonfuls of Sorrell water, 2 spoonfuls of Carduus water. Then take the Dioscorium so tempered, and temper them together with a good spoonful of Syrupp of Lemmons, and let the party drink it warme fasting two howers. It must be taken at night after the fit is past. It may be taken in any Pestilentious disease fasting 2 or 3 howers after it. And if need require giue it once in three or 4 howers.

For the falling Sicknesse or vertigo.

Take single Pyonie Rootes and wash them & drye them with a Cloath. Then slyce them and pound them very well, add 2 or 3 spoonfuls of sacke to moysten them, then streyne it, and to the quantaty of Iuyce, putt asmuch sacke, and mingle it well together; and so keepe it for your vse. It will last a yeare. Giue it to the patient to drinke fasting 5 spoonfuls at a tyme. And beginn to giue it 3 daies before the Change of the Moone, and continue 5 mornings together; Then beginn againe to giue it 3 daies before the full Moone and continue it for 5 mornings as before. To man or woman 5 spoonfuls is sufficient att a tyme, to a Chyld 3 spoonfuls is enough.

Or thus for Sicknes like to it.

Take an ounce of Pyonie rootes, and asmany fennell Rootes beaten together. And putt to them a pynte of Ale, Beere, or Broath, Boyle itt and drinke it morning & Eveninge. It helpeth Probatum.

Another

The Water of Swallowes a quantaty of it
drunke is very good against this disease./

For the vertigo

The powder of Aromaticum rosatum well
Compounded with Muske, & the quantatie of a
thymblefull taken in a Cupp of old Ale in the
morning is good against the swimming in
the head./

For the Iaundice a water for it./

Take a pecke of Snailes in their Shells, make
a good fire of Charcoales to burne Cleere, then
putt in the Snailes, and lett them roast till they
Leaue fryeing, then take them out, and wype them
Cleane, Beate them in a Morter, then putt
them into a pipkin with a quart of strong Ale
two ounces of Cloves beaten grosse, and two
ounces of harteshorne stirr them all well together
and lett them Soake all night; In the morning
putt to them two gallons more of strong Ale
and distill them in a Lymbecke it is also
good for a Consumption./

Another for the same

Take a pippin, Cutt off the topp & then
Core it, then take six penny worth of Saffron
dry it & grynde it into powder & then putt it
into the pippin, lay on the topp of the apple
againe, and roast it till it bee very soft, then
take a pynte of Clarett wyne, and make Lambes
wooll of it with the apple, And soe lett the party drinke
this quantatie for 3 morninges together fasting./

Another for the same

Take a pretty quantatie of Earthwormes & Slytt
them, & scower them well in whyte wyne, then boyle
them well in water with a bundle of wyld tyme;
Beeing boyl'd putt Sugar to it, and make it pleasant
to drinke and soe drinke of it in the morning fasting./

Another for the same

Milldewe
Milleidæ gathered vnder waterpotts is good both against the Iaundice and stopping of vrine.

Another

Take the Rootes of Sellendine boyled with Annyseedes in whyte wyne is excellent good & nothing daingerous./

Another for the Same

Take of ffennell Rootes and Parseley rootes of each halfe an handfull, of the rootes of dogges grasse halfe an handfull, of Barbery Barke an handfull, of Tameriske a quarter of an ounce, of Harteshorne an ounce, a small quantatie of Capers and barberries washt out of the pickle Boyle all these in 3 quarts of Barley water till halfe bee Consumed, then putt thereto halfe a pynte of Whyte wyne weeten it with Sugar & drinke it first and Last./

Another for the yellowe Iaundice./

Take a reasonable handfull of Sage, Rue, Sellendine, and a little quantatie of the Inward Barke of the Barberry Tree, Boyle alltogether in a quantatie of Beere, and glue unto the partie six tymes of it morning and Evening, a Little./

For the Dropsie

Take a gallon of Rhenish or whyte wyne, and putt therein an ounce of Cinnamond, well bruised,
and a quart of old Broome Ashes, and beeing
stirred well together Lett it stand 24 howers,
Then Cleere it in an Ippocras bagg, and
sweeten it with Sugarr and drinke thereof
in the morning, a little before dinner, att
4 of Clocke in the Afternoone and Bedward
asmuch as yow please./

A Dyett Drinke for the Dropsie

Take Soldanell, Spoonewort, watercresses &
Egrimony of each two handfulls wash them very
Cleane, then shredd them and boyle them in
12 pyntes of wort till 4 pyntes be wasted; Then
Lett it be streyned, cooled and sett on worke; And
when the same is Tunned vpp hang in the
Vessell a Boulter bagg with these following
powders and herbes in it, and a stone to make
them sincke videlicet Sarsaperilla 2 ounces, Lignum
Rhodium, yellowe, Redd and whyte Saunders
well rap'd of each an ounce, dryed Rosemary, sage,
and Cowslipp flowers of each an handfull, Cinna=
mond and Nutmegges of each halfe an ounce
bruised and made into a grosse powder Then
vse them as aforesaid; After 5 or 6 daies standinge,
Lett the partie diseased drinke noe other beere
each fourth day lett him take a dram of Rhubarbe
in powder fasting, And an hower and an halfe
after, the yelke of a Reare Egge in 4 spoonefull
of this Beere./

Another Medicine for it./

Snayles of the Earth applyed outwardly, are
very good to vnswell the dropsie.

Another for the Dropsie

Take a quart of your owne Vryne Boyle
therein two handfulls of Sage till it come to a pynte
and an halfe, When yow goe to bedd, Bathe your
Legges therein warme; Then take a skeyne of
rawe yarne vnwashed, and wynd about your
Legges, this doe as often as you bathe, and
it will helpe.

Another for the Same
Take two ounces of Redd coale of Rosemary an
handfull, of Sassafras two drams Infuse them
all in a quart of whyte wyne for 24 howers
Then power it out Cleare & sweeten it as you
please, and drinke it./
are meerly speculatiue, & partly an Art, that which wee & the Surgeons professe will Cleerly Demonstrate; I will begin with the first, as the Gramarians doe with letters, and Orthography, which therefore are not the chiefe because the first, no nore then the foundacion of an house is the chiefe parte therof or the end wherefore it was built but to the purpose, the Definition of Physicke is diversly deliver'd by diverse men, for some as Galen following Herophilus

Define Physicke (according as the Physitions of our time pro =fesse it) to be scientia salubriu m, insalubriu m, et Neutroru m; in this definition, Scientia is the Genus, Salubrium, insalubrium et Neutorum are the subjectum, but heere wants the Cause which either Efficient or Finall is necessary in the Definition of every Accident, as the Specificke deference is in definition of a substance; If Herophilus had knowne our Horscourses, he could have not better haue defin'd there craft then by those wordes, for if you alter but his intended subject, it touches the very Essentiall part of that profession. But to be more serious this Definition comes not home to the End of Physicke, which is to cure Diseases, & by preventing them to keepe the body in health, for knowledge is Passiue affecting the party yf a disease be a passion knowing, but yt must be an action which must performe that which is Iudged, & really is the end of Physicke to preserue from & cure diseases. let this serue for this Definition, let me proceed to another, A better definition liber de Flatibus

is that of Hyppocrates ( ) which Heurinus somewhat enlarged giues vs thus, Medicina est Ars Corporis humanj vitia per adjectionem et abstractionem emendandij; indeed this is Ars vere medica, quæ morbis me= =detur, this points at the end & vse, wheras the other compreheands nothing but necessary Circumstances to attaine therto. The subject of this Art is Corporis humanj vitia emendare, are, & the efficient cause per adjectionem et abstrac= tionem; A little otherwise yet in effect the same are these two giuen by Rioland s Medicina est Ars Sanitatis servandæ, Restituendæ, aut a morbis preservandæ; And, Medicina est Ars quæ sanis sanitatem conservat, ægris restituit, neutros a morbis præservat, not much dissenting is that of Averroes , Medicina est Ars effectrix ratione Collectaneorum suarum liber 6to. Capitulum 1.
et experimento inventa, quæ et santitatem conservat et morbos pellit, thus much for the Definition therof
Now come I to the Devison, & following mine owne method I first Dichomatize it into Speculatiue & practicall; the speculatiue parts I againe divide into Physiologia and Pathologia; Physiologia is that part of Physicke which shews the naturall constitution, Action & vse of mans body & the parts therof, the chief heerof are the septem res naturales, Elementa Temperamenta, Humores, Spiritus Partes, Facultates, Functiones, seu vsus. Pathologia is the other speculatiue part of Physicke which treats of the passions & preternaturall affects, or diseases that are incident to mans body, together with the causes, signes, & symptomes wherfore subservient to this are these two which the Greekes call ( ) & ( ). the former (as the name imports) shewing the causes of Diseases the latter there signes. Hitherto wee haue but Consider'd our owne & the enimies forces, but no wayes provided either to make a defensiue or offensiue warre against diseases, being the thing that is Chiefly intended, yet this is our comfort that Difficile vincitur quo de suis et Adversarij copijs vere potest Iudicare./ Vegetius 3. capitulum 26

Now that we may succour Physiologia against Pathologia and all those horrid troupes vnder that Comaund, our first Choice must be of a Generall, & the fittest for this imployment is Therapeutice, which I finde furnish't with the choice indowments required in a Lipsius 5. capitulum 15. Generall, to wit, Scientia, Virtus, Providentia, Felicitas, Authoritas, For he is skilfull when & with what forces, valiant in the performance, provident in his governement, happy in many & frequent Conquests, & of most Auncient Authority both divine and humane. therfore I doe not doubt but by the assistaunce of his three Legions led by ( ) and ( ), he will be able to Confound all the forces of the Adversary. But that you may the better know this Generall and his three comanders, I will briefly giue you his & there carectors. Therapeutice is a profest enemy to Pathos prince of Pathologia, & labours to restore man falling or already fallen into any disease, by the powerfull helpe of ( ) which furnishes him with the knowledge and brings

Service infinite troupes of simple & Compound Medicines together with there discriptions, preparations, natures, Faculties and vses; The hand of ( ), which by manuall operations Cures diseases Dum Superflua demit, suo que excederant loco reponit, continua distrahit, distracta continuat, quod deest supplet; and lastly by the provident care of H ( ), quæ debito eorum non naturalium vsu imper= 
dentes, aut præsentes morbos depellit. But stay, to those
already reckon'd vp, I must add another which the Greekes
Call ( ), being that part of Physicke that preseru's health
by the moderation & moderate vse of things not Naturall
I must tell you this ( ) is a neuter, & yet doubtfull
which side to take, being Compos'd of discontented Troupes, which
weere partly of Pathologia & partly of Diatetice; for if you
Consider the Theoricall part therof, it inclines to Pathologia,
yf the Practicall then to Diatetice. the third part of
Therapeutice. Thus haue I with as much brevity as is
Convenient giuen you a superficiall view of all the Chiefe
parts of Phisicke and amongst those, of that potent over-
comer of Diseases Pharmaceutice, by whose only helpe
silly women oftimes Triumph over those preternaturall affects
which haue foyled the greatest & most selfe opiniate professors
of this Art. This is that part wherat I aime, & which
I intend heerafter to explaine with my best ability, for
that I know diseases are Chiefly heerby prevented and
cur'd; & he that prevents & cures diseases performs all that's
requir'd of this Art. for as Galen rightly saith, Artis medicæ
liber de optimis sectis &
ad Thrasibalum
finis vnus, nempe santiatis conservatio. / And he I say that
either by medicine or manuall operation can cure all cureable
diseases, shall by me be accounted as good a Physition, as he
who furnished with the knowledge of many Tongues can readily
discourse of whatsoever the greate experienced Hippocrates,
or the learned Galen, or ther haue written in Greeke, or the
subtle Averrhoes, Avicen, Mesur, & the rest haue taught in
Arabecke, or any other of ^more moderne language times in any language,
which these it may be as with Phormio, who may teach Hanniball
the speculatiue Art of warre, though Hannibal knew better then
he how to Fight & overcome, which is the end by that Art Chiefly
aimed at. Very pertinent to this are the words of the latine
Hippocrates, I meane Celsus, wherin he confesses, Ingenium et Facundiam
vincere, morbos autem non eloquentia, sed remedijis curari. quæ
si quis e linguis vsu discreta bene norit, hunc aliquanto maiorem
medicum futurum, quam si sine vsu linguam suam exoluerit./
To this purpose let me present you with one or two examples,
seeing that vivimur exemplo magis quam regula; the first shalbe
of a cure perform'd by a silly Barber with Veronica Fæmina, which
Adversus pagina 197
Pena & Lobell set forth in these wordes, Nasum qui decreverant ab=
=scindere perdocti medici complures praeciperantque eiusdem sententiae
Chirurgis valde exercitatis id faciendum, quidam misellus Barbitonsor
qui de quopiam suo hero eximio medico hunc dotem didcisset,
dissuasit; hujus litu et potu effecit ut nec nasus abscindendus
foret, et vt reliquo corporj in lepram prono optime esset./
But this is but of one perticuler, let me giue you another
more generall cure, before I inferre any thing theron./ the
history hereof is recorded by Iaques Cartier the first dicoverer
of Canada, & I will giue you it as briefly as I can; he winter=
=ing & being frozen vp in Canada from the middest of November
to the mid'st of March, they had fiue & twenty of there best
men dyed, & all the rest weere so sicke that he thought they
should neuer recover againe, there disease was thus, there
knees weere swollen as bigge as a Child of two yeeres old, all the
sinewes shrunk together, there Teeth spoyld, there Gum
rots and stinking./ It was there Captain's chaunce (who all the
while remained sound) to see a savage which he knew, who

not past ten or twelue dayes before had been sore
afflicted with this disease, but at this time perfectly
recover'd of which he was glad, for that by him he
hoped to get knowledge how he came so speedily cur'd,
which succeded accordingly; for he asking Domagaia
(for so was the savage called) how he came to heale
himselfe; he answer'd that he had taken the Iuyce or
sap of the leaues of a Certain tree & therwith had heal'd
himselfe, for it was a singuler remedy against that
disease, then the Captaine asked of him whether any weere
therabouts to be had, because he had one servaunt
troubled with that disease; Domagaia straignt sent two
women to fetch some of yt, which brought ten or
twelve braunches of yt, & there withall showed them
how to vse it, & that was thus, to take the barke and
leaues of the saide tree, & boile them together, then to
drinke of the sd decoction every other day & to put the
dreggs to his legges in form of a Cataplasme; more=
over they told them that the vertue of this tree was to
heale any other disease; they in there language cald it
Ameda or Hanneda, & it is thought to be the sassaphras
tree. The Captaine presently causd some of that drinke to be
made for his men to drinke of, but there was none durst
tast of yt, except one or two who venter'd the drinking
of it, only to tast & proye yt, the other seeing that, did the
like, & presently recover'd there health, & weree deliverd of
that sicknes &cetera. After this medicine was found & prou'd to
be true, there was such strife about it, who should be first
to take of it, that they weree ready to kill one another,
so that a tree as bigge as an Oke in fraunce was spoyl'd
and lop'd bare and all spent in 5 or 6 dayes, & it wrought
so well that yf all the Physitions of Montpelier and
Lovaine had beeene there with all the drugges of Alexandria
They would not have done so much in one year as that tree did in six days, for it did so prevail, that as many as used of it, by the grace of God recover'd their health; Thus farre Cartier observed I pray you, here was no scrupulous Consideration, either Physiologically, of Temper, Spirits, Humors, &c., or Pathologically of Disease, Cause, Symptome &c., neither was there Diet regulated by Art, & I verily believe they promised no gene
rall meanses, as purging, phlebotomy, or the like, & yett not some but all these men, no question of several tempers Ages, Humors &c. were all cur'd in a short space by one only & simple medicine. Now if medicines thus administered by the hands of the Ignorant, can work such strange Effects, what might be done by those of greater judgment if they had but an exquisite knowledge of the proper and peculiar effects of simples & Compound medicines, which though much to be desir'd, can never be attain'd to in any reasonable measure vnlesse by long & much particular observation; liber de curandiper sanguinis missionem for according to Galen, Artem Medicam nihil tam Conjecturalem facit, quam cujusque remedij quantitas; therfore he saith well in the 9th of his method, Artis Medicæ studiosos, illumque addis=
=centes in particularibus exemplis exercitarj convenit, and hence it is that Aristotle in the first of his Metaphisick sayth ( ) that is men acquire science & Art by experience, and further he there adds ( ) ( )./ which is, an Art is made whenas one universal assumption or opinion of the like, is made vp from many experimental notions./ To come a little neerer to the history I lately mention'd, I will briefly deliver what I think of this & the like Cures mentioned by sundry Authors & wherof I could give many examples; it is thus. Those Diseases that are call'd by the Greekes ( ), hoc est Patrij, seu alicii regionj familiares, those I say which are Hippocrates de natura humani liber 2 sectio 9.

frequent in some Region, and æqually seize on people of different tempers, ages, sexes, & the like, by reason of a cause which is common to them all, as Aire, water, Diet &c. And some, or all those which are cal'd ( ), whether ( ), pestilent, or ( ) not pestilent, being allso diseases proceeding from a common cause, but yet not Nationall, or familiar; as allso those wherein there is any Contagion or hidden malignity, whether by external means, as the Bite of a mad Dogge, Sting...
of a Scorpion, or the like or by any internall, yet not manifest quality, as by drinking Napellus Colchicum &cetera all these as they haue an occult essentially morbificke quality, not knowne by reason, but experience; so hath the all regarding providence of God giuen one or more proper Alexipharmaca to cure them, now these are the diseases which comonly only are most grievous & daungerous, & these the remmidies which worke wonders, yea allmost howsoever vs'd; further I haue noted that the Symptoms in these diseases, how ever horrid & various, yet they all vanish vpon the vs of the proper & specificke medicine; and therfore I may say with Horatius Octavianus, Natura omniparens, & velutj adjuncta charitate, cuncta animantia prosequuta est; quæ enim nascendi sortem tribuit, vivendj, ac valendi sub= =stantiam non negavit; est enim in omni mundo natura, quæ operatur grande secretum. But to let this rest & a little looke backe vpon the former parts of Physick, you shall finde that the Physiological part hath beene neglected by many, as Celsus witnesseth in his preface that the Great Hippocrates as one may probably gather by his ( ) foure paire of Veines./ was not better vers'd in Anotomicall Administration, then some Jewish Butchers are at this day in other Countries./ For the Pathologicall part, who are they

Almost that know not the Pox, measles, stone, Gowte, Falling sicknes, tertian & quartaine Agues, & the like, may further ou't state thinkes this so easy as that they rely vpon women to giue Judgment of the disease by only seeing of the body, & that not living, but Dead./ But the Pharmaceuticke part was ever by all men, in all times and places much esteemd & set by. and there was never any sect no nor perticular man that thought not this part of much necessity & vs in Physicke. And hence it is that Ovid's Apollo (Taking vpon him the invention of Physicke), saith of Herbarum subjecta potentia nobis, And ludging his disease incureable he exclaims, Heu mihi quod nulli amor est medicabilis herbis, as if that those internall diseases which hearbes could not cure, might well be judged vncredible. Now let not this I haue heere saide be so taken as that I may be Iudged to thinke the Physiologicall, or Pathologicall parts of Physicke vnnecessary, though lesse necessary to be insisted vpon then the Therapeuticke; I will shut vp my discourse with these wordes of Celsus, which are very pertinent & full to this purpose. Nam quæ demum Causæ, vel secundam vale= tudinem præsent, vel morbos excitent? quomodo spiritus, vel Cibus, vel destrahatur, vel digeratur, ne sapientiæ quidem pro=
fessores scientia comprehendunt, sed conjectura persequuntur
Cujus autem rej non est certa notitia, ejus opinio certum
reperi re remedium non potest./ verumque est ad ipsam curandj
rationem nihil plus conferre, quam experientiam. Quamquam
igitur multa sint ad ipsas artes propri non pertinentia,
tamen eas adjuvant excitando Artificis ingenium. Itaque
ista quoque naturae rerum contemplatio, quamvis non faciat
medicum; aptiorem tamen medicinae reddit, atque perfectum;/
verjue simili est Hippocratem et Erasistratum & quicunque
alij non contentij fabres et ulcera agitare, rerum quoque

folio 84 verso || folio 85 recto

naturam ex aliqua parte scrutatj sunt, non ideo
quidem medicos fuisse, verum ideo quoque majores
medicos excitisse./ Thus haue I deliver'd what
I haue thought good at this time to subject to the
Censure, and though rude & vnpolish't, yet I hope you
will with me consider this, that aliud est exercitationem privatam
aliud librum, aliud amicis, aliud omnibus scribere./

Prælectio 2da
T: I: Pharmacopola

Having (friendly Auditors) in my last exercise, brifely
run over the Defintion & division of Physicke, with
the parts therof, I now haue thought yt fitt after the
same manner to acquaint you with the professors of
this Art, both Auntient & Moderne; and this I doe the rather
for that I finde many to be (though not wholly Ignorant)
yet much defectiue in this, as I may terme yt, the
Hystoricall part of Physicke./ Of the Antiquity of
this Art amongst the Easterne Inhabitants of the world, or
what there practise therof was, I can say litle, for that
there is allmost no monument remaining of there Actions,
but only the sacred scriptures, wherein I find mention of
two sorts of Professours (yf wee follow our owne moderne interpretours)
the one by the name of Physition, the other by the name of
an Apothecary, the former is mention'd, and Joseph Comm anded
Genesis 50: versus 2:
his servaunts the Physions to Embaulme his father, and
the Physions Embaulmed Israell. this was about the yeere
of the world 2255. 16 hundred 93 yeeres before our Saviour, &
before the birth of Hyppocrates which was in the first
yeere of the 8th Olympiade 1490 yeeres; Hyppocrates
was the 18th in a lineal succession from #198;sculapius , who amongst
the Greeks, was Counted, with his father Apollo, to be the God and
first Inventor of Physicke./ Allowing therfore 40 yeeres to ech
generation it makes but 720 yeeres, which deducted out of 1490
there still remaine 770. by this account yt plainly appeers,
that this Art was much more Auncient amongst the
Ægiptians, then amongst the Greekes; some yeild these
reasons, the people were invited therto by the serenity of
Aire, and the fertility of the soyle yeelding aboundance of
medicinall Plants, as Homer witnesseth in the 4th of his Odyssey

Egipt, whose fruitfull soyle doth medicines store
Bring forth & those both very good & Ill &cetera
And to these they add the ingenuity of the people who as Aristotle
Confesses weeere the Inventors of all good Arts./ yet this doth not
fully satisfy, for I probably Conjecture yt was rather thus;
the &g;giptians weree more Effeminate & Riotous, then the
rest of the people of those times, there Country with little
labour yeelding plenteous store of no^urishment; & withall
they weree allso more ingenious; the former qualities
made them the apeter to fall into diseases; & the latter
together with the naturall indowments of there Country,
furnished them with more ability's to withstand them.
for certaine it is that necessity made men seeke for reme=
dies, which Chaunce, & experience or tryall first found out, and
Reason afterwards made vp into an Art./ But to returne
whence I haue digressed, whereas the Scripture speakes
plurally of Physitions, that Ioseph Comaunded his servaunts
the Physitions, yt shows that he had many, and therefore
I Cannot but acquainte you with that which Herodotus an
Auntient Greeke Author saith of the Physitions of &g;g;ipt, and
with him go on a little further to show you the severall
manners of Embalming the Dead amongst the &g;g;iptians,
and the rather for that the narration is Continued by Herodo=
=tus , whose wordes I thus English. Physicke (saith he)
Herodotus Euterpe
is so parted amongst them, that ech Physion hath one disease

And no more to Cure, for some Cure the Eyes, others the heade,
others the teeth, othersones the diseases of the belly, and some
those of the more inward parts. there mournings & burials
are thus order'd; whenso'eere a man of any fashion dyes, then
all the women of that family besmear's there heade &
faces with Clay, & leaving the Corps at home, they wandring
vp & downe the City, beate themselues, having there garments
girt about them, & there breasts bare, & together with them
go downe the neighboring women; on the other side, the men
also lay open & beate there breasts. This done they at
length Carry them to Embaulming, for there are Certaine
appointed for this purpose who doe the feate; those whenas
a Body is brought them, shew the bringers therof Cer=
taine wooden portraiture of dead bodies artificially
painted, & say they, this one is most accurately made, and was for one (whose name yf I should tell I should not doe holly) this other is inferiour to that & of a lesser price, this third most base & too vulgar./ this done, they aske after which patterne they would haue the body to be embaulm'd then agreeing on the price they goe there way. Now these left alone in there houses doe most diligently Embaulme the Body after this manner; first with a Crooked Iron they draw the braine forth at the nose & when they haue Emptied the part they fill yt with medicines then with a sharpe Ethiopian stone, they open the body about the flancke, & that way draw forth all the En= trailes, which taken out & the inward parts washed with Date wine, & after that with beaten spices, they then fill the belly with beaten myrrhe, Cassia, and other odoriferous thinges (except frankincense) & so sow yt vp againe. /when this is done they keepe yt salted in Niter for 70 dayes, for longer they may not salt yt./ Those 70 dayes being expir'd, when they haue wash't the body, they wrap yt all in fine linen, cutt forth into lengths & gummd, for that ^the Egiptians commonly use insteade of glew./ then his kindred receiuing the body againe make a wooden portraiture of a man, wherin they forthwith with put the Corps & lay yt vp so inclos'd./ now such as desire the indifferent Embaulming to saue charges, haue thus perform'd; they fill a glister-syringe with Cedria & so in= iect that at the fundament & therwith fill the belly of the deade Body, neither opening nor drawing any thing out therof, then they salt yt so long as I formerly mentiond, toward the end of these dayes, they let out of the belly the Cedria which they formerly Inieected, which hath such force, that together therwith yt brings forth the putrified entrailes./ but the Niter Consumes the flesh, so that there is nothing of the body left but skin & bones./ the third manner of Em= baumling is that vs'd for the meaner sort; they first Clense there bellies by Injections, & then salt them for 70 dayes & so giue them back to there friends./ now the dayes of Embaulming ^the dead according to Herodotus weree 70, yet in the verse imediatly after that I formerly aledged, it is saide; so forty dayes weree accomplished (for so long did the dayes of those that weree embaulm'd last) and the Egyptians bewayled him 70 dayes./ To lett this passe as litle pertinent to our intended subiect, I should now come to treate of the Apothecary mentiond in the sacred scriptures, but seeing that in all places of the septuagint it is expressed by the Greek word ( ), I
will not yet handle that, vntill I come to the Greeke professors, amongst whom in his fitting place you shall haue the Myrepsos. The Greeke professours are Chiefly, to be Considered, & taken notice of, first because they haue arriu'd to that excellency in this Art as is hard to be equal'd, much less exceeded, & the Chiefe reason that I can conceiue of this exquisite knowledge was, there due & fitting Education heerin, of which heerafter. secondly for that wee still vse them as maisters, & giue the Chiefe Credit to there writings, wherfore it is Convenient wee should know there sects, & the several Arts and professions of those who are by most refer'd to this Classis, The better therefor to perfrome this I haue taken in hand, I will distinguish them into profest Physitions, & those that had only some relation to some parts of Physicke (or at least by most are so thought to haue) in treating of profest Physitions I will giue you there sects & opinions as briefly as I may; and after that the names & professions of the rest who (as I saide) had but some small relation to Physicke. / I will begin with the Physition, whose profession (as long as Physicke flouris'ht amongst the Greekes) Comprehended both the Pharmaceuticke & Chirurgicall parts of Physicke, as may be abundantly showne by sundry passages in there writings, which would be too tedious to Collect & set downe; yet shall you not rely vpon my bare word for this, but I will giue you testimonies of some other late men both learned & Iudicious, who allso haue obseru'd thus much. Theodore Zuinger of Basil in an Epistle prifix't before Bayrus his practise hath these words: Videbat enim vir Ingeniosissimus Medicinam vnum esse, et apud veteres non modo Græcos, sed etiam Arabas eosdem fuisse et Physicos, et Chyrurgos, et Pharmacopæos, ignavia deinde hominum atque avaritia in varia velutj membra corpus hoc totum fuisse dissectum, &cetera

The like is asserted by John Riolane in his preface to his booke de Temperamentis, where amongst other words Argumentorum liber 5 he saith, At prima ætate per paucj erant medici, iique Chirurgi, simul et Pharmacopæj &cetera : Barclay in his Argumentorum liber 5 Argenis, where he fiegnss all things to be done according to the Auncient times, vseing a Physition to his wounded Polyarchus, hath these wordes, Aderat Medicus qui pridie Sanguinem mittj Iusserat, is fusciam quæ circa
gravissimum vulnerum erat resolvit, nondum enim Medicina
triferiam erat secta, sed iijdem de morbo sententiam dicebant,
diluebantque, et manus ægris membris, aut saucijs admovebant./
I Could adde more but heere are more then enough in a
thing so plaine. threfore to returne to my former
discourse, the Physitions amongst the Greekes as allso the
Latins, weree divided into there sects, the Empericall,
Methodicke, & the Rationall or Dogmaticke./

The first of these according to Pliny liber 22. Capitulum i. tooke the
originall from Creon of Agrigentum, & of this sect weere
many Physitions of greate note, as Philimus, Serapion,
Alexandreus, Apollonius, Glauclus, Menodotus, Sextus, Hera=
=clitus Terentinus, Dioscorides, & others. The professors of
this sect according to Galen ()

(); they weree allso called ()
(), that is diligent observers & Rememberers: there
sect was allso by the Greekes called ()
& (), that is the experimentall, diligent observing
& remembring sect./ now the chiefe fundamental
ground of this sect as the name intimates was experience
which they thought sufficient for the attaining to perfection
in this Art for say they Reason is of no greate vse
in Physicke, for it either indicates the same which experience,

Or els the Contrary, yf the same, why then wee
are nothing helped therby, yf the contrary then yts
false, & Consequently no reason, but a fallacy mask't
in the shape of reason./ threfore say they it is
much better by operations & deedes to show our Art then
by Reasons, which cannot otherwise be maintain'd but by
Logicke, & wee see that arguments are so full of
fallacies, that the Logitians the very maysters of them,
can scarse tell how to resolue them, & by there
owne rules the granting of one false supposition, may
occasion infinite errours./ Now in there cures they
had there Chiefe regard to a () or Concourse
of Symtomes; then having obseru'd this Concourse of
Symptomes, they out of there vse & experience fitted
medicine therto, & not from arguments as the Rationall.
These remedies they learn't by the hystory of former
Experiences, & they vs'd a transgression from the like
to the like affect./ such thynge as they themselues by
there owne experience tryed in many, often, but allwaies
in the like affect & after the same manner, or els by
accident haue found they still produce the same effect,
these they Confidently vsed, without any Curious enquiry
of what temper or quality they weree of./ they allso
gau Credit to the Auncients who recorded & comit= 
=ted to memory those thinges which they experimentally had obseru'd; but that which they themselues found out they saide they knew that (); or by there owne sight; what they had from others observation they called that (); History; & that which Chaunce found out (as yf one being thus or thus affected tooke this or that accidently & found yt did much good or harme) this they cal'd (); Chaunce./ furthermore they vs'd a transgression from the like to the like, which they

Therfore term'd, (), as transferring the
Remedy from the like disease to the like, as that which was good in a burne they would vse in an inflammacion, & from the like place to the like, as from the Arme to the Legge, from the hand to the foote, and so allso they went from remedy as for a Quince the would take a medlar Borage for buglosse, a red Lilly for a white &cetera. thus much for the Empericall sect.

() The Methodicke sect (whose founder was the Laodicean Themison according to some, or to others Thessalus) next take place these affirmed, Quod nullius causæ notitiam, quicquam ad Curationem pertinere; & that it was sufficient quædam morborum communia intuerj; the cal'd themeselues Methodics for that they drew the Art first into a Method, or to generall heads breifly digested; these not only in words did disagree with the other sects, but allso innovated diverse thinges in the Art; for as I saide, they affirmed that neither the part affected indicated any thing for the Cure, neither the cause, Age, Time, Region, neither the consideration of the strength of the patient, his nature, habit, or Custome./ wherfore neglecting all these, they tooke there indications from the affects themselues, & Iudging them sufficient; neither grounded they any thing, in speciall or perticuler, but in generall & vniversally, & these they called () Communities which Comprehend. =ed all perticulars./ Now some of these affirmed that all diseases proceeding of dyet, other that all in generall whither from dyet or otherwise, indicate only two Communities, & a third mix't one, the names they gaue these two are Adstrictio & Fluor & the third was mix't of both./ Adstriction indic= cated Relaxation; Defluxion, Repression; in the mix't they had respect to the most violent./ they Iudged yt not necessary for a Physition to Consider more then these three, for the leading him to finde out a medicine./ for to what purpose is it, say they, curiously to inquire of Coldes, Heates, excessiue Drinking, eateing & the like, for these are not the thinges, but the affects indured by them that
must be holpen; for in the Cure of a burne, that skil's not to know, whether yt was done with a Cole, hott Iron, the flame of a Torch, or stean &cetera, but that it is a burne, for that is the disease that remains in the body, not that which is gone & past, & heerof wee must labour to know the nature, for yt it be astrict, yt must be relax't, yt fluide, represt, from what Cause soever either of them proceed./ but further to Illustrate this matter let vs propound a Phlegmon for an example, in which when it is the fault of Adstriction yt doth not yt yt happen in summer, require relaxing medicines, & in winter other, but it is Cur'd at both times with the same, neither in Children with relaxing things & in old folkes with repressing; neither in & vertu with relaxing & at Athens with the Contrary. Now therfore yt none of these Conduce to the cure, wee study them in vaine./ but what for the parts of the body, doe not these also Conduce to the indication of the cure? No: for is there any that will say that a Phlegmon, which in a nervous part must be relax't, must be represt in an arterious, venous or fleshy part, or yt there be any adstrict affect in any part of the body, dare any say it must not be relax't and that which is fluide & resolu'd must not be strengthened./ Therfore if the nature of the part Change not the manner of the Cure, but that the invention of remedies depends upon the nature of the affect, wee in vaine labour to know the disposition of the part./ These & such like weer the reasons of the Methodicks, who seeme to haue taken the ground of there sect from this saying of Aristotle, ( ) ( ) ( i) Density & Rarity are the beginings of all diseases. This sect is much declaim'd against by Galen in very many places, & they were not very happy in there cures, and thence I thinke that Iuvinall in his tenth satire alludeing v. 221 to Themison the author of his sect saith, Quot & vertu Themison Autumno occiderit vno./ ( ) sive ( ) Now leaving the Methodicks, I Come to the Rationall sect, so Called because they in the curing of diseases giue the prime place to reason, yet not so as they neglect experience, Hippocrates was the father of this sect, which still hath had the prime repute the followers heerof thinke that to the attaining of this art is ne=
cessary an exact knowledge of the nature of mans body, & the perticu-
ler parts therof, as allso of all signes & causes of diseases, symptoms &cetera.
the knowledge of the faculties & qualities of meates, drinkes, & medicines,
the Temper & alteracion of the ayre & seasons of the yeere, & to con=
clude, they thinke yt not fytt to be ignorant in any naturall
cause, nor of the natures of any thinges which may conduce to the
knowledge of mans body, the Nourishing, Altering, hurting or healing
thereof; so that a Rationall Physition ought to haue knowledge in
Astronomy, Naturall Phylosophy Geography, & most other sciences, that
so he may be skilfull in the alterations of the seasons, know the nature
of Beasts, Birdes, Fishes Insects, Plants, Metalls, &cetera. the scituations of
Citties, Countries & the like; that by this meanes he may know what
is fittest to vse in this or that case & best to be had from this or
that place. yet for all the knowledge that man however Ingenious
& studious can arriue vnto, he will in this study stand need of experience
for there is an ( ), a peculiar Temper of ech Individuum
which though the Physition Cannot Comprehend & know, yet is it oft
times so necessary to be knowen in curing, that without some
Certaine knowledge therof, there is little Certaine reason in
Cureing, for we doe not cure an vniversall man, but
this or that individuall party, whence Aristotle say's well,
( )
( )
I may know somthing in a generall knowledge, that I am Ig=
norant in a perticuler; And I (saith Galen ) If I Could
find out the perticuler nature of ech man, should
thinke my selfe such an one, as I Conceiue &#198;sculapius
to haue beene. further there are allso in me=
dicines ( ) Ineffable & hidden proprieties
such as is that in the Loadstone to draw Iron, & the
touc'ht needle to turne to the pole, for some hearbes
whose manifest qualities are scarce discernable, haue not=
withstanding powerfull operations to kill, or preserue
life, yet these there admired qualities or proprieties are no
otherwise to be knowne then by experience. but to
come to the rest of the Auncient professions, who are
thought to haue share in this Art, I will first reckon
them vp by name, then briefly handle ech in perticuler;
there names weere these ( )
( ), and
( ), of these in order.
The ( ) or simply ( ) (for the former
denotes but the maister & the latter the man) takes his
name ( ) ab inungendo; whence allso the
Latines calls them Aliptæ & vinctores; There Art was this
they weree the maisters of Exercise, very well knowing
there force & faculty conducing to health, & they therfore
taught not only the Athletæ, but allso other men, how,
how long, and what manner yt was fitting ech man should
exercise himselfe, for this may be gathered by Celsus his
liber 2 capitulum 1
wordes where he saith, Hominem sanum nullis sese legibus
obligare debere neque Medico, neque Alipta agere.
Tully allso in an epistle to Lentulus hath these wordes

Vellem non solum salutis meæ quemadmodum Medici
sed etiam vt Aliptæ, virium et coloris rationem habere
Stromata 6
voluissent./ allso Clemens Alexandrinus saith Sanitatem
per medicinam, bonam vero Corporis habitudinem per Alipt=
ticam Comparari. The maister or Chief man was allso called
according to Iulius Pollux ( ) & ( ); the
( ) or Vnctor according to the same author was
( ) a base fellow./ There imploymnt was this; whernas
the Athletæ or others intending such exercise, had put of
there Garments in the Apodyterium, then were they anointed
by these men, and so went to a place wheras dust lay ready
for the purpose, wherwithall they powder'd themselues all over,
so provided, they fell to there exercise, which ended, they return
=ed againe, & by the Aliptæ were Curried over with Irons
made for that purpose, & the crassament so scraped of
was kept to be vs'd in medicine, which the Athenians called
( ) others ( ). when they were thus clensed, some
were againe anoynted, either for there health's sake, or with
some odoriferous oyntment for there pleasure./

But to passe over the Alipta; let me come to the ( ),
that is according to the signification of the word, the
Roote=Gatherer; most & not without reason renders yt
Herbarius in Latine; of this profession was Cratevas , who
by Castellanus in his vitæ Illustriu Medicorum is ranked
amongst the Auncient Physitions, he thus writes of him,
Cratevas Hyppocratis ævo celebris herbariæ author, scien=
=tiam a Crateva acceptum sic excolluit, vt divini

senis elogio ( ) appellari meruit; et quid
amplius ad summæ laudis Cumulum requiras, quam
Hippocrati fuiisse mirandum ( ) (inquit) ( )
( ) (;) I haue oft times admir'd
the for the matter of hearbes; thus much Castalanus ,

And you may see in the epistle of Hippocrates to
Cratevas , whence Castalanus tooke that he hath written.
I am vncertaine what this profession was but thinke
yt did not long continue, for that in the writings
of the other greekes after Hyppocrates , wee finde such
small mention of them. I probably conjecture that it was to gather & dry Certaine hearbes of knowne faculties for medicinall use; neither doe I thinke the ( ) were ignorant of these faculties, but used in pro esse of time to play the Mountebanks with them, which I am induc'd to beleue for that Alexis Thurius the Comedian wrott a Comedy which from the name of the formerly mention'd famous Rhizotonist he called ( ) that is Cratevas the Mountebanke. thus much for the ( )
The next is the ( ), who by the Latines was called Seplasiarius & vnguentarius, and who wee in my opinion may more fitly english the profession of Apothecary, as our translators of the scripture haue done. his Greeke names ( ) & ( ) come from ( ) & ( ) unguentum coquo & ( ) unguentum vendo. this profession is of great Antiquity, & was of reasonable good repute amongst the Iewes, as may be gathered by some places of Exodus 30 versus 35 scripture as where the holy oyntment is to be made & ( ), the pure work of the Myrepsos, but let vs search into his profession & make inquiry whether his Art were the art of an Apothecary, as it is not only translated but also taken by the most late Physitions in there writings where they stile Apothecaries, I know not whether with more arrogance or ignorance, seplasiariij & vnguentariij; to finde out this I heere

Make enquiry after, I will first view the Myrepsos in the scriptures, as the most auncient & authentick writings then in some other Greeke & Latine Authors. In the place of Exodus formerly allledged, I finde yt was an oyntment that was ( ) the worke of the Myrepsos, & that an odoriferous one & for anointing the high priest allso yt is sayd ( )

( ) &cetera
2 Chronicles Chapter 16 versus: 15
(i) And they laide him forth vpon a bed, & they filled him with spices, & the kindes of sweet ointments of the ( ). Allso Ecclesiastes by some greeke interpreter^ s Capitulum 10 versus 1 is thus rendered ( )

(i) The Death of flies, or dead flyes corrupt the sweet smelling oyle of the Myrepsos. By all these places, the Myrepsos is no other than a compounder of sweet oyles & ointments for perfume, agreeable to which
wee finde him in other Authors, for Iulius Pollux in his
Onomasticon treats ( ) &saith hee, ( ),
liber 7 Chapter 33

( )

, that is Critias calls the sweet ointment maker
Myrepsos, & so doth Anacreon call the sweet oyntment seller
the shop was call'd ( )./ there profession was (as I haue
formerly shewen you) to make sweet oyles & ointments
Chiefly for pleasure, & there vse was both frequent &
various; for some vs'd them at banquets, as wee may see
by these verses alledged out of Miostratus by Athæneus
( )

which we may thus English
And do thou
The Banquett curiously contriue
Adorning it with Iunckets various
Sweet ointments, garlands, frankincense
And pipes withall see that thou dost provide.

They anointed there heads with these oyntments, & somtimes
other parts of the body, as wee may see by that act of
Mary Magdalen to ou'r Saviour, which is recorded by three
Evangelists though somwhat differently, for St Mathew
Mathew 26 7
Mark 14 3
John 12 3
& Mark say she powred it vpon his heade, but St John
saith she anointed his foote therwith. They Chiefly an=
=nointed there heads with these ointments, for that they
thought there senses did there keepe there Chiefe
mansions, & weere much refreshed with sweet odours,
according to that of the Poet Alexis ( )
( ). that is
It is most Conducible to health to Comfort the braine with good
Smells./
I will referre you for the rest of there vses as allso names
& discriptions to Pliny 's naturall history the three A first Chapters
liber 13
& to the 15th booke of Athæneus his Deipnosophists
where you shall finde much to this purpose. further,
they in Galen s time, at Rome, begun to take vpon them
to make greate Antidotes, as Treacle, Mithridate, & the
like as appears by Galen de Antidotis liber 1. Romæ (saith he)
eiusmodj Antidota præparant non solum optimi Medici,
se etiam Myropolæ./ they allso weere merchants for
Drugs as we may gather by these words of Galen in *that*
same book, Quare Medicus quidam Romæ, ex his qui me=
=dicamentum preparare non viderunt, ex scriptura
confectionem ejus . aggredi ausus, quærebat apud vnguen=
=tarios Hedycroon, putans herbam esse aut aliquid tale

simplex medicamentum./ Now the profession was but
meanly thought of by the Greeks & Romanes for the
Spartans banish't them there Common wealth, & saide
they were good for nothing but to spoile Oyle, & Solon
by his lawes forbad all that men should sell them, as

Too effeminate a profession for them./ Cicero allso in his first
booke de officijs approves not of the profession, for saith hee
Minimæque artes hæ probandæ, quæ ministræ sunt voluptatem
Cetarij, Lanij, Coqij, Fartores, Piscatores, vt ait Terentius ,
adde his si placet Vnguentarios, Saltatores, totumq ludum talarium./
By all this that hath beene saide & much more that might be saide
to this purpose yt is apparant that *the* Sephasiarj or Vnguentarij
amongst the Auncient Greekes & Romans never had anything to doe
with the preparation or application of medicines for *the* cure of diseases.
which Cleerly showes that the profession & the end therof was different
from that of the Apothecary, as *that* more cleerly appears whenas
I come to show what the Apothecaries profession is./ But putt
case yt weeere (as some Imagine) that the Apothecary is growen
vp from them, *which* they can neither proue, nor I beleue
yet I must tell you *that* yr a Sien weeere taken from the
body of Physicke, & grafted vpon the stocke of the vnguen=
tarij, yet the fruite & offspring naturally follow's the dispo=
sition & nature of the Sien & not *^that* of the stocke; so
out* Apothecaries profession is meerly the Pharmaceuticke part
of Physicke which was exercised by Hyppocrates , Galen , & all
the Auncient Physitions, who would much scorne, that any of
the genuine offspring should be termed Vnguentarij; but
you see what it is to be younger brothers, or at least to
loose ons birthright, for sure it is that ( )
is the auncients part of Phisicke, thus much for *the* Myrepsos./
There now remains the ( ) the medicine Beater but
for that he was but a meere Mortar=man, & no profess artist, I forbeare
to trouble you with any further discourse of him; & for the ( )=
=( ) or Mountebanke his stage is not yet ready, & I fearing that
I haue already too much trench't vpon your patience, will present
you him with *the* Continuance of this argument in my next exercise,
*which* (God willing) Shall giue an end to this yet vnperfect discourse

folio 92 verso || folio 93 recto

Prælectio
If you remember (friendly Auditors) I, in my last exercise told you, that Physicke in the time of Hyppocrates and Galen, as also afterwards was but one profession; & though there were other professours thought by many to have share therein, yet it was not so. of some of these Professions, I have already spoken, & there remains now, none to speake of, but only the ( ), whose name imports a seller of Medicines, & indeed such an one he was, being the very same, who wee at this day term a Mountebanke, as farre as I can gather forth of the writings of the Auncients, out of whose workes take these two or three testimonies tending to this purpose./ Cicero in an Oration Pro Aulo Cluentio hath these wordes; Tum repente Anconitanum quendam Lucium Clodium Pharmacopolam circumforaneum, qui casu tum Larinum venisset, aggreditur &cetera. Heere you see he termes him Circumforaneum a fellow keeping about markets, & places about publicke Assemblies, & saith that he came to Ancona, Casu by Chaunce, for indeed they seldom keepe any certaine abiding place. Agreeable to this, Galen in Libri de Diebus decretorij saith ( ), Pharmacopola quendam ex Trivio, for that in the meetings of streets, & publicke places, they vsually kept there stations. but most to this purpose are the wordes of Marcus Cato alledged by Gellius, Noctes Atticae liber 1 capitulum 15. Nunquam enim tacet, quem morbus tenet loquendi, tanquam veternosam bibendi atque dormiendj, quod si non conveniant, convocarj jubet, ita est cupidus orationis, vt conducat, qui auscultet, itaque auditus non auscultatus, tanquam Pharmacopolam, nam eius verba au= diuntur, verum ei se nemo committit, si æger est./ heere he fitly compares a greate talker to a mountebanke, which people will oft time heere, but yet with small attention, and few for all his greate wordes, will make triall of him, yf they Chaunce to fall sicke./ they allso vsed to sell Other thinges besides medicines, as Precious stones & such like, wherwith the simpler sort of people were the easier to be deceiued./ I finde few late writers, that haue well enpreest, or indeed vnderstood (though some haue labour'd therin) what the Pharmacopola was, only our country man Bond vpon that verse of Horace satyrae 2: Ambubajarum Collegia, Pharmacopolaæ, hath these wordes, Olim rerum vilium ostenta^tores erant, et po= =pulo verba dabant; which is very true, & they keepe the same course still./ Thus you see that none of these professors had any thing to doe with the practise of Physicke./ but I know you will be ready to aske, who made & applyed the medicines to
the sicke, & did those workes that the Apothecary vsually
performs at this time? This I will labour to explaine and
withall shew whence the originall of this name Apothecary
comes, then define & limit his profession as it is now separate
from the speculatiue Physition & withall shew that ech part
therof was once the worke of the physition, who now only
is Tacticus, an orderer or appointer of Physicke, & leaues
the Apothecary & Surgeon to be truly Practij, Performers,
or Doers of the operations therof. I formerly told you, the
Auncients held all in one, as it is vnfit that the members
of one body should be disjoyned, seeing that body cannot
be well, whose members doe not fitly Symphathyze.
But to the purpose the Auncient professors of Physicke had
first there ( ), that is surgeons shop, for yt was no
other as may easely be seene by Hippocrates his Booke ( )
( ), And by Galen s Comment vpon the same.
Chrysostome allso shew's yt plainly, in these wordes;
( )
( )
( ) &cetera (1)
as yf you should into an ( ) or Physicke shop, and there
come
see many instruments lying vp & downe, you would wonder
at the variety of these instruments, for that you know not

There vses &cetera. which shewes that the ( ) was furni'sht
with Chirurgicall Istruments, & a place fitted for the
performation of the operations of Surgery, as may
plainly appeere by the foremention'd booke of Hippocrates
Now this Chirurgicall part was first sever'd from the
Physition, as you may gather by Galen; who saith, that
he did not much practise surgery in Rome, for that
it was a distinct profession from the rest of Phisicke,
But in Greece & Asia at that time yt was not so./
The place where they kept there medicines, the which
they called Apothece, or Apothecary Shop, they kept
more inwardly & private, & weere allso the longer
before they gaue yt over, for Galen makes mention
of his Apothece which he kept at Rome by the Via Sacra
liber 1 capitulum 1
de compositione medicamentorum
secundum genera.
his wordes are these, Scripsimus et jam ante com=
=mentarium, cuius priores duo libri in publicum sane
prodierant, se cum alijs --in Apotheca, quæ ad viam
Sacram est reliicti intercidere, quando pacis delubrum
totum et ingentes Palatij Bibliothecæ incendio con=
=flagrarunt./ Allso he tells you of Cinnamon, that he
liber: 1 de
Antidotis
there kept in his Apothece./ Now Apothece is nothing but a place to lay vp or keepe any thing ready for vse & hence comes this word ( ) rendered by the old Glossarium, Apothecarius, vel Horrearius, that is the Storekeeper, & hence came the English name Apothecary, the French Apothecaire, the German, ein Apotecker, & the Spanish Boticario./ the office of looking to this Apotheca & Storeing, yt did beling to the younger students in Physicke, who all most from there Childhood weree train= =ed vp in this art; for saith Soranus , Medicinæ initianīdus ea ætate sit, ex qua maxime e parvis homines transeunt

Ad magnitudinem, quæ est in annos undecim. Hæc enim ætas est apta, ad sumendam sanctam artem Medicinæ./ Allso Hippocrates de Lege, wishes that there should be ( ) Institution from a Child, & that ( ), loco apto, in a fitt place, that was in the house of the Physition; for I Cannot finde that Physicke, till long after the time of Hyppocrates was made an Academicall profession. & I ludge that those thus initiated youtthes weree termed ( ) properly & that the word ( ) was from hence transferd & afterwards taken for young students in any Art, as ( ) ( ), young Rhetoritians, young Grammarians.

St Chrisostome speaking of the goodnes of God in the creation of thinges, amongst the other Benifits that man hath by wilde beasts, he reckons vp the cure of diseases, ( ) (i) for the young Physitions prepare many medicines of them./
Now it is probable that the practise of Physicke growing greate, there weree some that did not desire to trouble them= selues with the preparation & application of medicines, and othersome who yt may be weree fitter & more willing to make & apply then to appointe them, & so the one tooke the Physicall part to profess & thence weree termed Phy= sitions, & others the Pharmaceuticke part or the care of the Apotheca & called themselves ( ), but afterwards looseing the substantiuæ & knowledge whence they Came, they only kept the Adjectiuæ or Epitheton & so are called Apothecaries a name of no small antiquity heere with vs./ Or els yt may be the polity of some state made this Division, that so there might be no luggling, for yf one man be bothe the appointer and maker of the

folio 94 verso || folio 95 recto

Medicine, what may not he doe against the life of any
man that falls into his hand, for he hath no other
then God & his owne Conscience to accuse or Condemne
him; for he may kill many, yet never giue any me=
=dicine whose malignity, shall evidently show it selfe
to Convince him by the testimony of others not privy
therto. However it is very plaine wee come all of
one house, and though they Challenge precendency as
the Elder Brethren, yet wee fetch ou Pedegree from
the same Ancestors, & are neither there slaues nor
servaunts, but may as truly be termed Medici
Pharmaceuticij, as they Medici Physicij. for in very
truth, he cannot lustly terme himselfe Medici, with out
a note of Distinction, who is not Physicus, Pharma=
ceuticus, & Chirurgicus. for the Best of these is
meerly impotent without the other two; but all three
well vinted though in different & severall persons
will make one good Medicus, qui a Medendj actu nomen habet
for it is Cureing not talking nor writing that is the
Chiefe Art of Physicke. Hauing thus briefly shown
you how the Apothecary tooke his name & originall
let me allso acquainte you with the art he professes
& shew yt is meerly Physicke, I define yt thus; An Art
of knowing, Gathering, Chusing, Providing, Prepareing
Compounding, and applying of Medicines. the first of
these is the knowing, for this is like the foundation
yf this be weake, the structure Cannot be firme;
like the fault of the first Concoction, that Cannot be
mended by those that follow yt. yt is not more necessa
=ry for a Carpenter to know his tooles, the Painter his
Colours, the Printer his letters, nor the Soldier his Armes
then for the Apothecary to know his materia Medica

But more of this heerafter, whenas I haue first shone
you all these things which now belong to him, weere done
by Auncient Physitions. for the knowledge of Medicines,
heare what Galen said. Quisquis auxiliorum vndique compiam
habere vult, omnis materiae stirpium, Animalium et Meta=
lorum tum aliorum terrestrium Corporum, quæ ad Medicinæ
vsum ducimus, expertus esto, vt ex ejus et exacta, et notha
Congoscat. Deinde in Commentario quem de simplicium
medicamentorum facultata prodidj, sese exercet; nisi hoc
modo instructus ad præsentis operis præsidia veniat,
Verbotenus quidem medendj methodum sciet, opus vero
nullium ipsa dignumperficiet. I omit to tell you what
journeys & paines Galen , Dioscorides , & other Auncients
took to come to this knowledge. for the knowledge
in gathering them see Hippocrates his Epistle to Cratevas ,
and Dioscorides his preface: for Chusing them obserue
what Galen saith, Quemadmodum in pueris gemellis invicem
similibus, qui quidem non eis assuerunt, alterum ab altero
nequit discernere, his autem qui vna vixerunt facillima
est dignitio; ita habet in omnibus quoque medicamentis;
nam qui inter ea educatus est, et frequenter vidit, ex
facili vel parvas differentias et invent, et Cognoscit./
Quo vero semel aut bis conspexerit, tanquam indifferentis
altorum ab altero spectabit, quod nonnonquam manifestissimum
habet discrimen, ej quj frequenter intuitus est mani=
=festo apparens, vt etiam ex vno accidentium ipsius facile
scit Cognoscere./ thus much for the Choise. now for
the preparing, keeping, & Compounding, I referre you
to Galen liber 1 de Antidotis, which I but now alledged, & to his
vide de compositione
secundum genera lib 4
vbi de Adipe
booke de Compositione medicamentorum secundum genera./ for the application of
them it is needles to say any thing, seeing they perferm'd
all the operations of Surgery, & that there was no other
to doe that; yet I could giue you very many testimonies

Out of Galen , & other of the Auncients to Conferme
this, yf I thought any Doubted heerof./
vide Curtium
liber 3 de Philippo
medicina
Thus you see that the knowledge, Providing, C'huseing, keeping
Preparing, Compounding, & Applying of Medicines did aun
=ciently belong vnto the Physitions, before the Art was
divided into three parts; of which Division I have all=
ready saide somewhat before, & yt may be heerafter
may more largly treate of./ I will only now deliver
somwhat in generall of the knowledge of medicines,
for that the other parts of this Art are the subject
of anothers discourse./ By the name of Medicine,
I heare meane all those naturall bodyes which God
hath bestowed vpon man for the cure of diseases, whe=
=ther they be these which they terme the Elements, as
Fire, Water, Earth, Aire, or bodies naturally mix't
of these, as Mineralls, Vegitables, Animalls; now wee
must first labour to know them as they are aete-of
& in themselues, & secondly as they have relation &
respect ech to other & to the body of man./ as they
are of & in themselues; that is in there Forme, Substance,
Temper, Action, Vse, &cetera./ Yet wheras I saide Ele=
=ments, I doe not meane Corpora simplicia homogenea
ex quibus mixta omnia primum compomontur, & in qua
vltimo resolvuntur./ for these wee cannot meet withal
nor bring to vse, but the other are every where to be
found, there vse much, the knowledge of them
therefore more necessary./ This knowledge is partly to
be acquired by reading & speculation, partly by prac-
tise & experience; the former of these is the more easy
way, the latter more difficult, yet much more certaine
& vs"full. but for the better finding out & handling
of these things heere mention'd, let me giue you

Some generall heads, or Circumstances, & briefly expl= =ane them, & my meaning by them./ They are these,
1. The Name or Names, 2. the Kindes, 3. the Forme,
4. Substance, 5. The Place, 6. the Time, 7. The Temper,
8. The Quality, 9. the vse & Manner therof./
The name, or names are to be knowne, for that wee can=
not well affirme that wee know any thing, of whose name
wee are ignorant, neither can wee inquire therof, nor
direct yt to others without this knowledge; allso by yt wee
oft times haue some intimation of the shapes, kindes, or
qualityes therof, for, Conveniunt rebus nomina sæpe suis./
Further yt is necessary that wee know them in the more
learned tongues, as Greeke & Latine, because most thinges
haue beene the best & most Certainly written of in these
Tongues, & the differences are easiest to be exprest by them./
Allso wee must know the names & thinges of diverse kindes
denoted by them, least wee be deceiued by Homonymie;
for according to the Logitians rule & the truth. V ox am=
=bigua ante factam distinctionem definiri nescit.
Some haue fowly been mistaken (yf wee may beleeue
some Authors) for that they know not the double signifi=
cation of Testiculorum vulpis; allso how many, dayly vse
Burnet =Saxifrage insteade of Barnet=saxifrage, because
both hearbes are set downe by the name of Pimpinella;
and othersome more grossely take the ^English Pimpernell in stead
of both the former./ the Diversity & variety of names
giuen to one & the same thing are allso to be knowne, least
otherwise you be for't to goe seeke that which you haue all=
ready, & be laugh't at for your labour, as he was, that knew
not what was denoted by Smilax aspera Americana./
I thinke yt needle's to tell you of Synomymaes in
Epithetes, because I imagine none of you will (as one of
late did) goe in quest of Ruta arida, whenas you haue

Ruta sicca in your shops; let this serue for names./
The second Circumstance is the kindes of things, by which
I doe not only meane specifieke differences betweene those
but euen other acciden=
=tal differences, as there
is no specificke difference
wee call sweet fennell seedes, & our Common fennell seedes, nor
betweene Spanish & English licoras, nor hony of sundry
countryes, nor of divers wines; yet there is much difference in the
natures of them; which is necessary to be knowne for the former
they are distinct per se of their owne nature, the latter are oft times.
only different per accidents; wherfore this latter is referr’d to another
head; that is the choise of Medicines for it runns through the whole Classes

But the former is
much more transcendent
of things & distinguishes betweene them all whether their faculties be
knowne or not and whether they be used or no./ This therfore is very
necessary for those that desire a true & exact knowledge of things that
they may not only say this is a kind of grasse and that a kind of
fumitory, but that this Gramen Caninum nodosum; & that Fumaria
alba claviculata. Certainly that Physition mentiond & derided
De Antidotis
by Galen , (as one not brought vp in the makeing of Medicines)
was heerin much to seeke for Hedycroon, as for a simple
when he went vp
& downe to seeke
medicine, wheras yf he had knowne the true Genus, he must
haue knowne yt to be no such thing./
Now come I to the forme, by which I do not meane that Quæ dat
esse rei, seu per quam res est id quod est; but the externall
figure & shape of thinges, whether longe, Round, square &cetera
together with the magnitude & colour, which are the first objects
of the senses, & wherby wee oft know & ludge of thinges, both
Animall, Vegitable & Minerall./ those that know these thinges no
otherwise then by reading may Chaunce to run into rediculous
errors, & like a Phisition that I haue heard of, Commend the Blocke
wheron Rubarbe was vsually Cut, for a peece of Choice Ru=
=barbe, or with another that I know of the same profession
Comend a bundle of Sarsaperilla for very good English Licoras
But yf you wilbe advised by me; take not vpon you the certaine
knowledge of any thing, but of that which you haue often seene,
handled, & duly Considered; for Confes'd Ignorance is better then
presumptuous folly, which such as are not well vers'd in the know=
ledge of thinges, are very subject to fall into./
The next thing I Commend to your Consideration is the substance of
thinges, I meane not with the Logitians the first & second

Substance, that is Individualls & Universalls, but the substance
& manifest qualities of those they terme the first substances, as
Hardnes, Softnes, Dens'nes, &cetera.
The next Circumstance is the place which sometimes Causes differences in things, Secundum magis & minus; And I judge this not so materiall a Circumstance, as many doe, who will haue no Polypody nor Misselto, but such as grow vpon the Oke; but I will giue you my Opinion concerning this./ All plants draw naturally a liue peculiar & proper for there nourishment, according to that in Aristotle ( ). All things are nourished with that wherof they Consist./ for observe Wheate or other graine will grow on Chalky, Sandy, Clayie, stony & all other grounds, yet some of these will yeeld yt more large & in greater measure then other some; the reason is, for that there is more of that nourishment, which is drawne by the wheate, in this grounde, then in the other, for the wheate hath the attract=tiue, digestiue, & assimulatiue power yt yt selfe; Thus Polypody draws from the rotten mosse, & such things about the Oke a fitting nourishment, & the like that hath & most commonly in greater plenty in some old walls & ditch Banckes; and further I obserue that the fairest & fulliest wheate makes the fairest & fulliest most nutritiue bread, & theryfore I judge the like of other Plants, as of the Misselto which is rarely to be found vpon the Oke & that vsually but poore & small when it is found, because it hath neither so good nor plentifull nourishment, as yt findes vpon the Apple tree, Crabtree, and White Thorne, theryfore yt I may advise you, gather the hearbes where they grow naturally well likeing & strongest in the tast & smell; some may object, that most hearbes that grow vpon hilles & mountaines, are lesse then those of the same kinde, which grow vpon lower grounds; I graunt they are usually less, yet the other qualities of tast & smell, which I allso requir'd are more vigorous in the Mountaneers; & most of the hearbes which naturally grow & thrive in such places are hót & dry; wheras the Cold & moister hearbes flourish better in low grounds, & are fittest there to be gathered./ But what (may some say) is to be thought of our Garden hearbes? of them this is my opinion; Such Garden hearbes as yeerly, or for the most part according to there kindes, heere fructify & ripen there seed, such are of good vse, other wise not so good. my reason's this; The production of seed is the highest perfection in vegetables, for wee see many Plants whenas they haue brought there seed to ripenes they forthwith dy, for that by this seeding there naturall humidity is exhausted; f-wheras yt you kept them from seeding (yt they be such as will endure the Cold) they will liue a yeere or two longer./ Let thus much serue for the place, which is needfull to be knowne, yt it be but for provision of thinges necessary./ The Time is a Considerable circumstance both for the gathering & vseing of medicines, as allso for there Duration but I leaue the former to anothers Discourse & the latter till another time./ The Temper is a reasonable good guide, but he
is oft times too Confident, & will leade vs out of the way, espetially
yf ou't acquaintance be made only by the usuall Mediums of
Tasts & Smells, wherof you haue heard ou't Brother Broad already discourse
From the Temper come the Qualities which are either immediately arising
from the Temper, & therfore call'd the first, as to heate, Coole, humect,
dry; & of these they make 4 degrees, which are againe ech of them
subdivided into 3, which they terme begining, middle, End of such
or such a degree. The second faculties take there originall
from the first, for answerable to the various mixture of the
first qualities, arise the second quality or rarifieing, condensing,
opening, attenuating, Clensing, repelling, & the like./ The Third
arise from the first & Joyned, & these are to provoke vrine,
second variously
ripen an Impostume, generate seed, or flesh, aswage paine &
the like./ The fourth are not like the three former, that is,
grounded vpon reason, but rather vpon experience, & therfore they
are called Occult qualities, & saide to proceed a tota substantia,
such are most of those that purge by stoole & vomyt, that cure
the bitings of mad Dogges, & venemous Beasts, that pouson with out
any manifest quality, that cause sleepe & the like; al also some things
haue a harmfull quality to this or that body; or to this or that Part;
othersome haue a helpfull & friendly quality to this or that body
or part, whence wee terme some things Cephalicke, others Cordiall,
Hepaticke, Splenaticke & the like; In my opinon the signatures of things
may somewhat Conduce to to the finding out of these faculties, which
yf througly knowne, there vse in medicine would be singular;
for wee see that in many difficult & implicate diseases, wee fly
to such remedies & finde most benifite by them, yea though there
first & second qualities would oft times seemingly forbid there vse./
Thus in the scurvy, wee vse scorbutick & in the Epilepsy Epileptick
The last Circumstance is the vse & manner therof, for the best
medicines however knowne & prepar'd, yf they be not applyed &
vsed, they are of no validity, for naturall bodies cannot suffer but
by Contact; now it is not the best knowledge to know the vse of
things, for good things unfitly vs'd, either in respect of time or
place, oft times instead of performing wisht=for good, produce a Con=
trary effect. I am of opinion that many medicines, yf vsd
in substance, only beaten to powder and so taken in a Conveni=
ent vehicle, & due proportion, they would work more, & more cer=
taine effects, then the most curious preparations of them./ for
I thinke there is none but will Confesse, that God knew better,
when he Created things for medicine; what diseases & Calamities
man should be afflicted withall, then any man Could ever attaine
unto; againe it is rare to finde such cures done speedily in despe=
rate Cases by Compound medicines as haue beene wrought by simple./
Now yf we would learne how fitly to know the vse of Medicins
& how to make them effectually, wee must labour to vnderstand wherein that quality of ech medicine, whose aide we require, doth recide; for in most plants are these parts to be found, A fix't, & volatile salt, a waterish & oyly moisture, this oyly moisture is either more grosse & earthy, or els more pure & volatile, which is separated by distilation, & is called Chymical oil./ there is allso a spiritous watry moysture in many thinges, but all of them haue an earthy substance, which helps to vnite the rest together, & which by fire may be separated from them all./ But I haue deteined you too long; let thus much therfore serue to be saide of the Auncient professors of Physicke; & these Circumstances which I thought necessary for those of our profession to obserue, the better to acquire perfection in the knowledge of thinges./

folio 98 verso || folio 99 recto

folio 99 verso || folio 100 recto

An Excellent approved Me= dicyne for the Scurvey ./

Take Redd water Cresses, Worme wood and Brookelyme of each a good handfull; but if the partie bee farr gone in the Disease then of each two handfulls Chopp them in peeces, and infuse them 24 howers in a pottle of good strong beere, then streyne it and giue the party to drinke halfe a pynte thereof fasting, And asmuch att 4 of the Clocke in the afternoone, and eate after it asmuch Sugar and Cinnamond in powder, as will lye vpon a groate Then take halfe a pynte of the said drinke in a glasse and putt to it a pennyworth of Roach Allome, and shake it till the Allome bee dissolved, then with a sticke, haueing a Cloath fastned to thend wash your mouth often, and Cleanse it with this drinke, and it will settle and fasten the Teeth, & will perfectly Cure the Loosenes of them, Then take the three herbes aforesaid Chopp'd & boyle them with halfe a pound of fresh Butter till it become greene Then streyne it and annoynt therewith the spotted Legges and swellinges, Laying a Lynnen cloath betweene to keepe cleane your stockinges./ Continue this drinke morning & Eveninge till the pottle be spent, and further, if yow shall haue occasion./
For the Fistula. A Water./

Take the Alder that growes in the water a sufficient quantatie, an handfull of the herbe orpin, and one handfull of Southernewood, distill them to the quantatie of a quart, And thervnto putt one ounce of Whyte Mercury dissolue it and wash the sore therewith./

Powder for a Fistula

Take Vervyn and drye it vpon a Tyle, make it into fyne powder, then Clense the sore with a Linnen Cloath, and fill the hole with this powder./

Another for a Fistula or old sore

Take reysons of the Sunn stone them and pound then in a morter and apply them to the sore, shifting them every 24 howers, till yow see the sore softned and the fire out of it. Then boyle Calues feet in water, and washe the sore therewith, and apply the skynn of the Calues feet every 24 howers till the Corruption bee drawne out./

To make a Plaster to lay vpon a Fistula./

Take of Smalladge, Alder growing by the water, and mallowes of each of them an handfull, Stampe them and boyle them very well in May Butter and then streyne them; Then take an ounce of Turpentyne of yellowe wax & Rosin of each an ounce, and one ounce of English honey, Boyle them very well in a soft fire, Summe it and putt it vpp for vse, spread this plaster vpon Leather./
For the Pyles or Diseases of the
Fundament or that Comes Downe

Take a handfull of Hoggtaper Leaues of Mallowes
Pellitory vpon the Wall and Cammomill of each
an handfull, Boyle these in a quart of milke,
till they be very tender, Then take vpp some of the
herbes, and putt them in a Cloath, and applye
them hott to the place And as they coole applye
still more hott and hott 7 or 8 tymes together
then lett some continue hott to the place./

Another for Pyles &cetera

Take Possett Curd, and strewe it over with
Bole Armoniacke, and applye it to the
place./

Another.

Take a gall, such as they vse to make incke
withall, and beate it to powder, and putt it on
a redd cloath & apply it to the place./

Another

Take an handfull of Mallowes, and boyle them
in newe milke till they bee tender, and apply
them as hott as yow may suffer them./

Another

Take the yelke of an hard roasted Egge
incorporate it with sweet oyle, and apply
it, it is very good./

Another for the Pyles

Take halfe a pound of newe Churned Butter
vnsalted and an handfull of elder buddes, beate them
weltoggether Then boyle them in a skellett
stirring it well, then streyne it, And when yow
haue any paine of the γ-pyles Annoynt them
with this, If they bee Inward putt some vpp
into your body./
Another

Take a quantaty of Verdigreece, and grynd it well with some Boares grease till it bee perfectly mixed, Annoynt the place therewith and if they be Inward, with the ffinger putt some vpp into your Body./

Ad tumentes & Dolentes Hemorrhoidas

For the Pyles hardly swelling & very painefull./

Take a gallon of milke, boyle in it henbane Leaues 4 good handfulls, Mullett & plantaine of each two good handfulls, Linseed two ounces, streyne it and sett the Fundament to baythe vpon a Close stoole, And then afterwarde\[es dipp in it a doable Cloath and lay it to the ffundament Dr Fr/

A Syrruppe for the Pyles./

Take a good quantaty of Sage & stampe it, and streyne it, till yow haue a good quantatie of the Iuyce; Then take 3 spoonefulls of very good honey, & boyle it together till it comes to a Syrupp then keepe it in a glass for your vse./

A Purge for the Pyles./

Take a Cocke Chicke of a good grouth pull him and dresse him, then take an handfull of the herbe Mercury, one ounce of Polypodium of the oake, and halfe an ounce of Seniy, Putt these into the Chickins Belly, and sewe it vpp, Sett him on the fire with more water then will Cover him, and putt therein two ounces of ffrench barly, which hath bene shifted in two or three waters, and a quarter of a pound of reysins of the Sunn ston'd, Lett all Boyle skyming it Cleere-Cleane till yow thinke it enough, then streyne it and keepe it for vse Take a pynt of the broath, and dissolue an ounce of Manna in it somewhat warme, streyne it againe, and drinke it fasting every morning as long as it lasteth./
To annoynt the Pyles./

Take the yelke of a newe layd egg and a spoonefull of the best sallet oyle, and worke them well into a Salue, and annoyt them therwith. Probatum. Unguentum Populeon, is good to annoynt them also./

Bruises, Aches & Paynes, or for Aches Sciatica's, Gout Woundes, Swellings, Soares or Bruises.

An Excellent Medicine for a wound Swelling or Soare.

(yow may add a quantatie of Beewax to the other ingredents, if yow please)./

Take a quart of Sallett oyle and a pound of Redd Lead, put them into a skellet and boyle them stirring them well together till it come to be so well incorporated that dropping it vpon a Cloath, yow see it spread like a thicke Salue, this done, take old Lynnen Cloath, and dipp it int he Composition, and keepe it by yow for your vse as a Searcloath, yow may if yow please Reserve of this Composition, and spreade it as a Salue, either vpon Lynt or other wise, according to the quallity of the disease. This is also approeved excellent for an Ache beeing applied to the place greived, and a paper layd over it to keepe it from spoileing your apparell, If the wound bee greene, or old, or putrified, yow must wash it every day with your owne water; And applyeing the Plaister yow will fynd admirable effects in a short tyme./ Probatissimum./
To Kill the heate of any Sore

Take Smallage, Marrigold Leaues, and Sorrell of each an handfull, stampe them and streyne them, then putto the Iuyce as much whyte wyne Vineger as the Iuyce, and beate them together, then take a Cloath and wett in it, and lay it on the sore, And as it dryeth wett it againe./

For a Cold Humor fallen & setled in any Joynjt ./

Take a pynt of pure Whyte wyne, and boyle therein Century, Cammomill, Sage Rosemary and Baye, when it is boyl'd, putt away the herbes, and Bathe the greife with a Cleane Lynnen Cloath morning & evening for three daies together, Then take three ounces of the oyle of sweete Allmondes newe drawne, and two pennyworth of the hottest and strongest Angelica Water, and annoyt the place rubbing and Chafeing of it well first with a Lynnen Cloath, and so annoyt the place three dayes morning and Evening Then Vse the bath of whyte wyne and herbes as before, Then prepare of the oyle of Allmondes, and Angelica water a like quantatie, dissolue therein an ounce of virgins wax, and halfe an ounce of Rosin, And when they are molten on the fire, and well mixt together, dipp therein a good bigg Linnen cloath, that will Cover the place, and so make a Sear= cloath, and weare it about the place, and God blesse the Endeauour./

For an hard Swelling to dissolue it./

Take halfe a pynt of Running water, an halfe penny Loafe slyced very thynn, one handfull of the greene Leaues of the marrigold, stampe them & boyle them together til the water be boyled away Then putt in a dropp or two of the oyle of Roses, and so laye it to the swelling as hott as it may bee endured and as it Cooles, heate it againe & apply it./ If this take not effect Take instead of the Marrygold leaue two spooenfulls of Lynnseed beaten to powder & boyle it with the Bread and water./
For a wound that will not Leave Bleeding

Take the Blades of unsett Leekes, and stamp them in a morter very finely, then take a little honey and flower, and temper them together, Lay it to the wound, it will stay the bleeding and drawe out the briused blood.

For any Spraine, or Briuse an Excellent Medicine ./

Take a pynte of Neates foote oyle and a pynte of old Malmesey Boyle them together in a newe nealed pipkin, Lett it boyle till it be Consumed to a pynte And in the boyleing stirr it very well, till it come to a Salue and vse it./

For a Payne in the Syde
Take of Liverwort and Rhubarbe a sufficient quantatie, seeth it & streyne it, and then putt thereto some fyne Sugar, drinke thereof first and last And annoynt the place greived with oyle of Lillies./

For an humor in the Legg

Take the Crapps of Lavendar, Rosemary, Sage fffennell, and Marrigouldes and seethe them in Barbors Lye, and make a Bathe of them in a Tubb, And when the Bathe is hott, lay your legg ouer it, as hott as yow can suffer it, And lett your legg sweate/

For an Ache in the hipp called Sciatica./

Take Cowes dunge and fry it with butter, lapp it in a Cloath and apply it as warme as yowe cann suffer it./

The oyle of Swallowes for an Ache, or Bruise

Take six quicke Swallowes out of theire Nestes and stampe them in a Morter feathers Guttes & all, Then take of Strawberry stringes, Tyme Lavender Cotton, knottgrasse and Plantaine of Each an handfull, stampe them together with the swallowes, then boyle them in May butter vntill it bee
greene, streyne it and lett the Patient bee often annoynted therewith. /  

An other for an Ache  

Take Mallowes Mugwort, and Elder Leaues & Chickweed es a sufficient quantatie of each Boyle them well in Stale, and putt a little Barrowe hogg grease into it & apply it to your sore. /  

For all manner of Aches & Bruises in the Bones, a Present Remedie . /  

Take a good quantatie of Wallwort, and of Baume and Smallage a sufficient quantatie, stampe them, and putt to them one pound of May Butter Temper them welltogether & make thereof Round Balls, which Balls yow must lett lye for the space of 8 daies And then stampe them as yow did before, then take it and frye it, then streyne it and putt the luyce into an Earthen pott, and vse it as yow haue occasion. It helpes Bruises bee they neuer soe blacke.  

Another for an Ache  

Take halfe a pound of Butter out of the Churne vnwashed and sett it vpon a small fire, that it onely Sibber & simper a Little; then take a good handfull of Rue, and shredd it very small, and boyle in it also a good quantatie of Redd rose Leaues, and a blade of Mace and when it is boyled halfe away putt in a spoone= full or two of aqua vitæ, and sett it againe vpon the Coales, and lett it simper a little while, then streyne it and applye it to the Ache. /  

To make a Bagg for a Stitch. /  

Take an handfull of oates, as much Bay salt halfe an ounce of Cumming seed bruised, putt them together, and hold them ouer the fire in a frying pann till they be very hott, Then putt it into a Lynnen Bagg quilted
and besprinkle it with Vineger, or Malmesey
and lay it very hott to the syde./

For an Ache

Take Unguentum Album and Unguentum
Populion of each an equall quantatie, In=
=corporate them with good oyle of Roses, or
for want thereof with vnguent of Roses, Mixe
these together, and applye them to the place greived,
either by way of Unction or Plaster spredd
vpn whyte Leather prickt full of holes
with a knife with a knifes./

Mr. Ruthin s Bathe for an Ache

Take of the flowers of Cammomill, and
Mellitott of each halfe an handfull, of
Lintseede, ffennygricke, and Bay seede of
Each halfe an ounce, of Wormewoode and
Century of each an handfull, of Scurvy
grasse 3 had-handfulls, of Sarsaparillia
2 ounces two ounces, ffirst bruise the seedes well
in a morter, then mingle them with the other
ingredients, and lett all boyle together in two
gallons of water to the Consumption of the
halfe When it hath boyl'd putt in of the three
ounces, then streyne it, and keepe it for your vse./

For the Gout, or any Ache in the Ioyntes
much vsed by the late Lord Trear .

Take reysons of the Sunn and stone them, and picke
them Cleane from the stalkes, Then beate them in a
morter vnto a Salue, and apply them to the
place And yow will fynd ease in Eight or tenn
howers./

For the Sciatica, or any Payne, or
Ache in the Ioynts ./

Gather Watercressies and take only the Leaues boyle
them in Spring water, then beate them in a
morter into a softnes like Salue streyne or
squeaze the water from them Then take Aqua vitae
made of Wyne Lees and Sallet oyle of eache
a little quantatie, and fry the Watercressies in a frying pann, and beeing fryed, take soe much of the Liquoure as is left in frying, And with it annoyt the place greiued very warme and with an hott hand, Then lay on the plaster made of the watercresses yow may change it every twelue howers, Use this for tenn daies together, and afterwardes kepe it warme. Memorandum If the first or second tyme of applyeing the medicyne putt the party to paine It is a Good Sygene of the Cure. Another for the Sciatica. Take three small Cloves of Garlick beate them well with mustard and Aquavite together make a plaster thereof and apply it to the place. Another for Sciatica, or Ache Take three or fower Onyons, Roast them, and peale them, then take half a pytne of Neatsfoote oyle, and halfe a quarter of a pytne of Aquavitæ, Boyle altogether, then streyne them through a fyne Cloath, and annoynt the place therwith warme. Another for Sciatica, or Ache take a pound of Rosin a pound of Wax, three quarters of a pound of Turpintyne, melt them in a pann, stirring it well till it be fully incorporated, then putt it out into a vessell full of warme water Annoynt your handes with oyle & worke it together close, then make it vpp in Rolls make a plaster thereof vpon Leather, & apply it to the place greiued. A Plaister for the Ague in the Leggs, Gout Burne or Scald, or for the Pyles. Take asmuch Bees wax as white Lead, and so much and halfe so much more of Lime seede oyle, when the wax and Lead are throughly melted, Boyle them together vntill it beginn to looke Blacke, then thereof spread a Plaster
and apply it, If it bee for the Pyles instead of Linn seed oyle, putt Neates foot oyle./

For the Goute

ffry out the grease of Shoemakers Cuttinges of Leather, then lay some of it vpon browne paper warmed at the fire and lay it to the place greiued, It will take away the paine in the night./

Another for the Same

Take a handfull of Mugwort, and seeth it in sweet oyle Olive, till the third part of it bee Consumed, Annoynt therewith any part of the hands or feet pained with the Gout./ It will soone giue ease./

For the Running Gout an Excellent Medicyne ./

Take 4 drams of the Electuary called Cario costinum, in a glass of Whyte wyne early in the morning, Yow may take 5 or 6 drams if yow fynd 4 too weake, If the first dose Cure yow not, yow may take it once or twice more./

Particuler Oyntments

A Pretious Greene Oyntment for Aches, Bruises Straynes, Lamenes, Stitches, Crækes, Crumps, Deafenes, Gout, Ague Cake Sciatica, Spleene, Toothache, Burning or Scalding ./

Take of Sage & Rue of each a pound Bay Leaues, & wormewood of each halfe a pound, Mallowes dill
& Rosemary of each three handfulls Lett all these herbes be Chopt very fyne, Then putt thereto as much sheepes Suet pickt Cleane from the skynn as the weight of all the herbes. Then stampe them together till they be one incorporated substance, Then add thereto five pyntes of oyle olive, and worke them well together with your hand, Then boyle them vpon a soft fire, allwaies stirring them vntill the herbes beginn to parche, Then streyne it into a fyne faire vessell, and immediately putt into it, of the oyle of Camomill, roses, and dill of each two ounces, stirr them very well vpp together, And then putt them into a Cleane glasse or pottes for vse This oyntment will keepe 3 or 4 yeares close stopt and Coole kept, Memorandum It must be made in May onely, And the herbes are to be gathered in the heate of the day./ Probatum./

An Oyntment called the Flower of oyntments.

Take Rosin and perrosin of each halfe a pound, Virgins wax and ffrankinsense of each halfe a pound, Camphyr two drams, melt that which is to be melted, and powder that which is to be powdred,

Then boyle it well together, and streyne it through a Lynnen cloath with a pottle of whyte wyne, and all the other stuffe together, Then lett it Coole a little, and putt thereto a quantatie of Turpentine about 1/4 of a pound, Then stirr it well together till it bee cold Then make it either in Balls or Rolls, and keepe it for your vse, beeing the best oyntment that cann be made, The vertues of it, It suffereth noe Corruption in a wound, nor any ill fleshe to growe in it, it is good for the headache, and all manner of Impostumes in the head, and singinges in the Braine, or any paine in the Belly, or for any Sinewes that bee shrunke, started, or sprained; It draweth out a thorne or broaken bones; And it is good against byting of Madd dogges, or Venomous Beastes.

An Oyntment for all Aches Swellings or Lamenesse.

Take Tyme Lavender Cotton Strawberry stringes of Each and an handfull, stampe them together in a morter, Then take 4 or 5 younge swallowes out of theire Neast when they are very ripe and flushe And putt them quicke into
the morter among the herbes, and beate them altogether till yow see neuer a feather of them, Then take the quantaty of a Pennyworth of May Butter and mingle it with the herbes And seeth it with in 24 howers after as yow doe the other herbes, or oyntmentes Then streyne it and annoynt the patient with it very warme./ See all most the same for an Ache./

To make the whyte Oyntment/

Take a quarter of a pound of Whyte venice Searnce beate it very fyne in a morter and very small, Then putt it into a dish, and putto it a spoonefull of good wyne Vineger, 2 spoonefulls of Redd rose water, two pennyworth of Sallett oyle, stirr them together very well, Then take halfe a pound of good Boares greace, if not that take asmuch fresh butter vn= salted, Labour them together two or three howers vntil it appeare fitt and perfect Salue./ It is good for all Causes of Rednesse or Swellinges in the Legges, or els where, If yow annoynt the place twice a day, It will Coole and dry vpp waterish humors, and kill the Itch, or heate./

The Leaden Oyntment./

Take 4 pounds of oyle olive of the best, of redd Lead and white Leade very well Calcin'd to dust of each a pound, and twelue ounces of Spanishe Soape; Incorporate them together in an Earthen pott well glazed, Putt it vpon a small fire of Coales, Continueing an hower and an halfe still stirrino of it with a Ball of Iron fastned to a sticke of wood, then make a greater fire, till the reddnes of it be turned into a gray colour; But yow must not Leaue stirrino till the matter be turned into the Colour of oyle, or somewhat darker Then dropp some of this plaister vpon a wodden trencher, and if it Cleaue neither to your finger, nor trencher, then it is enough, then take long Linnen Cloathes, Eight fingers broad, and dipp them in it, And when they beginn to be cold Smoothe them on a Cleane table Cloathe with a slekestone and keepe it for vse. /It will keepe 20 yeares./
The vertues of the said Leaden Plaster./

1. ffirst beeing layd to the Stomach it provokes Appetite takeing away the paynes of the stomach/
2. Layd to the Belly, it is a Remedy for the Collicke
3. Layd to the backe or Reynes, It is good for the Bloody flux, or Running of the Reynes, heate of the kidnies, and weaknes of the Backe./
4. It heales all Swellinges Bruises and Aches./
5. It healeth ffelons, pushes, & other Impostumes and breaketh them./
6. It drawes away humors not breakeing the skinn
7. Applyed to the fundament, it heales all diseases therein./
8. Layd to the head, It is good for the Vuula./
9. Layd to the head, It is good for the headache & sore Eyes./

Particular Salves./

To make a good Healeing Salve.

Take Rosen and Sheeps Tallowe of either a like weight, Beat your Rosin very fyne, them melt them together, straine them into faire water; Then worke it with your fingers in the palme of your hand till it be whyte, and then it is good for vse./

An Excellent Salue for wounds &cetera
called the Gentlewomans Iewell ./

Take oyle of Roses oyle of S\textsuperscript{t} Johns Wort of Each a pynte of the Leaues of Tobaccho stampt and incorporated well in a stone Morter two poundes, Boyle them together to the Consumption of the iuyce, straine it and putt to the fire again, Adding thereto of venice Turpentine two Ounces, Olybanum and Masticke of each halfe an ounce in very fyne powder, The which yow may att all tymes make into an vnguent or Salve by putting thervnto wax and Resin a small quantatie of each, to giue it a stiffe body This worketh exceeding well vpon malignant Vlcers,
or in wounds and Thrustes into the flesh. This may be vased by all good Gentlewomen, that helpe the poore for Gods sake./

Another very Excellent Medicine for the same ./

Take of the Leaues of Tobaccho two pounds, hoggges greace one pound, stampe the herbe small in a stone morter putting thereto a small Cuppfull of Redd, or Clarrett wyne, stirr them well together, Cover your morter from filth, and so lett it rest till morning, Then putt it to the fire, & lett it boyle gently,

folio 116 verso || folio 117 recto

Continually stirring it to the Consumption of the Iuyce streyne it and sett it to the fire againe, putting therevnto the Iuyce of the said herbe one pound venice Turpintine 4 ounces Boyle them together to the Consumption of the Iuyce, Then add thereto of the Rootes of Round Aristolochia, or Birthwort in most fyne powder, two ounces, and sufficient wax to giue it a stiffe body The which you may keepe for your poore wounded neighbour; It is good for old and filtly vlcers of the Leggs and other parts of the Body./

A Salue to breake a Sore Brest

Take two handfulls of Bramble leaues shredded, of honey a penny worth, of Turpentyne an halfe pennyworth, of Soape an ounce; wheat flower six spoonfulls, and as much of Seacoale soote, mix them together, then scrape in a little Chalke, so vse it./

A Wonder full good Plaister for sore Brests

Take the Leaues of Mallowes and wormewood of each an handfull, Seeth them in water till they be tender as the papp of an apple, then lay them on a board, and lett the water runn cleane from them, and cutt them small and stampe them with a pound of old Swynes greace and temper them together till you cannot knowe the one from the other, Then lay it to the Breast Luke warme in a double linnen Cloath Changed twice a day./
This Plaister is not to be paralelled, It is good for swolne Legges, but then you must fry the herbes and boares grease, and you must dress it twice day first stampe them and then fry them./
To make the Blacke Salve./

Take a pound of Redd Leade, a pynte of oyle of Roses, one ounce of English wax cutt into small peeces; Boyle the wax and oyle together, then take it from the fire, and powre in the redd Leade, then streyne it well, and boyle it againe on a softe fire, stirring it Continually, till it be blacke, To knowe when it is boyl'd enough, Putt two or three dropps of it into a Sawcer, If it come off Cleane and be hard, it is boyl'd to the height, if not boyle it still; When it is enough, and allmost Cold, putt into it a dram of fyne powdred Camphire, stirr it vpp together and make it vpp in Rolles, and keepe it for vse./

To make the yellow Salue./

Take Rozine and perozine of each halfe a pound virgin wax and Olybanun of each a quarter of a pound, Masticke one ounce, Harts tallowe a quarter of a pound, Camphyre two drams; Make that which is to be powdred into very fyne powder, and melt your wax, and tallowe, mix your powder with them, and boyle them weltogether Then streyne them through a Canvas Bagg into a pottle of whyte wyne, Then lett it Coole to Blood warme, then putt in your Camphyre, and a quarter of a pound of Turpentine by little and Little, stirring it till it bee neere cold, then worke it vpp in Rolles and keep it for vse./

The vertues of it. It is good for old soares & Aches; for Imposthumes in the head and body, Swellinges, Sinnewes shrunke or started, Salt flegme in the face, It draweth out Iron or thornes, It helpeth Venemous bytinges, or otherwise, old prickinges, All Botches or swellinges in the seacrete partes of the body, It staies the floweing of the Hemrodes, And it is very good for a Searecloath for all greifes./

Another Blacke Salve to heale old Soares

Take halfe a pound of pitch Rozin & Turpentine of each a pennyworth, a good quantatie of yellowe wax, A Cake of deere Suett of the
breadth of a sawcer; Boyle them altogether in a pipkin, When they are boyled enough, putt them into a pale of Cold water, then make it vpp in Roolls betwene your handes being annoynted with fresh grease.

To make the Greene Salue

Take a quarter of a pound of Wax, Rozine, a farthing worth, Turpentine a penny worth then take valerian, Nightshade gras dej Mellilott, Speedwell, Polipody of the Wall Grispin, Mercury, of each of these one handfull, Boyle them together with the wax Rozine and Turpentine, and then streyne them when they are boyled with a quarter of a pound of Suett, or sweet butter, and so make it upp into a Salue. it is good for any Soares or humors./

Another Salue for all manner of Soares ./

Take a pound of vnwrought wax, a quarter of a pound of Rozime, Beate halfe a pound of Sheepe Suett fynely shredded, and halfe a quarter of a pound of Turpentyne, and a good handfull of hyssopp bruised, Boyle altogether till yow see it looke greene, then streyne it very hard through a Cloath, And if yow see the Salue doe not drawe Enough, then putt in a little more rozin, if it drawe too fast, putt in a little more wax And soe make it vpp./

A Blacke Salue for the Goute

Take a pynte of Wooll oyle, of whyte Leade and yellow wax of each halfe a pound Boyle them altogether, and stirr them till they become very black, then power it vpon a Board, till it bee allmost Cold, And soe make it vpp into Rolls./

Another Salue for old Violent Cankered Soares ./

Take Boares grease purely dryed without
any Salt, and one pound of Sheep Suett likewise
dried without salt, one pound of vnwrought wax
4 ounces of oyle of Bayes; 2 ounces of Shoemakers
grease, dissolue all these att the fire, Then strayne
them and putt thereto these three Ingredients
followeing being finely searsed, videlicet Rosin, perrozin
and olybanum of each two ounces, of stonepitch
2 ounces, and lastly of Turpentine 4 ounces.
The way how to Compound them is this The Suett
oule wax and perrozin must be first melted on
the fire, then streyned, and the Liquour sett vpon the
Embers againe Then putt in all the other things
in this order, first Rozin and stirr it, then olyba=
num and redd Leade, Bole Armoniacke and
Verdigrease a sufficient quantatie all mixt toge=
ther, and a Little Allome and Copperis, then
take it off the Embers and stirr it throughly & strongly,
then putt the stone pitch in pounded, and the turpentine,

And soe stirr it Continually till it be cold,
then take it vpp and keepe it, yow must laye
this Salue on parchment and make plaisters,
and dipp your tentes in it, If the Soares bee
tfull of praide flesh../

A Lippe Salue

Take two pounds of the Cawle of a weather
out of the Sheepes Belly, and putt it into a paile
of Conduit water, shift it once in six howers,
and when it hath lyen 24 howers, picke out all
the stringes skinns and bloody veynes yow shall fynd
therein, Then putt it againe into fresh water,
and so shift it euery six howers for three dayes
and three nightes, Then take it out of your water,
and dry it in a Course sheet, that done, dispose
of it into another sheete, and Cover it with one
halfe of it, And when yow haue so beaten it with
a Rolling pynn, as that it becomes very soft,
shredd it as fyne as flower, and putt it into an
Earthen pipkin well glazed.

How to prepare the Rootes for the Suett./

Take a good quantatie of Marsh mallowe rootes,
picke them and wash them, Lett them lye 24 howers
in water, beeing shifted once in 3 or 4 howers,
then pill and pyth them, and cutt them into thynn
slyces, and putt 4 ounces thereof to the prepared
Suett, then take as many of your whyte Lillyrootes
the topps, and Bottomes cutt off, and soe beeing Cleane
washed and pickt, Lett them lye in water 24 howers

as the Marsh mallowe Rootes aforesaid, Then bruise
them in a morter, and putt them likewise to the
Suett, stirr and mix these all well together, and
bynd them vpp Close in the pipkin; then sett it
in a kettle of water vpon a soft Cleere fire for the
space of two howers vntill the Suett bee throughly
melted, then streyne it through a thyn Canvas
streyner, And the next day when it is throughely
cold, shreid it small, and beate it by some and
some vntill it bee as soft as Butter, Then take
it vpp thynn as yow take vpp Butter and throwe
it into a pale of Conduit water, and shift it
twice a day for two daies space Then take it
and putt it into a Close sheete, and lett all the
water dreyne from it, And when it is drye
putt it into an Earthen pott as before, and
sett it into a Kettle of water, ouer the fire;
And so soone as it is melted, scum off the foule
froath that doth arise thereon Then streyne
it through a more thicke streyner (beeing of fflaxen
Cloath) And when yow would vse this Suett for your
face, prepare it thus./
Take 4 ounces of your Suett ordered as aforesaid,
and Slyce it into a Gallypott, then take a quarter of
an ounce of whyte Virgins wax thyn shaued,
halfe an ounce of Sperma Cœti, a quarter of
an ounce of whyte Sugar Candy beaten small and
dissolued in whyte rosewater, or faire water Putt those
altogether in a Galliepott, the sett it in a skellett to
melt, and beeing melted streyne it through an
holland Cloath into an Earthen Bason, and beate
it with a silver spoone vntill it be throughly cold,
then putt it vpp into a Gally pott for vse./
The Second is onely for the Face

Take the quantaty of an hazell Nutt and annoynt the face therewith, and it heales all Choppinges, divertes and keepes away wrinckles and Causeth much Smoathnes.

A Searcloath for a Cold Cause

Take Virgins wax deere Suett of each a like quantatie, halfe asmuch Turpentine, a little Sallett oyle; Boyle these together Adding thervnto a little powder of Cloues, Mace, & Cinnamon; when it is hott dipp a Cloath in it, and spread it hott and applye it Probatum.

The wound water Drinke

Take Wormewood, Bugle, Mugwort, Wood= bettony, Sanade, Plantane, dandilyon, Ribwort, White bottles, Bramble Buddes, daysies, Rootes and all, hony succles, Avenns, Hawthorne Buddes, Egrimony, Wyld Angelica, Comphrey, Myntes and Scabious Putt to these herbes a pottle of Whyte wyne, and a gallon of Cleere Running water, and Boyle altogether vntill halfe the water be wasted, Then seperate the Liquore from the herbes, and putt it into a glasse, then power it out into a possnett, and putt thereto a quart of honey, and lett it boyle a pretty while, then putt it into a glasse, and stopp it Close; And when yow vse it Lett the Patient take 2 or 3 spoonfuls fasting in the morning and also at Evening vntill hee haue drunke to the quantaty of a pynt quart.

It is good for soares newe or old, or wounds in the body, Laying with all vpon them a Plaister of honey and wax, It is good for weomens breastes, or putrifid bones causeing them to scale, ffor Ache in the stomache, and to breake impostumes This drinke hath drawne bullettes out of a Soldjers body that haue bene long theire, and hath healed vpp theyssue.
An Excellent Plaister for the Runing
Gout, or any greuous Ache in the Ioynts./

Take of bees wax vnwrought and Rozin of each halfe a pound, one ounce of Gum olybanum of Lytharge, of Gold a quarter of a pound, of whyte Lead 3 quarters of a pound beaten to powder and seazed Then take a pytnt of neates foote oyle, and sett it over the fire in a small vessell with your wexe, when it is molten putt thereto the other powders stir it first with a Splatter, and soe lett it boyle, Then putt a little of it into a pewter sawcer, and if it be hard, and comes cleane from it without stickeing, take it from the fire for it is enoughe Then annoynt a Cleane board with some of the Neates foote oyle, and as yow may handle it for heate worke it as shoemakers wax and make it into great rolls, Then make plaisters therewith spreading the same thinn vpon Lynnen Cloath or Leather by a Chafing dish of Coales, and lay it warme on, where the paine is, and renewe it morning & Evening till there be ease, or till the paine be driven into some other part, so follow it with the plaster, and lo-lett the patient take heede of Cold or hott wynes./

An Excellent Salue for a Burne or a Scald/.

Take ground Ivie and bruise it in a morter, then take sheepe dosungue & sheeps suett of each a little, boyle all these together till it be very greene, then streyne it through a Linnen Cloath and so lett it stand till it be Cold, and then yow may vse it at your need being spread vpon a Campary Leafe, or a haglather Leafe./
To make a Balme presently that shall heale any Greene wound in 5 dayes.

Take a pynt of good Clarrett wyne, and halfe a pynt of good Sallett oyle, Boyle them weltogether in a Bason vpon a Chafingdish of Coales, And in the Boyleing putt into it by Little and Little soe much Bole Armoniacke as will servue to thicken it like Balme: When yow make experiment hereof, first yow must wash the wound or Soare very well with white wyne, haueing a little Sugar Candy dissolved into it, Then power in your Ballme, soe hott as cann bee suffered, Then wett a Roller in it, and soe handsomely Rolle it upp. This done once in Twelue howers, yow may find it very helpefull and to your likeing./

To make another Excellent Ballme.

Take of oyle olive a pynte, St Iohns Wort, Betony, Centory and Selfheale of each an handfull, Stampe them and mixe them well, and putt them into the oyle, and lett them stand in a glasse all summer long, Then presse it, This Cures all woundes suddainely, annoynying them morning and Evening It Expells humors, And is Excellent in all fractures, Bruises and such like./

Ballsomes./

To make an Excellent Ballsome

Take a quarter of a pound of yellowe wax cutt it small and putt it with a pynte of Sacke into an Earthen pott or pann. Sett it over a Chafing dish of Coales, and melt it, beeing Cleane melted take
it offe, Then take halfe a pound of Venice Turpentine washt in Rosewater, and a pynt and an halfe of Sallett oyle, and power both the oyle and turpentine into the pann vnto the sacke and waxe Then boyle them altogether on a very soft ffyre, beeing sufficiently boyled, lett it Coole, when it is throughly cold, take offe the Cake from the Sacke, then melt the Cake in the same pann (having first powred away the sacke) and beeing melted, putt to it one ounce of the best redd Saunders Then take it from the fire, and stirr it Continually till it be through Cold. This is most Excellent for any greene wound, being melted in a spoone, and the same annoynted ... with a feather, and with some Lynt applyed vpon the wound It is also Excellent for Burnes or Scaldes, or any Bruise inward or outward, or for any extreame Stitche in the Body, takeing the quantatiae of a Nutt in warme Sacke, or possitt drinke When yow take it Inward It must bee in the morning fasting./

To make Italian Balsome

To one pound of Venice Turpentine yow must take three pounds of Sallett oyle, of wax and redd Saunders of each a pound, halfe a pynte of Rosewater, and one pynte of sacke For directions yow must first beate your Venice Turpentine with your Rosewater till it bee whyte, Next yow must beat your Sacke and sallett oyle together, Then Cutt your wax into small peices, then take a Cleane brasse pann or kettle, lett it hold twice or thrice the quantatiae of the Stuffe, and sett it on a Cleare fire of Charcoales; then first putt in your waxe and lett it melte; Next putt in your Rosewater and Turpentine; Lastly as fast as you cann putt in your Sallett oyle, and your sacke, Lett all these boyle softly together a while with continuall stirring of it, Then take it offe, and lett it stand still it be throughly Cold, Lett your Saunders bee made as fyne as flower, Lastly yow must scrape of the filth of the bottome of your pann, and melt it there—\text{in} againe, Lett it simper a little, then take it from the fire And when it is somewhat cold putt in your Saunders, stirring it bee
Cold, Then putt it vp for your vse.

The vertues of this Balsome

1. The said Balsome will heale any wound either inward or outward, Inward, by powring it into the wound warme, outward by applying fyne Lint dipt in the said Balsome melted, And then a warme plaister of the said oyle layd vpon the partes theraboutes: It not onely takes away the paine, but keepes it from Inflammation draweing forth all broaken Bones, and splinters, or any Corrupt matter which might putrifie or fester it; Provided, That the Braines, or Inwardes, as the Hart, guts, or Liver be not touched, or hurt, It will heale it in seauen tymes dressing Soe that no other medicine bee att all applyed thervnto./

2. It also healeth any burne or scald by fire or water./

3. It heales any Bruise or Cutt by dipping of Lynt into the oyle melted, And by laying on the place a plaster of the said oyle warme, and it will heale without any skarr remaineing./

4. It helps the Sciatica, or any other Ache proceeding of Cold in what Ioynt soever it bee, and takes away all paine and greife growing of moysture, and Catarrhes in the bones and Sinewes by annoynting the place greiued with warme oyle, and a plaster of the same layd also vpon it./

5. It helpes the head ache, annoynting onely the Temples and nostrills therewith, But better by applying a plaister of the same./

6. It helpheth the ffistula, Vlcer, or any other old sore bee it neuer so deepe in any part of the Body, beeing applied as aforesaid for a Cutt./

7. it is a present Remedy for one that is poisoned by taking suddainely the quantatie of a quarter of an ounce in warme sacke./

8. It helpeth the Running of the Reynes, beeing wrapt vpp in Nutmegg and Sugar, and takeing thereof two or three pills at a tyme for Certaine daies together./

9. It Cureth the feauer beeing taken with Hypericon in halfe a pynte of Warme sacke or broath./
10. It helpeth the wynd Chollicke, or stitch, by applying thereto warme, a good quantaty as a plaister fower morninges together./
11. It helpeth the pricking of a Thorne, or draweth out the same, or any other pricking whatsoever./
12. It helpeth the stinging of Adders, snakes, and such like Venemous beastes./
13 It is good for one infected with the plague Meazles &cetera soe it be presently taken, the quantatie of a quarter of an ounce fower mornings together sweating vpon it./
14. It helpeth the byteing of a madd dogg and the like, beeing applied as aforesaid for a Cutt./
15. It healeth any swelling or Bruise, and is good in all Cold Causes whatsoever./
16. It keepeth from vermyn annoyting the place therewith./
17. It is good against sore breasts & many other things not heere mentioned./

A Greene Balsome of Adders Tongue./

Stampe the Leaues of Adders tongue in a stone morter, and boyle them in oyle olive till they bee drye, and parched, then streyne them, and they will yield an Excellent Greene oyle, or rather a Balsome for greene woundes; This herbe is to be found in Aprill or May in most meadowes; but in Iune it is gone. This Balsome or oyle heales all greene woundes, or soares, aswell as Naturall Balsome./

18. It helpeth the byteing of a madd dogg and the like, beeing applied as aforesaid for a Cutt./

Poultices.

A Poultice for a Soare Breast./
Take 3 pynts of milke, halfe a pynte of oatmeale
six spoonfuls of honey, one pennyworth of Lynnseede,
of holy=oake Leaues, hemlocke, mallowes, and
Smalledge of each an handful; Shred these
hearbs very well and putt them to the other thinges
and boyle them together, The Lynnseed must be
beaten, soe make a poultsice and apply itt./

Another./

Take a possett Curd and make it yellowe
with saffron, and apply itt as a poultsice./

Another.

Take Beare Beane Barlie, Lupine flower,
of each two ounces, flower of Cammomill
flowers an ounce, with a little oximell
This good for hott swollen, and inflamed Coddex./

A Poultsice for a Soare Eye
that comes by any manner of
heate ./

Take an old pippin Roasted, a quantatie
of womans Breast milke, of Roasewater
and grated Bread of each a Little;
Make all these into a paste, and apply itt./

Another for the same Cause./

Take of the best Conserue of Roses & apply it,
It doth much allay and asswage the heate of it
and bloodshed./

An approved good Poultsice for any
Felon, Andcombe, or other swelling
like to breake ./

Take of newe milke a pynt thicken it indifferently
well with wheate flower, then sett it over the
fire, stirr it that it burne not, then putt into it
a quarter of a pynte of Lynnseede oyle, and
lelt it boyle together, till it bee of a good thicknes,
Then spread it on a Cloath and apply it as hott
as the Patient can well endure, It will breake
drawe and heale./
Another Experiences Poultice to dissolve
a swelling in any joint or part of
the body, or else break it.
Take a quart of good Ale, two handfuls of
Camomill small chopped, let them boil well half
an hour together then put in so much Linseed
small beaten as will thicken it, then put into
it of Mellilott flowers, of oyle of Lillies, of
Oyle of Camomill of each 2 ounces, spread it
on a Cloath & apply it very warme morning
& evening./

A Present Poultice to asswage any swelling

Take Turnips & boil them tender in water, then
take them out whole and put them into a quantity of
milk, & boil them to a Poultice, & apply it to the
Patient as hot as can be well endured, It
gives present Ease./

For Worms.

Take the Leaves of Savine, boil them in
Sallett oyle, and keep them therein, It killeth
wormes in Children by annoying their bellies
therewith./

or

The Leaues of Savine powdered and drunk
in milk or muskadine doth the same./

Another for wormes in the body

Take Nepe and stamp it with white wyne, and
give it the patient to drink./

or

Rue stampd in fasting pisse of ones owne, and
drunk, Cureth./
Another for Wormes

Take the Iuyce of Wormewood and a little Vineger, mingle it with flower of Lupine, and a little Oxegall, make a Poultice and lay it to the Navill./

Another

The water of Earthwormes distillled is good against wormes, or dropsie beeing drunk./

To make Powder of wormes.

Yow must gather your wormes in May, & putt them into a paile or pann, and sprincke a little Salt vpon them, and lett them scowre them selues very well Then wash them Cleane three or fower tymes in Conduit water, & then in whyte wyne, then drye them in a Cleane Cloath & lay them one by one betweene whyte papers in an oven till they bee very dry, then beate them small to powder, and sifte it in a fyne Sive, then take of this powder asmuch as will lye vpon a six pence, and drinke it in a spoonefull of whyte wyne, and after it drinke a little glasse of whyte wyne. Take this quantatie for 9 morninges together, and be sure to Exercise your Armes and stirr after it./

Kings Evill

A Water to Cure the Kings Evill

Take a pottle of Spring Water, halfe a pound of Leane of Rustie Bacon, one handfull of Redd Sage; Boyle them together till it come to a quart, Then take vpp the Bacon, and putt it in a stone of vnslakt Lyme soe long as an Egg, when the lyme is quallified take it off, and lett it stand till it be cold, then take of the Creame
of fett, and saue the Cleane or Cleare water in a
glasse, or bottle when yow vse it, warme it, and
with a Lynnen ragg wash, and bathe the sore
with it.

A Balme for it, if it Runn./

Take an handfull of the topps of Redd Sage
Rawe, and two, or three slyces of the fatt of
Rustie bacon rawe Beate them together
till it come to a Salve and so make a plaister
of it, and applye it.

A Dyett Drinke for it./

Take of Sassafras, Salsaperillia, hermodactils
Stechados of each an ounce of sena 4 ounzes,
of Lignum vitæ halfe a pound, of Epithimum one
ounce, Reysons of the Sunn halfe a pound,
Liquorice 2 ounzes, Anniseedes 2 ounzes,
Commynseede or pennyworth one ounce, sweet
fennell seedes one ounce, Steepe all these in two
Gallons of water all night, In the morning
putt it into an Earthen pott, and sett it ouer
a softe fire, and boyle it vntill the third part

thereof be Consumed Then sett it by and putt
in the Sena, and lett it not boyle but simper
a little, Then Coole it, and streyne it In the
morning also putt into it some mynt Royall
and meadowe wort of each an handfull;
halfe this stuffe will bee enough att once for
two gallons of water If yow boyle it well
Boyle a little more away then the third part./

Heareing

To helpe the heareing and against deafnes

Take Euphorbium, and oyle of Bitter Allmondes
of each §658; iii of Muske §8456; i of Whyte wax §658; ii
Incorporate them together and being warme
dipp a little blacke wooll therein, and lett it remaine
in the Eare./ or

Take some oyle of Indian Balme and dipp
the same wooll therein./

Another for the same./

Take Cammomill and seeth it in faire water
and wash the Eares therewith Then putt the
hearbe into the Eare for five daies together./

Another

Take the fatt of a white siluer Eele roasted
vbasted and vnsaulted dropp it into the Eare;
and putt in a little black sheepes wooll after it.
It healeth the akeing and helpes the heareing./

Another

Take the Iuyce of Bettony or Wormewood
and dropp itt into the Eare./

Another

Take wormes of the Earth and boyle them in
Goosegreace and apply them outwardly./
Also wormes applyed to Cutt Sinewes
Cures them./

Gargles or Mouthwaters./

For sore throats, Canckers or
Vlcers in the Mouth ./
A Gargarisme for a Soare Throate
for the Ivola downe or inflamed

Take french barley well washed two handfulls,
of the topps of Bramble an handfull, of honysuckle
Leaues and topps two handfulls Plantane
Leaues with Rootes and all one handfull, Redd
Rose Leaues an handfull, Liquorice scraped and
bruised halfe an ounce, Iewes Eares a quarter
of an ounce, Pomegranatt flowers one drame,
two Two whyte poppey heads. Boyle first
your Barley in a pipkin with three pyntes
of Water, till one pynte bee allmost Consumed,
Then putt all the rest of the thinges into it,
beeing Cutt small, then lett them seeth together
till their Remaines one pynte, Lett it bee
streyned, and putto the Liquour strayned three
ounces of honey of Roses, and vse it warme
either with a Cerringe or gargling in
the mouth./

The most Excellent Gargle that can be made./

Your teeth first Cleansed by a Barber, vse afterwardes euery
morning a spoonefull of this water lukewarme, and
with 2 or 3 sage Leaues wetted therein rubb your
teeth, with the rest of the water wash and gargle
your mouth, This water thus vsed preserues

Teeth from Rottennes scales and wormes It
Cleanseth and keepest sweet Rotten and hollowe teeth;
It suffers noe Cankers, swellinges, or vlcers
to breed in the Gummes, Cheekes or other partes of
the mouth, or any blistering or heat in the tongue;
And by daylie Gargling, it preserues the throate
from all sorennes, and the pallatt of the mouth
from the Ivola, it preserue the breath sweet,
and the whole mouth from Infirmitie./
Take these things followeing./
Rosemary Sweet Marjoram & Sage of each an
handfull:
Nutmeggs 10d} weight
Ginger 12d }
Cloues 6d }
Cinnamond 6d }
Largmace 3d }
Putt all these into a pott Close stopped with
a quart of Clarrett wyne. Boyle them in

folio 136 verso || folio 137 recto
Balneo the space of 24 howers, straine it
and keepe it for vse.

Another for all kyndes of Sore Mouthes./

Take the greene Leaves of single Woodbyndes
beate them small, then strayne out the iuyce,
warne it a little vpon the fire to take away the
Coldnes, then with a feather Annoynt the
outsyde of the place 4 or 5 tymes night
and morninge, It is a present Remedie.

For a Sore mouth & Swolne throate

Take a spoonefull of honey, and Clarifie
it, then putt to it as much sugar as a
Wallnutt beaten fyne, and as much
Burnt Allome as a Nuttmegg, as much
Baye salt as a small Nutt or more
in fyne powder Boyle it together
a little, and keepe it for vse./

Another Excellent Mouthwater./

Take a quart of faire water, redd sage rose=
mary, Sinckfoyle, Bramble Leaues, Reysin
stalkes, honey and Allome a like quantatie,
Boyle the herbes and water a good while
together, then putt in your honey and
Allome, and lett them Boyle scumming and
Clarifieing it, then streyne it and vse it./

To drawe vpp the Pallate of the mouth./

Take a Colewort Leafe and wype it with
a Cloath, & lay it to the mould of the heade.
Probatum./

For a Sore Throatte./

Take a quantatie of Cleane Wellwater,
woodbynd Leaues, plantaine Leaues,
Eglantine Leaues and Sage of each an
handfull, washe them all well espetially
the Sage, and Boyle them in a quart of the
said water till it come to a pynte, then scumme
it, and putt thereto a spoonefull fo English honey
and as much roach Allome as a Wallnutt.
If the throate be very fowle and sore putt thereto
asmuch as an hazell nutt of greene Copperice,
and spirt it into thee Throate with a Cerringe
Lett it not goe downe a pretty while, vse it three
daies together. Probatum./

A water for Cankers in the Mouth,
nose, or throate, for sore Eyes, or
to Skinn a rawe tougne

Take of Woodbynd Leaues and Brannches
4 handfulls, and Cutt them short with 20 leaues
of Sage, one Brannch of Rosemary, straw berry
Leaues, and violett Leaues of each an handfull,
a fewe white dazie leaues, fower Cloues
of howseleek, halfe an handfull of Water Cressies,
Plantane Leaues, and Sellendine Leaues of
Each an handfull and a little wormewood.
Then take a gallon of faire Running water
Boyle all these well together till the water bee
very greene, then streyne out the hearbes, and
sett the water ouer the fire againe, then putt
thereto two ounces of Roach Allome, that
it be something sharp, and fower ounces of the
best honey, Thus lett the Gallon of water
Consume to the halfe. It is good to washe
any old soare that is fowle and mattery./

Another for a whyte Canker

Take a quart of Smithes water, a good
Spoonefull of honey, putt the honey into the
water, as much Roach Allome as a Crabb
sett it ouer the fire, and scum it as oft as any
white doth arise; Then putt in of Sage
and woodbyn Leaues of each an handfull
and lett them seeth well in it, and so vse it./

For a redd Cancker./

Take halfe a pynte of redd Vineger, as much
roach Allome as a Wallnutt, one spoonefull
of honey, woodbyne Leaues, Sage, and hearbe a
grace of each a small quantatie; seeth them
well, then putt them into a Close pott, and
lejt the patient gape ouer it as hott as
cann bee, then vse the Leaues and applye to
the sore place. / 

To Cure any Pocky or sordid soares
in the Mouth / 

Rx Sublimiate 4 graines, of plantane water
and Rosewater of each three ounces, dissolue
it well and touch the soare therewith, or some=
tymes gargle with it Lukewarme. /

Another for sordid soares in the mouth. /

Take of plantaine water one pound, of the Syrupp
of Mulberries three ounces, and putt to itt
soe many dropps of the oyle of Vitrioll as
may make it Tart, and soe vse it. /

An Excellent Medicine of vertue for
a Stincking breath, whether it
Proceed from the Braine, mouth,
or Liver. /

Take Conserue of Barberries, Roses, and
Violette of each two ounces, the water of
Cummin seedes boyled in Vineger halfe a
pynt, Seauen spoonfuls of Rosewater,
of Ambergraise two graines, of muske
two graines, your muske and Amber must
be well ground with a little Rosewater in
a faire pewter dishe with a silver spoone
Then mingle these well in a quart of
old Clarrett wyne, Take of it two
spoonfuls first and last, your mouth
beeing first well washt with Vineger
and sage, and teeth rubbed with a drye
Cloath, Vse to rubb ouer your temples,
& behynde your Eares with the same. /

To Cure spitting of Blood. /

Take the luyce of Bettony and temper
it well with Goates milke and drinke of it
three daies together. /
For the Teeth & Toothache

Take six spoonfuls of Muskadine, one spoonful of pepper, and boyle them together till it bee thicke, then take some of it, and putt it into a ragg, and hold it in your mouth, as often as yow haue occasion. It giues Ease./

Another

Hysop sodden in Vineger, and holden in the mouth giues Ease, or the same helpeth the Itch washing therewith./

Another

The Iuyce of Marriegoldes helps the tooth Ache the mouth washed therewith./

Another

The braines of hares giues ease to children, and makes them breed their teeth easie./

To helpe Rotten stincking & hollowe teeth

Take Sage and stampe it, and putt thereto asmuch salt, and make Cakes thereof, and bake them in an oven till they bee blacke, as if they were burnt, then Rubb well your teeth with it morning & evening./

For the Teeth that haue wormes

Take henbane seedes, Leekeseedes and Storax
Lay them on a redd hott stone, then take a pipe that is wyde at one end, and narrowe att the other, sett the broad end on the stone, and putt the small end into your mouth to the teeth, the smoake will kill the worme & ease the paine./
To fasten & Cleanse teeth

Take Pulvis ad dentifricia Dentifricia in Pharmacopoeta Augustana ./

Another for wormes in the Teeth

Take henn bane seedes and redd wax, and mingle them together, and make thereof little Balls, and putt two or three of these Balls in a Chafinish vpon Coales, and hold your mouth over it, that yow may receaue the fume into your mouth, and the wormes will fall out.

Another for paine in the Teeth./

Take a pennyworth of Guiack wood, and boyle it in halfe a pynte of Aqua vitae till it bee Couloured with the wood, Take it as hott as yow can into your mouth on that syde the paine is./

Another for the Toothache

If the Ache in the Teeth come through an Aboundance of humors, then Launce the Gumms betwixt the Teeth which paine yow, And your forefinger beeing wett in your mouth, dipp it in the powder of Euphorbium, which you shall haue at the Apothecaries, and rubb your gummes & teethe therewith that they may bleed, and yow will fynde speedie Remedie./

Another speciall Remedie for the Toothache ./

Take the quantatie of a small Nutt of honey asmuch fyne flower, and a pennyworth of Pepper Coursely bruised, 2 or 3 Leaues of redd Sage, as much of Rue or herbe of Grace, both Chopt very small, mingle all these together, and Reduce it into a paste, of which make three pills as bigg as a pease, and Cover it with a fyne Cloath and tye it very streight Then putt into
Another espetiall Medicine for the Toothache

Take Ivy Berries and seeth them well in vinegar or wyne, when they be well sodden, supp vpp the Liquour as hott as yow cann, and hold it in your mouth till it be cold, and then take fresh. It much easeth the payne./

Another for the Same

Take twenty Leaues of Ivy, of long pepper one ounce, one handfull of salt, and boyle it in halfe a pynt of Clarett wyne vntill halfe be consumed, Then take a spoonefull thereof & hold it as hott as possiblely yow cann in your mouth. If the teeth be hollowe stopp them with a little Lynt dipt in the oyle of Cloves./

Another Excellent Remedie for the toothache

Take an handfull of ground Ivye, and asmuch Speremynt and salt, stampe them a little together; then putt them into a pynte of white wyne vineger & seeth it well, then streyne it and putt it into a close glasse vessell or bottle, And when yow vse it, take a spoonefull thereof, and putt it into that syde of the mouth where the payne is and hold downe your Cheeke that it may descend to the Rootes of the Akeing teeth, and it will presently Ease the paine./

Another

Take a pynte of the best Verjuyce, one pennyworth of Roach Allome, a penny worth of Cloves, and two or three Spriggs of Rose= marike Boyle these together till it bee Consumed to halfe a pynte Then streyne it and putt it into a glasse, and keepe it for
For the Headache.

Take the Powder of Nutmegges and the yolke of a newe layd Egg well mixed together, and make therof two plaisters, lay them to your Temples, and yow will fynd great Ease./
For a Scald head, Noli me tangere,
Gout, Ringworme, or Tetter./
Boyle an handfull of English Tobaccho in a quart of faire Running water to the Consumption of the one halfe, then take out the Tobaccho and reserve the water for vse, Wash the place ill affected with this water, and sometyme apply a Cloath dipt in it according to your discretion to the part greuied, and yow will fund it a most soueraigne Remedy If English Tobaccho cannot be had the worser sort of forreigne Tobacco will serue./

To breake an Impostume in the Heade./

Take whyte frankinsence, and make a fume thereof vpon a Chafingdish of Coales which must be Conveyed through a funnell to the Eare on that syde the greife lyeth, which beeing done, Take two handfulls Cammomill, and boyle it in a quart of whyte wyne, then lay your eare over it, as hott as yow cann indure it, that the steame thereof may goe into the Earle and mouth keeping your head warme, You may afterwardes purge the body to avoyd Rhume./

For an old Payne in the Heade

Take Bay Salt, Cummin seedes, Browne ffennell, pure Vineger of each a like quantatie ffirst stamp them severally by themselues, then stampe them againe with the Vineger, and putt some redd Rose water to it, mixe and stirr them together in a dish ouer
a Chafing dish of Coales, Then spread some
on a Cloath, and lay it hott to the hinder part
of the head when yow goe to Bedd, and bynd it
on fast that it slipp not off, vse it nyne nightes
together, It may bee it will helpe in fower
or fyve, but neuer failes the nynth./

To stopp Blood, at Mouth, Nose, or Eares

Take in March or May a faire Lynnen Cloath,
and wett it in the Spawne of ffrogges 9 daies,
drying the Cloath every day in the wynde, then
lay vpp the Cloath, and when yow need it, take
a peice of it and apply it to the place where the
blood yssueth, and it will presently stopp./

To stopp Bleeding inwardly

Drinke the Iuyce of Nepe & it helpes./

For a Suddaine Bleeding at Nose

Burne an Eggshell in the fire till it bee as
Blacke as a Coale, the beate it into fyne
powder, and lett the partie snuffe it vpp
into his nostrills./

To stopp the Bleeding of a wound

Take Vervyn dryed, and made into powder
and putt it into the wound and it stayes bleeding./
Or burne the sole of an old hose and putt the
Ashes of it into the wound and it stayes the
bleeding./

Another for the Headache./

Take the quantatie of three spoonefulls of
Cummyn seedes, Beate them very small then take
the like quantatie of howsehold bread grated, and
boyle them in halfe a quarter of a pynte of
Muskadyne to a Poultice Then apply it to the
pole of the head as hott as yow cann till the
paine cease./ or
A Plaister of Turpentine and grated
Nutmegg layd on a Cloath to the Temples./
Another for the Headache

Take the Iuyce of Ivy and pepper beaten together into a powder, and drinke it./

A Lotion to Comfort the head, Eyes
Synewes & helpe the memory &cetera./

Boyle in water one ounce of Scena Roses and Lavender of each two pugills, Betony, Sage Rosemary, Bay Leaues Sweet marjoram Bawme & flowers of Cammomill of each halfe an handfull./

Another Medicine for a Continued headache./

Wett a Cloath three or fower tymes double in Bettony water, beeing about 3 fingers broad, and lay it to your forehead, And lett the wett Cloath Come round about the head, tye it fast, In doing this three or fower tymes it will helpe./

Another

Take the Iuyce of Rue, and putt it into the Nostrills, and it will expell fflegme and Cleanse the Braine. Or Seethe a Branch or two of Rue and it will worke the like effect./

To make haires growe on the Head

Take oyle of (Tartar it was in the originall/ and warme it, and rubb your head, or other places where yow would haue the haire to growe And within 8 or 10 daies the haire will growe forth as thicke as at the first, nay, it will make an increase of haire more then before, and is of that vertue, that if the palme of the hand bee rubbed therewith, it will cause haire./
Throate

For the Squinancie alias Quinzie

Take the Iuyce of Colewortes Clarified, putt to it some Cuett and Syrupp of Mulberries, Boyle them together and gargle therewith. Cuett is newe sweet wyne boyled to the thicknes of a Syrupp. When none of this is to be found Boyle store of Reysons of the Sunn stoned till it come to a Syrupp streyne it hard, and vse it for Cuett./

Another./

The Water of Selfe heale, and the water of Valerian mixt with Syrupp of Mulberies is good for this disease./ The Iuyce of Blackeberries boyled with honey to the hight of a Syrupp will serue instead of Syrupe of Mulberries./
Vpon a suddaine and in necessitie wanting both the Syrrup of Mulberries and Cuett Boyle the Iuyce of a Coleworts and honey, and vse it for the Inflammation of the Throate and Quinzie./

For the Face

To keepe the small Pox from Pitting the Face ./

Take of the oyle of Bitter Allmondes and Spermae of each an ounce, melt them together, and annoynt the face with a feather as often as yow will, It must bee nyne daies after thereire Comeing out./
To wash the Small Pox when they are a weeke come forth ./

Take whyte wyne and honey, and seeth them together, and Bathe them with it Luke warme in 24 howers, fower or 5 tymes./

To take away the redd spotts when they are gone

Take a Leane Legge of Beefe and slyce it thynn, and distill it with a soft fire in a Common still, then wett a Cloath in the water and often bath the face with it./

To Cure a redd inflamed face, or a whyte Scald ./

Take an ounce of Cloues, drye them and beate them very well to fyne powder or flower, one ounce of Sulphure likewise beaten very fyne, Searse them through a Searce, Then take 3 ounzes of Barrowes grease and mingle it with them perfectly well, Annoynt twice a day the place ill affected. Probatum.

For the Breast & Stomacke

For the Ache & pricking in a womans breast.

Take fresh Butter out of the Churne, vnwrought, and English honey of each a like quantatie, Boyle them till it ryse of a ffroath and soe continue it in boyleing till it Leaue off froathing. Then take a piece of fine Bayes as much as will Cover it the breast over, and dipp it into it boyleing hott, and after lett it drepee soe longe as that yow may thinke it Coole enough, to lay on the breast which must bee as hott as well cann bee endured, Lay vpon it 3 or 4 hott
double Cloathes use this morning & Evening.

To take the Ague out of a woman's breast in Chyldbedd if it Runn./

Take the yelke of an Egg, and of wheate flower and honey as much as the yelke and beate it together to a Salue, then make a plaister thereof, and lay it to the breast./ See more for this among the Salues./

To Cure the stuffeing att the stomach through cold & shortnes of Breath./

Take a pottle of six shillings Beere, a quarter of a pound of Reysons of the Sunn stoned, halfe a pound of blewe figges, a pennyworth of Annyseedes bruised, and asmuch of English Liquorice slyced, Lett these Boyle together adding a halfepennyworth English Saffron in a Ragg draik-drinke it at night when you goe to bedd and in the morning asmuch as your stomacke will Beare, yow may putt in some of a Lemmon if yow please./

Another for the stuffing & paine att the Stomacke by Rhumes, Colds, &cetera./

Take Elycampane rootes Cleane scrap'd Choose the whytest, and purer part which yow may slyce into faire water like oringe Chipps; There lett them lye for three daies shifting them twice a day into a Cleane water, then weigh them, and to euery pound of Elycampane roote, add three pound of Sugar Boyle the Sugar by it selfe to a Cleare syrrupp, allowing to euery pound of Sugar a pynte of water, And boyle the Rootes by themselues till they growe tender, shifting them once or twice, then dreyne them Cleane out of the water and putt them hott to the Syrrupp, Then boyle all vpon a softe fire till the rootes looke Cleere It will require about 3 or 4 howers boyleing./

To Breake an Impostume in the Stomacke

Take a faire large pippin, the Capp of it beeing Cutt offe, & Core it like a quince Then take
Olybanur fynely beaten to powder, & fill the hollowe place of the Apple, then putt on the cupp or topp of it againe, & putting it into a Wett browne paper Roast itt in the Embers, Lett the Patient eate of this apple as much as hee cann for 3 morninges together This will assuredly breake the Impostume.

Another for the Same

Take halfe a pynt of Carduus water, and halfe a pynt of Whyte wyne, and of these make a Cleare Possett drink, then take as much right Stonehorse dunge as an Egg, and streyne it with this possett drinke And lett the patient drinke of this quantatie for three morninges together, And euery morning sweate with it. It is an infallible Medicine.

For any Payne in the Stomache
an oyntment

Take a quarter of a pynt of Sallett oyle and halfe an handfull of Wormewood stampt and boyled in the said oyle Then take 16 Cloues and beate them very small, Boyle them together againe, then streyne it and amoyn the stomacke with it.

To Comfort the weakenes of the Stomach & head

Take Betony water and Plantane water of each a quart, a good Nutmegg bruised, a Branch of Rosemary; three Buddes of the Pomegranate flower which is not blowne out, two ounces of Sugar Candy, Seeth all these from two quartes to three pyntes; It must seeth very Leasurely then keepe it in a Clease vessell, and Evening & morning take six sponefulls of the Clearest of it made blood warme for three daies together.

Another to Comfort the stomack.
Take a pynt of Clarett wyne, seaven slipps of Rosemary, Seauen Branches of Sweet Marjoram, five topps of Redd mynt, three whole mace, putt all these into the wyne, and sett it to the fire till it be ready to boyle Then brewe it from pott to pott and putt into it some Sugar and three spoonfulls of Redd Rosewater And lett the Patient drinke three sponefulls every morning. /

A Syrupp to Comfort the Stomacke

Take mynt and the topps of Rosemary of each an handfull, a quantatie of Mace, boyle these in a quart of water Then putt in Eight spoonfulls of pure and good Vineger, and two ounces of fyne Sugar Boyle them againe to a Syrupp, and take thereof a little morning and Evening

For stopping & to open the Pipes. /

Make a possett Cleere of milke and Ay-Ale, take away the Curd, then putt in 4 Raysons of the Sunn stoned, some Liquorice bruised boyle them well in the possett Ale, then putt in some whyte Sugar Candy and drinke of it as yow haue occasion. /

For to Cleanse the head stomack & Lunges of all obstructions . /

Take Look Leeke water fumitary water, the Iuyce of plantaine, and the Iuyce of Wormewood of each a pynte Boyle these with a pynte of honey over a soft fire till they bee well incorporated drinke a pynte thereof att thrice videlicet in the morning, att fower in the afternoone and Bedward. /

To open the Stomache & cleanse the Lunges. /

Take violet Leaues, Strawberry Leaues Woodbettony and pennyroyall of each an handfull of Buglosse or Borage, the topps of Redd fennell, the topps of vnsett Isopp of each an handfull, Two ounces of good Liquoris scraped and slyced, a quarter of a pound of the best blewe Currans, halfe a pound of reysons of the Sunn stoned, two ounces of Annysseedes well rubbed and dusted, 2 or 3 handfulls of
ffench barly, one Elycampane Root cleane washed picked and slyced. Boyle all these in a gallon of faire Spring water till it come to a pottle, Take of it three tymes a day, In the morning a quarter of a pynte, att fower of the Clocke and Bedward the like quantatie.

For wynde in the Stomach & other diseases of it

1 first Wynde in the Stomacke as proceeding from Crudities & Indigestions, is first helped with an Exact and moderate dyett, Eschewing all Excesse, espetiall drinkeing betwixt meales, or at least not till 4 hours after meate, and then very soberly./

2 Next it is Cured by hott and dry thinges, as with Seeds of Anniis, Coriander, ffennell, &cetera Inwardly./

3. Or Powder Inwardly in drincke, or decoction of

4. strong wyne with Electuaries of Diatron Piperion Diacymium Diagalllinga./

5 Outwardly It is helped with Fomentations of

Waters, and strong wyne, Boyleing the said seedes or powders with them, and adding Stommaticall Astringentes, as oyle of Wormewood, Nard, Masticke, Annyseedes, Tosted Bread steeped in strong spanish wyne, and besprinckled with the powder of Cloves or wormewood, beeing applyed to the stomach is good./

For wynde in the Stomacke

Take 2 or 3 ffennell rootes pythed, 6 parseley Rootes, and Cicchory Rootese, and hand full of Strawberry Leaues, halfe a pound of Reysons of the Sunn stoned, Boyle them in a pottle of Running water to a pynte Then streyne it and take of the Liquour a little at once as yow haue need./

Another against wynde in the Stomacke

Take ginger Annyseedes and Liquorice scraped dusted and cleansed of each a like quantaty, make it into a powder, and mix the said powder with a sufficient quantatie of Browne Sugar Candy an keepe it in a Box for vse./

Another for Wynde
Take Cummyn seedes beaten to powder putt it into redd wyne and drinke it warme next your hart for three daies together.

Another for wynde in the stomacke

Take of the powder of dryed myntes a dram, then steepe a Toste of Bread in wyne till it become soft, then sprinckle it over with the said powder & eate the same morning & Evening an hower or two before meate.

A Powder for wynde in the stomacke

Take Ginger Cinnamond Gallinggall of each an ounce Annyseedes fennell seedes and Cloues of each an ounce, long pepper and round maces and Nutnegges of each two drams, Bray them all to powder To which add two pounds of Sugar, Take of this powder halfe a dram, or two scruples before or after meate, or at any tyme as yow please.

For a wyndie & faint Stomacke It will Comfort the Liver & helpe Digestion.

Take of the oyle of Roses and oyle of Wormewood of each two ounces, Seeth them together, and when they beginn to boyle, putt vnto them an ounce and an halfe of Masticke, and when the same is dissolued, streyne it whylest it is warme, and lay a plaister of the same vpon leather to the stomach.

Another.

The powder of myntes eaten in an Egg, or the seedes of Redd docke eaten at Noone is good against all Evill in the stomach.

A Comfortable medicine for a Cold stomake

Take Cloues and Gallinggall of each a like quantaty, bruise them and lay them in Malmesey all night, and drinke the same fasting. If your Stomach be very ill then burne or Mull the malmesey with Cloues and gallingall, and Sugar. and drinke a good draught in the morning and before and after supper. For faintnes, or Sicknes in the Stomacke
Take Rosemary flower water, Mynt water, wormwood water, or Orringe flower water of each a like quantity 
All of them being distilled by themselues without any 

wyne, And if it may bee Lett the same water bee distilled from fresh herbes 3 or 4 tymes Mix them together, and sweeten them with whyte Sugar Candy to your likeing Take a spooneful or two of this at any tyme, when you are not well or distempered either by heat or Cold./

A very good Plaister for the Stomacke

Take an handfull of Redd Sage, of wormewood, sweet Marjoram, redd mynt and Rose Leaues of each a good handfull Putt all these into a dish vpon Coales and lett them drye a pretty whyle Then putto them a little Vineger, and a little Redd rose water, Lett them boyle in the dishe a good space, turning them till the moysture bee allmost dryed vpp Then take grated Nutmegg and putt amongst it with a dram and halfe of the powder of Masticke, two drams of the powder of Larg Mace halfe a spoonefull of the best oyle of Wormewood, when it is allmost well dryed vpp putt it into a Lynnen Bagg, quilt it and lay it to the Stomacke./

For a weake stomacke that often vomitts./

Take a Cocke Chickin Cutt his feet away and Chyne him Cleane, fill him within with parseley, Sorrell, violett[es] of each an handfull and some topps of Rosemary Seeth him in two pyntes of Water, and the third part red wyne till the flesh part from the Bones, then take the fflesh bones herbes & Bray all together very small, and putt them into the Liquour againe with saffron Mace Cloues & Cinnamond of each a like quantatie in powder, and lett them take a Wallme on the fire, then streyne it into some Cleane vessell Take of it warme oftentimes a day with the Crumnes of good wheate bread blended with it vse it for seauen daies It will certainely helpe; or if yow will take a little Aloes in cold
water, and drinke it. It helpes those that cannot
keepe meate at all./

Stomacke Pills

Take of Aloes an ounce, Masticke 2 drams powder
and incorporate them well with the Iuyce of Wormewood
or Roses, And dropp therein 6 dropps of the oyle of
Annyseedes, yow must take of them in a scruple or halfe
a dram att a tyme A scruple is 20 graines,
A dram is 60 graines./

A Vomitt for a Burdened stomacke./

Take a draught of possett Ale with one ounce
or two of Oximell Simplex in it, Take it Luke
warne in the morning and Cast with a
feather putt a Little into the throate./

For all Paynes in the Stomacke & other
parts proceeding of Wynde & cold causes./

The vertue of Nutmeggs.

Nutmeggs briused and boyled in aqua vitæ vntill they
be Consumed in the moysture, adding thereto some
honey of Roses and boyling it gently and then
streyning it in the manner of a Syrupp, if yow
take three or fower spoonefulls of this fasting it
Cureth./
Nutmeggs cause a sweet Breath and helpeth a

sticking one Chewed and holden in the mouth,
and are good against ffreckles in the fface, They
quicken the sight and are good against all cold
diseases in the Body, Beeing parched and dryed
att the fire Cutt into Slyces and drunke with
Redd wyne stopp the fflux./ Beeing steeped
and soaked in the oyle of sweet Allmondes, they
breake and expell gravell./ The powder
thereof mixt with the oyle of Myntes and the
forehead and Temples annoynted therewith
is good against the Coldnes of the heade and
to helpe the Memorie./ Bruise ffresh
Nutmegges, heate them in a pann and presse
them and there will come out a Salt oylie
substance like wax called of some The oyle
of Nutmeggs, This is pretious for all
Cold greifes of the Ioynts or Sinewes
and good for Cold Husbandes who desire
Children. Nutmeggs and Masticke
boyled in wyne and drunke is good for the
greifes of the Stomacke and Bones for
breaking of wynd and restoring strength
after Sickness. Seeth Nutmegges Maces
ffennell Seedes and dill seedes in wyne, and
drinke it for an Espetiall helpe for a
Cold Stomach. If any man be wounded
and Bleed inwarde, take the heaviest Nutmegges
can be gotten, washe them, wash them, wype
them, pare them, and lett him eate them, and hee
shall deliuer the blood outwarde and also by
his ordure, and make him as perfect as euer he was,
soe the wound bee well kept, and hee to continue this
till hee Recover health. /

Nutmeggs are the best spice for Studentes
of all other taken in drincke, They are good
against stopping of the Liver and Melt.
They helpe the stopping of Eryne in them
that pisse by dropps; Good in Stewed broath
for such as haue bene long sicke. They
Comfort the Braine Sight, Liver
Milltes and mouth of the Stomach. /
The Powder of Nutmeggs in Bettony water
is very good for the Headach. /
Halfe a Nutmeg eaten in the morning is
good for a weake and a Cold stomacke. /
It is not good though for Sanguine men
to vse Nutmegges much because they will advst
the Blood. Note the best Nutmeggs are redd
fatt and heavy, the worst blacke, Light & drye. /

For all greifes in the stomacke

The Vertues of Cloves. /

Take of Cloves halfe an ounce, of Sugar a
quarter of a pound, Treackle a penny worth,
putt the same into a quart of Mallmesey, drinke
hereof daylie warme, and vse good meates. /
Cloues Comfort & strengthen the hart, stomach
and Liver, helpe digestion quicken the Eyesight,
provoke Vrine and are generally good for all Cold
disseases, The oyle of them is good for a Cold stomach
and Braine and all Cold greifes. Mix the powder of Cloues, Nutmegges and Rosemary with sweet Sallett oyle till it bee thicke and apply it to the Crowne of the head it will drye upp the Rhume. /

Cloves & Mace vsed in Broth are good for a weake Braine, as also Snuff vpp and taken in the Nose./ The Powder of Cloves and pepper of each so much as will lye vpon a groate or sixpence taken at once fasting, and not drinkeing two howers after it, is good for Agues and all other Sicknesses./ Cloues sodden whole in milke, or the weight of 4 drams of the powder of Cloues taken in milke, Comforteth the debillity of Nature, and procureth the Art of Generation./ See more for Wynde in the Chapter for the wynde Chollicke./

Good to open the Pypes./ Make a possitt of milke and Ale, take of the Curd, then seeth in the drinke a quantatie of Tameriske and the Barke of Capers./ Seeth halfe a pynte of whyte wyne Vineger and a quantatie of honey to a Syrrupp, then add two ounces of Sugar Candy to it./ Also Good to heale the Lunges & Stomacke./

You haue formerly heard in the precedent Lectures, the severall names of Physicke; the Definition therof, according to the most receiued Authors, both of Auncient & moderne times, wherof to insist where but rem eandem dicere, only thus much I shall be bold to put you in minde of, that out last Lecturer deliver'd concerning the devisio thereof, and that was into the speculatiue part, & the operative
part, as for the speculatiue I referre you to what hath beene formerly spoken, & only put you in minde that the Therapeutick, or Operatiue part was againe devided into ( ), ( ), & ( ); of the first as most proper for our society, I intend to begin my discourse. Begining according to the method of the former Readers with the Name, Definition, Devisió, & Object of our Art. Our Art is called in latine Pharmacopoea, having the Etimologie from the Greek ( ) from makeing or mixing of medicines, and this word ( ) is diversly written, to witt both with x and k, ( ) ( ) with x signifieth a ferendo Dolorem, & ( ), ( ) with k a ferendo medelam, and in this double signification so much may be implied that in our Art we mix medicines both the cause Rest and Paine. now I proceed to the Definition which according to Placagonius is Ars Factiva Colligendj, Eligendj, Preparandj, et Miscendj medicamenta the devisio of yt is in Empericam et Rationalem, the Empericall is learn'd by Inspection, Imitation, & vse; the Rational doth not only Declare the manner but the Causes of mixing of medicines & thus much for Definition & Devision; lastly the object of our Art is Pharmacum which inter Medicos Teia significat, videlicet Venenum, Pigmentum, & Medicamentum, as Medicamentum it is properly that which whether yt be inwardly taken or outwardly apply'd, altereth the body. Medicines are devided into Simple & Compound; yt is nott my intention at this time to speake any thing of compound medicines, but of simple, and that Chiefly of Plants, and being according to the Definition first to begin with the Art of Gathering, and Chooseing them, and it being impossible to Choose them without the knowledge of them, I hold yt no way impertinent first to speake somthing of such as by the greatnes of there persons in diverse Ages, haue dignified this knowledge. 2dly of the Necessity of this knowledge. Amongst the Hebrews king Salomon wroth diverse booke of the Faculties of Plants, from the Cedar of Libanus to the Hysop that groweth on the wall, which booke as Flavius relateth, king Ezechias afterward caused to be taken out of the Temple of Hierusalem , for feare the people should fall into Idolatry; Amongst the Gentils many of the greatest Princes, much affected this study of Plants, giving some of them there owne names, supposing by that meanes they should never be forgotten, as Gentiana from Gentius king of Illiria, Lysimachia from Lysimachus the Macedonian Telephiun from Telephus king of Missia, others have also beene famous for finding out Plants, as Mithridates for Scordium, Iuba king of Numidia for Euphorbium.
Alcibiades for Echiu & Anchusa: some for writing of Plants as Evax king of the Arabians who writ diverse tracts of the Faculties of such plants as he knew, and dedicated them to the Empeour Nero.
I could heere summon vp diverse others, but this may serue to giue satisfaction so such as haue long practiced Physicke, & never labour'd to know the materials they wrought withall; In former time this learning was in much esteeme, Galen in his booke de Compositione Medicamentorum secundum Locos saith qui studet Pharmaca Componere prius perdiligenter vestigare simplicium qualitates, Naturam et substantiam oportet. Diverse greate persons allso of latter Times haue much delighted in this study, as witnesseth Spigelius, who giueth this Testimony of Fredericke the Empeour that he not only knew the formes of Plants, but would very often dispute with the most learned Physitions concerning the vertues of them. moreover Maximilian the Empeour (as the same Author allso affirmeth) had farre surpassed him in that knowledge, yf Death had not prevented him. 
2dly, concerning the necessity of the knowledge of simple medicines, although none heere will deny the necessity of yt yet that yt hath beene much neglected in diverse ages by such as practised Phisicke may thus be proved. Dioscorides in the begining of his first booke taxeth Tareninus, Heraclides, and diverse others for writing many things of medicines, without the knowledge of them, and a Physition Called Niger for his many Errors which he Comitted by the want of this knowledge, as in writing that Euphorbium was the liquor of a wild oliue tree, growing in Italy; Androsemon to be same with Hypericon, that Aloe was Digg'd out of the ground in Judea, with many other such absurdities of this kinde: and in this our time although both heere & beyond the seas there are diverse that delight & take pains in this knowledge, amongst whom your selues heere present are espetially to be comended. Yet it is not one for a hundred that either direct or make medicines, but neglect it as a thing vnecessary and to no purpose; I remember once a brother of our owne profession who turning over the dispensatory, in the Catalogue of plants found the word Herniaria, I inquired of him what yt signified, & his answere was the Herbewomen in Cheapside could tell, yf I would haue any of yt he would procure him from them, he nott knowing mee to be one of the profession: how much the want of this knowledge, doth puzzle many of our graue practizers; wee may dayly Imagine when they
are called to Patients remote from this place; for
whenas happily they might finde a proper medicine

For the Patients Malady at his owne doore, they are
forc'd to send somtimes 20 or 30 miles for it. the Patient
(God wott) lying in much misery expecting the things
sent for, in this forgetting the wordes of Fernelius
who in his methodus Medendj thus saith Simplicium cognitio,
Collectio, Delectus, Expurgatio, Conservatio, Correctio, et
miscendij industria seorsim ad Pharmacopæos reser=
vatur ac pertinent; quorum tamen inprimis et medicum
gnarum peritumque esse oportet. heere some happily may
obiect and say, wee know simple medicines well enough
because they know senna, Rubarb, &cetera and admire those
things which are fetch't from farre Countries, to these
I giue Crollius his answere, who hath these wordes, in
his preface to his booke de signaturis plantarum,
Ipsum tamen exoticis longe meliora, recentiora, selectiora,
et salubriora, quia sub nostrj cælj influentia nata
sunt, nostræ naturæ magis Conveniant, domj nostræ
debito Tempore Collecta minorj difficultate et sumptu
haberj possunt, et nostris vsibus exigente necessitate a
Patre miserecordiarum destinata: meaning Domestria
Paracelsus Condeming those that are studious of exoticks
saith that every Clowne hath a most perfect Apothecaries
shop at his Doore, another Author Calleth the earth
Pharmacopolion Dej, and saith all maladies might be
cur'd with hearbs if wee weere experienc'd in the vertues
of them, two notable Cures weere cited in the former
Lecture, the one out the Adversaria Lobelij, the other out of
Iaquies Cartier s voyage into America to which I referre you
and certainly, ouf medicines, yf wee would or could finde
out the operations of them, are better & fitter for
ouf bodyes, then those brought out of another Clime:

One instance for the Diversities of the faculties of them I will
giue you, out of Galen, who saith of Aron rootes that those
in liber 2do de
Alimentorum facultatibus
that grow in cold Regions are hott and Biting (which wee all
heere know) but those in hotter Countries as in Lidia neere the
citty Cyrene are sweet, pleasaunt in tast, Differing nothing in
forme from the other, and are familiarly eaten by those people
as wee eate Turneps Iacobus Silviuus much condemneth
in liber 2do de methodi
Componendi medicamentorum
the Physitions of his time, and judgeth them et pena et
Ignominia dignos, that wholly neglect the knowledge of simples,
& rely vpon Compositions, saying it is enough for them yf they
know Dicatholicon to be medicamentum universale & to purge
all humors, Diaphenicon to purge Choller, Diacarthamium
Flegme, Diasenna melancholy, Optica, to be remedies for the
eyes, & such like, without Consideration of what simples they
are made, or what quantity of them enter the Composition,
not careing so long as the Composition hath the operation
according to the Title, whenas Simple medicines are, et
Natura et Tempore Compositis anteferenda and all the
operations of Compound medicines proceed from those Simples
that are in them, thus farre Silvius ; therfore let mee in
this Conclude, that Certainly although exoticks should haue
greater vertues then those growing heere amongst vs, as those
that Fetch them from farre Countries doe affirme, more
for there owne gaine then for the helpe of the people, yet
for my part saith Crollius I will not beleue them to be so wholl=
some for our bodies, but most proper for the people of those Re=
gions from whence they are brought, and Johannes Ruellius for
the same reasons saith and that not vnworthily, nullam medicinæ
partem incertiorem esse, quam illam quæ ab alio orbe quam a nostro
petitur, & thus in briefe of such as by the greatnes of there
Persons haue dignified this knowledge both in Auncient & moderne times./

folio 160 verso || folio 161 recto

And 2dly of the necessity of this knowledge; I will now proceed
according to my Definition, and that it is first, Colligendj
et Deligendj Medicamenta Ars, giuing you first some reason
of the Denominations of Plants, and that from Diverse Causes
(according to Placatonius ) to wit some ab inventore as Centaurium
some a Regione as Iris Illirica, some a Natalj solo as Potum=
=montanum , Plantago Aquatica, some a Gustu as Gliceriza,
Dulcamara &cetera , some ab odore as Assaf#339;ida, some a Colore
as Behen Album, Elleborus albus/ some a figura as Pentaphillum
Aristolochia rotunda some a duratione as Sempervivum some ab vsu as
Tussilago quod Tussim agit, vuularia, &cetera some a Contentis as
Mala Granata, but some a similutudine but this enough
if not too much; now in this Art of gathering and Chooseng
of medicines, three things are most Considerable to wit
first the substance, 2dly the quality, 3dly the time of
gathering them, & first De Substantia medicamentorum;
vnder this word Substantia improperly taken according to
Silvius and Placatonius are conteined, first Solidum,
Liquidum, Pellucidum, Opacum, Crassum, Tenue, Rarum, Densum,
Asperum, Leve, Friabile, and such like, of which I will giue
you these explanations, first Solidum is that which Con=
sisteth by yt selfe, as wood, Rootes, Metall &cetera Liquidum
is that, which yt be not conten'd in another is spilt or
lost, as water, Juices of Hearbes, & such like, Pellucidum
is that which is transparant, as Cristall, Amber, Water, Opacum is the contrary as metalls, stones, &cetera/ Crassum is that which is very hardly brought into fine parts; Tenue is easily brought, into fine parts to witt in dry things into fine powder, & in liquid spreadeth yt selfe farre abroade, Densum is that which hath noe Perforation as as Guaicum, Ebenum, & such like: Rarum is the contrary for that yt hath large perforations, as Agaricke; Leve is that which hath a greate Bulke & weigheth litle; Grave

is the Contrary; Friabile is that which sticketh lightly together and may easily be powdered as Amylum Agaricke; but of these I am too tedious, and will referre you rather then offend to the forementioned Authors; The Second thing that I propound for the Destinction of simple medicines, is the quality, & that is perceiu'd three manner of wayes, to witt, Sapore, or by the tast, Odore by the sent, & Colore by the Colour; and first de Sapore./ of Tastes there are Diverse differences, & so infinite, that it is impossible to distinguish them yf I should proceed to the perticuler tast of every plant; but I will devide them into Simple and Compound: the Simple are seaven, to witt, Austerus, Acerbus, Acidus, Acer, Salsus, Amarus, et Dulcis.

1 Austerus sapor is that which causeth a meane astringent quality vpon the tongue, bringing litle or no sharpnes which is easely perceiu'd in diverse vnripe fruites as Peares, Damsons, Medlers, which the more ripe they are, tast more sweet, & lesse austere; the next is Acerbus Sapor, which is more straightening & astringent drawing the outward part of the tongue together as is to be experimented in a decoction of Pomgranate pills, Sumach, Cyprus nutts and such like, the next is Acer or Acris in Greeke ( ) and this affecteth the Tongue with a biting and hott Tast in so much as somtimes it burneth the mouth as is to be perceiu'd in pyrethrum, mustard &cetera 4thly Acidus Sapor penitrateth the Tongue with his tenuity or thinnes of parts, with out any evident heate, as is perceiu'd by vinerger & sorrell 5thly. Salsus Sapor draweth the Tongue together and as it weere shaveth the skin of with a meane heate but violently drying, this is evidently knownen in the tast of Salt Peter & Common Salt. 6thly
Amarus Sapor, this is unpleasaunt allso, in some kinde
shaving the Tongue, as is to be found in the tast of

Aloe, wormwood Colocinthis etcetera 7thly. Dulcis Sapor &
that's Duplex, for one wee terme properly soe, in being
Contrary to Amarus Sapor, as is the tast of Honey
Suger & liqerish which delight the Tast; the other
is called Dulcis or Insipidus Sapor, in Greek ( )
that is deprived of the foremention'd Tastes, as is the
in 6th libro de
Caussis Plantarum
Tast of Oyle which by Theophrastus is distinguish't by
the name of un^cruosus et pinguis sapor, there is allso
insipidus sapor sine vnctuositate as is found in Cowcumber
Blites, & other Cold pott hearbs and that is ca'ld Aquosus
Sapor; and thus much de Saporibus simplicibus ; the
Compound Tast's are of the simple mix't and all variable
as wee finde almost in all manner of Plants and the
fore not to be insisted vpon further. I proceed now
to the second way of knowing the qualityes of simple
medicines, that is ab Odore, and that is more difficult
in lib 2da de
Anima
then a Sapore, as Artistotle witnesseth in these wordes
Non Ita manifesti sunt Odores sicut Sapore, magisque nos
fallere sensus odoratus potest quam gustus, and Galen
in libro 4to de
Simplicibus
thus Concludeth after a discourse (too long to repeate),
of the Destinctions of the severall qualities of simple
medicines, his verbis Quare Certum Tutumque non est de
tota medicamentorum facultate ex odore conijicere:
Odor or the sent is by Spigelius is devided in bonum, seu
lucundum, et malum seu Injucundum, the first wee terme sweet
of pleasantaunt agreeing with our nature: the 2d strong smelling
or stinking offensiue to vs: yt is defended by both the Auncient
& moderne writers that Odorata of those of a pleasantaunt sent
in 6th libro de Causis
Plantarum Capitulum 24
are hott & dry, Theophrastus saith Odorem per Coctionem acquire
quod Odorata evaporent, evaporatio autem omnis fit a Calore:
now seeing no Coction is made without heate, for this reason
it happeneth in hott Countries there are more plants growing
of pleasantaunt & sweet sents then in Cold, as wee finde most of
ou're Spices are brought from the Moluccas , Zeilan , Sumatræ
And other parts of the Orientall India which all are in a hott Climate, yet in our Northern Regions wee are nott without some few Rootes of good sent, as Radix Iridis ex Illiria, Acorus ex Paludibus and wee may reckon yf you please amongst vs Gariophilate: to this some may object what then Roses & Violets are hott & dry, for they are odoris Iucundj, to this in libro: 2do Isagoges
in rem herbarum
I giue you Spigelius his words, Respondeo plus esse Florum etiam folijs diversas, Calidas scilicet et frigidas, plures vero frigidas atque hac ratione, flores hos frigidos censerji, Calidas vero partes exhalare propter earum tenuitatem quae sunt in superficie foliorum hoc est proximæ aerij: in the 2d place the quality our Temperature of Odor malus or Injucundus, is not so sufficiently declar'd, either ab Antiquis aut Neotericis for malus odor sive fætor, seemeth not proceed from heate for many plants of evil sent are Cold, as Cicuta, hyoce in sectione 13 problematum: =amus; and Arestotle saith, multa Odore malo prædita velutj excrementa animalium a Cruditate provenire, quod sit a Caloris naturalis inopia; yet the foremention'd Author I meane Spigelius thus Concludeth, Existimo tamen fætorem Cum sit Caloris species a Calido similiter et sicco defendere, and this shall suffice for the 2d way of knowing the quality of simple medicines, videlicet ab Odore: the 3d thing in qualitate medicamentorum is a Colore. I should I must Confesse wrap my selfe into many Errors yf I should fall vpon the destinat ions, of Colours, or like a Painter show you what Colours Ioy'nd together would make a Contrary. only in the knowledge of plants a Colore wee are to vse much Diligence, Inspectione frequentij, for alius est Color Radicum alius foliorum, alius semen et fructuum. but I doubt I haue Intrench't vpon your patience, & therfore will cease troubling you further at this time, intending, God willing vpon the next occasion to proceed to the third & last thing by me propounded, to be considered in Arte Deligendj medica= menta, & that is Tempus Colligendj, & after that to treate De Arte præparandj medicamenta
Concerning the Cure of the Stone
in the Reynes & Bladder ./

The Payne of the Stone is the Extremest of all Paines incident to the Body of Man, and is affirmed by the Learnedest to be ingendered through great heat about the Reynes or streightnes of the Conduites; Aboundance of grosse or Slymie humors, or burnt Choller, which through Excesse and Extraordinary heate is as it weree baked and dryed like Clay in a ffurnace, and so at last becomes a hard stone: for the amending and Curing of which disease, All that is ministered is either hurtfull, or of small effort, vnlesse the Patient keepe a Sober and Regular dyett./

In this Case, All kyndes of wyne, sweete or Sharpe, grosse or subtile, whyte or redd are Rejected, All kynde of Pulse, as Pease, Beanes, or the like, All grosse fflesh, All Water ffowle and ffowles of great bodies are hurtfull and daingeous All fruites Except Mellons and Ripe prunes and those but in small quantatie, or Pomgranates with Sugar and Coriander seedes. Of Herbes that are good in this kynd, are Borage, Beauglosse Parseley, Lettice Myntes, Spinage and Succhory in Breath of Veale or Chickin, Yow may Eate some Nepes, Rapes & Raddishes. All shellfish

All shelfish are nought Except Crevices and Shrimps./ Potcht Eggs are very good with a little Vineger; But in any Case bewarr of old and hard Cheese, for that alone is often the Cause of Stone./ Lye not vpon your backe att night when you sleepe; Kepe your Reynes cold and moist, and lett your backe goe untrust in the Summer. This dyett beeing vsed for a season, yow will then doe well to take an ounce of Cassia, newely drawne out of the Cane and eate it with a little Sugar in the morning Vse this euery second weewe till the reynes bee pretty well Cleansed. Take also euery day a little Cassia vpon a knifes poyn to keepe your belly moist for that is the most requisiteth thing in this Cure And at other tymes when yow are disposed take a Little of this Syrupp following which is
Excellent to Mundifie and Cleanse the reynes
to bring downe the humour with Releasing
and asswaging the paine, and bringing out the
Gravell./The Syruppe./

For the Stone

Take of the broath of a Chickin sodden till all the
flesh fall from the Bones, three poundes of
Mellon seedes a little bruised an ounce, of parseley
Roots and Allysander Rootes of each 3 ounces,
dammaske pruines and Sepestens of each
six in number, great reysons halfe an ounce,
Cleane Liquorice tenn drames, The Waters
of Borage, Endive and hopps of each 3 drames,
and with a sufficient quantatie of white Suger,
boyle them till halfe be Consumed and more, then
streyne it and make a Syrrupp, This is of an
Excellent operation for mundifieing of the
Reynes. The Dose is a little Cupp full in the
morning, and to sleepe after it, If yow would
haue it to purge Choller, putt therein a dram
of fyne Rhubarbe with a little Cassia./

Another for the Stone

Dry the rootes of Redd Nettles, and make them
into fyne powder, of which putt a spoonefull in
a draught of whyte wyne, and drinke the same
warne in the morning, It wil breake the
Stone though neuer so great, yow may
vse it till the stone and gravell be Consumed./

Another

Take halfe a pynte of Whyte wyne, the Iuyce of a
Lemon, two spoonefulls of the oyle of Sweet Allmondes
newly pressed, and one ounce of Sugar, make a
potion of this, and drinke it warne in the mor-
ing, walke after and fast 3 houres./

Another for the Stone

Take a quantatie of Burr seedes well dried,
and powdered fynely then putt a spoonefull thereof
in a glasse full of Rhenish wyne, Lett it stand
all night Close, In the morning shake it, and
drinke it off, walkeing gently an hower or
two after it.

An Excellent Powder to breake the Stone

Take the Kernells that are in Sloes, and drye them
vpon a Tylestone and make powder of them Then
take the Rootes of perseley Allysaunder, Parietary,
and holy oake of each a like quantatie, Seeth them
in whyte wyne or in broath of a Chickin, streyne
it into a Cleane Vessell, and when yow drink of it
putt halfe a spoonefull or more of the said powder
therein, and yow shall fynde great and good effect
in it in bringing away the Gravell.

For the Stone in Children

The tender age of Children is subject to
many grevous and perilous diseases, yet is
none so violent and more to be feared
in them, and in all kynd of Ages then the stone
The more is the dainger in Children, because
neither can their bodies be well purged of the
Antecedent and peccant humors, nor can they
abyde any medicyne that is powerfull to breake
it Soe that by the daylie increase and groweth,
the disease acquireth such strength as it becomes
a Rebell to Phisique, and in processse of tyme
utterly incurable, yet in the begining it may
be helped thus: ffirst Lett the Nurse be well
dyeted, or the Chyld if it bee of any age
absteyning from all grosse meates and hard
digestion as Beefè Bacon Saltmeates
and Cheeses, Then a Roote of Pyony dryed
and made into powder, mingle the same with
as much honey as shalbe sufficient, or if the
Child cannot indure honey make it vpp with
Sugar melted vpon the Coales, and giue thereof vnto
the Chyld more or less twice a day till you see the
vryne passe easiely, Or to giue it in a Reare Egg
is a singuler Remedy for Children.
An Oyntment for the Stone in a Chyld

The oyle of Scorpions att the Apothecaries is Exceeding good to annoynt all the members, and the other part of the Belly Right against the Bladder./

A Playster for the Stone either in young or old

Take a quantatie of Parietary of the wall, & a quantatie of doves dung, fry them in a pann with a good quantatie of ffresh butter, And as hott as may be endured lay it to the belly & backe, and euery 4 howers lett it bee renewed, This with the powder before mentioned is good for all Ages./

Another for the Stone

Take the two hinder feete of an hare, Slyce them and dry them in an Oven, Beat it to powder, and keepe it for your vse It is good to breake the Stone./

Another for the Stone

Take two drams of the oyle of vitrioll, halfe a dram of the oyle of Tartar, putt them together into a glasse and they will come to the Colour of milke, and soe standing a Certaine tyme will Congeale into Salt Take halfe a dram of this salt & putto it 2 ounces of the Syrupp of Roses and halfe an ounce of Cinnamonod water & 5 drops of the oyle of Juniper berries putto it & drinke it./

Another for the Stone or Strangurie

Take of ffrench Barly well washed in seauen waters one after another, one handfull of Marshmallowes - Rootes, halfe a handfull of Liquorice, the weight of a Shilling of ffrench ffennell seedes a spoonefull; Boyle all these in a pottle of Spring water vntill a pynte or more bee Consumed, then streyne it, & dissolve in it as much Gum Arabique as a beane and soe drinke thereof in the morning fasting a good draught, and otherwise as often as yow please./
Another approved for Stone or Gravell.

Make a good possett drinke of whyte wyne and Ale, then take two spoonefulls of Burdocke seedes and as much of Parceley seedes, Bruise these seedes and boyle them in the possett drinke about a quarter of an hower, then streyne it, and putto it a good piece of sweet butter, and drinke a good draught of it morning & Evening, And yow will fynde it will voyd much gravell: But yow must Remember to make the possett drinke fresh euery day./

Another to ease the Payne of the Stone caused by Slyme or gravell ./

Annoynt the place with oyle of Scorpions and oyle of Lillies, of each a like quantatie And then vse the former Medicine, which will make an Ad=mirable effect for the Ease of the party./

Another for the Stone

Take the quantatie of a Beane of Roach Allome in two or 3 spoonefulls of whyte wyne, but breake the Allome noe smaller then yow may well swallowe it./

Another Commended for a most Excellent Medicyne for the Stone, Purging it from the Reines & Bladder & other Passages not Suffering it to growe ./

Take Marshmallowes Arsemart and Greene Hawes, distill them every one a part, and keepe the waters - severall, and the dry Cakes also keep them seuerall till every sort be distilled, Then take all the drye Cakes & Burne them vpon some Cleane dry Stone, or marble together till they bee all in fyne Ashes, Then take all the Ashes and putt them into an Earthen Vessell or pott, and putt vnto them all their distilled waters, and so lett them steepe on a day or two stirring them with a sticke often= tymes till the water haue soaked out all the strength of the Ashes, Then streyne it through a Boulter Bagg two or three tymes till yow haue parted the Liquour Cleane and pure from the Ashes and that there
bee no strength Left in the Ashes, Then Cast away the 
Ashes and sett the Liquour vpon a soft fire, till yow 
haue vapored away the one halfe at Least, and keepe the 
Rest by yow, And when yow haue occasion to vse it, 
drine of it more or lesse as often as yow please 
with a little of the Syrupp of Marshemallowes; yow 
may putt in a little whyte wyne to the Hawes 
before yow putt them into the still if yow please; 
And if yow cannot gett Marshemallowes, yow may take 
Common mallowes, and increase the quantatie of 
Syrupp of Marshmallowes when yow take the 
drinke./

Mr Ruthins Receipt for the Stone in the 
Kydnies for a Man ./

Take inwardly two or three dropps of the Chymicall oyle 
of Sassafras in 3 or 4 spoonfulls of a whyte wyne, 
Then annoynt the Reynes, and so downewarde alonge 
the syde where the paine is to the flancke with oyle 
of Scorpions, Then goe to bedd keeping your selfe 
warne for certaine howers, and by Gods helpe the 
ffitt shall passe away: But if the partie greiued bee 
a woman with Chyld, by no means giue her the 
oyle of Sassafrasse &cetera

To Cause Vrine

Eglantine berries powdered and drunke 
will Cause one to make water often./

Another

Cantharides outwardly applyed blyster, 
Inwardly taken procure vrine & venerie./

For Payne in the Backe by Gravell, 
or wynde in the Kidneyes ./

Take a pecke and an halfe of ground Mault 
and boyle it in a great Kettle in asmuch water 
(as the party beeing sett in a Bathing Tubb 
may Cover him vpp to the Waste aboue the 
place ill affected) Then lett the party be sett in a 
Cl-Tubb Close Covered to keepe in the fume of the 
boyled mault to Cause him to sweate which is best 
done by keeping in the Vapour. Theire lett the 
party sitt till the water bee Cold and then instantly
goe to bedd and sweate Then heate the Mault and

water againe, and sitt in it as before, and then
to bedd and sweate againe, And this may be done
Twice or thrice in a morning and for thirteene
daiies together, whereby the Body will become
Active and nimble by meanes of Evaporation
of the wynd, espetially if after this yow vseto
drinke the distilled Water of herbe a grace
twice stilled videlicet ffirst distill the hearbe, and
the water soe distilled must be againe distilled.
Of this second distillation yow must drinke
seauen spoonefulls in the morning, and as many
in the Evening, And Continue drinkeing
of it for 20 dayes together, which is a most
Excellent Cure for the stone in the Kidneyes.
Memorandum every pynt of this Water will
Cost, six shillinges./

To Strengthen the Backe

Take oysters greene fryed with Eggs and made
into a Tansey and Eaten Is a singular Remedy
against the Weaknes of the Backe./

Another for the Same

Knottgrasse giuen in powder in a Reare Egg
helpes in the payne in the Backe very much./

Another for Gonorrhea paine, or
weakenes in the backe ./

Take 4 Rootes of Comphrey, knottgrasse and the Leaues
of Clary of each an handfull, stamp them together, and
streyne the Iuyce into a quart of Muskadell, putt there=
vnto the yelkes of 3 egges, and the powder of Nutmegges
To drinke a little first and last is a most excellent
Medicine against Gonorrhea, and all paines and
Consumptions in the Backe./

folio 168 verso || folio 169 recto

Another

Sampire is excellent for voyding gravell from the
Reynes of the Backe and Bladder, stampt & drunke
in Ale, or whyte wyne./

Another

Nettle=Seedes grosely beaten and drunke in whyte wyne, is a most singular medicine against the Stone either in the Bladder, or Reynes As hath bene often proued./

Another to Cleanse the Reynes./

Take a pynte of New milke, and an handfull of yarrowe, and shredd it fynely, and boyle it till halfe be Consumed, and drinke it for nyne morninges together. If this stay not the Running of them Vse this followeing

Another for the running of the Rheynes./

Take the whites of 4 newe layd Egges beate them to an oyle and lett them stand all night Covered, and in the morning take away the ffroath Then put to that oyle 27 Spoonefulls of redd rose water, and sweeten it with two ounces of Whyte Sugar Candy and divide it into three partes, and vse it for 9 morninges together, and make fresh euery third morning./

Another for weakenes of the Backe./

Take smallage Egrimony and Mouse Eare a like quantatie, stampe them in a Morter, and putt to them Swynes Grease and Vineger a sufficient quantatie, then frye them together and make a plaister, and lay it as hott to the Backe as the party can suffer it./

Another to Strengthen the Backe & Cure the Running of the Rheines ./

Take a pynt of new milke, and putt thereto some Rosewater, and the whyte of an Egg beaten Boyle Boyle it together till the water be consumed, And putto the Remainder of the milke a deedge made of Sugar, Cinnamon, and the rynd of a Pomgranate, Take a draught in the morning fasting, for a weeke
Another for the same

Take Achornes dryed and beaten to powder
seeth a pynt of them in a pottle of new milke
till it growe thicke, and drinke therof first and
last for seauen daies together, Soe vse to seeth
with it 2 or 3 plantane Rootes well stampt,
and vse it for 9 or 10 daies together./

To Stay the Whytes & Strengthen
the Backe

Take the whyte of a newe layd Egg, beate it
very well and putt thereto three spoonfuls of
redd rose water, three spoonfuls of plantane
water, halfe an ounce of Whyte Sugar Candy
Beate all these a whyle together with halfe
a Nutnegg added to it, and drinke it cold,
The Nutmegg must first be baked in the oven
in a Loafe of Bread./

Another for the Same

Take the whytes of two newe Layd Egges and as much
Redd Rose water as will goe into an Eggshell.
Take Gumm Dragagant and steep it in some of that
water, and lett it lye all night in it Then take
the quantatie of a Wallnutt of that Gumm, and
dissolue it in the whytes of the Egges Then take
asmuch powder of Masticke as will lye vpon
a sixpence, mingle it together and warme it,
and drinke it euery morning for nyne mor=
inges together./

A Remedie for the Vlcer in the
Bladder

Take 7 or 8 spoonfuls of Sweet Sallett
oyle and drinke it last morning & Evening
for 3 or 4 daies together It helps this disease./

Another for weakenes in the Backe

Take Clarie, dates, and the pyth of an oxe, a
sufficient quantatie then putt to them Creame
Egges and grated bread a like quantatie, ffrye all
together, putt Sugar to it, and eate it in the
morning fasting, when you temper it together
putt also to it some whyte Saunders./

To Cure the heate of the Backe, &
running of the Reynes ./

Take of Water Cresses and Cullumbyndes of each
a good quantatie (ffor a man take the femall Cresses
for a woman the male) Boyle them in Cowes
milke, And when the hearbs are well boyled
Lett the Patient eate the milke with a little whyte
bread in it, and drinke thereof morning and Eve=
ning for a Certaine tyme./

A medicine to heale the vessell wherein
Nature lyes if it be broaken ./

Take a good quantaty of the huskes of Ackornes
dry them well and make them into fyne powder, putt
a spoonefull of this powder in halfe a pynt of Stale
Ale, make it blood warme, and drinke it in the
morning fasting, keepe yow warme in a bedd
an hower after, Take it also an hower after
Supper or goeing to Bedd./

For weakenes in the Backe

Take 4 or 5 Capp dates peele them very Cleane
and tamp them in a morter putto them the yelke
of a new layd Egg, a little Nutmegg grated,
and a quarter of a pynt of Muskadine drinke
this morning and Evening./

To Restore Nature & for weakenes
of the Backe ./

Take a quart of Sacke, a Topp of Rosemary \textit{water}
Wynter Succhory, and penny royll of each a
like quantatie, of ginger and Nutmegg as much
as will burne the wyne, then take two newe
layd Egges, yelkes and all, and temper them with
3 or 4 spoonefulls of Redd Rosewater, putt
thereto a good peece of ffyne Sugar then take
the burned or mulled sacke, and burne it over
againe with the Egges putting therevnto a little Mace,
Mace, It wilbe like a Cawdle, then putt to it some Sallett oyle, and mix it well with the Sugar drinke thereof thrice a day, in the morninge fasting, In the Afternoone, and Bedward. 

Another

The yelke of a new Layd Egg with a Little Manus Christi eaten in the morning fasting Restores Nature, and strengthens the Backe. 

Another to strengthen the Backe

Take a quart of good Ale, three or fower whole mace, as many dates, the stones and pythes taken out, and a good handfull of the topps of Rosemary Boyle it till it be Con= sumed to a pynte; then take the yelkes of two or three newe layd Egges but youw must of take away the Skynn or rynd which is about the yelke, Put the yelkes into the Ale, and Boyle all well together stirring it well, drinke hereof morning and Evening for 5 or 6 daies It strengthens much. 

Another to restore or strengthen

Take a quart of Goates milke, or for want of it redd Cowes milke newe, an handfull of oatmeale, the pyth of an Oxe Backe stampe them together, and seeth them well, streyne it, and drinke therof first and last, Good also against a Consumption. 
For the Kydneis & to strengthen the Reynes.
Take Bewglosse water distilled putt therein a like quantatie of redd rosewater, So much of both as may be a reasonable draught, putt therein a quantatie of fyne whyte Sugar, and drinke the same euery morning fasting It will Restore nature and strengthen very much. 

For a payne in the Backe

Take a quantatie of Lynseede dried and brayed
of oyle olive, sweet Creame, and Barrowes
grease of each a like quantatie: Boyle them together
and spread a plaster thereof, and lay to the place
greiued.

A Restoratiue for a weake Backe

Take a quart of stale Ale, halfe an handfull of
Germander, of Clary, vnsett Hysopp, and vnsett
tyme of each an handfull, a Branch of Rosemary,
a good quantaty of English Saffron, a dish or
peice of sweet Butter, and a good pcece of Sugar:
Boyle altogether till the halfe be Consumed, streyne
it and lett the Patient take of it morning and
Evening. /

Another. /

A Tannsey of Clary Egges Nutmegges and mace
to breakefast much Comforteth the Backe. /

Another to strengthen the Backe

Take a pynt of Allegant or redd wyne, putt
therein a good quantatie of fyne Sugar, of
Red Rosewater Bewglosse water, Borage water
of each a good quantatie, with a Little Diasaterion
drinke two or three good draughtes att seuerall
tymes, It Cooleth the Stomacke & Reynes,
and Comforteth the Backe. /

folio 171 verso || folio 172 recto

Another to strengthen the Backe. /

Take the quantatie of a quart of the pyth of an Oxe,
and a quart of Muskadine Boyle them till they bee
thicke, then streyne it through a Cloath Take
thereof 5 or 6 spoonefulls att a tyme in the
morning fasting for the space of 4 or 5 daies
together It will doe Exceeding much good as
hath bene proued. /

Another for the stone or strangury

Take of Burdocke Rootes washed and dried
then slyce them, and drye them to powder,
Take the like quantatie of Wallnutt Buddes
Wash them drye them, and beate them to powder
Take of these asmuch as will lye vpon a groate
in a draught of whyte wyne morning and
Evening It helps./

For Diseases of the Belly, Bloody-
Fluxes, or Loosenes &cetera 

For swelling of the Belly./

Take the Iuyce of Rue, and drinke it often with
stale Ale, asswageth it, Or redd ffennell Boyled
in Ale and drunke./

An Excellent Medicine for a Flux

Take the seedes of Medlers keep them about yow
in your pockett, that they may dry by the heate
and warmeth of your body, being dry beate
them into powder, and drinke of the same powder
as much as will lye vpon a groate either in
possett drinke, or otherwise, As yow continue
this increase the quantatie of the powder to asmuch
as will lye vpon a sixpence, or more according
to discretion It hath Cured many and those
farr gone and miserably afflicted with this
disease./

Another for the Bloody Flux

Take the Pills of Pomgranates redd rose Leaues
Dryed Bole Armoniacke and some Terra
Sigillata, make them all into fyne powder,
mix them and giue them vnto the Patient
to drinke in Aleberry, Cawdle, or Pottage
In 4 or 5 daies It will stopp the disease./

Another for any man or Chyld that is
troubled with a Rupture, Running of the
Reynes, or Bloody Flux ./

Take Knotwort Ribwort and Comphrey, wash
them and dry them in an Oven severally, then pound them a part, searc them & weygh them equally, then mingle them together, and take halfe so much powder of Anyseedes and mingle with it Take as much of this powder for tenn mornings and Eveninges together as will lye on a sixpence in five or six spoonfulls of Muscadine And then take a quantatie of the herbes aforesaid and boyle them in runnig water Then take oyle of Spyke and mingle it with sweet Butter, and annoynt the place greiued Then lay the herbes vpon it as warme as may bee suffered, Soe often as yow drinke this powder weare a Trusse vpon it a good while after This Knottwort growes flatt vpon the ground and beares a Blewe flower, and the seed of it is like stones. /

To stay inordinate Fluxes of weomen or any Bloody Flux be they never so greate ./

Take the forefeet of Hares, furr, clawes, bones, flesh and all Bake them in an oven, & giue to the sicke all most a spoonefull of the powder thereof fynely searced in Ale to drinke./

Another for a Bloody Flux

Take the Iuyce or seedes of Henbane with the whyte of an Egg and a little Vineger made in the manner of a plaister, and apply it to the Belly, It helpeth./

For both or any Kynd of Fluxes

Take asmuch of the powder of Corall as will lye vpon a groate, drinke the same in redd wyne vse it three tymes a day, Or take date stones, and beate them to powder, and take the quantaty of one of them in possitt drinke, or Beere, vse this 2 or 3 morninges, or as oft as yow thinke fitt./

Another for the Same
In the moneth of May Gather the reddest Oake Leaues yow can gett, and distill them and when need Requires make papp thereof with milke, fyne flower, Sugar and Cinnamond, take it as oft as your stomach standes to eate./

To stay a Flux from whatsoeuer cause it bee./

Take the Peasle of an Hart dry it to powder and drinke it in redd wyne, Or the water of Oaken Buddes, or the very Ackornes dryed & beaten to powder, and drinke in redd wyne is very good. Or the Mawe of a young Leverett with the Iuyce of Plantane eaten, is good./

Another

Take a pynte of Black Snailes well washed in Conduit water Boyle them in a pottle of milke till it come to a quart, streyne it and lett the partie eate of it Continually./

Another for a Bloody Fluxe

Take a quantatie of Sanguinaria seeth the same in Vineger for a long tyme in some Convenient Vessell, and lett the partie Receiue the fume of it att his fundament It helpes./

Another

Take the Wooll that is shorne from scarlett dry it well at a fire, or in an oven, till it bee powder, giue halfe a spoonfull thereof in redd wyne for 5 or 6 tymes It Cures./

Another

Take a quantaty of Fluxweede and boyle it in newe mylke, Then take it out, and putt into the milke a quantaty of Wheate flower, and make it into papp, and Eate it euery morning fasting./
Another for the Same.

Take redd Currans and drye them betweene two Tyles, Then beate them to powder, putt it into redd wyne, and drinke the same fasting.

Another

Giue the party first a gentle purge, then a day after take a Lynnen Cloath, and scrape off asmuch Lynt as will make three pills, dipp them in Aqua vitæ and swallowe them. doe this three tymes a day for the space of 3 or 4 daies If this doe not, Then take the Lynt and dipp it in Vineger, as yowe did in Aqua vitæ, and putt it vpp into your body as a Suppositor.

A Iulipp for a Flux

Take Knottgrasse and plantane of each halfe an handfull, a pennyworth of Tormentill Rootes Boyle them well, Then streyne it, and to euery pynt of drinke putt two ounces of the Syrupp of Quinces This with the helpe of the Clister (vide Clyster) is a singuler Medicine Probatisimun.

Another for a Loosenes.

Take a quart of newe milke and boyle it, as it seethes vpp, power in a pynte of water, and lett it all boyle to a pynte, soe drinke it as hott as may be fasting.

Another for the Same

Take a little wheate flower and mingle it with the yelkes of Egges Bake it on an Earthen stone and eate it for bread.

Another for the Same

Take a quarter of a pound of Ryce ffry itt in a pynt of Redd wyne, then apply it to the Navill as hott as yow can suffer it.
Another for the Same

Take plantane Knottgrasse Bursa Pastoris called sheppardes purse, stamp them with Ale, and drinke it as hott as yow cann Probatum.

Another.

Take Gynnie wheate, and parch it, and eate thereof till the stomach begins to Loath it Probatum It stayes the greatest Blooddy flux in hott Countries where/ it is Farr more violent.

Another for the Same

Take an handfull of Redd rose Leaues dryed and boyle them in a quart of high Couloured Clarrett wyne, streyne and drinke therof It helps.

Another

Take the yelke of an Egg beaten, and mixe with grated nutmegg Bake it vpon an hott Tyle stone, and Eate it fasting betwixt meales & before supper.

Another to Stopp a Flux or running of the Reynes ./

Take Sanicle, Seeth it in wyne or Ale, straine it & drinke it There is no better or speedier Remedy. It helps the disease of the Lunges yow must take it in the morning fasting.

Another for a Fluxe./

Take Blackeberrys when they be greene dry them in an oven, then beate them to powder and drinke a little of it in wyne or Beare.
For the wynde Chollick or paine
in the Bellye.

For the Chollicke

Take the outward ffilme of Pigeons Mawes, drye them, and beat them to powder, and drinke a thymble full thereof in whyte wyne and Sugar att the begining of your fitt./

Another for the Chollicke

Take Marshmallow Rootes and Liquorice of each a pennyworth, scraped Cleane and slyced, Boyle them in Possett drinke with a good quan=tatie of Parseley seedes or Annyseedes is an Excellent drinke against this disease./

Another for the wynde Chollicke

Take the Rootes of Redd Nettles, wash them well, and boyle them in strong Ale & drinke it./

Another for the Same

Swallow ewery morning a Clove of Garlick It is an approued Remedie./

Another

Take the fflowers of Broome, distill them, take the water thereof sweetned with Sugar & drinke it./

Another for the wynd Chollicke

Parsely seedes bruised and boyled in Sacke and drunke warme is very good.

A Powder to Expell wynde

Take Annyseedes ffinnell seedes Commony seedes & Caraway seedes of each an ounce, pepper & ginger of each a pennyworth a Nutmegg & a little Galling gall, Make these with into fyne powder & putt thereto so much sugar Candy as will make it pleasant & eate it drye before and after meate./
A Drinke to Expell wynde

Make a possett of Whyte wyne and when yow haue taken off the Curd, Seeth in the possett drinke three topps of Rosemary, three topps of Sweet Marjoram, 3 topps of Bawme and a Slyced Nutmegg, Make it sweet with Sugar & drinke it./

Another to Expell wynd from any part of the Bodie ./

Take an handfull of Camomill, and putt it into an Earthen dishe, vpon it lay hott Embers and vpon them again lay asmuch Camomil, Take the dish and the Embers thus Covered, and vnderlayd with Camomill and Cover it with a Lynnen Cloath, and so apply the mouth of the dishe to the place where the paine is, This fume will remoue it; And as it Changes the place, followe it with the dishe and fume till the paine be expelled Approued by Mr Bold ./

For gripeing of the Belly by wynde./

Take ffennell seedes, Cummyn seedes & Annyseedes of each a like quantatie, beat them to powder, and seeth them in wyne, & drinke a good draught first and last for 4 or 5 daies. It driues out wynd exceedingly./

Another for gripeing in the Belly.

Take Nutmegges bruise & boyle them in stronge whyte wyne till three partes be Consumed with the roote of Motherwort added thervnto in the boyleing; Streyne it & drinke it with some sugar It helps exceedingly./

Another for breme Wringing in the belly/

Take yarrowe & stampe it, and temper it with good strong Ale, and giue the Patient 3 spoonfulls att a tyme, After this seeth penny royall, and bynd it as hott to
the belly as cann be endured./

Another

Eate Tansey, Rue, or Sothernwood with salt; it helps./

Another for griping of the Belly

Take two handfulls of Wheat Brann, & one handfull of Cammomill, boyle it in Vineger, & lay it plasterwise to the left syde of the Patient as hott as cann be suffered. This is also good for the Mother./

To Loosen the Belly that is bound./

Take a Chickin and a pretty quantatie of Cassia=fistula, seeth them in faire Running water, and drinke the Broath. It will procure Loosenes without any paine./

Another

Take the quantatie of an hazell nutt of Aloes Cicatrici (or asmuch as yow thinke will agree with yow) Eight reysons of the Sunn stoned, bruise them very well, and make little pills thereof, Take in the morning as many as yow can well swallowe downe./

Another

Take Roasted Apple mixe with it a little Butter and ginger, and eate it going to bedd./

For the Plague or Pestilence
Take the weight of Tenn graines of Saffron Walnut Kernells two ounces, figges two ounces, Mithridate one drame, and a fewe sage Leaues stampt together with a sufficient quantatie of pimpernell water. This made into a Masse or Lumpe and kept in a glass for your vse, If yow take therof twelue graines in the morning fasting It preserues yow from the Pestilence, or Expells the In=
A moste Excellent Drinke against Plague, Sweating Sicknesse, Small Pox, Measles or Surfetts.

Take 3 pynetes of Malmesey or Muskadine, of Rue and Sage of each an handful Boyle them together till a third part be Consumed, then streyne it, and sett it ouer the fire againe, and putt therein long pepper white ginger and nutmegges of each about an ounce beaten to powder Then Boyle all together a little more, Then take it off the fire, and putt therein an ounce of the best Methedate, and two ounces of the best Treacle, and a quarter of a pynete of the best Aqua vitæ Soe keepe it for vse aboue all other Medicines as your life in a Close glasse or pewter pott, If the party be infected lett him take a spoonefull every morninge fasting If not halfe a spoonefull once in three or fower daies is enough.

A Perfume for the Howse against Plague.

Take a quart of Vineger, Seeth therein the Leaues of Angelica, Bay Leaues, Rue Centory the lesse, Camomill, the berries of Juniper, some rynedes of Oringes, and Lemmons, Some Elycampane Roote and Rodoana; Putt some of this Liquorice vpon an hott fire shouell, and take the fume of it The smoake of a Linke when the Light is out is very good.

For the Ryseing of the Plague sore

Take an ounce of Manna, one dram & an halfe of Rhubarbe, Putt the Manna into 18 spoone=fulls of Endive water, and Slyce the Rubarbe thinn and putt it also into the water, and lett it so stand on the Embers all night, and in the morning streyne it and so drinke it Luke Warne, And lett your drinke be possett Ale the whole day after. Or a Pl ayster of Diaculum cum Gummis is very good to ripen and breake a Plague sore.
A Good Preservatiue against the Plague

Take Sage of Vertue and Alder Leaues and redd Bramble Leaues of each a good handfull stamp them, and streyne them together through a fyne Lynnen Cloath, and putto the Iuyce a quart of perfect good whyte wyne, and a good quantatee of whyte wyne Vineger, mingle them together, and put thereto a quarter of an ounce of whyte ginger beaten to powder, Vse to drinke this every morning fasting, the quantatie of a Spoonefull att a tyme for 9 daies together and by (Gods help) It will preserue yow. This Medicine was sent to the City of London from the Kinges maiestie for the Plague Anno 1550.

Against the Plague.

Such Antidotes as resist Poyson are to be vsed, the Choycest whereof is Treacle (if it bee truely made) The way to trye it, is by giuing a Purga=tion, to some Lusty strong body, and presently after to give him the bignes of a Beane of Treacle, and if it bee vpright and good Treacle the Purge shall neuer worke; But for feare of dainger in want of this Take Bole Armoniacke, Harteshorne, Terra Sigillata of each a drame, of Cinnamond a quarter of an ounce, stampe them all to powder, and every morning drinke the weight of halfe a dram in a Cupp of Meashe or Ale.

To Expell Infection

If it Chance one be infected before hee haue taken the aforesaid Medicine sent to the City of London, Then take all the said thinges therin named, and putt thereto a spoonefull of Betony water, asmuch Scabious water, and a pretty quantaty of fine Treacle and temper it well together, And lett the Patient drinke of it often, and (God willing) It will expell the Poyson; And if the Botch, or Sore appeare Then take a quantatie of Alder
Leaues Bramble Leaues, and Mustard seed, and stamp them and apply them to the sore, which will fully drawe forthe the Venome and Corruption.  

Another to Expell infection  

Take Ivy Berries dry them out of the Sunn in some windowe, or if hast require in a fire Shouell heated, Then beate them to powder, and take as much as will lye vpon a groate, and drinke it in a draught of white wyne, Lett the party take it euery sixt hower for three tymes. 

A Spetiall Medicine against the Plague for all sorts of People.  

Take of the Roote of Butterburr, otherwise called Pestilentwort one ounce, of the Root of Great Valerian, a quarter of an ounce, of sorrell an handfull, Boyle all these in a quart of water to a pynte Then streyne it and putt thereto 2 spoonefulls of Vineger and two ounces of good sugar, Boyle all these together till they bee well mingled Lett the infected drinke a good draught of this so hott as hee cann suffer it, And if hee Chance to Vomitt it vpp, Lett him take some more of it vpon the former, & provoke himselfe to sweate and hee shall fynde (God willing) great helpe. 

Doctor Burges his approved medicine against the Plague. 

Take three pyntes of Muskadine, and boyle therein of Sage and Rue of each an handfull till one pynt be wasted; Then streyne it and sett it ouer the fire againe, and putt therein a penny= worth of long pepper, halfe an ounce of ginger, a quarter of an ounce of Nutmegges all beaten together, Lett it boyle a little, And putt thereto two pemy worth of Treacle fower pennyworth of Mythridate, and a quarter of a pynt of the best Angelica water, Keepe this ast your life
aboue all worldly Treasure, Take it all waies
warne both morning and Evening. If yow
be not infected, halfe a spooneful in the mor-
ing and asmuch att night will serue/ If yow
be infected a spoonefull or two in the morning
and asmuch at night and sweate therevpon
In all Plague tyme vnder God/ yow may
trust to this, for there was neuer knowne
Man, woman or Chyld that this deceitued
This is not onely for the Common plague called
the Sicknesse, but for the small Pox meazles
Surfett and diuers other diseases./

Preservatiue Pills against Plague./

Take pills called Pilulæ Communes, which
aboue all other preservatiue pills are of the highest
operation by reason of a Certaine proprietie
they haue (as Rufus the Composer of them saith)
that hee neuer knewe any man that vsed them
but hee was preserued from the Pestilence.

They are Composed of Myrh Aloes & Saffron,
which have all great vertue to p-preserue the body
from putrifaction They are made thus Take
of Aloes hepaticum well washed 2 drams
Myrh washed, and Saffron of each a dram
Make them vpp with whyte wyne, the Iuyce
of Lemmons or orringes and Sugar Some
take them euery third day, the weight of
halfe a dram in the morning about three
pills, and euery day one before Supper; Every
one according as his body is repleate with
humors, Take them in a good draught of
wyne tempered with a little Rosewater, or
wormewood water. If they growe hard,
Resolue them in wyne or Syrupp of Lemons./

A Preservatiue Drinke against the
Plague

In tyme of Pestilence to Comfort the hart &
to preserue yow from infection prepare this
drinke Take a quart of Muskadine or Meathe
Putt therein of Bole Armoniacke and Mirh
of each a dram, of Sugar a quarter of a pound
of Cinnamon 3 ounzes, the Iuyce of two
Lemmons, 2 nutmegges, 2 races of ginger,
halfe an ounce of Angelica Lett the spices
be beaten before they be putt in , Then lett
them steepe in a Close bottle 24 howers; and
when yow vse it cast a Cloath ouer the bottles
mouth & streyne it And drinke euery morning
halfe a pynte or lesse, as yow please.

cordialls

A Preservatiue Cordiall against Plague.

Take of the finest and Clearest Aloes hepaticum
of Cinnamond and Myrhe of each the weight
of xxiiid English money of Cloves Maces
Lignum aloes masticke and Bole orientall
of each of these halfe an ounce, Mingle them
together and beate them into a very fine powder,
of which take euery morning the weight of
a groate in whyte wyne delayed with Sugar./
water./

Another good Cordiall

Take a dram of Ake Alkermes of Mithridate
and dioscordium of each a drame, two ounces of
Conserue of Roses, three spoonefulls of the
Syrupp of Violettes, Mingle all these well
together in a Porringer, then putt it into
a Gallypott or glasse, and eate it after your
meate, or att any tyme to digest or Comfort
the Stomach./

Another

The fflowers of Archangell made vpp
as yow make Rossetts merryeth the heart
and amendeth the Cullour./

Plague Water.

Take Rue Egrimony Wormewood Sellendine
Sage Baume, Rosemary Mugwort ffrumentell
dragons pympernell ffeatherfewe Burnett
Wood sorrell Angelica a little Elycampane
Roote, Marrigold flowers, Cowslipp flowers
pansney flowers Cardus Benidictus of each

halfe a pound, onely of Rosemary a pound,
Then shredd them very small, and steepe them
in a Gallon of Sacke, and two Gallons of
whyte wyne, and so lett them stand fower
daies well stopt stirring them two or three
tymes a day When yow lay these in soake
yow must add these seedes to them, Annyseedes
Coriander, Carraway seedes & Cardimony
of each an ounce, when these haue stood
fower daies altogether, distill them in
Ordinary cold stills Close stopt and
Carefully stilled yow may keepe the first
Running, Second, and third The smallest
is very good for the small pox./
See more for the Pestilence following./

Against Poyson or Venome./

For one that is poisoned with Ratsbane
Mercury Sublymate & cetera
Take the Rootes of Marshmallowes gathered
in the beginning of Nouember, dry them well
and keepe them till yow shall haue occasion, Then
take of the powder of the said Rootes halfe a spoonefull,
and giue a good draught to the Patient in warme
milke; Vse this euery two or three howers for
three or fower tymes, But first giue the
partie a vomitt of a quarter of a pynte of
Sallett oyle with some blood warme water./

For Venemous Bytings

Crabbs of the River burnt to Ashes, and the
powder thereof drunke in Beere or Ale
Cures the byting of a madd dogg./

For the byting of an Adder or veno-
mous worme

Take Centory, greene Rue, and redd fennell
and stamp and streyne them, and fry the Iuyce
thereof in butter and drinke it warme./
Another for the same

Take plantane, stampe it and drinke the Iuyce thereof; And take plantaine and Sellendine of each a like quantatie, stamp them and temper them with stale or pisse, and lay it vnto the sore, And it will allay the swelling, and drawe out the Venome./

Another for the swelling & byting of Venomous Beasts ./

Take the shell snayles, and pricke them with a pynn, so that the oyle may fall from them, and annoynt the place stinged therewith As also lay therevnto a Snaile vnpricked See amongst oyntment more of this./

Another./

Vipers flesh eaten Cures Poysons, cleeres the Eyesight, and procures a long life./

Another

Scorpions are good to be vsed against theire owne stinginges, and Cures them, and to provoke vrine./ Cantharides Eaten in too great a number doe poison./

Concerning venemous Beastes

The Sea Hare, Salamander, Buprestis, Rubeta, aut Rana Palustris a Toad, Byting of a Madd dogg, stinging of a waspe, Scolopendra Phalangis, Scorpion Pastimaca Maruca Mus arancus, viper or Adder whose poyson is nothing els but a kynde of Gall in Bladderettes about her gummes by byting spent vpon the partes bitten, And death may speediely ensue the venome of them, vnlesse yow eate Treacle, or vipers flesh, or cutt a henns fundament, and apply it hott to the place./
Amphisbena Drymus their bytinges, the
stinging of Hemorrhous, Ceraste, Aspide,
Basilisco Centhro, The byting of Natrica And
the stinging of Tarrantula in Apulia, which
causeth some to sing, laugh weepe shout wake
dannce Vomite and to be like frantique and
madd men, Musique asswageth the violence
of this venome, Sincus a Terrestriall Crocodile
pro venere.

Comfortable Drinkes and

Waters.

To make an Ippocrasse.

Take a dozen reasonable stickes of Cinnamond
and six Races of Ginger, being well scraped,
putt them into a morter and bruise them,
Then take a pottle or two of Clarrett wyne,
and putt into it your Cinnamond & ginger
with asmuch Sugar as will make it sweet,
Then stirr it weltogether in a good Earthen
pott, and so lett it stand all night in soake,
The next day take a good porringer of newe
milke from the Cowe, and putt it into
your wyne with your spice, and stirr them
weltogether And two or three howers after
If yow thinke it will not be faire Coloured by
laying in it a little Cloath of Turnesole to
Colour it to your mynd Then take a gelly
bagg and putt in it a few branches of
Rosemary in the bottome of it, Lett it runn
through it, And if it runn not Cleare at the
first, Lett is runn through twice or thrice
more vntill it be very Cleere, and of a faire
Cullour Then putt it into a sweet vessel
and keepe it Close stopt, or els it will loose
Colour.
To make an Excellent whyte Metheglyn

Take Liverwort, Longwort, Bloodwort Bawme, sweet Marjoram, Rosemary Broad tyme Strawberry Leaues and violet Leaues of each an hand full. Boyle all these together in twentie Gallons of water Lett them boyle very well Then streyne all through an haire Sive, Then putt as much honey into the water as will beare an Egg the breadth of a groat, Then take this Liquour and boyle it againe very well, scumme it often, when it is well boyled Take it off and sett it to Coole, being Thouroughly Cold, Tunn it vpp and putt into it a Bagg of Spice, being first well pounded videlicet Ginger Cinnamond, Nutmegges, Cloves and Mace, as much as likes your taste./

To make Canarie or a Comfortable drinke ./

Take twelue Gallons of faire Running Water, sett it on the fire in a kettle; Before it beginns to boyle, measure the depth of the water with a sticke Cutt to the Iust depth, Then take twelue quartes of the best honey, and putt it into the water, and as it boyles scumme it very Cleane, Then add to it twelue poundes of the best reysons of the Sunn, lett them boyle till they be plumpe, and before they breake, take them out, and putt them into an Apothecaries presse; and hauing pressed out the Iuyce, putt it to the rest, and lett it all boyle together, till it come to the measure taken at the first by the sticke, Beeing well boyled, and Cleane scummed take it from the fire, and lett it Coole for the space of a day or two beeing well Couered, Then putt it into a Roundelett wherin Sacke hath bene before, Lett it rest for some fewe daies till it hath wrought and then Close it vpp, and reserue it for your vse. It must stand nyne monethes att Least before yow beginn to drawe it, The older it is, the better, It is wonderfull Com=
To make water to Comfort the Hart./

Take Borage and Baume of each three handfulls, of Rosemary flowers an handfull of Annyseedes three ounces, distill them in three Gallons of strong Ale, drawe thereof but three pyntes and putt it in a glass Close stopt with the weight of six pence in Mace, and a quarter of a pound of fyne Sugar, and drinke therof one spoonefull att a tyme./ see more for the hart following

To make Imperiall water./

Take three gallons and an halfe of Gascoigne wyne of the best, and putt into it these thinges followeing, of Annyseedes bruised one pound, of Liquorice scrap't, slyced, & bruised one pound and 2 poundes of Reysons of the Sunn pickt and stoned, and Cleane washed, Nutmegges ginger long pepper and gallingall of each an ounce, halfe an ounce of Cloues, a quarter of a pound of Cinnamon all these being slyced; Then add one pound of Sugar, Sweet ffennell seedes Coriander seedes, Caraway seedes and dill seedes of each an ounce, one ounce of Baume, sweet Marjoram an handfull, Lavander Camomill Rosemary, Pellitory of the Wall, and penny royall of each somewhat lesse, of redd roses dryed and other roses as much, one handfull of Rosa Solis the greene, which are to bee pickt washt and dryed in a Cloath, ffennell Rootes and parsely rootes of each a dozen, two Elycampane Rootes washed, scraped, pilled and Slyced All these are to be putt into a pott of sweet Brasse and to stand Close Covered all night infused, And in the morning sett it distilling in a Limbecke, and keepe the first water by it selfe./

To make another Imperiall water./

Take Turmericke Scabious, Bettony, and Pimpernell distill them together It is a Cheife Medicine against all manner of
Poysons, especially against Pestilence: ffor
the Philosopher saith, It is impossible all most
that any man should dye of poyson or pestilence
that drinkes this water next his heart./

To make Cinnamond water./

Take a pound of Cinnamond, and bruise it, and a
gallon and an halfe of Muskadine, halfe a pecke
of damaske Rose Leaues, Then putt them into a close
Earthen pott, and Couer them Close, and lett them
stand in soake twelue howers, then take them &
distill them in a Limbecke./

To make Baume water

Take 4 pounds of Baume, two Gallons of
strong Ale, of Annyseedes and Liquorice of each
a pound, bruise them and putt them altogether
into an Earthen pott, and lett them stand
Close Covered in soake twelue howers Then
distill them in a Lymbecke./

A Water to heale any greene Wound

Take three handfulls of Sage Leaues, flowers
of honey suckles & graines three pennyworth
English honey a quart, Roach Allome two pound
and an halfe, Putt all these into a gallon of
Running water, and lett them seeth to a pottle,
Then take it offe, and lett it stand till it bee
all most Cold, Then distreyne it as long as
any thynn water comes forth, and soe keepe
it for vse./

To make Aqua mirabilis, or most
pretious water ./

Take Gallingall Culebbs, Melilott, grayne,
Cardomony, Cloues ginger Mace, Nutmegges
and Saffron of each one dram, of the luyce of
Sellendine halfe a pynt, mix all these made
powder with this luyce adding a pynt
of good Aqua vitæ, and three pyntes of whyte wyne
Then putt all into a glass still, or into any other in stead of it, and lett it infuse 24 houres Then distill it with a Gentle fire.
The Vertues of it.
1. It dissolueth the sydling of the Lunges without grevance.
2. If the Lunges be perished, it very much Comforteth them.
3 It suffereth not the blood to putrifie.
4 They who vse it need no letting of blood.
5 It suffereth noe heat to molest the hart/
6. It is good against Melancholly & fflegme./
7. It expells Rhume.
8. It preserues the Memory
9. It helpeth the Palsie.
10. If one spoonfull be giuen at the hower of death it Reviueth the party. The quan=tatie that must be giuen, is two spoonfulls once a weeke in the winter And one spoone= full in the Summer a weeke, If the party be weake or sickely, hee must vse it the oftener
Probatum.
To make Doctor Stephens water.
Take a Gallon of Gascoigne wyne, then take ginger, gallingall, Cinnamond Nuttmegg Graines, Cloues, Anny seedes and Carraway seedes of each a drame then take Sage, Myntes, Redd roses, Tyme, Pellitory Rosemary Wyld tyme, Cammomill, and Lavender of each of them an handfull, Then breake the Spices small and the herbes, and putt all into the wyne, Lett it stand twelue howers stirring it diuers tymes, then distill it in a Lymbecke and keepe the first water by it selfe for it is the best, Then the second for that is good, though not so good as the first, It would be better if it weere in the Summer This Water Comforteth the vitall Spirittes It helpeth the wyndie disease that Comes of Cold, and the shaking of the Palsey, It Cureth thee Contracting of Sinewes, It Helpeth the Conception of Barren woemen, It kills the wormes in the Belly, It Cures the Cold or Cough, It helpteth the Toothache, It Comforteth the Stomacke very much, It Cureth the Cold dropsie, It helps the stone in the Bladder and Reynes, It helps a
stinking breath, And whosoeuer vseth this water and not too often it doth make them looke younge With this water Dr. Stephens preserued him selfe vntill he was soe old hee could neither goe nor ryde, and Liued five yeares after other Phisitions judged him not able to Liue hee vsed noe other medicine also a Bishopp of Canterbury was preserued by

it vntill hee could not drinke out of a Cupp, but did sucke it through a siluer Cane, Likewise Mr Rone a Sergeant at Lawe preserued himselfe and his family long by this water./

To make a Water to Cure Morphew

Take three pyntes of new milke, three Lemmons, halfe a pynt of Whyte wyne, and a penny whyte Loafe slyced very thynn, laye them in steepe all night then distill them together and so vse it./

A Divine Water Curing all Vlcers especially of the Penis in three dayes ./

Take of the best Sublymate twelue grains, of Plantane Water six ounces Boyle it gently on the Embers in the Ashes in a glass vnto the one halfe: If the Vlcers in the disease be not greate The dyett drinke Cures thim alone, and dryes them vpp, But if they be fowle and Running, then wash or Bath them Twice or Thrice a day with this divine water, and fill the hollownes of the Vlcer with some Lynt dropt dipt in this water This Cleanseth, dryeth and stays the running of it further, mollifies the hardnes ripens it

Replenisheth it with ffleshe, and heales it without any other medicine./

To make Rosemary water./
Take two hand fulls of Rosemary, and steepe it three quartes of wyne with three ounces of Cinnamond and a pound of Reysons of the Sunn without theire Stones, and soe distill it.

A Preservative against untymely old age.

Wherein is shewed The meanses to Keepe backe old Age a long tyme in Florishing yeares, And to Succour it to the end of Extreme & decrepitt old age.

1. To keepe backe old Age a long tyme, and to mainetaine a man in youthful & Lustie yeares God hath ordeyned by the Industry and Ministry of many most Excellent men, singuler and Excellent Medicines, as namely 1 Waters are distilled for this use whereof some are Simple, as of Gentian, The vertues whereof are. 1 To prolong life being drunke euery day fasting to the quantatie of an ounce. 2 It Cures Agues, 3 Provokes Appe= tite, 4 It Cleanseth the stomach, and keepes a man in perfect health. 2 Baume water The vertue whereof is to restore Memory sharpen the Senses, keepe away gray haires, Strengthen the head, Braine, and stomach, Cause gladnes and joy and make a sweet Breath. Others are Compound Waters, As the water to preserue youth, and hinder Age invented by Florovantus.

2 Electuaries

They are made also Excellent to this purpose Whereof
the best are of Galen called Electuarium Galeni
Lætificans It Causteth Gladnes of hart, and good
Colour in the Countenance, helps Concoction and
keepes backe Consequently old age./

Of Mesius called Electuarium Lætificans
Mesuæ      It causeth also Cherefullnes, makes
a man looke young, causeth a pleasant colour,
and sweet Sauour in the whole body, makes
good digestion and hinders old age./

Of Arnoldus Villanouanus called
Electuarium Confortans minerum nimirum
omnium vertutum      This makes the hart
merry, It helpeth naturall heate in the spirittes
and members, It strengthens the naturall hu=
middity called Humidum radicale which
giueth nourishment to the vitall heat, as
oyle doth to the Lampe; It preserueth a man from
all Pestilentiall Sicknesses and all kynde of
Poyson, and keepes a man vigorous and
youthfull./

Of Nicholaus called Electuarium
resumptivum Nicolaj      It Reviueth the
Radical moysture, It nourisheth and much
Comforteth, It resisteth Choller Rage, &
makes a man mylde, Asswageth Agues
Coughes or Thirst, Restores the whole
Powers and wonded healthe and soundnes
to such who are wasted and Consumed, and
are annoyed with an Hectique Feauer, and
an Inflamation of the Hart./

To Succour & amend
2 old age when it is come./

In Succoring old age, wee must obserue,
and first knowe and marke the nature of old
men whose Constitution is Cold & dry, for
soe is all age, that succeedeth vigour and Lustie
yeares. Wee must consider the accidentes which happen to old men through infirmity that much molest them, *videlicet* Want of Appetite, *Plegmatique* Excrementes, Crudities, Surfeites, badd and weake Concoction; want of Sleepe, Corruption of Teeth, dymnes of Sight, the Coldnes of wynter, Grauill and Stone./

Next is the knowledge of the Cure which is.

1 By the knowledge of the Nature, or Temperature which is Cold and dry, which doth showe that it must rather be Corrected, then preserued: *ffor* bodies that are according to nature must be kept with a dyett like vnto that temperature: But Bodies that are diseased (which is affectus præter naturam) must be Cured with a Contrary dyett Wherefore the temperature of old men (Age it selfe being a disease) in regard of the Excesse of Coldnesse and Drynesse) must be amended and helped by a dyett ordered accordingly: As first By a quallitie Contrary therevnto; Such as doth heate and moysten;

The Ayre wherein they Liue must inclyne to moysture, but free from Cold, Thire Exercise in ryding walking, Labouring, must be moderate to stirr vpp heate, and expell mistes in the body./

They must purge the Belly once a day at least either naturally or artificially as Rx Sena of Alexandria an ounce, of fine ginger halfe an ounce, of Annyseedes a quarter of an ounce, beate them into a fyne powder, and putt it into Sugar sodden, and make Lozinges of the whole to the number of sixteene, whereof dissolue two of them in a messe of pottage, or a Cupp of whyte wyne, and drinke it first in the morning, and fast an hower after it. Or they must purge by Bathes of Sweet water and that warme, or by Frictions with warme oyle, Blood Letting or Venery in no wise, for they are as great Enimies to Age, as Poyson./

Their sleepe must be long, for it moystens the body inwardly, not lyeing doune on the backe, but first on the right syde and then after on the left./

They must avoyd Watching for it dryes
vpp the moysture of the body, burnes vpp the humors, breedes sharpe diseases, hindres digestion, and Caussyth Crudities of meates and drinkes./
As likewise to Eschewe vehement affections of the mynde for they dry the body and Ex= tinguish naturall heate./

Their meates must be such as moysteneth heilth and strengtheneth, as Bread of wheate somewhat Leavened, well baked eaten with honey or butter for the first dish, fflesh of henns Chickins Capons Sheepees Calves, Kiddes boyled with which vse hott spices in Cold weather; And broathes of fflesh, ffresh butter, ffish of Stony Rivers; drinke old wyne pure whyte yellowe, pleasant; The Quantaty must bee a little at once, and not alonge space betwixt, Because theire strength is not able to ouercomme much att once, Neyther must they be long Emptie, Least theire stomackes drawe backe theire Excrementes and worke vpon them./

2ly Wee must Consider./
The Accidentes or Impedimentes wherevunto old men are subject Which are 1. Want of Appetite which is helped by Capers oyle and Vineger, and by ollives preserued by in Salt. 2 The Aboundance of Phlegmatique Excrementes for although old men are dry in regard of their naturall Temperature, yet are they moyst by reason of Phlegmatique Excrementes, which are helped partly by honey Clarified, reysons of the Sunn stoned, Sweet wyne, Venice Turpentine halfe an ounce eaten with Sugar & honey is good, Beetes out of oyle and Vineger, and Clysters of sodden Mallowes: and Apophlegmatics which beeing Chewed in the mouth do drawe out much fflegme videlicet Rx origanum and Hysopp of each a dram, mustard seede two drams, whyte pepper one dram and an halfe, ginger a dram, and masticke a dram and an halfe; Beate them and mingle them with a little honey, putt some of it
in a little Lynnen bagg and Chue it in your mouth./
3. Watchings or want of Sleepe Which is helped & provoked thus Take oyle of violettes, oyle of Roses, and oyle of Water Lillies of each a dram, mingle them and annoynt the Temples of the head there= with, It much helpeth./
4. Corruption of Teeth for which they must absteyne from Meates Corrupted, hard or cold, vse after meate to wash the Teeth with sweete wyne And if any thinge Cleaue to them to take it away with a picke of masticke or willowe./
5 Is Dymnese of Sight for which the Eyes in the morning after sleepe must be Washed with Cold water and sometynes with ffennell water to Cleanse the running or watering of them They must not bee wearied with too much Reading nor looking much vpon small Letters, They must absteyne from meates which doe abye long in the stomacke, or which be Corrupt, or of grosse Iuyce and Cold nature; and from such as send vpp vapours to the head, As Leeke Onyons scallions mustard &cetera ffor the sight it is good also to vse walking 5 abroad in greene Orchardes and meadowes, and often to Cleanse away the ffilth of the Eares, and to dropp in them sometynes the oyle of sweet Almondes, Lett them also wash their feete for theire is great Affinitie or Simpithie betwixt the head and the ffleet, ffor Gallen calls the ffete the wayne and Charriott of the Braine They must not also vse immoderate Exercise for it fills the head with vapours./
6. ffor the Coldnes is winter They must weare warme Cloathes, thicke shoes, keepe warme howses, or Stoues, and if they wilbe kept from Cold in trauelling, Lett them annoynt the outward partes of their bodies with oyle of Euphorbium warme, or with oyle of Pellitory, or of Pepper rubbing them first with a Cloath/
7 ffor Gravill or stone They must drinke sweet wyne or sharpe, wherein Betony hath bene infused./
Of Dyet & Ayre

A good Dyett needs no Physicke for they are in a kynde Contrary The one preserues the body from Corruption like oyle in a Lamp prolonging it; The other makes the life to sparcele for a whyle, but at Length and the sooner extinguishes it./ Ayre is hott & moyst, a spirituall vapour where= vpon the Constitution of our life dependes most by the Attraction thereof: ffor the Preservation of heilth the Choosing of good Ayre hath the Choisest place The Native Ayre where a man hath first drawne breath and had his first breeding is thought the best, Next an open pure Ayre free from noysome smells, which haue a Contrarie quallity to the Animall Spiritites, and begett Consumptions; Extreame, heat cold or moysture are to be Eschewed, for such Causeth sicknesses. In Cold Countries from the 50th degree to the Pole Northward, or Southward, fewe sicknesses happen vnesse by distemperate, or stinckeing Ayre: In hott Countries the Ayre is most pestilent, and often procureth Plagues Calentures and Lues veneria, It is said of old Where sheepe Liue longest, there do men also do the same, which is on high and drye places where wyndes abound, whereof the East wynd which blowes directly vnder the Equator availleth most for the preservation of heilth. The Northeren wynde which is cold and dry obtaines the next place, The Westerne the third place But the Sotherne which is moyst and hott most endamageth Endamageth the heilth, and ingenders sicknesses, As is seene in Rhumatick kes whose greifes most increase when this wynde blowes. Water is moyst and Cold, and does not nourish but helps digestion. Theire are 4 kyndes of Water; Rayne water, Riuer water, Fountayne water, & stang or standing water. Raynewater when it falls softly without a storme is sweet; but when it falls in storme or Tempest, trouble some. Snowe water although Accompted amonst Light waters as purified, and as it weree distilled is not good for it ingenders feauers and Morphewes; Fountaine water is
best for the preserving of health, so ye observe
of what syde it springes; If from the East,
It excells the rest both in moysture and thynnesse;
It is of a pleaunt smell, and moderately vsed
Comforteth the spirittes. Those which spring
from Rockes towarde the North, haueing the Sunn
backwarde, are hard of digestion, and not soe
pure as the other./
Water cannot nourish of it selfe beeing of
noe substance to fortifie, or increase the
vitall spirittes, and Animal faculties although
in hott Countries where the Sunn Clarifies
it, they drinke it at meales, but not in Cold
Countries, vnesse it bee honyed which is called
Oximell, or Hydromell, or with wyne Sugar
or whyte wyne Vineger, for beeing drunke
alone, it neither quencheth the thirst nor
allayeth the heathe of the Lungs, but much

hindreth the spitting of ffleagme and stopps
Vryn.
That water is best which is light and Chrystallyne,
running from an higher to a lower ground, and
is Luke warme in the winter and cold in the
Summer, That water which runnes vpon Clay
is better Charified, then that which Runns
vpon stone, If yow are driuen to drinke
water alone (if yow can) seeth it first.(/

Of the Ages of Man

Mans age is Compared to the fourer seasons
of the yeare.
His Infancy to the Spring hott and moyst/
His youth to Summer hott and drye./
His Manhood to Autumnne cold & moyst
His Old age to Winter Cold & dry./
Mans Life is deuided into Seaven Ages in every
one of which one of the seauen Planetts is
predominant./
1 His Infancy for seauen years and then the
Moon reigneth, as appeareth by the moyst Con-
stitution of Children./
2 Childhoode for the other seauen yeares, then
Mercury ruleth beeing tractable, vnconstant &
inclyneing to Learning./
3. Stripling Age indureth Eigh yeares vnto
the End of the xxii\textsuperscript{th} then Venus Gouerneth,
youth being prone to Prodigallity, Luxurie
Gluttony and other vices./
4. This Indureth to the end of the 34
years being called then a young man, In
this Age the Sunn is Cheife Lord, Man being
nowe Witty, well advised, magnanimous
and Comeing to knowe him selfe./
5 This indureth for 26 yeares Compleating
60 and is subject to Mans being stout Couetuous
and worldly./

The sixt Continueth 14 yeares, of which
Jupiter is maister, Signifieing Equity Tempe=
rance and Religion./
7 the Seauenth Conteyneth the Residue
of mans life, and is Gouerned by Saturne, the
most Melancholliq\textsuperscript{ue} and slowest Planett of all
the rest, Causeing a man to be droopeing
decrepit, froward and Melancholliq\textsuperscript{ue}./
In a mans life theire are Certaine years
observed very daingerous tending to greate
alteration, or destruction, which be called
Clymactericall yeares. Clymactericum
tempus dubiosum dicitur; Chaldæi Cly=
macteras appellunt pericula vitæ,
fortunarum\textsuperscript{ue} hominum, quæ fieri
gravissima in Septenarijs dicuntur,
septimus nempe Annus periculosus ab
omnibus senetur
A Clymactericall yeare is euery seaventh
yeare, Because then the Course of the
Planetts returne to Saturne, who most
Com\textsuperscript{only} is Cruell and obnoxious to vs./
ffor as the Moone which is the next
Planett to vs, and swiftest of Course passeth
almost euery seauenth day into the Con=
trary signe of the same quallity from
whence shee came forth, And from thence
bringeth the Criticall dayes, So Saturne
which is the most Remote Planett and furthest
from vs and the Slowest of Course (ffor hee
resteth in one signe soe many yeares as the Moone
doth daies) bringeth these Clymactericall yeares
and so causeth the sundry mutations which
followe; The 56th yeare is very daingerous
therefore to men borne in the night season by
reason of the double Coldnes of Saturne, And the
63rd yeare is daingerous to them that are borne
in the day tyme by reason of the dryness of
Mercury & Venus The 49th yeare being Com=
posed of 7 tymes 7, is obserued also to be very
daingerous, When any man entereth into the
Clymactericall years If Certaine Symptomes
or toakens of Sicknes doe then appeare, As
wearines of the members, Greife of the Knees,
dymnes of sight, Buzing of the Eares, Loathe=
somenes of meate, Want of digestion, or Con=
coction, Sweating in sleepe, often yauneing,
or such like (Next to this Recomending of him=
selte to God) Lett him be Curious to pr
serv the heilth by all lawfull and good meanes; or if no imminent
dainger appeare, Lett him purge aforeshand to
preuent the increase of humours./
Clylus humour./
An humor is a moyst and a Running
body into which the meate in the Liver is Con=
verted, that the body may be nourished by them./
The Sanguine humour is mo^vyst, fatty, sweet,
and seated in the Liver, because it watereth the
body, and giueth nourishment vnto it./
The Phlegmatique humour is whyte, somewhat
brackish like vnto sweate, and properly placed in the
Kydnies, which drawe to themselues the water
from the Blood, and thereby filling the veynes
sometymes in good stead of good and pure blood./
The Chollerique humour Is hott and fierie, bitter
and like vnto the flowering of wyne It serueth not onely
to Cleanse the guttes of filth, but also to make the Liver
hott, & hinder the blood from putrification./

The Melancholly Humour is the very groundes,
Lees and dregges of pure and perfect Blood,
in Colour bright and shineing like to Gold
somewhat inclyneing to purple, Little in
quantatie, but great in operation./
Flegme & Melancholly doe reigne in the
night./
Blood and Choller in the day tyme./
Every Humour reyneth six howers./
Blood is predominant from 9 at night, till
3 in the morning, Choller from 3 in the
morning till 9 in the morning.
Melancholly from 9 in the morning
til 3 in the afternoone, and Flegme from
3 in the Afternoone vntill 9 at night
Blood hath its dominion in the spring tyme./
Choller in the Summer
Melancholly in the Autumnne and
Flegme in the winter./
In the begining of a sicknes, the hower &
the humour then reigning is very Carefully
to be marked; that thereby yow may the better & sooner
fynd remedy, As likewise the Chrlicitall dayes are
to be Considered, In which gread Alteracion either
for the further Sicknes or Recouery of the party will
appeare The Criticall days Commonly are the
7th- 14th 21th 28th from the begining of your sicknes:
But according to the Course of the Moone, The 4th
11th 17th & the 24th day from the Begining of
the sicknesse is observable.

The Criticall days in
the yeare ./. observable./
The 1st and 7th- of January
The 3 and 4th of February
The 1st and 4th of March
The 8th and 10th of Aprill
The 3 and 7th of May
The 10th and 15th of Iune
The 10th and 13th of Iuly
The 1st and 2d of August
The 3d and 10th of September
The 3d and 10th of October
The 1st and 3d of Nouember
The 7th and 10th of December
Pondera quibus Medici hodie 
vtuntur ./

The Weights & measures commonly used in Physick.

There are 2 sorts of Poundes, The Common which containeth 16 ounzes, and the Phisicall which hath 12 ounzes
In Phisique it hath this note - Lib
An vnce Conteyneth 8 drachmes and is thus noted - &\#8485;
Halfe an ounce conteyneth 4 drachmes sett downe by this Note - &\#8485; ss
Drachma is the 8 part of an vnce, & is thus written - Drach./
Scrupulus is the \( \frac{1}{3} \) part of a drachma, & is written scruple or scrup
A graine is the weight of a Barly or pepper Corne whereof 20 make a Scruple & noted thus - gran/
Manipulus is an handful of herbes, flowers, or Seede noted thus - M
Pugillis is halfe an handful with this note - P/
In measures of waters honey or such Liquours, a wyne pynt is accompted 8 vnces./
Ana signifieth a like quantatie of each - prescribed simple./
$qS$-$qS$ signifieth a sufficient quantaty./

Observations in Phisicke

Iupiter Innocuos, Mars prælia poscit, amorem spuria Venus, Ph&_339;bus ditia regna refert Mercurius merces; Saturnus denotat iram;
Luna tumescentes, ambitione notat./
Principijs obsta, sero Medicina paratur
Cum mala per longas convaluere moras./
Gratior est Sanitas reddita, quam retenta./
Labor cibum antecedere debet, Cibus potum vterque Somnum .
Et in his omnibus modus Servandus est./
Pejor enim Cibi, quam Potionis repleto,
Pessima vtriusque conjunctim, nisi per Vomitum Curetur./
Observandum omne nimium Naturæ esse inimicum,
Temperantiae vero mercedem, esse robur et Sanitatem./
Fortes prisca viros habebat, ætas Viuentesque diu, et diu valentes;
Se somno nec enim, dabant, gulaeue,
Nunc seu sicca, Cibus sopor sepulchrum est./
Plures Crapula, quam gladio periunt./

deo 205 verso || deo 206 recto

De Morborum Symtomatis./

Duo in Symptomatis Consideranda; Diffe-
rentiae et Causae Symptomatum, Differentiae
seu genera Symptomatum sunt tria, Actio
Læsa, Excrementorum vitium; et simplex
corporis affectus. Actio laeditur, quando
ea, aut diminue, aut non fit, aut depra-
vate Estque vel functionum Animalium,
vel vitalium, vel naturalium &cetera
Morbus est affectus præter naturam/
Alii morbi sunt hereditarii, & alien morbi
non sunt hereditarii; Hereditarii morbi
sunt, quorum causæ ab ipsis parentibus in
liberos propugnantur; et cum vitium
aliquod cuj parentes antea fuere obnoxii;
cum ipso Parentum semine, et sanguine
materno in liberos derivatur vt Epilepsia,
& Podagra hereditaria./
Non hereditarii morbi sunt qui a nativitate
conformationis vitio obtingunt, nec tamen
in Parentibus deprehensi sunt &cetera/
Omnes humores generantur ab Hepate./
Vt Color in cute, sic humor in Corpore./
Nihil nutritur ab amaro./
A Capite, corrupto descendit corruptio membris;
et si sensus et vires non vigeant in capite,
sequitur quod cætera Membra nequeunt
officium suum exercere./

deo 206 verso || deo 207 recto

deo 207 verso || deo 208 recto
objection
It may be objected That According to Custome I should Read the Prayer before I beginn my Lecture./
Answer
In Answere herevnto our Maister and Wardon grantes me this Liberty, to use my discretion either in Reading or not, as I pleased./
objection
But if it shalbe further objected That it is a Custome and others haue done it:
Answer
I Answere, In more publique and more Considerable Lectures then myne, It has not bene done, as in this very place by the doctors six Lectures on the Anotomie. But if this doe not satisfie I am persuadeed this Will, that heere are few which are persuadeed That private persons ought to performe publique worshipp in a publique place, but that it more properly belongs to the Ministeriall office, Now aswel may a Private Parson preach publiquely as pray Publiquely, they both beeing partes of Worshipp, this yow will easiely grantt I doubt not, yett further (I humbly Conceiue) It is not soe much saying a Prayer, as Praying a Prayer, not so much the wordes of the Mouth, as the Workeing of the hart with Faith & affection that is Accepted of God./ ffor God is a spiritt & wilbe worshipped in spirit & truth.
Now to Conclude There are Actes of parliament out against Sett formes of Prayer, & why wee should keepe that vpp in our person practise which the State Commandes downe, I Leaue it to your best Considerations, and rest thankefull for that freedome yow haue giuen me either to Read or not to read Leaueing it to my discretion soe much for that particular.

folio 208 verso || folio 209 recto

My intended discourse is to speake at this tyme vpon Vlcers, I shall omit to speake or mention the Authors that haue Written of this Subject, yow being Hippocrates in his 6 Section Gallen de Methedo
better acquainted with them then myselfe, and so
come briefly to what I intend in this discourse
for order sake I shall observe this Method as
1 To give you a description of an Ulcer./
2 The Causes of Ulcers.
3 The differences and signs
4 The prognostickes./
5 ly and lastly, the Cures in General with
their distempers, and more particularly of a
fistulous Ulcer in the Thorax or Breast,
and of all and every of these on order briefly
as I cam and soe I proceede
for the first of these, to wit the description, or
definition of an Ulcer in briefe is this, It is a
1 Description./
Solution of unity proceeding from an Inward
Cause eroding the part, or thus an Ulcer is
Hippocrates
Liber 3 de
ulceribus./
the Solution of unity with matter differing in
substance and quantie according to the Nature
of the partes, or more Largely thus, An Ulcer is
a Solution of Continuity made by Erosion in
divers partes of the bodie, out of which proceedes
Matter purulent which hinders the Consolidation
of the part, Thus for the description or definition
of an Ulcer what it is; I shall not trouble you

with any further Enlargment Concerning the
Termes or partes of this description, but proceed
to the Second head, which is the Causes of Ulcers./
2. Causes./
Secondly, I shall speake something to the
Causes of Ulcers, and they are three
1 Primiuiue
2 Antecedent, or
3 Conjunct Causes, or rather but two
that is either
1 Ex-Internall or
2 Externall Causes.
Causes}
Internall
1 ffirst Internall Causes is, through the
default of humors peccant in qualitie
rather then in quantatie, or els in both
and so maketh Erosion in the skinn, or
softer partes by their Acrimony and malignity./
Nowe these thinges happen either by naughtie
or Irreguler dyett, or by the ill disposition of
the Entralls sending forth into the habit
of the body ill desposure so makeing erosion
and Vlcerations./
Causes}
Externall
2 Seconly Externall Causes are the Excesse
of Cold seizeing vpon any part espetially
more Remote from the fountaine of heate
whence followes paine and attraction of
humors and Vlcerations of the part./
Not onely Escessiue Cold, but outward strokes
Contusion aplication of sharpe and Acride
Medicines, as Caustickes, burnes, or impure

Copulations, these or any of these, may be Exter=
nall Causes of Vlcers./
Haueing giuen yow the description & causes of
Vlcers I shall nowe come to the third point which
3 Signes./
is the differences and signes of Vlcers, and though
they are many, as
Sainous
Cancerous
Fistulous
Virulent
Corrosiue
Putrifactiue &cetera
Yet for Brevity sake, I shall Reduce them
to two heades and so speake of them./
1 The first Materiall difference is drawne either
from Nature or Constitution of an Vlcer, or
2 Els from the Subject and part affected.
ffrom the Nature and Constitution of an
Vlcer, and soe it is either
1 Simple or
2 Compound
Simple./
The Simple without Accident may easely
be Cured haueing nothing to hinder Consolidation
and in a good Complexion or habitt of body
Compound./
2 The Second, is Compound with Accident, as
dolour
Tumor
Inflamation
Induration
distemper, or Corrupt bones &cetera/
Or may be Reduced to two heades, as either
1 mylde or
2 Maligne./
Mylde
1 The Mylder sort of Vlcers yeildes to ordinary or vsuall Medicines, if luiditiously applyed.
Maligne
2 The Maligne yeildes not hauing ill symptoms, and this maligne Vlcer proceedes either from.
1 Outward or
2 Inward Causes.
The outward are obvious to Every Eye./
The Inward are to be found by the Excrementes or Matter expelled, As for Example
If the vrine be purulent wee Conjecture
the Kidnies and the bladder to be Vlcerated or
If there be any purulent matter avoyded by Coughing, wee presage that the Lunges are Vlcerated.
Thus in breife of the partes Affected either Inward, or outward./
There are other differences of Vlcers as the
1 Continuance
2 ffigure, and
3 quantatie
But wee shall speake of these hereafter in the Prognostickes, as they further the predictions of Vlcers.

Thus much breifely hinted of the Signes & differences of Vlcers./
Nowe haueing shoven the definition, the Causes, the Signes, and differences of Vlcers
4 Prognostickes./
Wee come to the fowerth particular which is the Prognostickes of vlcers, and they are many, but to Instance in some fewe for this present.
1 Note That all Vlcers Rebellious to Medicines fitly applyed are hard to be Cured [for as Hipocrates observes, An Effusion Hipocrates Aphorisme.
of Blood hapning vpon a strong pulsation in
Vlcers is Evill; for the blood breakeing out of an
Arterie cannot be stayed but by force; and also this
blood is soe furious by reason of the heate and infla-
mation the nourishers of this Vlcer, that it
breakes ites Receptacles, and hence in sues the Ex=
tinction of the Native heate, whence the defect
of suppuration and a gangrene Ensues]
2 Vlcers of a Round C...e figure are longer in
Cure then others./
3 Vlcers of aboue a yeares Continuance, the bone
must necessariely be scaled
Hippocrates Liber 6:
Aphoris marum 45. /
4 Vlcers of hidropicall bodies are hard to Cure./
5. ffistulated Vlcers are hard to cure./
But more perticulerly theire flowes two sortes of Excre=
mentes out of Maligne Vlcers, As
1 The more thinne called Icor or Sanies./
2 The more grosse called Sordes./
6 Sorded Vlcers such as cast out much matter, which is
too thinn stinkeing and blacke Colour with Excoriation

of the skinn and partes adjacent are hard to Cure,
and soe much of the Prognostickes, and soe I
shall come to the fifth particular.
5 The Fifth Particular, which wee are now to speake
vnto, is The (Cure) of Vlcers, haueing spoken
to the former particularis allready namely
1 What an Vlcer is.
2 The Causes./
3 The signes./
4 The prognostickes./
5 Cure of
Vlcers./
And that I may not be Accompted too
tedious to your patience, and misse of what I
mainely intend by way of Cure in Vlcers,
I shall Reduce what I haue to say into these two
heades
1 The Cure of Vlcers in Generall and theire
distemperes./
2 The Cure of a ffistulous Vlcer in particular
and that of the Thorax.
In the cure of all Vlcers in Generall, this is
to be promised That all Vlcers whatsoever
doe require disiccation as both Hipocrates &
Gallen manifestes in theire booke of Vlcers./
Hippocrates liber 3
of Vlcers.
Galen liber 3

*capitulum* 3 methodo

I promise this in Generall That all Vlcers require discication so saith Hippocrates & Galen , the one in his third booke of Vlcers, th'other in his third booke and third Chapter of the Meatheod of healeing./

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The Cure of Vlcers is performed by two meanes:
1. Remoueing of the Cause antecedent
2. Artificial dressing

1. First the ill habit of body is to be Remoued by Alteration and Evacuation of those humors that abound/
2. Secondly Contagion is to be overcome./
3. Thirdly, The distemper of the body is to be Removed, by thinges Contrary vnto it./
4. Fourthly A Convenient order of dyett to be prescribed./

Indications./
I shall begin with the Indicationes of Curing a Simple Vlcer.
Not Naturall./

First wee must discreetly order those thinges which are Called Not Naturall as
1. Ayre
2. Meate, drinke, dyett sleeping & wakeing./
3. Motion and Exercise./
4. Sleeping & wakeing./
5. Repletion and Evacuation./
6. Parturbations of passions of the Mynde./

Dyett./
Seeing a Convenient dyett preserues and mainetaines the good Constitution of the whole body and the tempera=ture of the partes; Wherefore all those meates and drinkkes which make the blood, too hott, too sharpe, too thinn, too thicke, are to be shunn'd, and these onely to be permitted which afford good Juice and are of easie Conceoction espetially if the diseased part be tender and weake./

1. They must be taken moderately and att Conovenient tymes./
   Motion./
2. The part it selfe must be kept quiett, for motion heates the part./
3 Care must be had of Sleeping and Watching for as the one moistens, the other dries the part Vlcerated.
Sleeping & watching.
If the Vlcer be humid then to Enjoyn watching If drye then to Comaund Sleeping.
Evacuation & Repletion.
As for Evacuation of the Excrementes Let it bee appointed That they Answere the quantatie the Diseased partie takes Inn.
If Costive giue a Glister, or some Lenitive Electuarie Perturbations of the Mynde.
Note as perturbations of the mynde Change the state of the Bodie, Soe the Tranquility of it mainetaines the same.
Ayre .
Note That all Cold is an Enimy to Vlcers.
Note That all Vlcers are more easiely Cured in a fleshy part then in a Ioynt or Membranous part.
And more Easily Cured in a Temperate parson then an Intemperate.
Haueing sett downe the Right vse of things not Naturall, as
1 dyett
2 Sleeping
3 Watching
4 Evacuation
5 Ayre
6. perturbations of mynde.
Local} Medicines
I shall come to speake of Locall medicines to accomplish the Cure of Vlcers.
Vnguents Digestives
Take Wax Rosin of each 6 vi, pitch 6 4.
Gum Elemnj 6 oyle 6 v, gum of Juniper tree 6 4:

Sheep Suett 6 ii, Turpentine 6 ii, Olibanum, Mirh.
of each 6 ii, i, make it into an Vnguent It is a good digestive, but if yow add a Little precipitate it will digest better.
The same Vnguent spread very thinn on a
pledgett will Mundifie./
Then for a Cicatrise vse your ordinary vnquentes
or this Receipt much Commended, oyle of
Emplastes to
Cicatrise./
Vnripe olives a pugill of each & 8485; iii Lithargie
of Gold & Silver & 8485; 4, Ceruse & 8485; i boyle these
over a gentile fire till it come to the Consistance
of a plaster, then add Wax and pitch of each
an & 8485; i and soe make a Sparadrop, It will
descicate very strongly, This in Breife of the
Cure of a Simple Vlcer in a tender body./
And as for the Curation of the distempers
of an Vlcer I shall breifely speake of them
and they are fower As
1 Too drye
2 Too moyst
3 Too hott
4 Too Cold
1 A Drye
Distemper./
1 A dry distemper, is, when it sendes forthe
Little or noe moysture and feeles rough & hard./
Cure./
To Cure this distemper, is by humecting
Medicines, as by fomenting it with warme
waters according to Galen s opinion, or els
Galen
with oyle and water mixt;
But if the Body abound with ill humors
first purge and vse Phlebotomie./
2 Moyst
Distemper./
2 Moyst Distemper is knowne by the plentie of
the Excrementstious humors which the Vlcer
sendes forth, and by the spungifigious softnes and
growth of the flesh about it./
Cure
Cure is by dryeing Medicines, such as wee
call Sarcotickes, haueing allwaies Regard
to the plentie of the humor and the proper
Galen
Temper of the part, Galen Commendes for
this Allome Water, it dryes cleanses
and Corroborates the affected part./
Or a fomentation of Redd Roses, wormewood,
Betonie Tapsus barbatus, or Longwort,
of each a handfull, galls, Nuttes of Cyprus
of each &¥8485; i Allome &¥8485; i boyled in Sharpe
wyne, and so foment the part affected
3. Hott Distemper/
3 A Hott Distemper is knowne by the
Reddnes and paine./
Cure./
The Cure is to haue Recourse to Refri=rating thinges as Vnguentum Rosatum
Populion steeped in Plantyne Water
Nighshade, or oxicate./
Or Scarification or Leaches applyed
doeth more Conduce then other Reme=
dies./
4 Colde
Distemper/
4 A Cold Distemper, is knowne by the
Whytish and pale Colour of the part
and by the Complaint of the Patient./
Cure./
The Cure is by applyeing bladders filled
with this followeing decoction of Tyme
Camomill Mellilott of each a handfull

Wormewood Margeram sage Rosemary of each a
handfull decocted in Wyne, then add aqua
vitae. But if
A Mixt or Compound Distemper be joyned
to the Vlcer,
The Medicines in like manner must be mixt
and Compound, the Rest of the Cure must be
as of other Vlcers to witt.
1 detertion
2 Incarnation
3 Cecatrisation./
Thus haueing spoken something to the
cure of a Simple Vlcer with theere
Indications and distempers I shall nowe
come to speake something of a Fistulous
Vlcer of the Thorax.
[A Fistula is a Sinuous Vlcer, narrowe
and Long with Calositie.
It may be objected by some Why I vnder=
takeing to speake of the Cure of Vlcers should
mix a Fistula and an Vlcer together./
ffor Answere therevnto I say no more but
onely this, that they are of Affinity in showe and
Cure, and my tyme will not permitt me to speake
largely Least I tyre out your patience, There=
fore giue me Leaue to proceed to speake of a Fistulous
Vlcer] But the signes of it are apparent to
the Eye and therefore needes not to be particu=
larized.
Fistulated
Vlcer./
A Fistulated Vlcer after a wound hath but
one Orifice ordinarie, if it penitrate the breast./

I might heere giue yow the Reason, why I insist
rather on this, then any other subject, because
there are diuers present can witnesse my Laboring
many monethes in the Cure of a fistulated
Vlcer in the breast haueing drawne through
a flavila it discharged much matter for two
or three monethes and gaue the patient much
Ease, But it so happened that my Patient
Rydeing from ffield (beeing an Innkeeper)
and getting of his horse, Lost or drewe the
Flavila out, and would not lett me vse it any
longer, But Concluded the New=well=water
would Cure him, and Resolued to Leaue off
his Pectorall decoction and his dyett drinke
but fyndeing by sadd Experience it lost
tyme and to little purpose, Intreated mee to
beginn this Spring, and to Continue the
vse of my former Method hopeing of
perfect Cure by it, but this by the way of
digression to giue yow a breife and true
Accompt why I haue Chosen to speake
of this subject./]
But a fistulated Vlcer after an
Impostume hath frequently more Orifices
than one; Whereof some passe to the
Cavity of the breast directly and some wynde=
ingly./
And to speake plainly a fistulated Vlcer
of the breast and Ioyntes require some more

the ordinary Considerations, they are hard to be Cured for these Reasons
1 Because the Breast is in Continuall motion
by reason of its dilatation and Contraction./
Nota, Now Motion hinder the Cure of any sore
as wee fynde by experience and is formerly noted./
2 Because the Virus or Venome of a fistulated
Vlcer doth often Corrupt the Ribb./
3. Because the End of the Cavity is often lower
then the orifice which hinders the purgation
of the matter./
4 Because of the Sinewosity within, being
hardned hinders Curation by not yeilding to
Medicines applied./
5. By reason of the quantatie of quitour
powred forth seemes to be from their vicinity
to the hart which being the fountaine; theire
is a Continued efflux thereof from thence
to the part affected./
6 And lastly It is hard to be Cured if it bee
of a long Continuance with the Corruption of
the bone./

Cure of an
Vlcer in the
Thorax./
The Cure of a fistulated Vlcer of the
breast may be Referred to these three heades
1 Convenient dyett
2 Pectorall decoctions
3 Locall applications,

Dyett
1 ffirst for Convenient dyett, Meates of easie
Concoction and which afford Laudable nourishment

are to be appointed to the patient, and a moderate
vse of them is to be prescribed./

Pectorall
Decoction
2 Secondly pectorall decoction, as mayden haire,
Colt=foot, Liquorish, Parceley root, Succory
Rootes, Marshmallow rootes, Rasons of the
Sunn, dates and such like dulcified with
Sugar Candy./
Or A dyett drinke made with Rubarbe,
Sene, Liquerish, Annyseseed, Chynæ,
Sarsaparillæ, Sarsafras, senicle, Agri=
mony Scabious, Mouse Eare, Coltes=
foot, Ladies Mantle, herb=Robert,
Tormentine, Columbine Rootes
Marshmallowe Rootes &cetera
Purgations./
For Purgations they must be such as
are according to the Nature of the humor
that aboundes
Phisitions advise
this Purge./
Purge with Pulvis Arthreticus &\#8485; i Puluis Ialopi &\#8456; i, Sirupus of Roses solis i of Whyte wyne &\#8485; is. Vinum Vomitorum. / Or, sometymes a good Vomett may bee more effectuall then any purge/, if the Vler be in the depending partes of the body, for to divert the humor yow may giue Infusion of Crocus Metallorum vi & oximell Squiliticum , or oximel Simplex &\#8485; s./ And three or fower dayes after yow haue purged, or vometed your patient yow may giue him a good Sweate with some Medridate or Venice Treacle or some othe Diaphoretic which much forwardes the Cure, or Likewise some good dyett drinke with China Sarsaperilla polipodium and the like being vsed with good successe many tymes in such fistulous Velcers of the Thorax Hauing spoken something in generall 1 Concerning dyett 2 of pectorall decoctions 3 Purgations That they must be such as are according to the Nature of the part and the humor that aboundes. I come in the last place, though not the least Considerable to speake of Locall appli=cations, And they may be Reduced to fower heades. 1 dilatation 2 Remoueing the Callus. 3 To Mundifie the part 4 To Cicatrise I shall speake breifely to those in order and so Conclude./ Nowe particulier Remedies, or Locall Appli=cations may be Reduced to 4. videlicet 1 dilatation 2 Remoueing the Callus 3 To Mundifie the part 4 To Cicatrise as I said before. 1 To dilate the orifice if it be strate, which
may be done three manner of Wayes./
1 By Incision
2 By vseing such thinges as swell or Imbibe
3 By a fistula tent

1. ffor Incision is to bee vsed if the Vlcer be not deepe and onely Runns along vnnder the skinn, noe deeper than the Membrane of a Muscle./
2 Secondly for vseing such thinges as swell whereof theire be sundry as these Gention Rootes, pith of Elder, or spunge twisted with a thredd and wreung hard all night, soe take off the thredd and vse it, It dilates more and Imbies more moysture then the rest./ Or A spunge dipt in Mellilett plaister and prest very hard together and soe make a tent therof./ If the Vlcer bee deepe I haue sometymes tyed a thredd to the tent to hinder ites falling in./
3 To dilate it with a tent called a ffistula tent, by some whence I haue seene made of Lint, of what bignes or smallnes you please moystening it with the white of an Egg and soe dried yow may vse it, to delate without paine, and increase them to what largenes you please./

Thus much of dilatation may suffice./
Nowe wee come to the second Particuler Which is to Remove the Callus or Calositie of an Vlcer and they are done 2 wayes either more mylde or more harshe./

Callositie./
2 Secondly to take away the Callositie, or hard Lipps of a ffistulous Vlcer, may be done by degrees.
1 Some more mylde, 2 some more harsh.
1 The more mylde are of an Emoliating and digestive quallity, If the Callositie bee but small in a fleshy part, and a younge bodie, such as Vnguentum Dialthea cum Gummis mixt with precipatate or burnt Allome./
2 Second more harsh that must mundifie strongly if the Callus be somewhat hard, and the Patient Aged, such as Vnguentum veride with precipitate or Alllume, or some Turbithum mixt with it, or ægiptiacum which is stronger./ Or, to take away the Callositie or hard Lipps of a ffistulous Vlcer, yow must scarrifie them
gently, or els to the quicke, and so make way for
the Medicine to enter in, according to Gallen.
Gallen
in his 4 booke and second Chapter of the Method
of Healeing./
Or, If this will not doe by Cauters
1 Actuall or
2 Potentiall
Thus haueing spoken something to the two
firs particulers as
1 dilatation & Removeing
2 of the Callus or Sinuositie
1 To mundifie
more myldly./
3 I shall nowe come to the third particuler, which
is Mundifieing of the part, Take of Plantine
the Iuyce of it &#8485; ii, of hony one &#8485; i, Turpentine &#8485; is

To Mundifie
more stronglie./
and powder of Iris and Alloes of each &#8485; s, or to
Mundifie more strongly this followeing Receipt
Take of white Wyne pound s &#198;gpticum &#8485; s, spirittes
of wyne &#658; vi mingle it and Inject it warme
once a day till it bee sufficiently mundified
and that yow shall knowe when the
quiter hath no ill smell Left behynde./
4 Particuler
Cicatrise
4 Now wee come to the 4th particuler to
Cicatrise. Take of Plantin water
wherein some Litharge either of Gold or
Silver hath bene boyled &#8485; iii, and of
the Syrupe of Redd Rose Leaues dryed, or
of Mirtle Berries &#8485; i mingle these together./
Injection to
Cicatrise./
Th'other is this Take of Plantine
Water &#8485; iii, of Roman Vitrioll in powder
&#8485; is Lett it dissolue in the Water and inject
these Medicines warme, or moysten your
pledgett in either of them, they are both
good dissicatives./

Desicatives./
Or thus yow may Cicatrise it by strowing
very dryeing powders haueing little or noe
Acrimony in them, as Burnt Allome
and vitrioll thinely strowed vpon the part./
The Roote of the Aristolochia, Aloes or
Burnt Lead, Litharge, tutiæ, plates of Lead
besmear'd with quicke silver, whose efficacie for this purpose is much Commended, but (too coald) to be applied to this part which wee are discourseing on at present being the Cure of vlcers of the Thorax.

Compaginem hanc humanorum ossium, tum illam alteram ab umbilico Theatri pensilem (post dissectionem omnium Musculorum eadem ossa mouentium vestientium) construere, et iam primum nouo ause natius motibus ornare Thomas Burton et Daniel Worrall pro tempore in arte Anatomica magistri; qui has suas encheireses bono publico destinata, in sacris hisce Deae salutis &\#198; dibus aeternitati posuere

Thus having spoken somethinge to 1 What an ulcer is. 2 Theire Causes. 3 Theire differences and signes 4 Theire Prognostickes & 5 To theire Cure in generall, but more particularly of a fistulous Ulcer in the Thorax, and of all these but breifely, I shall (if God giue further oportunity) speake more practically and experimentally of them which as I (humbly Conceive) is mainly intended in these Lectures, and make it my humble Request That all Considerable Remarkable observations in each mans practize might be Recorded to the honor of God, and the Creditt of yow the Auncient Maisters & Gouernors of this worthy Art.
Had I beene this day to haue spent this houre in a publicke assembly, I should haue made an Apologie for my selfe before I had enter'd vpon my ensuing discourse, though in respect of you, (Fratres et eruditj auditores) I mus ingeniously Confesse it were much more needfull that at this present, I should desire a favoursable construction of that which a Trewant as I haue beene should deliver, but the mutuall relation betweene vs of this selected society, makes me presume that's freely graunt= ed et quod sponte conceditur frustra quæritur, et in cassum cadit iste labor; In honorem dej creatoris ergo: de creaturis; levj et quasi pendente manu tractare incipimus. Placatonius= Pharmacopæus de materia et forma Medicamentorum solictus est and wee know that though an Artificer may haue conceiu'd the Idea of his Intentions, yet shall he not effect his desire vnlesse he well know the materials wherof that Idea is to be formed; conceiuing therfore, the knowledge of the matter of medecine to be very necessary, and according to Fernelius in the first place to be sought after by such as are conversaunt in the Pharmaceutick part of Physicke, Quæ medicamentis intra et extra corpus admotis medetur; & especially of the Apothecary, vpon whose sufficiency depends the Artly preparing & Compounding such medicines: I think yt shall be worth my labour, & not altogether vnprofitable to you, yf I spend the houre alotted mee for this & the like exercises in discoursing vpon the matter of medicine: These two termes vsd by Placatinus, materia et forma medicamentorum. the first of them is thus defin'd by Galen Galen in libro 1º Simplicium medicamentorum facultatibus Medicamentum est omne id quod naturam nostram altarare ac mutare potest: & this is objectum Pharmacææ. by Forma I conceive ou. Author in this place understandes not only Figurea seu facies (which Spigelius wishes should be first learn't by those who should study the knowledge of plants) and that by which simple medicaments are distinguish't, but also the bodies & Consistences; of which severall Compound Medicines are to bee: which shalbe appointed as well for inward as outward vses, but because in these two wordes there doth appeere, some straightnes & obscurity let vs consider
et miscendi industria, seorsim ad Pharmacopæas referuntur ac pertinent. A large field & laborious study to be knowing in ech of these, in such a measure as may be expected from such who profess maisters in this profession: I must confess for mine owne part I think that greate Phylosopher, when he came to the Temple & there in the first place prefixed this sentence prefixt (Nosce Te ipsum) had not more cause to forbear going any further, till he had learnt this, then wee haue, when wee take into our consideration, this first word Simplicium Cognitio: for as one say's, Philosophiae partium nulla sit difficilior, quam ea quæ plantarum naturam Complectitur, ob incredibilem formarum, virium et aliorum accidentium varietatem. But whose or what method to follow in my endeavour (I must confess) I could easily resolue on, for though I thought on diverse, yet I found none of them proper for this society, vntill our Pharmacopœia Londinensis Coming to my hand & perusing some medicines & the ingredients thein contain'd, I determin'd which my selfe (setting aside some other resolutions) to discourse of those Ingredients which I shall finde in ech Composition, of which I shall haue occasion to speake, but least our Door seeme too wide for our Structure, wee will take into our Consideracion the first Composition.

Aqua: Absinthia: minus Composita.

Rx Absinthii siccj pounds ii semina Anisi pound s, macerentur in spiritus tenuioris aqua vitae Congijs sex, per horas 24. deinde extrahatur spiritus per Alembicum addendo post distillationem sacharum puris. quantitas sufficiens

Concerning the Title, yt is called aqua abstinthij from The name of the plant which is the principall Ingredient, with the addition of minus Composita, in regard of a following receite whose ingredients are more in number; the first Ingredient is Absinthium, a plant (no doubt) as Common with the Ancients as at this day yt is with us, which was the reason that Dioscorides did omitt the description of yt, thinking yt sufficiet to tell vs=

The vertues, & to let vs know that the best of that which was so Common did grow in Pontus, Cappadocia & mount Taurus not that yt was any other species as some haue vainly imagin'd, causing much contention even among the learned. yt is called in Latine Absinthium latifolium seu vulgare in greeke the Names/

and intense amaritudinis: in English, Wormwood, and common or broade leau'd wormwood: Dioscorides mentions three sorts of wormwood. videlicet Absinthium Ponticum, Marinum sive Seriphium et Santonicum; Bauhinus he ads a fourth which he calls Absinthium montanum; This our Common wormwood which I conceiue is heere to be vs'd though they haue not distinguisht that speties is thus describ'd, to haue Description leaues of a grayish ash coloure deeply laged like muggwort, very bitter, the stalk being of a woody substance, some Two Cubitts
high, full of branches, along which grow little yellow buttons, which being ripe haue in them small round seedes, like that of garden Tansey but much smaller, the rootes being woody & full of small threds:

It naturally groweth in stoney places, and by the way side, the flowers & seede being ripe in the latter end of Iuly & the begining of August. his temper is hott in the first degree & dry in the third, his tast bitter, sharpe, & Astringent. & therfore clenseth, purgeth, makes warme & dryeth: yt doth excellently comfort the stomach, expelling from thence hott Collericke humors both by seidge & vrine: yet yt helps not where the stomach, breast, or lunges with pituitous matter, because the astringent quality, is more powerfull then the bitter: The tops, leaues, & tender braunches, are the parts of this Plant, which are commonly us'd in Physicke./

Semina Anisi

The next is semina Anisi: the plant which yeelds vs this seed is called in call'd in Greeke, in latine Anisum, in english Anis, as some thinke quasi vocauere, quia appetentiam sibj præstaret but more truly, quod tensiones flatulentas internas, et externas remittat et laxat; in english yt is commonly called Anise: hauing leaues like to young persley new sprunge vp, his stalkes are round & hollow, and so are the first springings vp; but afterward yt hath other leaues, cutt

And Clouen like to persley, but a greate deale smaller and whiter, at the top of the stalk grows diverse faire tuft's or spokie rundles, with white flowers like to the tuftts of white Saxifrage or Coriander, after the flowers are past comes vp seed which is whitish, & both in smell & tast sweet & pleasaunt, the seed is only the part of this plant vsd in physicke, et sane nullum c cæteris flatum emittentibus oleraceis seminibus gratius est ventriculo, saith Pena; the best is comended by Dioscorides, Si recens plenum, non furfurum, odore præstans: they doe nott Continue in there prime aboue one yeere, which appeeres by the Coulour, for so saith Melichius, primo anno viridis est, altero dein quasi emoritur et ingres = =cere incipit: yt is hott & dry in the third degree./
The matter wherin these ingredients are to be macerated is Spiritus tenuioris aqua vitæ: described in the 13th page of this dispensatory vnto which for the present I referre you.

let vs say Somwhat of preparing these Ingredients & the manner how this water is to be obtaind: your wormwood being Artificially dryed is to be cutt small; the seedes being fan'd & well bruis'd are both to be macerated for the space of 24 hours, in Congijs sex, saith one dispensatory, that is as they els where expound yt six Gallons & six pints of the weaker spirit of aqua vitæ all which putt into a limbecke of convenient bignes, with a refrigeratory, with a gentle fire shall you draw of your desir'd liquor, vnto which you may add so much suger as may gratify the tast: & so you haue
Concerning the title, as the first was calld Minus Composita in respect of this, so this in regard of the former Magis Composita, the first ingredient is Absinthium of which I haue spoken already, but for that wee finde yt heere distinguisht, as of two severall speties, let vs examine what is ment by Ponticum, & vulgare, Absinthium Ponticum mention'd but not describ'd by Dioscorides hath caus'd much controversy both amongst Physitions & Apothecaries, and Iacobus Sylvius hath taken some paines, & he thinks succifiently proved that that which Mesue calls Absinthium Romanum was the same Absinthium Ponticum of Dioscorides And Lobel in the Adversaria makes yt evident that Mesue did often vse the word Romanum for optimum & by the description, of that which hath beene growing about Rome, yt is no other then the broade leaue wormwood soe Common with vs, but that which doth more manifestly Confirm this is that what virtues eyther Dioscorides or Galen doe attribute to the Ponticke wormwood, & Mesue to the Romane wormwood, besides the dayly experience of the Common people, wee see the most learned & best praedic'd Physitians both by word & writing doe attribute to ouf Common broad leaue wormwood. now yt the absinthium Ponticum of the auncients be ouf Absinthium vulgare what wormwood shall wee vse heere for absinthium Ponticum indeed there are two other kindes of wormwood mention'd by Disocorides , but Galen admodum sunt infesta ventri= =culo. & therfore I conceiue them not proper for this purpose neyther indeed can yt be the absinthium montanum of Bauhinus , so that for any thing I see, vnlesse the maisters of this Compound watef can tell vs of any other speties then is yet come to our knowledge this receite is like to loose one pounde of wormwood.
Salvia
but let us proceed. the second is Salvia so calld by the latines, quod ad multa præsertim ad facunditatem salutaris sit: and therfore Agrippa , sacram herbam vocavit (Saith &#198;tius ); yt is called by Dioscorides in his 3d booke: Capitulum 32 quasi in tabem redacta, for this herbe doth ever looke dry & as yt that had no Iuice; in english yt is called sage, common garden sage, for though Dioscorides mentions but one kinde
of sage, Theophrastus mentions more, yea Gerard in his translated Dodonæaneus mentions six sorts, and ouf worthy Brother in his ingemious & ellaborate review and additions to the foresaide worke, hath spesefy'd two others, the one wherof he found growing with mister Canon hauing the tast & smell of wormwood, the which Bauhinus only hath mentioend in his Pinax vnder the title of Salvia minor altera, the other being that of Clusius called Salvia cretica pomifera, the applebearing sage of Candy, but let vs come to our common sage, which is the same with that of Dioscorides , which wee are here to vse, yt is thus describd, to be full of stalkes, foure square, of a woody substance, parted into braunches the leaues growing by Couples at the Ioynts, being long, rough & wrinckled, of a strong sweet sent, at the top of the stalkes come forthe the flower, set at Certaine one aboue another which are long and gapeing like to the flowers of Clary, or dead nettles, but of blewish purple Colour, after which come small round seedes in the huske that bore the flower; the roote is woody with diverse strings at yt: the leaue & flower are the parts of this plant most Comonly vsd, yt grow's plentifully with vs in every garden and is much esteem'd for his vertues, though not so much admir'd, as of him who demounds, Cur moritur homo cum Salvia crescat in horto, for wee know Contra vim mortis non est medicamen in hortis. Yt is hott & dry in the third degree and hath some astriction, It flowers commonly in June & July. / Mentha

The 3d is mentha, the Auncient Greekes saith Pliny cald it, but the pleasauntnes of the smell hath made them Change that name & Call yt ab et id est Suavis odor, whence Dioscorides calls yt hydiosmj. there are diverse kinds of mints, of which some are to be refer'd to those of the Garden, the rest to the field, for Hypocrates & Plato are deceiud saith Spigelius who thinkes that all Plants by nature wild, may by good Culture be made Tame: for Theophrastus makes the same distinction vnder these two Termes, Mitia, et Agrestia, Mitia being such quæ a nobis Coluntur, ac nostra opera mansue fiunt cicuranturque. Agrestia such quæ sponte sine villa Cultura proveniunt, and which cannot well be made tame. The mints heere to be vsd, is of the mints Commonly planted in Gardens, in english calld Speare mints in latine Mentha romana; by Pena & Lobel mentha agrestis tertia. of Tragus Mentha prima; of Mathiolus, Sativa. Tertia of Dodonæus, yt hath a square greene stalke, with somwhat long greene leaues, Set by Couples, of a very Comfortable sent, the flowers being of a a pale red or blush Colour, growing in long eares of spikes; the leaues & tops of this plant are comonly in vse with vs, these and all
other kindes of mints doe flower in August the Roote being of a
long continuance, yt is hott & dry in the third degree yet Fuchtius
thinks yt dryes but in the second degreee & giues this reason,
ex cultura aliquid humiditatis accedit: & wheras Aristotle in his
20th section & 2d probleme hath affirmed Mentham refrigerare posse
Corpora: tis not any oppugning Galen or any other Physitions who haue
affirn'd to be hott (for of yt selfe yts hott) butt because yt stirreth
vp lust; et hæc cum immódica fuerit, Corporis vires deijcit, & so
by accident yt Cooles the body.

Melissa
The 4th is Melissa of some ca'lld Apiastrum, & Cytrago ab odore Citrj et
quia Cordj prosis. it is called in greek, et
yt is Apiastrum, quod hac, as; Apes delectentur whence
that precept of Virgil.
Tu Iussos asperge liquores
Trita Meliphilla, et Cerinthe ignobile gramen
There are six kindes of Baulme mention'd by late writers, but
the baulme wee are heere to vse is saide to haue diverse
square blackish greene stalkes & round, hard, dearke greene, pointed
leaues growing theron by couples a little notcht about the edges
of a pleaasunt sweet sent, drawing neere to the sent of a
lemon or Cytron, yt is much set & sowen in Gardens, the leaues
& tops only are in vse with vs; It flowers in Iune, Iuly, &
august, the stalke withers & dryes in the winter, but the
roote liues & brings forth young leaues in the spring, the
other kindes of baume when they haue perfected there seed, perish

But they flower the same time the oufr Baulme doth.
Avicen saith yt is hott & dry in the second degree, yet
Fuchtius thinks yt not altogether so dry, yt availeth much
in bitings & knowings of the stomach, causd by cold, &
extinguisheth causles feare & sorrows, begotten by blacke
Coller: yt Causeth Cheerefullnes & is effectuall as well in
Phelmaticke as melancholy humors; and yt is reported
that as Brassica Causeth yll dreames so this is saide to
Cause good dreames.

Galanga
Now are wee come to the rootes & the first of them is
the 5th Ingredient, which is heere callld Galanga & of some
Galanga minor to distinguish yt from the Galanga major
which some thinke to be the Acorus of the Auncients, is is
question'd by Pena & Lobel whether yt be not the Acorus
Galaticus of Dioscorides: but as I remember oufr Brother
in the Chapter of Galingale, which he hath inserted lately
into Gerard hath there obser'td yt to be the Acorus of the Shops
& vsd by many for the true in there dispensation of
Methredeate yt is calld in Greece in lesser the
lesser Galingale, or Galingale with out any addition, yt is describd
to be a small roote, of brownish red colour both within & without
the tast is hott & biting, the smell aromaticall, the leaues yf wee may beleue Gartias ab horto , are like those of Mirtles; yt grows in China & is hott & dry in the third degree:

zinziber

the 6th is zinzer, cum folia Iridis et siliquam aliquatenu

Xyridj Similem habeat, de eo his agendum quod Dioscorides in libro 2do Capítulo 190 ( ), thus farre Bauhinus ; and Swertius in florilegium sets yt forth with the leaues & flowers of Ireos, vnder the title of zinzer flore albo facie Iridis:

wee call yt in english Ginger. the roote is only in vse with vs and is very well decipherd in the herball, set forth by Gerard vnder the the title of zinzer verior, which as yt seemes was sent to him by Docter Lobel ; yt growes in Spaine , Barbary , and the Canary Ilands , yt will not continue but in very hott countryes, for the first Cold blast, kils both leafe & roote.

The best is that which the wormes hath not gott too, being whitish & of an Aromaticke smell and tast; yt is sowen of the seed which yt brings forth, or of the same little roote, after yt is growen greate they take yt forth and dry yt in the shadow, where no moysture comes, for that corrupts yt, which is the reason they are brought in dry earth: It warmes the stomach and helpeth such griefes as proceed of a windy or cold cause./

The Seauenth is Calamus aromaticus, for which wee now vse Acorus verus in regard wee want the true Calamus of the auncients to which our brother amongst many other rarities by him set forth in the revision of Gerard s herball, hath giuen vs out of Carolus Clusius : who because yt did excellently agree with the discrition of Dioscorides , hath thus written of yt;

In my opinion (saith he) it is rather to be ljudged an umbelliferous plant then a reedy, for yt hath a streight stalke parted with many knotts or loynts, otherwise smooth, hollow within, and invested on the inside with a slender filme like as a reede, and it breaketh into shivers or splinters: The smell is sufficiently strong, the tast is gratefull, yet bitter, & partakeing of some astriction, the leaues as it seemes doe ingirt the Stalke at every Ioynt by Couples: the roote at the top is somewhat tuberous, and then ends in fibres, and he saith that a learned Apothecary Anthony Coline sent him from Lyons pieces of same like Reed, of which he had v'sd in his Composition of Treacle. for Calamus aromaticus. so farre Clusius : but as as I saide that which wee now vse commonly for this Calamus, Acorus verus, of some Acorus, others Acorum, in greeke ( ), quia ( ) id est pupillis sive acei oculorum caliginosa mederetur. It hath flaggey leaues like to the water flower de luce, or flag but narrower, three foot long, of a fresh greene Colour, and aromaticke smell, which they keep a long time though dryed; the stalke which beares the flower or friute is much like another leafe butt only from the friute downward where it is somewhat thicker but so broad, allmost triangular:
the flower is a long thing resembling the Cats tayles which grow on hasells, yt is about the thicknes of an ordinary reede, some Inch & halfe long, of greenish yellow Colour, Curiously Checkerd, as=

Wrought with a needle of greene & yellow silke intermixt; they doe loose there leaues in the begining of winter and doe recover them in the spring time: those rootes which are substantiall, well compact, not rotten, but white within and doe smell well are best for vse: If this roote be preserud yt hath a very pleasaut tast, comforting the stomach & heart; the Turks at Constantinople doe take yt fasting against the infection of the aire, the Tartars which commonly drinke nothing but water will steepe this roote in yt./

The eight'h is Enula Campana, one name being made of two, for the shops call's yt Enula, the country people Campana by Joining which words the name is made, but as some thinke yt is more properly calld Innula, yt is calld in greek ( ) in english Elecampane, Scabwort, & horsheale; some report this plant came from the Tearies of Helen, but other from the name of an Iland so calld, where abundance of this plant is found: yt is thus describ'd to bring presently from the roote greate white leaues, sharpe pointed allmost like those of greate Comphrey, but soft & Coverd with a hairy dowen of a whitish greene Colour, and are more white vnderneath, slightly nicked in the edges, the stalke is a yard & halfe long about a finger thicke, not without downe, devided into diverse braunches at the top: vpon the top of every sprig stands greate flowers broad & round, of which not only the long small leaues that Compas round about are yellow, but allso the middle ball or Circle which is fill'd up with an infinite number of threds, and at length is fill'd vp tur'nd into fine downe, vnder which is slender & long seed: the roote is vneuen, thicke as a man may well gripe, not long, oft time blackish with out & white within, full of substance, sweet in smell, & bitter in tast, & is that part of the plant which is comonly vsed with vs. yt flowers in Iune & Iuly; the rootes should be gathered eyther in Autumne or els in April or May: yt is hott & dry in the third degree, and being dried more effectuall then greene, because the

Superfluous moisture which is in yt is by that means spent: It grow's in Meddows that are very fruitfull, the goodliest Plant that ever I saw of yt was betweene Sandwich and Canterbury, and mentiond in our Iournall amongst the plants wee found in the Ile of Tenet as wee returnd from thence in the yeere 1633/

Gliceriza

The ninth Ingredient is Glyceriza, in latine dulcis radix, in shops (yet corruptly) liquoritia, in greek( ) calld ( ), both Greeks
and latines haue giuen the name from the sweetnes of the roote
which is the only part of this plant vsd in physicke, in english wee
call yt licorice: there are two sorts mentiond by Dioscorides: the
one of which is the licorice so commonly planted with vs in England
and proues so good that it's one of the three things which this
Iland doth produce, exceeding in goodnes those which are brought
from any part of the world, (that is to say) Honey, Saffron, licorice,
it is describd to haue many woody branches rising vp to the
heighth of two or three cubits, beset with leaves upon a middle
rib like the leaves of Colutea, or the Mastich tree, the flowers
are of a light shining blew colour, after which doe succeede longish
cods, spike fashion, like Onobrichis wilde vetch, or Galega the Cods
are small & flat, like the tare, the roots are of a brownish colour
without & yellow within like box. It grows in Germany, France,
& Spaine, yt flowers in Iuly & the seed is ripe in september
the root of licorice is sweete & therfore temperatly hott & moyst
& yet is the barke somewhat bitter & hott, but that is to be scrap't
of, the Greene rootes full of juice doth mosten more then the dry./
The next is vua passa, but my slow delivery hath so spent the time that I must
needs say, that which the accurate discourse of you my prædecessors
haue deliver'd, (with this weake essay of mine) in private may by some
means become the happy occasion of publicke exercises in this kinde of knowledge.
the Physitions & surgeons for the honour & increase of knowledge in there art
haue not only Anuall but monthly lectures in Anotomie, why should not wee
then by whose industrious hands, are prepar'd & mixt those medicaments wherein
consists the good or yll successe of there intentions: why should not wee I say
uppon whose sufficiency in knowledge depends not only the welfare of the patient but
the honor of the Physition, by publicke exercises, seeke to gaine honor & knowledge
to our owne too much slighted profession. Sed quo feror. Should I go on I doubt I should appeere
too bitter. Deum ergo præcibus solicitare voluj, vt bene et prospere succedant Consilia nostræ
Societatis Communj Comodo inservire. Amen./
Lett them stand three dayes, Then boyle the Syrupp, adding to it some fresh Sirrupp to supply that which the Rootes drunke vpp; Then boyle the Syrupp againe without any newe Additions vntill it come to the full hight of a preseruing Syrupp, and then putt in the Rootes againe, and so keepe them in it till yow use them Rootes that are preserued in this manner wilbe very tender cecause they neuer boyled in the Syrupp.

To Preserue Hartichokes./

You must first pull off the leaues, and Cutt out the Artichokes Apple of the Artichokes, and Cutt away all the haire and the Burr, and pare and scrape them very smooth Then lay them in water three daies Changeing the water twice a day Then yow must boyle them in diuers waters vntill the bitternes be gone, Then make your Syrupp as yow doe it for Wallnuttes, and preserue them after the same manner, and sticke three Cloues in euery one of the Artichoakes./

To Preserue Walnutts

Take your Wallnuttes the first moone after Midsomer putt them into one end of a bagge into water with a stone in the other end of the Bagg to keepe them downe; yow must haue two kettles of water ouer the fire, And lett them boyle in one kettle till yow see the water Change Cullour, Then take them out of that kettle, and putt them still into fresh waters, till the bitternes begone, Make your Syrupp ready with Sug.Sugar and rose water and Clarified Then take your Wallnuttes out of the Bagg, and peele off the outer skynn and putt them into the Syrupp and lett them boyle softly vntill yow thinke they bee throughly preserued, yow must sticke on each wallnutt a quarter of a Clove./

To Preserve Peare Plumbes.

Take your Plumbes before they bee Ripe Then take faire water, and lett it seeth
Putt your plumbes into a pott, and the seething water vnto them, Cover them close, and lett them stand three daies. And if the water bee not bitter yow may make your Syrrupp with it, And soe preserue them as yo doe damsons, or other Plumbs.

To Preserue Oringes & Lemmons

Pare your Oringes very thynn, and make an hole at the topp, and take out the kernells with your finger, but the meate must remaine, Then lay them in water two daies and two nightes Changeing the water morning and Evening Then boyle them in two or three waters till the bitternes bee taken away. Every water must boyle into which they are changed Then take their weight, and take halfe their weight in Sugar, And allowe to euery pound of Sugar a pynte of water to make theire Syrupp Clarifieing it with the whyte of an Egg Boyle the Oringes in the Syrupp very softy till they bee enough; Then putt the Syrupp in one Bason, and the Oringes in another and the next morning putt vpp your Oringes into your pottes with their holes vpwardes, and soe power your Syrupp on them. Thus yow may preserue Lemmons.

To Preserue Cherryes.

Take a pound of Cherries and a pound of Sugar, Then putt halfe a pynte of water to your Sugar; Boyle your water and Sugar together, And when the Sugar is dissolued and boyles vpp Clarifie it with the whyte of an Egg and streyne it through a streyner, Then take a good handfull of Cherries, and lett them boyle till they Colour the Syrupp, Then streyne it againe as before, and take your pound of Cherries aforesaid stoned and putt them into the Syrupp and lett them boyle as softly as yow may for a quarter of an hower Then take them out and lay them in a platter one by one, Then sett the
Syrup over the fire and boyle it againe till it bee of a true height, Then putt in the Cherries againe and assoone as the Syrupp doth boyle over them, take them off the fire, and so lett them stand in the same vessell till they bee cold, and then putt them vpp into a glasse, And to make them looke fuller, Change them into another glasse att the weekes end, You must make Cleane your pann euery tyme your streyne your Syrupp./

To Preserue Lettice Stalkes

Take the stalkes growing in the middle of the Lettice when it is seeded, pare them, (the stringes I meane Cleane off) Then infuse them in Water a day or two, Then byle them as tender as possibility may bee, Then Clari= fie your Sugar proportionable to your Lettice, Boyle it till it roape betweene your fingers, Beeing Cold P. putt it to your Lettice and keepe it for vse./

To preserue young Peaches before the Stone be hard ./

You must vse them as you doe greene Apples but Lett not the Liquour boyle before yow putt them in water, Then in Liquour made of soape Ashes./

To Preserue Greene Pippins./

Take Pippins groweing on the Shady syde of the Tree before they bee through ripe and Coare them. Then take two pottes of faire water, and heate them scalding hott, Then putt the pippins in, and Couer them Close, and take it from the fire; Then heat the other pott of Water, and when that water is colde where the pippins are, change them into the other hott water, and so change them still keeping them allwaies hott and Close Covered till they pill like a Codling, then pill them and putt them into the water they weree scalded in and Cover them and so sett them ouer the fire making them boyle, till yow see them looke
Greene, but lett them not boyle too fast least they breake. Then take them out of the water and weigh to euery pound of pippins, a pound of Sugar And to take a pynte of water, the one halfe Rose=water, the other faire water, And soe to euery pound of pippins and Suger their must bee a pynte of Water And then putt your Sugar water and pippins into a pott together, and boyle them till the Syrupp bee stiff as yow doe other pippins./

To Preserue Greene Grapes

Gather your grapes before they bee ripe whilst they be Greene firme and hard yett lett them bee of some bignesse The whyte grapes (if yow can gett them) wilbe better then the Redd, Plucke your grapes from the stalkes, or if yow will doe them in Clusters, then Leaue three or fower or six vpon a stalke wilbe enough, Then sett two skellettles of water vpon the fire, and putt in your grapes, and Cover them close, and so lett them rest a quarter of an hower at least Then take them vpp, and when your other skellett of water begins to boyle vpp Take it from the fire, and putt your grapes into it turning them about softly with your spoone; but lett them lye therein a very little while for feare of breaking, or growing soft, Soe when yow haue taken them vpp, pill them with a knife as yow would doe a Codling, Then sett a skellett to the fire again with a little faire water, and when it begins to boyle, putt the grapes into it which yow peeled and soe lett them seeth softly for a quarter of an hower vntill yow see them growe greene in the water (as they will doe if yow vse them as I haue said) If also when yow haue peeled them, yow cutt them a little on the syde with a penn knife, and theire take out the stones before yow boyle them, they will looke much Cleerer when they bee preserued

Moreouer yow must not giue them too much water in the boyleing, Least yow take away too
much of the Sharpnes of the grapes, for then they will eate Mellowish and sweet, and be nothing soe pleasant in taste, Then take them from the fire and Couer them close, and soe lett them stand a quarter of an howe rThen take them vpp into a dish and dreyne the water from them as much as yow cann, Then weigh them with your Sugar, and take to euery pound of Grapes a pound and two ounce s of the best Sugar and finely beaten Then strewe an handful or two in the bottome of your pann wherein yow will preserue your them, Then lay in your grapes and Cast the rest of your weight of Sugar vpon them, and so sett them vpon the fire, and lett them boyle a pretty pace for halfe an houre If any ffroath arise in the boyleing, scume it offe Cleane, and when they are allmost ready yow may add to them (if yow please) a graine of Muske dissolved with a little Sugar, and a spoonefull of Rosewater (if yow like of it) and when yow perceiue the grapes to be very greene and your Syrrupp to growe thicke, take them vpp, and putt them into a Gallypott or glasse, and lett your Syrrupp boyle a little while longer, And beeing cold a whyle streyne it vpon your grapes through peece of Cushion Canvas, because of the Stones which wilbe in the Syrrupp And when they be through Cold, Cover your pott Close, that noe Ayre may Come into them, And yow may keepe them all the yeare exceeding faire and good. The 

to be altered or changed in any particuler.

To Preserue Greene Peasecodds./

Gather them whylest they be greene, young and tender, Then scald them but lett your water be no hotter at the first, then as yow may well suffer your finger in it Then Couer them Close with a little dish, soe as your Peasecoddes may be still vnder the water And soe keepe a Continuall moderate heate about your pann by the space of 3 or 4 howers that they may onely scald, but not boyle in any wise Then take some of them vpp, and with
your knife striue\(^\text{^}\) to take away a little filme or skynn that is vpon them all over, If yow perceiuie that it will not easiely be done, Then lett them scald a little whyle longer; If yow scald them in a well nealed pipkin, it wilbe the better, be reason of their long scalding, and the great Hasting Pease wilbe the best, and the largest when they be done, Then your Peasecoddes being peele boyle them in the same water they weere scalded in, but lett the water boyle before yow putt

them in; And when yow perceiuie them to looke very greene, and to be tender withall Take them vpp and lett them stand still they be cold; then weigh them with theire Sugar weight for weight, and take also theire weight, and halfe their weight in faire water, and Rosewater together (halfe a dozen spoonefulls of Rose= water is enough soe it be very good) Make your Syrupp first, and scume it very Cleane in the boyleing, Then take it off the fire, and when it is allmost Cold, putt in your Peasecodds, and ply them with a Con= tinuall soft fire by the space of halfe an hower, or thereaboutes till yow see them very greene and tender, Then take them vpp, but lett your Syrupp boyle a while longer adding therevnto halfe a spoonefull of fyne whyte Sugar, Then take it from the fire, and when it is cold, powre it in vpon your Peasecodds
And when they haue stood 3 or 4 daies Close Couered, dreyne out your Syrupp from it into a Siluer or Chyna dish, adding thervnto the Iuyce of an Oringe and a good spoonefull or two of fyne Sugar more, and lett it boyle very well together the space of a quarter of an hower, or longer vpon a Chafingdish of Coales, and skymm\(\text{e}\) it very Cleane in boyleing, Then take it from the fire, and when it is through Cold power it againe vpon your Peasecoddes; and putt into your pott a sticke or two of Cinnamond, and halfe a dozen Cloues, which will giue them a pretty Relish./

To Preserue Quinces the best way./

Take the fairest Quinces and make a little hole in the Topp, and take out the Coare, pare them purely, Then sett a pann of faire water ouer the fire, and when it Boyles putt them in, and lett them boyle
till they beginn to be somewhat soft. Then take them upp and lay them vpon a Table, and a Cleane Cloath vnder them to dreyne away the water. Then take asmuch beaten Sugar as yow thinke will preserue them, and putt it into a pann with a good quantaty of water, and the whites of two Egges well beaten, and sett it ouer the fire to boyle, and stirr it about, and when it hath boyled a pretty whyle, take off the Scume as it riseth And when yow thinke it hath boyled enough Take it off the fire, and streyne it and putt it into a pann, and lay in your Quinces, and sett it againe ouer the fire to boyle, And putt into the pann with your Quinces and Syrup a good peice of hard Sugar well beaten and so lett them boyle together a good space; At the first lett them boyle but softly, but after a whyle yow may lett them boyle to the Panns topp, but ouer turne them with your spoone very softly, and allwaies as they boyle to the panes topp, yow may take them off the fire, and lett them lye to Soake, and turne them, and sett them on againe; And when yow see the Syrupp white and Cleere and ready to Jelly, then they are boyled enoughe, Then take them upp and putt them into a Gally pott with your Syrupp and lett them stand soe 3 or 4 daies In which tyme yow will fynde the topp of the Syrupp thynn, which yow must power forth and sett it ouer the fire againe with a peice of fine hard Sugar beaten, and lett it boyle vpp quickly to your panes mouth and scumme it Cleane And when it is somewhat thicke Take it off and streyne it, and putt it into a dishe to Coole, and when it is cold lay it on the topp of your preserued Quinces to keep them from moulding. Yow must not lett your Syrup boyle too long least it turne redd And though your Syrupp looke thynn on the topp, It will stand on a Jelly in the Bottome.

folio 234 verso || folio 235 reco
Marmalades.

To make whyte Marmalades of Quinces.

Take your Quinces and putt them into a kettle of faire water, and boyle them till they be very tender, Then take them out of the kettle and pare them, and take off all the papp from the Coare, and beate it in a stone morter very fine, Then take your Quinces & theire weight in Sugar and mingle them well together, Then putt it into a Cleane skellett, and putt into a little Rosewater, and soe lett it boyle on a good quicke fire till it be so softe that when it is cold it will Cutt.

To make Redd Marmalade of Quinces.

Take a pound of Quinces, and quarter them, then take out theire Coares and pare them; Then take a pound of Sugar, and putt the Quinces and the Sugar into a pynte of faire water, and so boyle them together, And when yow perceiue the Quinces to growe softe, then take them out of the Liquour, and breake them very small with a spoone Then putt them into the Liquoure againe, and lett it boyle till it be thicke enough to Cutt, And then putt it vpp with Boxes, Yow must Couer this Marmalate very Close in the boyleing to make it looke redd.

To make marmalade of any Plumbe

Putt your Plumbes into an Earthen or pewter pott, and then sett them into a Brazen pott of faire water ouer the fire, and lett them stewe till they be enough, Then streyne the thynne Liquore from them, and putt the pulpe into a dishe by it selfe, Then take the weight of your pulpe in fyne Sugar, and boyle them together till it will lelly very hard, Then putt it vpp into Boxes for vse.

To make Marmalate of Oringes
Take your Oringe Pills and Chipp them very thynn, then lay them in water three daies, shifting them every day once, Then boyle them in two waters till they be very tender, and the bitternes of them Cleane taken away, Then hacke them vpon a Trencher as small, or as great as yow will, and weigh them with your Sugar weight for weight; Then seeth them together to the height of Marmalade in an Earthen pann well glazed, remembring to keepe them stirring still, from burning to the Pann./

Cakes of Fruite & Candid Flowers Leaches &cetera./

To make Cakes of Oringes & other Fruit./

Take your oringes and paire them and lay them a day in water, Then Boyle them in water till they be tender, Then Cutt them in pieces, and take out the seeds, and bruise them very small in a stone morter; Take to euery pound of oringe a pound of Sugar, and putt asmuch water to the Sugar as will wett it, Then boyle it till it be ready to scumn Then dry your Oringes in a dish on the fire till they be very dry, then power vpon them the melted Sugar hott, and mingle them together, Then power it on a pye plate, and lett it stand s-till it be ready to Cutt from the plate This way yow may make Cakes of all sortes of fruite./

To make Cakes of Lemmons or Oringes./

Take the fairest Lemmons Cutt them in peices, and boyle them as tender as possibly may bee (first takeing out the sowre substance as cleane as yow cann) Beeing well boyled take them vpp, and with a Cleane Cloath dry the water from them, Then take away the insyde as neere the rynde as yow cann but first take away the Ragges and threddes that hang at them Then with your spoone or knife make them into a very thynn pulpe or substance Then take the sower sub= stance which yow take out before, and mingle it with the rest of your stuffe, with so much as will make it pretty sharpe, This done dry it ouer a
Chafing dish of Coales a little whyle, but lett it not boyle, Then boyle your Syrupp with a very little fire to the height that it may hang or fall from your spoone like an haire, Then take the quantaty of Sugar as in your decoction is fitt and mingle the stuffe and it together and lett it drye a while over a Chafingdish of Coales till it be hott; but lett it not boyle And then beeing all most Cold take it vpp with your Syrupp, and cast them vpon flatt plates one by another Then sett it into a Stoue till it bee a little hardned, Then turne them with your knife, but do not breake the Crust or yce of them as neere as yow cann, If yow would haue them thicker, Then Clapp the two moyst sydes of them together, and putt them into your Stove againe till they be hardned Then keepe them in Boxes./

To make Ielly of Oringes./

Take the seedes of Oringes, and lett them lye in steepe two daies in faire water, and when the seedes be Iellyed about Then straine them with the water wherein they weere steeped, And then take one spoonefull of the Liquour of an Oring to 2 spoonefulls of that, And to euery spoonefull of Refyned Sugar beaten small Then sett it on the fire, and lett it boyle scuming of it till it be stiffe, And when yow see it come to a Ielly, then take it off the fire, and putt it into a Box or pott, and keepe it by the fire or in a Stoue./

To make violett Cakes./

Beate the Gumme and the Sugar first in a morter, the gumme beeing watered with rosewater. Then putt in the Violettes or Gilly flowers, either in Leafe or luyce & worke it with Searshed Sugar in a very thynn mould & soe store it vpp./

To make Cleere Cakes of Fruite

Take your Plumbes, Gooseberries, or Raspers,
and putt them into a faire pipkin Then sett them either vpon Embers, or in a pott of Water which must Seeth very softly, and as the fruit doth heate, and yeild out Iuyce, drawe it forth so long as the fruite will yeild any; Then yow must take a pynte of the same Iuyce, and a pound of fyne Sugar which yow must boyle with faire water to a Candie, Allmost to the height of Manus Christi, Then stirr in your Iuyce into the Candy till they be well mixed Then putt it into Glasses or Boxes, of what thickness yow will haue them, soe sett them into a Stoue, where they may stand till the topp of the Cakes bee Candid, and haue an hard Crust Then turne them forth into Glasses, and sett them in the Stoue till the other side bee candid likewise, Then may yow keepe them in a Stoue till yow spend them, And if the growe too drye, yow may putt them into boxes./

To make dryed Apples./

Take to euery pound of Apples, a pound and a quarter of fine Barberry Sugar, The Apples must not bee full Ripe) Then pare, and parboyle them, Then lay them a Cooling, Then putt them into your Sugar mingled with a little Rosewater, Soe much as will wett the Sugar, Cover them Close vntill they boyle, Then take off the Cover and lett them boyle a pace till they bee all most enough, Then lett them boyle softly againe till they bee full ready, They are ready when the Syrupp comes whole from the Pann together, then take them out one by one whilest they are in boyleing, and lay them on a dry Sive (The Syrupp beeing dreyned from them as Cleane as yow cann) and sett them into a Stove, being but a little = warmed, and as the moysture soaketh out of them, so turne them into dry places, within 5 or 6 daies they wilbe ready to putt vpp in Boxes./

To make a good Banquetting Dish

Take a Tender Curd with some good thicke milke, and drawe out the whay as Cleane as yow can, Then pound the Curd in a morter with 5 or 6 yelkes of Egges, beate it very well together, Then streyne it and season it with sugar and a Little Rosewater and soe serue it out in Plates./
To make drye Leach

Take a quart of wyne and lett it seethe all most halfe a way Then putt in two or three handfulls of Liquorice powder, as much of Annyseedes, a little pepper & ginger and a good deale of Saunders, and lett them boyle together a pretty while, Then take it off the fire, and putt in a good deale of grated bread and stirr it about till it bee as thicke as doughe Then take it and mould it vpp in Annyseedes & Liquorice, and make it in printes as yow please./

To make other Leach

Seeth a pynt of Creame and in the Seething putt in some dissolved Isingglassee stirring it till it be very thicke Then take an handfull of Blancht Allmondes beaten, and putt them in the dishe with the Creame, season it with Sugar, Then slyce it and dish it./

To make a Dish of Creame

Take thynn Chippes of bread, and lay them in the botome of a dish, Then Chopp marrowe and lay vpon it, Then lay some Currandes vpon it, and some Cinnamond and Sugar vpon that, And then a lay of bread again, and of euery of the other thinges ouer againe within two fingers of the dish topp, Then take some Creame and beate it with the yelkes of three Egges, and one whyte, and when they are well beaten, putt it into the dish att the sydes Leasurely, Soe as it may raise all the other thinges And soe bake it in an oven./

To make Ovum Lumbardicium or Cawdle

Take whyte wyne and water a like quantatie, one Spoonefull of Rosewater, two yelkes of Egges a little Cinnamond and enough Sugar to sweeten it, Boyle it and drinke it Præbet San=guinem benignum It makes good blood./
To make an Almond Tart./

To a pound of Allmonds bleached, putt sixteene yelkes of Eggs, a pound of Butter, three quarters of a pound of Sugar and a pennyworth of Rose-water. &cetera/

To make Iuyce of Liquorice

Take Hysopp flowers and Sives a good quantaty and putt it into a Limbecke, putt to it a pottle of sacke, and a pound of Annyseedes, distill it out, Then take three pounds of Liquorice and cutt it into small peices, and putt it into the water soe distilled, and putt to it asmuch horehound water and halfe a pound of Anniseedes and lett it stand a day and a night in the water, stirr it often Then boyle it till it be thicke as Creame, streyne it, and then sett it in the Sunn, And as it dryeth stirr it together, When it is stiffe make it into Cakes and keepe it./

To make Manus Christi

Take Sugar and Rosewater and boyle them a long whyle with a Cinnamond sticke, and one Clove, or streyne streye violett flowers, and lay it vpon Sugar, and so keepe it in Boxes./

To Candy great Flowers

Yow must take your flowers and Cutt off the Stemms and beardes of them; Then take as much as a Pease of Gumm dragon and steepe it in Rosewater, Then take the same and putt into it as much Sugar as will Couer the fflowers, Boyle it and when your Syrupp is boyled high enough, then putt in your flowers and turne them once, Then take them out when the Sugar is boyled high enough Then yow must strewe some Sugar Candy grossely beaten vpon them whyle they are warme./
To Candy small Flowers

for Rosemary flowers you must take twice their weight in Sugar, but for other flowers their just weight, Make a Syrup with the one halfe of your Sugar, and boyle your flowers therein Then make another Syrupp with the rest of your Sugar, and putt the flowers into that, and soe lett them boyle to the height, and stirre them still with a sticke that is made for that purpose, When yow see them growe soe hard that they beginn to Candy Couer them with another dish, and seeth them together as fast as may bee/

folio 239 verso || folio 240 recto

Conserues & Syrupps./

To make Conserue of wormewood

Picke the Leaues of the wormewood very Cleane from the Stalkes, stampe them very fine in a Stone Morter, To halfe a pound of wormewood putt two pounds of Sugar, beate them very weltogether then putt it into a Gally or Stone pott, that is somewhat too great for the said Ingredientes, then tye it vpp Close, and sett it in a kettle of water ouer a soft fire for two or three howers Then take it and stirr it well together, and when it is through Cold, tye itt vpp, and sett it in a Coole place for your vse./

To make Conserue of Barberries

Take Barberries picke them, and putt them into a stone pott without any water Then putt the stone pott into a kettle of water ouer the fire all most vpp to the brym, and so lett it boyle till the Barberries bee all of ^ a papp Then streyne them, and to a wyne pynte of the Liquour, take a pound of Sugar, Beate your Sugar very fine, then wett it with two or three sponefulls of water and boyle it to sugar againe Then putt in your Liquoure which yow streyned, and soe lett it boyle 3 or 4 Cal-wallmes, And soe putt it into your glasse or pott./
To make Conserue of Sloes./

You must make it as yow did Conserue of Barberries, onely to a wyne pynt of the Liquour of Sloes, yow must putt a pound and a quarter of Sugar./

To make Syrrup of Wormewood./

Take a quart of good Aqua vitæ and picke a good quantatie of wormewood Leaue by Leafe from the stalkes, putt thereof into your Aqua vitæ asmuch as it will well wett Then stopp the glass Close and lett it stand 24 howers, and soe streyne it, Then putt that Liquour into the glasse againe, and fill it vpp with wormewood, as before, and so lett it stand 24 howers more, and then streyne it, and putto euery pynte therof a pound of Sugar shake them well together in a glasse, stopp it very Close and keepe it for your vse./

The vertues of it./

It doth much Comfort and warme the Stomache, It much strengthens the Liver, It will Reviue one that is in a sounde, It is very good against the dropsie, or any wyndines in the body, If the party be young, and yow feare it too hott, yow may putt a spoonefull of it into Beere or Ale./

To keepe Damaske Roses fitt to Distill att Christmas ./

ffirst pull them from the Buddes as ordinarily yow vse to doe, then briuse them in a mortar, and then take a little Barrell and lay first a Lay of Bay salt, and then a Lay of Roses, And when yow haue layd as many layes as yow please, presse them Close with a trencher, and stopp your vessell very well & so keepe them./
To make syrripp of Damaske or redd roses./

To euery pynte of the Iuyce of Roses putt a pound and a quarter of Sugare Clarified with the whytes of Egges Then streyne it and boyle it to a Syrupp height and keepe it for your vse, Soe yow may make the like Syrups of Fumitory, Sicchorie, Scabious, Coltesfoote, or any other herbes./

Or thus make Syrupp of Roses./

Take damaske Rosebuddes, Chopp them, then steepe them in Running water, then to a quart of Water putt halfe a pound of Sugar, then sett the quart pott over the fire in a skellett of water till it be ready to boyle, then streyne out those Rosebuddes and putt in ffresh ones, and so vseto doe once or twice till the Cullour bee highe enoughe Then at last streyne out the Liquour, and to euery pynte of Liquour putt in a pound of Sugar, but lett the Sugar which was putt in at first bee part of the pound./

To make Syrupp of Violetts

Yow must doe the like in euery respect./

Or thus make Syrupp of Violetts

Take your violettles being picked, and bruised in a morter, and putt them to a pound of Clarified Sugar, and halfe a pynte of faire water, beeing first boyled to a Syrrupp height, giue them three or fower walmes, then streyne it and keepe it for your vse./

To make Syrupp of Lemmonds

Take to euery halfe pynt of the luyce of Lemmonds halfe a pound of Sugar, sett this over the fire, and Clarifie both together with the whyte of an Egge, then streyne it and boyle it againe to a Syrrupp height and so keepe it for vse./

To make Syrripp of Cittrons
Boyle a pound of Clarified Sugar to a Syrrupp height, Then take halfe a pynte of the Iuyce of Citrons, and putt it thereto, And then giue it three or fower Wallmes, and keepe it for vse./

To make Syrrupe of Grapes yow must doe the lik e./

To make Syrrupp of Vinegre./

To a pound of Sugar take halfe a pynte of Whyte wyne Vineger, and as much hysopp water, the Sugar beeing dissolued Clarifie all together, with the whyte of an Egge, then streyne it, and boyle it to A Syrrupp height, and soe keepe it for vse./

Receipts of Cookery

To make Marrowe Puddings./

Cutt a quantatie of Marrowe like as yow cutt Suett, then take Crummes of Bread, yekes of Eggs, and a quantaty of Creame with Rosewater and mingle them together Take also Cloues and Mace, Nutmegges and Cinnamonond powdered, and some Currandes Lett the Roapes either of an hogg or Cowe be very Cleane washed, and before they bee filled Lett them bee layd two howers in Rosewater.

To make Hedghogge Puddings./

Take a pynte of Creame and two penny Manchettes thynn slyced, yelkes of Egges and two of the whytes some Nutmegges and mace finely beaten, a little Cinnamonond, halfe a quarter of a pound of Sugar, and a little Rosewater, Lett all these be well tempered together with a little Salt, and so lett it stand one hower in Soake, Then putt it into a Cloath, and tye it Round, and soe putt it into the pott when the water boyleth, It wilbe boyled in an howер, When yow take it vpp, blanch halfe a quarter of a pound of Allmondes and
Cutt them the long way in fower quarters,  
and so sticke the pudding all ouer with them  
Then melt butter & some Sugar, with a little  
Rosewater, and lay the Pudding in it, strewing  
Sugar on it./

To make a Rice Pudding

Take a pound of Ryce boyle it in a pottle of  
milke till it be soe thicke that yow may Cutt it  
with a knife when it is Cold Then take halfe  
halfe a pound of Allmondes and grinde them  
very well^ small in a stone morter, adding in the  
grynding now and then a spoonefull of  
milke which hath bene boyled and is cold  
againe, Putt in three poundes of Beefe Suett  
two penny Loaues grated, one ounce of mace  
and three Nutmegges, fower or 5 yelkes  
of Egges, a pound of Sugar, a little Rose=  
water, some salt &cetera Lett all these bee  
well Tempered with Creame that  
 hath bene boyled and cold again, butt  
lett it not be tempered too thinn; Soe  
vse it./

To make Almond Puddings

Take a pound and an halfe of Allmondes  
and grynd them as aforesaid, three pounds  
of Beefe Suett, two penny Loaues grated,  
three quarters of a pound of Sugar, halfe  
an ounce of Mace, two Nutmegges, 4 or 5.  
yelkes of Egges, and a little Rosewater, temper  
them as abouesaid./

To make a Good Whyte Pott./

Take a quart of Creame and boyle it, then  
putt Lemmons slyced into it and a little  
whole mace, then take a dozen yelkes  
of Egges, beate them and putt them  
into it, then season the same with =  
Cinnamond, Cloues and Mace, Sugar
and Currandes as yow please, then either make a Coffin for it, or putt it into a dish, But yow must putt in some Butter to make it Leaue the dish when it is ready./

To order Redd Deare

Parboyle it, and in the water wherein it is to be parboyled, putt Rosemary, Sage, and bay=Leaues of each an handfull, And before yow putt in your Vennizen Lett it Boyle a pretty while, and then putt it in and parboyle it, And to season it take Salt, pepper Cloues, mace, & ginger, mingle them together, and therewith season it./

To make Sawce for Fish

Take a pound of Butter, and the yelkes of Eggges, Beate them together very well, putt to it two or three whole mace with grated Nutmegg and grated Browne bread vntill yow see it thicken, then lay it to your fish and serue it upp. This will serue for Pyke, flounders or any other fish./

To order Cowecumbers for Sallett.

Take small Cowcumbers, and wype them Cleane with a dry (not a wett) Cloath, and sett them an End in an Earthen pott, And betweene euery Ranke or lay, yow must strewe a good quantatie of pepper and salt, and the topps of fenner with their seedes, Then heate wyne Vineger vpon the fyre, and when it is hott power it vpon the Cowecumbers and fill vpp the Pott and soe lett it stand for vse./

To Keepe Hartichokes all the yeare./

Take asmuch faire water as yow thinke will Cover them, and Boyle it them very well with asmuch whyte wyne Vineger, as will make a strong Liquour; but not soe strong as to take away the ste-Taste of your Artichoakes. Then Boyle in that Liquour those which yow meane to keepe, till yow may pull out a Leafe Then take them out of the Liquour and lay them a Cooleing all night Likewise
sett the Liquour a Cooleing in some wodden or Earthen Vessell, And in the morning beeing Cold, putt them vpp into a Barrell, and besure the Liquour doe Cover them, And putt a Weight vpon them to keepe them downe in the Liquour being Covered exceeding close, And when yow vse them, lay them in water an hower or two, and boyle them in Beife Broath as att other tymes./

To Dresse a Carpe

ffirst take him and wash him in faire water, then open him and take out his guttes and spawne, then Cutt him in three or fower peecees, and putt him into a Stewing pann and the spawne also, If yow dresse a Couple together, yow must putt in a pynte of whyte or Clarett wyne, If but one, less will serve; putt in also an Onyon whole pepper and mace whole, putt in

putt in also a pynte of Oysters, and two Little glasses of wyne Vineger, and a pretty quantaty of Salt, and cause it to boyle with a quicke fire; When it is all most boyled enough, putt in two or three little Chipps of Oringe, Tyme, and Butter a little of each. Lett it Boyle a Walme or two, and then putt it into a Charger with some Sippettes made of fyne ffrench Bread./

folio 244 verso || folio 245 recto

Pastes, or Bisquettes/

To make Sugar Cakes

Take 3 pintes of fflower, one pound of Butter, halfe a pound of Sugar, and 3 Nutmegges grated and knead them well together with water till they be stiffe &cetera/
To make Iumboldes

Take halfe a pound of Allmondes being beaten
to paste, a short Cake grated, two egges and two
ounces of Carraway seedes being beaten in it with
with the luyce of a Lemmon, Then worke it
into stringes, or cast them into Knottes, or the
like devices, and soe Bake them in an oven,
And when they are Baked, Slyce them with
Rosewater, the whyte of an Egg and Sugar beaten
together, glaze them and putt them into the
oven againe for a little while, and they wilbe
yced cleane ouer with a whyte yce, And soe
put them vpp in boxes which yow may
keepe all the yea yeare./

To make Sugar Rings the best way

Take some fine flower which hath bene twice boulted
over, and fyne whyte Sugar very well searced, then
mix them with your hand, and take some
Coriander and Carraway seedes, and picke them
very well, and putt them into your flower and
mingle them all together with your hand, Lett their
bee thrice as much flower as Sugar, Then
take three Egges and putt in the yelkes, and one
whyte with some very good Creame made a little
Warme, and a little melted Butter, Worke
all these together very well, as yow would a
peece of dough, and lett it lye a little whyle
before yow make them vpp, and lett your
oven bee almost as hott as for Manchett
Then make vpp your ringes and lay them
vpon halfe sheetes of paper with flower strewed
vpon the paper vnder them, and putt them
into your oven and bake them./

To make Biskett Bread of Allmonds

Talk Allmondes and Blanch them, beate
them very fyne in a mortar, still putting
Rosewater to keepe them from yelloweing
And take the weight of the Allmondes in Sugar
and Egge shells and all, vse but the whytes and
the yelkes; and beate them an hower with
those Allmondes and Sugar, with a spoone
in a dish. Then putt in some Muske
and a little Rosewarer mingled, And if
yow will some Coryander and Anys
Annyseedes, Then butter a sheete of
paper and power it vpon it with a spoone
Soe in an oven after Bread hath bene
drawne, bake them They wilbe allmost
as thynn as a Wafer./
To make Biskett Royall./
Take the whytes of Eight egges and the
yelkes of fower, beat them very well together

Then putt in a pound of fyne Sugar fynely
beaten, and halfe a pound of flower fynely
Searced, stirr these together with a wodden
slyce in a Bason, and it wilbe of a pretty
stiffnes; yow must putt in muske, or amber=
greece, and Coriander seedes asmuch as yow
thinkes fitt; yow must annoynt your Coffins
with a feather, with a little melted butter and
putt in a spoonefull and an halfe of our
stuffe into every one, and strewe a little fyne
sugar on the topp of them, and then putt them
into your Oven, benig of a more temperate
heate then for the other Biskett followeing,
They wilbe baked in less then halfe a quarter of an
hower, Then take them out of the Coffins whylest
they bee hott without breaking the glassinessse on
the topp of them, then lett them lye till they bee
Cold, And then putt them againe into the oven
for a little whyle./

To make Biskett of Naples./

Take a pound of fyne searsed flower, and a
pound and three quarters of fyne Sugar 15 egges
yelkes and whytes Beat your Eggges first well
together in a great Bason with a Wodden slyce
Then putt your sugar into your Eggges and beate
them weltogether Then putt in your flower
and halfe an ounce of Coriander seedes well beaten,
yow must haue little Coffins of flower or five Inches
long and one ynche broad and deepe. Then annoynt
your Coffins with a ffeather in melted Butter,
Then putt in a spoonefull or two of Butter into your
Coffins, and sett them into your Oven (beeing
somewhat hotter then when yow take out Leavyned bread)
There are certain foods that can be baked in a certain way. In which you shall see them rise much higher than the coffin, and have a glassy skin on the top, then take them out and loosen them with a knife softly from the coffin, and being forth let them lie till they be cold; then lay them on clean papers, and set them into your oven again (not being any more or new heat) and let them stand an hour longer (the mouth of the oven being always closed.) Thus may you make also Spanish Biskett Bread, with eight or ten eggs more, and bake it in a great coffin; and when it is cold cut it out in slices and dry the slices.

To make Paste of Genoa.

Take of yellow quinces the fairest, and core them purely, then lap them in papers and sprinkle your papers with a little water, soe roast them in the coals; but in any wise burn them not. This done pare them, and slice off all the substance from the hardnes of the core, then strengthen it through a piece of cushion, canvass or searse, and to every pound of strengthened quinces take a pound of sugar finely beaten, and searsed, and boil them together either in pewter or silver upon a Chafingdish of Coales to the height of a Marmalate; then strewe some searsed sugar upon a table, or stoole, and lay your Marmalade thereon in spoonfuls, according as your printes are in bignes; and when it is almost cold, cast thereof a little searsed sugar, and put it abroad with your fingers as thyn as you please, but the thicker you make it, the better it will eate, then print and cast them out, as you please, remembering to cast some searsed sugar upon your printes before you lay them on, and so sett them before the fire in a platter to drye by the space of 3 or 4 howers; thenafter put them into a great pann vpon a plate and couer them with a lesser pann, putting some embers and coales on the topp and soe lett them
dry turning them once or twice a day In three or four days they will be enough.

To make Paste of Genoa the best way

Take the fairest Apple Quinces and Core them purely but pare them not, then lapp them upon white papers two or three together in a paper &cetera as before. The true manner whereof is att large set down in the foregoing Receipt; only in this is added, Yow may make the same paste with pippins or other good Apples roasted before the fire, but allways turning them for fear of Burning, and are not to be roasted in papers as the Quinces.

To make Cracknells

Take three pints of flour and so much Sugar as you think will make it sweet enough and Eight whytes of Eggs, and six yolks; of Nutmegs mace and fennel seeds of each half an ounce, and as much pepper or more, being all bruised; Then take some good Cream and boyle it very thick, all most to butter, and put it to your flour and spices with a little Salt, and soe Roolle it out very thin, and prick them very thick for fear of blistering, and turn the Eggs like Cracknells, Then sett a pan of water over the fire. And when the water begins to keep at the bottom of the pan. Then with a scummer put them in And when they rise to the top of the pan again take them out with a Scummer, and put them upon a sheet, but remove them presently again to a dry part of the Sheet, and put them upon papers being strewed with flour. And so bake them in an oven, being of a temperate heat some what hotter, then when Household bread is drawne.

To make fine Manchett in Rolls.

First take a pecke of the finest flour you can get, and lett it bee twice bolted over, and lay it over the slope end of your trough, and make a bare place next the Corner of your trough to power your Liquore in. Then take
4 spoonefulls of the best yeast yow can gett, and one spoonefull of Whyte Salt and a quart of Warme water Then stirr your water yeast and salt together vntill your salt bee all moultten Then streyne it into the bare Corner of your Trough within your flower, and then worke your Liquour, and flower together by little & little vntill yow haue wrought vpp all your flower, Yow may haue warme Liquor standying by yowe and in your working of it yow may vse it (as occasion shall serve.) yow must worke your paste throughly well, then turne the smoothe syde upwardes into the Corner of your trough, and warme a Cloath and lay vpon it, and so lett it lye, till it haue risen, And the whylst heat your oven, then make it vpp into rolls or little Manchettes.

To make whyte Cheat Levened Bread taught by Edward Lewis

ffirst take a Bushell of fyne fflower (your trough beeing very faire and Cleane) and lay it at one end thereof, Then with both your handes make the flower Close att the bottome, that no Liquour may come vpp vnder it; Then take halfe a pound of Leaven, and breake it small into a quart of faire water, somewhat more then blood warme, breake your Leaven as small as yow cann into the liquour, and then streyne it into the'nd of your Trough by the flower, Then putt a quart more of warme Liquour to that which yow haue streyneyd, and worke it well with so much of that flower as will make it Lythe Paste; Then lay this Lythe Paste Close to thend of your Trough, and then putt all the rest of your fflower Close vpp to the Paste, and with your handes head it vpp, that it may lye an handfull higher then your Leaven; Then strewe an handfull of the same flower ouer the Leaven and Cover it with a faire Cloath, and soo lett it Lye all night. Then the next morning sett on a pann of faire water of two gallons, and make it sufficiently warme, Then sett your pann by your Cloath-Trough and with a dishe take a quart of that water, and halfe a pynte of good yeast and streyne it through a streyner into that Leaven Then putt your flower a little
Backe from your Leaven, and worke your yeast and water into your Leaven. Then take an handful of whyte salt and Cast it ouer the Leaven. Then take so much Liquour as will sufficiently worke vpp your Leaven, and flower together, that it may bee fitt to mould vpp for Bread, bee sure yow worke it throughly. And when yow haue done, Turne the softest syde of your Paste vpwardes, and lay it Close to the end of your Troughe. Then warme a Cloath and Couer it, and soe lett it lye for a quarter of an hower. Memorandum when yow sett on your liquoure first in the morning. Then lett your oven beginn to heate.

To Keepe Beere from Sowreing

Take a Lemmond and sticke it it full of Cloues and putt it into the Beere; then take an handful of Bay salt, and putt it into a fyne Lynnen Cloath and hang it vnder the Bung of the Barrell. Soe neere the drinke as is possible without touching of it, Then bung vpp your Barrell as Close as yow can, and lett it stand Eight daies before yow broach it.

To make Cheese Severall wayes

Make your Cheese of newe milke and offeringes. And when yow putt it together, Boyle a quart of Creame, vntill it boyle vpp, and then putt it together. But in Sunner tyme, the Creame must stand till it be Cold And in edishe tyme yow must putt it together as hott as yow cann. And three daies after your Cheese is made, lay it in greene Rushes, and shift it every day, and in three weekes it wilbe ready to eate.

Another way to make it.

Take your Evening Creame of 3 or 4 kyne & carry it in a pale Couered, to milking in the morning; And
softely and leasurely milke in, the milke of 3 or 4 kyne, then bring it home and putt in your Rennett as you use to doe, but let your milke be scarcely or nothing at all warnemwarne when yow putto your Rennett and soe make it./

To make Rennett for Cheese./

Take of Redd Sage, of the Redd Buddes of Hawthorne, hysupp and Speirmint of each of these an handfull, groweing in wet places in the ffeildes; Boyle all these together in well water with two handfulls of salt boyled in it, then lett it stand a night to Coole, then putt your bagges into it with a good quantatie of Cloves, Mace, and Cinnamondes, and lett them lye in continually; yow must procure the best bagges./

To make fresh Cheese without Rennett

Take six new laid Egges, breake them into a Bason, then beate the Whytes & yelkes together first taking away the Cockes treadinges, Then take a quart of Creame, and sett it over the fire, Beate a good

Nutmegg something grosely, and tye it vpp in a little Lawne bagg, and putt it into the Creame, and putto it likewise your beaten Egges with a pretty quantaty of whyte Salt, and a spoone=full or two of Rosewater, and so let it boyle with a softe fire, stirring it very softly, till yow see it gather to a Curd, and the whay lye Cleere about it Then take it from the fire, and power it into a Cleane Lynnen Cloath that is not very thicke holding it over a Bason, that the whay may Run out Then take a Cleane dish and lay downe the napkin in it with the Curdes, and take as much Sugar finely beaten, as will sweeten it to your liking, and so worke it well into the Curdes in the Cloath, Then streyne it through into the dish; then dish it vpp into your Cheesefatt or into what yow will, and soe lett it stand an hower or two; And when yow are desirous to serve it vpp, Whelme it downe into the dishe, or Bowle with your Creame about it./
Perfumes

To make sweet Powder./

Take of sweet oyle 2 ounzes, 2 ounces of the powder of sweet Marjoram, of Gilly flowers halfe an ounce, of Rosemary Blossomes an ounce Bray all these together in a morter, and putto them as much Muske as yow please. This Powder may serue for a Queene./

To make Perfume for Gloues

Grynd a little Civett, muske, and Amber, but lett there be twice so much Amber as of any other ingredients, and of Civett the least quantatie; Grind these with the oyle of Benjamin, or the oyle of Sweet Allmondes neatly drawne, with this yow may perfume your Gloues, rubbing them in with your handes, Adding to the said Ingredients Storax & Benjamin according to your direction./

To make Sweet Rolls for Perfume./

Take Lignum Rhodium cutt into small peices, then dry it before the fire, that yow may make it into powder, then take thrice as much Juniper, and vse it as the former wood, mingle both these powders together, and boult them through a fyne Boulter, then take two spoonefulls of Rosewater, and putt thereto so much of the powder, as will make it soe thicke as an ordinary Paste; And so make them into what forme yow please; laying them to Bake in a dish before the ffyre./

To make Pomander Beades by Doctor George of Bruxells

Take Benjamin halfe an ounce, Storax Calaminita 2 drams, Gum dragagant halfe an ounce, Muske tenn graines, Ambergrease tenn graines, Civett six graines, Plaster of Paris or burnt Alablaster halfe an ounce
This last ingredient must be steeped in Rosewater a day, and a night, or thereaboutes. The whole Ingredientes must be beaten into fyne powder and wrought vpp with Gumm Dragagant, or stampt in a Morter. It must be added, or putt in by little and little, and wrought vpp, and beaten withall the materiaalls into an hard, and a stiffe Paste, and made vpp with the hand, and pearced before it bee too drye. If yow will haue them blacke Add Cole dust fynely searsed. Those Ingredientes must bee first beaten, then mixt. If yow would haue the Scent more pleasing and gentle yow must abate some graines of the Muske and Amber.

Consumption in the Lungs

Woade sodd in Broath of the herbe, is a singuler preservation against a Consumption of the Lunges of th and that a flocke of sheepe beeing Rotten putt into a feild where woade grewe all Recouered.

For a Cough & Cold.

Take Syrupp of Coltsfoote, of Maydenhaire and Isopp mingled together, spread these three vpon a Toaste of Whyte bread and take it goeing to bedd and wakeing in the morning 4 or 5 tyme, tryed by Mr Holdsworth minster.

For to stopp a Cough

Take a small pill made of luyce of Liquorice and storax and swallow it with the papp of an Apple or Conserue or syrupp or Roses. probatum.

For a Cough

Take six Egges Roast them very hard, then take and Cutt them in the middle and stewe them betweene two sallett dishes full of sugar Candy small beaten, and take of the syrupp after supper and morning take out the yalkes and fill the whytes with sugar Candy and stewe them vpon Embers 3 or 4 howers, and take it euer after the fitt of Coughing probatum.
For a Dropsie & Consumption

Take your owne Vryn or a boyes Vrin of 14 yeares old euery morning fasting the space offowerteene daies together, after yow haue drunke of it
if it goe against your somach take some sugar Candy./
Pellettes of Butter lap in whyte sugar Candy good for a Cough or Cold./

ffor keeping the body loose and Laxative

Eate Roasted Apples or stewed prunes halfe an hower before dinner, drinking a good draught in the Morninges forbeareing dry meates./ Whey with Fiumetary./
In Consumptions
Take the steame of new ploughed groundes and for such as haue not strength to walke
A fresh Turfe of Earth euery morning, with a little vinegar poured upon it.

To Cure the Cough./

Take spirit of Rosemary, Cutting away some of the haire of the Crowne and Nape or hinder part of the necke, and annoynt it therewith when you goe to bedd./

For the Flux

Take a pennyworth of Dioscordium, and a pennyworth of Conserue of Redd Roses and a pennyworth of Syrup of Ielly flowers mix them together, After this take halfe a pynte of Clarrett & burne it well with Cynamon and drinke it and keepe warme all night./ These to be taken after yow are in bedd./

A Receipt for a Childe that is Burst

Take Comphry one handfull, a handful of Nepp a handfull of Clary and a handfull of Plantayne. Take all these and Boyle them in three quarts of Ale till it come to three Pints then streyne it and put in this following Powder
The Powder

Take Comphry Roots Polipode Roots and slice them being first washed very clean then dry them in an Ouen after the Bread is drawne beate them to Powder and searc them through a peice of tyffany or Lawne Then Put in as much of the Powder as will lye on a shilling at twice into the drinke it being first cold and then Bottle it vp and giue to the Child a sack glasse full evey morning fasting and the like quantity at foure a Clock in the afternoone shaking it together in the Bottle before you Powre it out/

The Child must either be cowled or haue a trusse.

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