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

front outside cover

front inside cover || front endleaf 1 recto

Salomon dicitur Pacificus
Iohannes dicitur Amor Dej./

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

J Harvey

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front endleaf 1 verso || insertion 1 recto

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

insertion 1 verso || insertion 2 recto

insertion 2 verso || folio 1 recto

Gradations upon the Callendar Glasse

1. The propertie of the Water is to Asscend with Cold, and descend with heate upon the Least & euery change of the Weather Certainly./
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 rising, then it was overnight att Sunn setting it will surely raine the day following before midnight./

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

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

folio 1 verso || folio 2 recto

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

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

18. Note That in the tyme of ffrost the water standeth about the figures of 11 ^{or} 12, the suddaine falling of the water and^a degree or two is a certaine signe of Snowe or Sleete weather certainly./

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

folio 2 verso || folio 3 recto

Take dunghill Water in Tubbs or Barrells soake or steepe wheate, Barley, or other graine all the night before you should sowe it, and then drawe out your water and to

every Bushell of graine putt one pecke of pigeon, or
Henn dung, Riddle it with a Sive or Riddle and then
take a shovell & mix it well then putt it in your
hopper and sowe it./ and by Gods helpe it will bring
much increase./

Boyle Assifetida in faire water and after steepe
Rushes and short strawe therein and strowe them in your
Pidgeon howse, & your pidgeons will build their
Nestes therewith, & by sitting therein wilbe soe
strongly scented, when they fly abroad they wilbe
soe Rescented by others, they will decoy others
in great number to your Dovehowse./

I B M D

Prælectio Prima 1634

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

Tullius 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 particuler part of physicke) define

Hypocrates in libro de Flatibus

what physicke is; Hypocrates gives yts definition from the effect

(), adiectio

quidem deficientium, detractio vero redundantium . in English thus

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

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

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

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

Galenus de *Constitutione artis*

'tis Ars præsentis sanitatis Conservatrix, et labefactatæ restauratrix.

and in libro introductorio, it is sanitatis 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 devison, or

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

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

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

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

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

Ægrum imediatj Contraria, let vs amongst others come to our Maister

Galen and cleare those two places which may seem most to

Galenus in i^{mo} de

locis affectis

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

Where he hath these wordes; cum corpus egreditur sanitatem

Galenus in i^{mo} de

Crisibus Capitulo i^{mo}.

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 vnperceivable

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

folio 3 verso || folio 4 recto

The limits of health sometimes more stricktly, sometimes more largely, for in some places (as in the former cited) is to be vnderstood, that health, which is in the habit of the body, *which* is firme & stable, and againe in the other place that *which* is in the disposition or affection, and is subiect to be hurt by every slight iniury, and this is *that* wee call Corpus neutrum, & that two manner of wayes, one when we fall from health to sicknes by degrees & slow progressions as in most c^hronicall diseases, & this wee call Neutrum decidentiaë, by the greekes [.....], the other when wee recover from sicknes to health, and this is neutrum convalescentiaë, of the Greekes [.....]. but of this more heerafter, when I shall haue occasion to handle yt in its due place. to conclude then medicine is an art to conserue the sound, restore the sicke, and preserue the Crasey. or if you will, a science of thinges naturall, thinges not naturall, & thinges against nature; the former destinction wherof, hath an espetial respect to the practical part, the latter to the Theorical part of phisicke. and heere againe before I passe any further, giue me leaue to shew what is meant by these termes thinges naturall, thinges against nature, & things not naturall, by naturall I vnderstand those thinges that constitute ou^r bodyes, or whereof ou^r natures are compo'sd as the Elements, Temperaments, Humors, Spirits, parts, Faculties & Functions; thinges against nature are such as are immediatly or directly opposite to nature and ^{doe} assault & destroy nature, as Diseases, causes of diseases, Symtomes thinges not natural are those that receiue a meane or indifferency betweene naturall & contranaturall, and though wee reckon them, & commonly call them the six not naturall thinges, as aire, meate & drink, sleeping & Wakeing, exercise &

rest, expulsion & retention, & the affections of the minde; yet are they in most authors both ancient & moderne, comprehended vnder the generall name of Dyett, in a lawfull and proper vse wherof is health preserud, as on the contrary diseases contracted, and so necessary are they to the the preservation of life that Without the vse of them, wee presently perish & without a proper vse of them wee cannot liue long in health

Definitio

The parts of Physicke are fiue, vizd. the Prophylacticke, the Therapeuticke, the Phsyiologicke, Pathologicke, & Semioticke;

Galenus in imo de sanguinis

et ad Thrasibulum de sanguinis

Capitulum 30.

the two first wherof are by Galen Cald primas et maximas medicinæ partes, for that the one preserues health; the other recovers yt. the other three but subservient or lesse principall.

So that the parts of Physicke Principally are Two that is

Prophilactique, & Therapeutique, prævention from diseases, &

and a right vse & administration of necassary meanes to cure

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

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

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

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

therfore there are Certaine other præcognoscendæ, thinges to

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

as I said before either naturall, comprehended vnder the

Physiologique part, or Contranaturall, explicating the nature,

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

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

nosti^{^c}ke, the present state, & future event, of the patient vnder

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

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

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

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

Theoretical, Contemplatiue; Other more accurate & ample division

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

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

now *which* will require a larger explication when I shall come

to handle them in there severall parts, let me therfore

return to those two parts of Physicke *which* I saide weere

more principall, that is to say the: or Prophylactique

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

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

is before sicknes, for health is, affectus secundum naturam

folio 4 verso || folio 5 recto

Primo per se actiones perficiens: sicknes is Affectus Contra

naturam primo per se actionem lædens. now for that it

is not possible to come to a perfect knowledge of thinges

against nature, except we first know what is according to

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

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

that are wholly against nature, as Diseases, there Causes,
 and Symptomes; begin *with* those that wee call not naturall
 Comprehended vnder the generall name of Dyet though
 as I saide before they are restrain'd as Aire, Dyet &c. before
 I handle them, in perticular, giue me leaue to acquainte you
 with certain comon axiom^{es}, the remembraunce wherof will much
 conduce to the better vnderstanding of what I shall afterwards
 Deliver, as well in the matter of prævention as cure./
 then wee are to consider that *natura nihil temere agit*
 nature do's nothing rashly or vnadvisedly,, for it is *illa ordi=*
naria Dej potestas as Scaliger in his 159 exercitat *Sectio II*
3 de vsu partium

Capitulum 15

and Hippocrates calls it, *erudita et iusta, quæque semper quod*
opus sit officiat. and Galen saith, *Iam nunquam in necessarijs*
Deficere aut aliquid supervacanej efficere scribat. secondly
Hippocrates in 2 Sectione
aphorismarum 3

that *nat^uræ omne nimium est inimicum* , as Hypocrates , *somnus*
et vigilia modum si excesserint malum , sleeping and watching
 yf they exceede a meane, are hurtfull, and in the next
 Aphorisme of the same section, *non satietas, non Fames,*
neque aliud quicquam quod naturæ modum excedat bonum.
 neither fullnes, nor Emptines, nor any thing that 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* Symmetrie & proportion of
 parts and powers, whosoever declines ~~from~~ becomes sicke, &
 the more or lesse sicke by how much the nearer or further
 of the body is from the natural state./ the Third thing
 to be remembred is this, that, *natura non facit subitas*
mutationes, et omnis subita mutatio est periculosa as Hippocrates
Hippocrates Sectio 2 aphorisma 7
et ejusdem Sectio Aphorisma 51

The Fourth is that *natura est morborum medicatrix:*
medicus vero naturæ minister. that nature is the Chiefe Phy=
 sition, the Physition but natures minister, as Hyppocrates ,
Hyppocrates in libro 6^{to} 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 Consuetudo
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 excercising, affections &c
we ought to vse them as that they may conduce only to the
end for which wee vse them, that is health, not to sleepe
while wee can, for so the Phlegmaticque person would soone
Contract his death, by takeing too much of that with which
his nature is allready burde'nd with all, as on the contrary
the Chollericke man is contented with least sleepe, for whom
sleepe is most proficuous, the reasons of all which I shall
God willing heerafter deliver. / Those thinges thus præ=
=mis'd to this præventionall part, with though, through an
evill custome it is of all parts of phisicke most neglected
as thinking it needlesse to ^take care of health till wee be falen
into sicknes; yet is it of greater vse then any part els,
and a wise man will rather take a litle care at first
to preserue that treasure, which once lost cannot without
greate paine & perill be recover'd, and whether it be
easier to prevent the enimies entraunce, or to expell him

folio 5 verso || folio 6 recto

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

Ad medici Dubius Confugit ager opem, but let such take
heed, least by too much neglect in the begining, when
nature is strong, and a litle order of good Dyet may
cure, they come not to repent what they cannott re=
paire; but to proceede; These six not naturall things

Comprehended vnder the name of Dyet, may *properly* be distributed into there parts, in ea quæ assumuntur, quæ geruntur, quæ excornuntur et retinentur, into those things *which* we doe, as exercise & rest, sleeping & wakeing, all kinds of motions both of body & minde; lastly into those that we doe evacuate, or longer then due time doe retaine as urine, ordure, & sweat; in all *which* I will observe for method sake, qualification, quanti^{ta}em, tempus, et vtendj modum; the quallity the quantity, the time & the manner of vseing. and first I will begin with aire in *which* wee breath, *which* of all

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

Qualitas

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

Quantitas

Now the quantum or quantity of aire, that must be order'd according to the strength, state & Constitution of the body; as yf the body be strong & able by how much the more free & open aire they inioy, by so much the better in health; but yf weak, sickly or newly recover'd from any sicknes, then may not such suddenly Brooke open and liberall aire, but by degrees, & as they gather strength

Tempus or
quando

For the time it ought to be in cleere dayes, when the
Sun hath drawne vp the yll vapours from the earth

folio 6 verso || folio 7 recto

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

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

Are generally Colder then those in valley's & low places,
for that the first are more subject to the power of
windes, wherby they are ventilated & Coold; and the
latter doe sooner & more powerfully receiue the reper=
=cussion of the Sun's beames; likewise such as dwell at
the foote of any hill that is opposite to the East, & South
Sun feelee a farre greater heate then such as dwell

toward to the north & west, and the hilles on the contrary,
for that the first receiue the benifitt of the riseing and
midday Sun, & are shelter'd by the hills from the north
windes, and the latter not only loose the Sun, but are
(besides the weaknes of the Sun's power in his declention)
subiect to the northwind, which will surely Coole, yf
any be stirring. Yt weere endles to repeate the severall
opinions of Authors concerning the various mutations
of aire by the variety of winds, I'll 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 holosome, and for the most part, makes
Aristotle meteorologica 2

Capitulo 6^{to}

the Aire Cleere when yt blows, renders the body Active, nimble,
as the minde cheerfull to all manner of actions. the
West winde is cold & moist, cloudy & Tempetuous, yet
Aristotle ibidem

fertile, but lesse healthfull ~~then~~ [^]faere then the former
The North winde falcifies the proverb, *which is omne malum*
ab Aquilone, for though it be Cold & dry, yet it very
much strengthens the body, except in weake bodies, where
it Constipates, & Closes vp the pores too much, yt
purges & Clarifies the aire, driues away all poysonous
and pestilentiaall vapours, whence of some it is Caled
ventus Scoparius, quod aerem Scoparum in modum verrit.
The South winde is hott & moyst the two parents of

folio 7 verso || folio 8 recto

Infection, Cloudy & Rainy makes the body dull, and
heavy, relaxes the parts therof, and makes it more cap=
=able of whatsoever is hurtfull; but of these more at large
in *Hyppocrates de aere, locis et, aqua*. The vicinity of waters
to any habitation strongly affects the inhabitants with
health or harme, as yf the River run on the South side,
it (doubtlesse) increases the moysture, yf on the north side
with Cold, and so of the rest, except this be hindr'd by
some mountanous places neare hand, *which may keepe of*
free perspirations of the winde; or high trees, or woods &c.
The time of the yeere hath no small share in altering
Hyppocrates de natura: humana
the air, as in *Hyppocrates de natura humana* and in
Galen de Temperamentis

Galen de Temperamentis, and elce where in diuerse places
of them both may appeere./ But rightly to deuide the
severall seasons of the yeere, will require some labour
there being one account of the Astronomers, and another
of the Auncient Physitions, the Astronomers reckon there

there Spring from the Sun's first entrance into Aries
to the last of Geminj, from *which* time to the last of virgo
is there summer, his passage through libra, Scorpio, and
Sagittarie, perfects the Autumne, and he spends his winter
with Capricorne, Aquarius & pisces; The Physitions estimate
these times according to the Temperature of the season,
Calling the Spring most Temperate, Summer , hott & dry,
Autumn Cold & dry, and Winter Cold & moyst, nor are
those seasons æquall in all regions, for (to passe by many
whoem I might instance) I will only produce that of Hyppocrates
of his owne Country where he liu'd as he hath set yt downe
in his third booke de diæta, a little from the begining;
the Spring saith he is from the Equinox to the riseing
of the Pleiades *which* is about the seaventh of May,
from thence to the riseing of the Arcturus, *which* is in *the*
mids't of September, was there Summer; from the

Riseing of Arcturus to the setting of the Pleiades
was there Autumne, *which* was the begining of November,
from *which* to the vernall Equinox was winter, by which
account they gave to winter and Summer foure months
and ten daies apeece, to the Spring but two monthes, and to the
Autumne not so much and in Egipt the January and
Fæbruary are there Spring, for Summer begins in March
and dures till the end of August; September and
October terminates the Autumne, and November and
December finisheth the winter with the yeere, as
liber i capitulum 7 de

medicis Ægipt

Prosper Alpinus./ in a word to Conclude, the seasons of *the*
yeere are in every place denominated according as the
Aire was hotter, Colder moyster, or Dryer, Hyppocrates calls
that the Spring when neither ^ with heate wee sweat, or are
Chill through Cold, & this he stiles Calidum et humidum
and in his 9 aporisme of this third Section he sai's 'tis
omnium saluberrimum et minime exitiosum, but Galen in the
first & the fourth De temperamentis denies the spring to be hott
and moist, for that saith he, the Spring of all times of
the yeere is most healthfull; as in the place before cited;
which himselfe alloweth in his comment vpon that Aphorisme,
and heate & moysture are of all tempers most subiect
to sicknes, and that Constitution of body, least in health
of all Constitutions, so that Galen seemes much to
dissent from ou^r 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's 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 Auncⁱents (not unworthily) accounted the
B....

folio 8 verso || folio 9 recto

healthfull and sound, and of this Constitution for *the*
most part is the Spring. The Summer is hott and dry
both by reason of the Sun's beames sent directly
vpon vs, he hauing got to 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
inæquality it is, that this season (is by *Hypocrates*) so much
spoken against, for its enmity to humane nature, for
in this season, Diseases of all kindes more rage, then
at any time, espetially those of melancholy./ Winter,
is Cold & moyst engendring diseases of Flegme comes next,
then is the Sun a stranger to us; or yf he doth salute
vs, his stay's but short, in Compensation wherof wee
keepe good fires, & eate good Cheere, yet it is to be
vnderstood that these Seasons doe not all waies keep
there Course, nor shew themselves in there owne likenes,
for somtimes the Summer is like the Spring, the winter
the Autumne, each one takeing others shape as *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 accomodate
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 gaue you) I made choice only of that part, *which* Chiefly tended to the Conservation of health cal'd the Hygienicke, *which* Consisteth in a due & proportion^{able} regiment in those thinges commonly cal'd the six not=naturall, that is to say, Ayre; Meate & Drinke, Sleeping, & Wakeing; Exercise & Rest; Excretion & Retention; With the Mindes Affection; but for that I was prevented by the time, I passed through but one of them, namely Aire: yt remaines now that I should proceed to the next which is meate & drinke, comprehended vnder the generall Word, Aliment, ab alendo, from nourishing, for according to all authority, that is strictly & ^{properly} cal'd Alyment, quod solum corpus alit et auget non alterat, and as Mercatus has yt in quo nulla qualitas manifeste vincit; for yf once there be an exuperancy of qualities, there presently follow's an alteration, and then it comes into ^{the} Rancke of Medicament or at least into the rancke of Medicamenta menta alimentosa; for Medicamentum nihil aliud est quam quod intro sumptum vel foris ad motum, facultatem habet mutandj Corpus, in *which* respect medicine holdes the meane twixt meat and poyson; for the first is, Tota substantia naturæ affine, the other is tota substantia naturæ inimicum, of *which* things more heer= after. But may some say what needs all the stirre in abstaining, following, ordering, and regulating ou^r selues in matter of dyet, when as Celsus his law is, Sanum hominem nullis se legibus obligare: and Hypocrates sai's that sanis exquisitum victum esse periculosum et nonnunquam noxas in emendabilis facere; and againe Temperatam Temperatis gaudent, the Temperate body Galenus arte medicinale Capitulum 63.

only delights in Temperate thinges & Galen in Contemplation of the various desires & appetites of diverse persons say's, Intemperies naturales ventriculj appetunt sibi similia: quæ vero sunt præter naturam appetunt Contraria: and to sett downe a rule or law in Dyett with respect to age, sex,

folio 9 verso || folio 10 recto

Custome, Temperament, and time of yeere, and many thinges mere Considerable according to the Altaration of all Altaration

which, must must be by a variation ^{must be} of Dyet; It is thought a thing rather impossible then vsefull: moreover it is well knowne to all men that none liue so long, nor yet so well in health as the Country labourer, who eates, Drinkes, workes, plays, sleepes, sweats, is wett or dry, &c as the season affoords, and his busines will allow; wherby yt, should seeme that hee keepes the best dyet, that keeps no dyet; yet least wee should run into Confusion, and allow to all, all alike, or what they please, let vs set

downe some rules wherby wee may be directed, though not exactly in all particulars, *which* indeed is impossible, (and is only acquir'd by Custome and long observation of what either helps or hurts) yet in generall to poynt out what, how much, when, & the like according to the various temperaments and Constitutions of the body, with respect likewise to other particulars before mentioned; for though as Fælix Platerus sais he is a foole that at thirty comes to the Physition to know what Dyet he shall keepe, yet the same author likewise tels vs that more Diseases are cur'd by a due and proper regiment of Dyet then by medicine, and Fernelius shall be my Judge how necessary a proper regard of

Fernelius in 14 *Capitulo*

primi libri de morborum

Causis

Dyet is to be had, who sais well may meate & drinke be ranckt next to ayre in the six not naturall thinges for saith he, *quantumque* celerius ac promptius in plures invadit; At Cibus atque Potus quoniam permanentem ac inhærentem Corpori materiam suppeditant, id validius Contum^a esiusque afficiunt, although ayre doe more swiftly and readily assavlt us, yet meate & drinke, for that yt doth minister matter to the body of more perminancy and (as I may say) that *which* striketh Closer to vs, for yt becomes one with vs, for this cause I say yt doth more strongly and more vnresistably affect 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, haueing no ther impulsive cause but from former yll kept dyet, and I dare boldly maintaine that neither from Aire, Perturbation of minde, nor any of the other not=naturall thinges, are diseases stir'd vp ex^{cept} there be first a preæparation of yll humors for these to worke vpon, and that the humors (are from the dyet) well or yll affected no man is so ignorant as to Doubt, and in a word as Antonius said in the like case, Ense cadunt multj Periunt sed Crapula plures, soe I in this, vna gula omnium est prope morborum mater. but to *proceed* in my method formerly propos'd, that is to say in respect of quality, quantity, time, and manner of vseing, for the quality

Qualitas
(of all thinges most [^] espetially to be regarded) yt must or ought to be (eukumos, eupeptos) and (eukeatos), that is boni succj, facilis Concoctionis et Temperatus, in perticulars wherof I might be endles, but I referre you to such authors as haue

writt therof, especially Galen de Alimentj facultatibus
 only tell you that in generall he (in the same booke) approu's
 best of flesh, then of fish, and lastly of such food as
 comes neerest to these in property and Quality; and in the
 vse heerof, he would have you regard the age, Region, State
 of heauen, nature and Custome, ubj status Cælj; et regio
 intemperata sunt, Contraria indicant ætas vero et natura,
 etsi intemperata sunt non absolute indicant Contraria, sed
 mediante Consuetudine. vbi vero prædicta temperata sunt,
 similia expostulant sive valeant homines sive ægrotent.
 Quod si in vno Conveniunt, facilis est qualitatis Victus
 investigatio: si vero dissona sunt, quæ majora dignioraque
 Galen Capitulo vltimo libri 8:

methodi

esse Cognoverit sunt præferenda, more plainly thus,
 suppose a man of flourishing age, of temperament dry,
 but accustom'd to moyst dyet, heere now in respect of age and
 temperament is requir'd dry Dyet, yet in respect of

folio 10 verso || folio 11 recto

Custome, (which is Chiefly to be followed) wee allow a moyst;
 for Custome according to Galen is the more noble indication
 and Hyppocrates : Cybos quibus uti consueverunt facile ferunt;
 tametsi natura haudquaquam boni fuerint. so that yf
 Region, time oth'yeere, and state of heaven, be Temperate
 the indication is absolutly Contrary, but from Age & Nature
 the indication is not absolute, but with respect to Custome,
 which (as I saide) is to be prefer'd before all; and so much
 in brife for the quality; now I come to the quantity
 Quantitas

in doseing out wherof yf I erre a litle excuse mee, for
 my betters long since saide that, quantitatem aptem ad
 vires accomodatam recta conjectura consequi, ardua res
 est: to accomodate the quantity of Dyet, sutable to the
 strength of the Patient; res ardua est; yt is a hard
 matter saith Hyppocrates in libro de alimento, nor is yt possible to
 præscribe a fitt quantity for all, since there is not the
 same reason in all alike differing according to time,
 place, nature, and infinite the like occurrents, that may
 cause an alteration in quantity as before in quality,
 as for example in sommer lesse meate & more drinke,
 and on the contrary in winter and Hyppocrates giues the reason
 of yt. & state (saith he) et autumnno Cibos difficile ferunt:
 Ventres hyeme et vere calidissimj sunt, quare per ea tempora
 Copiosiora sunt adhibenda alimenta, In summer and Autumn
 a litle meate sufficeth, for much is hardly borne; it'h Spring
 and winter more, for then the viscera, the internalls
 are hotter, and therfore more able to digest more; nor
 doth variation of quantity arise only from time of
 yeere, age, sex, Region, & the like, but euen from the con=
 dition of the meate yt selfe; for some meates nourish

much, and of such lesse will suffice then of such as nourish
litle; for it is a ru'ld case in Physicke, that *Tantum tibi*
ingerendum, *quantum dissipatæ Corporis substantiæ resartiendæ*
sit satis; the quantity of foode ought to Correspond to the
reparation of spirits formerly lost by labour, excercise,
or otherwise, whence it is that greate labourers eat most

As most fitt they should, for restoreing of such greate losse
as the continually haue by there much exercise, not that a
high and full dyett is generally to be approv'd of, nor al=
low'd to all persons: I'the instance in some perticulars, as thus,
if one of litle exercise, of a sedentary life, eate much, ~~eate~~
~~much~~, yt must needes corrupt, for that naturall heate is not
by exercise or labour stir'd vp to make digestion: yf such a
on's stomach faile, & he or she seekes to *procure* yt by drinking
wine & powring in hott liquors, this is like lime to the rootes
of trees, *which* though it maturat's the fruite sooner, yet it
perisheth the tree, for nature forc'd by adventitious heates
may, for the time helpe Concoction, but withall it shall
accelerare senium et tandem mortem, it shall hasten old age
and Consequently Death, for while it increaseth the heate
yt deminisheth the substance, *which* is the *humudium primi*=
genium, et *animæ et Corporis quasi vinculum*: againe excesse
of foode *Hyppocrates* explodes as a greate enimy to nature, when
he sais: *Vbi Cibus præter naturam copiosior ingestus est,*
hic morbum facit: & the reasons are evident, for let
the meate be never so good, yet yf it in quantity
exceed's the strength & power of digestion in the person,
yt can never be all digested, and so by long stay vpon
the stomach, Contracts corruption & Consequently diseases.
nay more yt from no other cause but from the meere
distention of the vessells as suppose all that ~~were~~^{is} in=
gested weere digested, yet shall not such liue long
in health, for that yt doth, vires premere et
gravare, like a bow still bent, or an instrument high
Hyppocrates Aphorismæ 3:

Sectio 1^{me}

strung: & this was the reason why *Hyppocrates* speakeing
of those Gymnasticks, or strong wrastlers of his time
whose state of body he suppos'd but slippery & uncertaine,
obnoxious to diseases, vpon every light occasion, for that
yt was impossible to adde to that height of body, and
in that state yt was as impossible long to Continue,

folio 11 verso || folio 12 recto

Restat tamen ut in deterius labatur, as *Hyppocrates* in
the place before cited most elegantly & fully, and
Seneca, *quicquid enim ad summumpervenit, ad exitum*

properat; in a word that I may *proceede*; too much
ingurgitation, what doth yt but beget Crudities,
Chachexyes, Palsyes, Apoplexies, & so stuffe the body with
excrements that from hence those miserable torments
of the gutts, together with obst^ructions the mother of all
diseases, nor doth the minde & functions of the soule
scape the daunger of this monster Gluttony, for to
incounter wherwith nature is so much imploy'de
that all thinges elce are set a part that Concoction
may be made of that burden of nature, and
many times all too litle: for how oft doe wee see
(as in a lampe drown'd in too much oyle and so
the light put out) a man orewhelm'd in surfett
so much that through natures oppression the man
is stifled and the light of nature put out.

Perniciosa admodum sentina est abdomen insaturabile,
and not lesse sharply than wittely is intemperaunce
cald Medicorum nutrice the Physitions nurse: on the
contrary they whose moderate vse of dyet answer's
there age, region, temperament, custome & the like
doe not only prevent the daunger of all these fore
named malidies, & mischeifs; but suppose the
Virulency & violent forte euen of Hereditary diseases
Contracted from *our* parents, & since I have *proceeded*
so farre in this matter of quantity in dyet. giue
mee leave to make neerer inquiry into this matter
of moderation, what it may be, & wherin yt con
=sists: Hyppocrates saith, Alimentj tantum est indulgendum;
Hyppocrates in 6to Epidemiae
text 20

quantum par sit laboribus , and in his aphorisme *sectione secunda*
eam nimirum semper esse quantitatem ingerendam, quæ
gravitatem Ventriculo non inferat; and Avicenna ; surgendum
esse a mensa: by all which places wee may gather

That never take in so much as may fill the stomach, so as
to bring a weighty heavines vpon vs, and indispose to laboure
for though wee rise with desire to eate more, as wee say
with an appetite, yet soone after shall that hunger cease;
the reason is this, the place & seate of hunger & appetite
is in the mouth of the stomach, now so long as that is vn=
=fil'd the appetite to more doth still continue, for that the
quantity of foode doth not occupy all parts of yt so fully
as to satisfy that, but soone after yt doth; for assoone
as Concoction begine (*which* is presently after cessation) then
the meate riseth vp to that part & so satisfy's all; for
the meate must haue roome to boyle in ^x : as wee

X elce when yt rises
 to Concoction it would pro=
 cure vomiting, wanting
 roome to boyle in
 see in a pott that is fil'd full, at first soone runs over
 when yt begins to boyle, to this Doth Hypocrates allude in
 his booke de locis in homine; when he sais, Cibos offeramus
 ea Copia, quantum Corpus, cuj offertur, superare valeat. and
 againe in the same booke non sumatur vsque ad respirationis
 paruitatem: in a word such quantity of aliment is to be in=
 =gested as is adæquate, proficuous, & proportionable to every age
 region, custome, & nature; the Just measure wherof, is by
 no other meanes so well founde out, as by the sence of the
 body in the very act of eating; for (as I saide before)
 nature must not be burden'd therwith, nor the stomach
 oppres'd with excessiue quantity, least therby wee extinguish
 naturall heate; as on the contrary too litle is like a
 small parcell of meate to a greate fire, where the meate
 is soone burnt, & the guests want there foode, both of
 which are a like yll to the body. I should now shew
 you what quantity is thought meet for every age
 region, nature, time of yeere, and custome, but then
~~then~~ I should be too tedious, I will therfore Conclude
 in two words, how to know when one hath eaten so much

folio 12 verso || folio 13 recto

And no more, then may well stand with the rules of
 health, first with Galen , from his pulse, yf yt be
 3 de Causis pulsuum

Capitulo 6^{to}

æquall, temperate, neither too greate, nor too languide,
 his breathing free & large, next that he be not
 dull, sleepy, or indispos'd to talking, reading, writing,
 or other excercise, (not that I prescribe these soone
 after eating, for they are hurtfull and doe hinder
 digestion) that after six or seaven houres feeles his
 stomach empty, without eyther belchings or vnsavory
 Ructations, for they shew the meate to be corrupt
 vpon the stomach; that in his sleepe is nott
 afflicted with turbulent dreames, or cannott sleepe
 at all; that wakes Cheerfull & lighhtsome,
 without much yawning or stretching; that hath
 his belly to answere his stomach, readier to dis=
 =charge the burden of former eaten meates, then
 desirous of new, and an yll signe yt is yf he
 be dry in the morning, and will be shrewdly
 guest at what he hath beene doing over night,
 yf any of these thinges happen, my advise is
 that the second dayes sobriety, make compensation

for the former dayes satiety, for as the *proverb*
is, *secundæ cogitationes semper meliores.*/ so haue
I done with two of my foure proposed rules
of eating, namely the quality & quantities,
there remaines now that I speake of the time
& manner of eateing, but of them heerafter,
ever remembring *Hyppocrates* Aphorisme, *non satietas, non*
fames, nec aliud quicquam bonum est quod naturæ
modum excedit./

Prælectio 3ia

I B M D

In my former lecture, where I took vpon me to
discourse of the second of the six, not Naturall thinges,
to witt Eating & Drinking; I, for order sake Consider'd
therin foure thinges; namely the quality, quantity, time
of eating, & lastly the manner or method therin requir'd;
the former wherof I then briefly handled; & had not intended
(as I then *promised*) to have finish'd the other two now, but
when I revolved in my thoughts the many, & maine
important questions that heeron depend, I Conceiu'd
it fitter to take more time to better purpose, then
to huddle vp obscurely (and as yt weere) out of will to
Ignorance *promiscuously* shuffle so many with notions
together as are Contein'd in there true discovery, the least
of *which* (apart) hath Cost many greate Worthies of this
Art more labour then I had alotted my selfe for the
all; As first how Concoction is made; 2dly whether the
stomach be nourish'd with Chyle or with Bloud; a Contro=
versy that hath beene fiercly disputed on both sides, with
very *probable* reasons for each side, all *with* in our time
and place I will (God willing) deliver. againe whether
variety of meates, or simple dyet, best nourishes;
together with the Causes of hunger & many other vse=
full questions that from there will arise; all *which* I will
more then touch at as they shall accurre to my discourse.
I will begin with the time of Eating, & first for the number
of meales, *which Hyppocrates* in his booke de *ratione victus*, reports
of his time, to be to some once, to some twice, et alios
sæpius in die, non solum comedere, sed etiam saturarj,
others not once or twice a day onely, but often, even to satu=
=rity & fullnes. And it was a Custome amongst the Romanes
to make fiue meales a day, there Ientaculum , Prandium,
Merendam, Cenam, et Comessionem, the first foure
Common to all, the last (cal'd Comessatio) was there Revelling

folio 13 verso || folio 14 recto

And Banquetting between supper and Bed, more peculiar
Incontinentibus, as my Author sai's to such as weere of an un

chaste life, but that as some of the rest were but the
 Issue & offspring of Epicurisme & Sensuality^x, with *which*
 X more fit to beget
 diseases then main=
 taine health
 let us haue little to doe, least for want of practise
 abroad, wee make worke at home; the Arabians
 some of them prescribe 3 meales in two dayes, repu=
 ting yt most congruous to health; not to oppresse the
 stomach with a fresh meale, till perfect Consummation
 of the third Concoction; an Opinion vaine & frivolous
 and therefore not without good Cause rejected of *our* latter
 Learned. for what need wee expect the third Concoction
 whenas sometimes & in some Causes, a second meale may
 be added ere the stomach (the place of the first concoction)
 be absolutely discharged of the former, as I shall by
 & by deliver. Others there are that best approve of
 a breakfast & a supper, & some of suppers only,
 but these are but perticulers, & fitter for history then
 Art, let vs resolve vpon the most receiued, and most
 allow'd of Custome, that is A Dinner & a Supper, and
 herein let vs Consider what orders and Intervenient time
 there ought to be in this Course obseru'd. *Hippocrates* saies
 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 little betweene Meales, but
 even to hasten supper vpon dinner, least by leaving the
 stomach altogether empty, & destitute of matter for *the*
 Humors operation it forthwith (being Active) as it is, workes
 vpon the spirits & begets Feueurs; or Climbes into the
 Chaire of reason, & there infests the Animall faculties,
 and all this with safty of that opinion, *Crudum super indigestum*,
 for thus yt may be vnderstood *Crudum super-erudum indigestum*,
 that is de crudo preæistente in stomacho, non de semi=
 =cocto, aut majorj ex parte distributo; of such as is left
 in the stomach, & cannot be digested, not of such as is
 left halfe digested, and only wants a little time to put
 yt over, in this last case a man may eate before the
 first concoction be perfectly made. well to resolve;
 what time wee shall allow betweene meale & meale;

shall wee with Rhasis allow twelue houres, or with Gentilis , Ten, or with some more, with some lesse? no, none of all these, for what Certainty can there be in a præfixt number of houres, when age, excercise, time of yeere, strength of body, quality of meate &c, may alter that every short while; Conclude we then, that *the* best time to eate a second meale is when you finde your stomach lightened from the Burthen of the former, with=
=out heavines or indisposition to busines, without ructations & vnsavory belchings, and as I saide before, & more large =ly in my last lecture./ When you finde a sharpe Appetite, with a waterishnes from your stomach at *the* sight of meate, for these thinges evidently show the former expence, and the necessity of fresh Commons. But stay I have beene so busey to know when wee should have *ou^r* second meale, that I had quite forgott how to Come to *ou^r* first, for charity's sake when shall wee goe to dinner? what houre

folio 14 verso || folio 15 recto

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

heate may be stirred vp: for *which* only Cause wee
all waies in winter prescribe moderate exercise a

A litle before Dinner, not but that the Internalls are
hott enough, yea & too hott oftymes, but that heerby
there may be a more proportionable heate in all parts,
which ever begets the best digestion. and so much for
ou^r 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
ou^r capon=eaters; & to be well pleaded, would deserue
a fee of *ou^r* Feast=founders & custard=crammers; well
let us first heare what *ou^r* 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=
6^{to} de *morbis* et
symptomatis causis
peares in his works./ the example of the country
Clowne & husbandman (who for simple dyet and
sincere health, Compare with all men) they bring
against vs; and make *ou^r* maister greate Hyppocrates a Champion
against vs, who in his booke *De Flatibus* giues two reasons
against this Custome of Dyet, *Tum quoniam* plus, quam

folio 15 verso || folio 16 recto

Par est assumitur, tum etiam quoniam edulia
varia et dissimilia sunt, quæ turbas excitant, nec
pari celeritate coquantur. first for that more then
fitting is taken in; next that various & vnlike meates
doe but trouble the stomach, & are long in digestion

and in his 2^d booke de Dieta; Condimenta damnavi
 quoniam inter se viribus dissident & one wittily said
 that various dishes weere like variety of women,
 they intic'd vs to venter at more then wee are able
 to performe, from all which it seemes that a simple
 dyet is easy, safe, & Congruous to nature & to be
 prefer'd before variety, & multiplicity of Dishes.
 And yet for all that hath beene saide on this behalf
 there wants not arguments on the other side to plead
 for numerous & various Dishes; & yt would seeme
 (mee thinke) to accord with reason, that variety of
 food should best agree, with that body which is com=
 =pos'd of such various & different parts; & without
 all question, to Fatten a leane body, variety is
 best; & Aristotle sais *that* for that very reason it
 is that swine are so fatt, as you may see in 8tavo
 de hystoria Animalium, Sues ob id pinguj abundan=
 =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 qualities, as very hard, &
 very tender, or very hott, & very Cold together; these of
 necessity must *produce* mischief, espetially yf it happen
 to an vnresitant stomach, one that doth succumbere
 singulis, yeeld to every thing; and what cookery is there
 like to be, where the Legge of Beefe & the Larke are
 put into the Pott together, do'es the cow's vdder & Partridge
 require on time of dressing by one & the same fire,
 and against this, is the Argument of those that contend
 for simple Dyet, Chiefly prevalent; where on the Con=
 =trary take many meates of one quality or more in quan=
 =tity, as the capon, the hen, the young Turkey, the Phe=
 =saunt, Partridge, &c. as likewise grosser meates to harder

stomachs, Why? this variety & multiplicity hinders not concoction, because though different in specie, yet are they neere & of kinde in quality, for one heat in our stomach, in one & the same space of time stries to make digestion of all these together; where yf you put the Ploughmans hard Cheese into the courtiers Quel=
=que=chose, alas hee's laide vp for half a *progresse*, and Kickshaw's

either can eate nothing whilst that's digested, or by benifitt of Nature or Art is faine to throw yt vp the same way yt went in; & so the hard labouring clowne, whose stomach feeles nothing, that is not within a degree of steele, let but him be fed a fortnight with cockbrothes & Iellies, and you haue taken vp his belly worse, then you had fed him with Chopt straw, for his fire is so hott that he burns such wafer Cakes as soone as the touch his oven./ but this be the by. the resolution then is thus, where

folio 16 verso || folio 17 recto

Where thicke & thin, hard & soft, are *promiscuously* ingested there the Damage *proceeds* from the variety & multiplicity of Dishes, but ^{^ where} many of one or alike quality are eaten of at once yt hurts not: for the reasons before aheadg'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 voluptatj. there is no daunger in variety, to him that Can Containe him=
=selfe within the bounds of mediocrity, quo fit, vt copia non varietas noceat. for variety with Temperaunce Life

preseru's like & health; when a single surfett distroy's both; though yt may not be dein'd that excesse of one is lesse daungerous then of many, & thus have you heard how the reasons stand on both sides; for variety; or simple dyet./ I will now *proceed* to another question, *which* is to know, of Grosse or Thin meates, *which* is first to be eaten of in meale, for you must remember I am all this while in my method or manner of Eating. in *which* Controversy, giue me leaue to looke over the reasons on both sides, and then resolute with *which* to take part, & the reasons why I take part with this rather than that. To passe over the reasons of some, who maintaine that grosse meate is first to be eaten, for that as in Building the Foundation is of Coursest matter, the wall finer, & so the Roofe purest, or as amongst

the Elements, the Earth (the grosest) is lowermost,
the water next, & so the Ayre, & Fire finest & highest,

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=
=wering; and come to there Arguments (more solid)
that hold that grosse meate is therfor first to be
eaten, for that the lower part or bottome of the sto=
=mach is more fleshy, & Consequently more hott,
fitt to make Concoction of hardest, and grossest foode,
as the vpper part nervous, colder, ordain'd for finer and
tenderer dyet; for by how much the lower part exceeds the
upper ^ in heate, by so much is the Aliment first put in, ex=
=ceeded in Concoction, so that while the strong part makes
worke vppon the grosse meate the weaker part aboue
may haue finisht its labour, vppon the finer, & so both
(made ready in perfect chilification) may at once be=
throwne out into the gutts for other operacions; for=
otherwise (say they) yf the finer should be put into
the place of greatest heate, and so of swiftest di=
=gestion, and the grosest in the Contrary, yt would
happen, that at the opening of the Pylorus the lower=
=most Mouth of the stomach, to giue way for the
fine meate, first Concocted; that not only the labour
of the grosse meate would be hindered, but (against
natures order) yt would slip away with the rest vn=
=perfected, for nature doth not disgest apart & turne *that*
of, and then a part, and so ^{as} it is digested, but re=
=taines all till there be a perfect concoction of all, &
then discharges all together, according to that of

3^{tio} de facultatibus

naturalibus Capitulum 4

Galen , Tum ventriculus aperit inferius os cum cibos
ad perfectionem concoxit. now these men say something
to the point, and though my Judgment carry mee
another way, yet there is somewhat in there arguments
semblable & seeming like truth: and did not Galen

folio 17 verso || folio 18 recto

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

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

Purgendo, Irritandovem; *per accidens* wee say Concoction
is soone made, when the meate is of yt self 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
3^{tio} 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 Ptisanæ dejectionem
provocatio, verum si ptisana primum ^ sumpta fuerit, subduci
mulsa prohibetur. semper enim oportet ingerere,
quæ et facilius corrumpuntur, et quæ subducuntur
magis: as Galen in his Coment vppon that place;
and amonst many thinges, to Confirme this, he hath
in his 11th chapter de *alimentorum facultatibus* these wordes:
satius enim fuerit scire ex cibis qui parantur ad

dejectionem, posteriores quidem sumendos, eos qui tardem
permeant: omnium autem primos, qui celeriter quidem
pervadunt, corrumpuntur tamen si in ventro morentur
diutius. by this you may easily perceiue of what
minde ou^r Maister Galen was, that all such meates
as weere quicke in passage, easy of digestion and of
fine parts, ought first to be eaten, least by being
too long stayde vpon the stomach, they (through
there owne corruption which they suddainly would
Contract) infected the rest of meates, and so over=
throw the wholl work of Concoction. And to this
2^{do} 2^{da} Doctrina

Capitulo 7^{mo}

agrees that of Avicen . Nutrientia præterea ordinem
in sui 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 nabit non habens viam qua
penetret, putrefiet ergo et corrumpetur, et corrumpet
illud quod ej admiscetur. so that the argument
wants not Confirmation yee see from the first
three that ever wrott? not first in place but in
power & authority, as allso the manifest discomodity
ensuing the contrary: all which laide together cannot
but win vpon ou^r wills to assent vnto the same,
wheras in this there is all safety, no daunger
at all, for I graunt that the lower part of the
stomach is hotter then the vpper, yet Can there
not be distinctly set out according to proportion (part
to part Compard) which, & how much this part
exceedes the other, correspondent to the meate ingested
nor is there such distinction of places (though taken
~~in~~ in that manner the grosse before the fine I
meane) in the stomach; that this in this place
and that in the other, to giue way one to another
as yt weere in orderly succession: as by the argu=
=ment would be inferd: but that which is first con=
=cocted is first discharg'd, & so consequently part
after part, till all be dispatch'd; & not all at once
as the place before cited out of Galen would
seeme to inforce, and without all question, from
that very place misunderstood haue they built this
falce fabricke, nor Could they otherwise, takeing
yt after there interpretation, for yf it shalbe
graunted, that digestion & Distribution is perfected
at once; then of necessity must allso a way be
found out to make the grosse & the fine meate

ready for discharge together or elce you heare
what inconvenience would ensue, but as in Phylosophy

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

folio 19 verso || folio 20 recto

Gutts make (that oft times) compleate, *which* pa'sd the stomach
vnperfected? yes very oft, & that without other hurt or
damage to the Body. all *which* (with all that hath
beene saide before) rightly Considered may worke vpon
you (as vpon me yt hath) to maintaine that, Tenuia
ante crassa is the safest feeding, & that an error
heerin Comitted is less daungerous, & sooner repaired,
either by Art, or Nature, then a fault in the other,

and so haue you my resolution of this point allso
I should now *proceed* to other questions, as namely how
Concoction is made, and whether the stomach be
nourished with chyle or bloud &c. but for [^]that yt is too
much to be delivered at this time I'll 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 violett~~es~~, Borage,
Bugles, and Succory of Each a Little, Boyle
these in all most halfe a pynt of water till
halfe be Consumed over a very gentle fyre, then
lett it stand vntill it be almost cold, then straine it,
and after it be [^]so strained, putt into it Syrop of
Succory with Rubarb one ounce, Creameotartar
a dram, shake them weltogether and drinke ~~them~~
it off fasting betymes in the morning and fast
two howres after, then drinke some warme brooth./

To Purge waterish humors./

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

folio 20 verso || folio 21 recto

Pills & Purges./

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

Take [^]for 3 or 4 nights together a quarter of an howre before
Supper, a Pill of Aloes Rosati of the bignes of a Pease, and
whensoever you fynd your body very Costive, take of the

said Aloes Rosati according to your discretion, If you fynde your body not easiely moved, you may take 2 pills: But you must be Carefull to buy this Aloes Rosati of the best which is Comonly after the rate of 6^d per ounce, The more certaine way therefore is to make it your selfe which is done in this manner./

To make Aloes

Rosati./

Aqua Pendente

Pills./

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

folio 21 verso || folio 22 recto

A Purge for all Causes.

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

Syroke of damaske Roses, 16 graines of Iollipp
powdered Infuse the Iollipp all night in white
wyne made scaulding hott, the next day
mingle all together & drinke it Luke warme./

An Easie Purge

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

To Purge the Liver & refresh the Stomacke

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

Doctor Herves Purge

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

A way to Purge by outward means./

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

Excellent Pills of Amber called
Pillullæ de Succino .

Take of white or other Amber a quarter of an ounce,
of Aloes 5 drachmes, of Agricke, one dram & an
halfe, of the Right Aristolochia halfe a dram.
Beate them all into fyne powder, and temper them
with the Syrupe of Wormewood, made therof a
masse of pills, and forme 7 pills of a drachme,
Take 3 or 4 of them, when you goe to bedd They ex=
pell all humiditie & vnclenenes 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 & i, pepper piretrum of each & is mix
it with honey, Make it into Little Cakes and
Champe it./

Pillulæ de Succino are good to Purge the Sper=
maticall Vessells./

folio 22 verso || folio 23 recto

To Purge Melancholly by
Doctor I F /

Take & 1 or & ii 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, & Cochiae ana & i or & ii./

Another Purge

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

Or Thus

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

Another Purge

Rx Pillulæ Agrigati eorum Ʒ 1 Trochis eorum
Athandal (made of Colocynthis) 5 graines
Misce fiat Pillulas This purgeth fflegme Choller
and nations humours, It is good in great &
inveterate headaches, Meagrines, Epilepsies,
Apoplexies 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 ℈ i
to ℈ ii or ℈ iii in strong bodies. If ℈ i or
Ʒ s bee very finely searced, It will purg very
pleasantly, and hath no tast. ℈ 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 ℥ i of Choice Myrrhe Ʒ i of
Masticke Ʒ is of Saffron Ʒ 1s, of roses Ʒ i of
redd Saunders Ʒ ii Make these Pills with
Endive water as bigg as a Pease, or a small
Beane And these may be taken att all tymes, vnles
the season be Extreame hott or Extreame Cold, And
they must be taken very early in the morning or late at
night, They Exact no Curious attendance, or

folio 23 verso || folio 24 recto

Abstinence from ordinary meates, or vsuall dyett;
Comonly ℥ 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 heyес and
apparent old age./
5 They Exhilerate and make a man gladd and
Ioyfull./
6. They sharpen the vnderstanding & strengthen the
memorie./
7. They Comfort and Cleere the Eyesight./
8. They Cleanse the stomach hart and all the
Entralls from all Corrupt Superfluities./
9. They purge and Cleanse sweetely, not distur=
bing the humors or gripeing the Belly./
10 The Expell ffleagme and wyndenes ingendered
of Cold which annoyeth any part of the Body./
11 They preserue the whole Body from the paines in
the Ioyntes./

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

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

1 The vse of these Pills (saith hee) excuse a man from
takeing any other Purge./
2 They much helpe the dullnes of the Eiysight
and Cleere the Eyes./
3 They Cure the Headach, Meagrimс and all verti=
ginousnes./
4 They perfect the Hearing
5 They perfect the Sense of Tasting
6 They Cleere the Vnderstanding and helpe the
memory
7 They preserue a man from the Palsey and Tremb=
ling./
8 They Cure all Catarrhs & Rhumes./
9 They availe much against all Colt diseases./
10. They helpe all Coughs, newe or old./
11. They avoyld all ill Rhumors ingendered by
feeding on Crewd & Corrupt meates./

12 They preserue from the Gout and the Running
of humors from place to place./
13 They keepe a man safe from all paines in the Ioynts./
14 They Comfort the liver and Cure the Iaundice./
15 They open the Hemrodes & not over much./
16 They are found very Comfortable and of great
vertue in all Passions of the Hart./

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

Take of the best and purest Aloes lib. ii of Raine
Water lb vi ffirst grind *your* Aloes fyne, Then
putt in *you*^r 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 Spanish Liquorice slyced
and a little Coleander seedes Boyle it in a pyne and
an halfe of ffaire water till it come to a pynte,
streylene 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 streylene it and drinke a good draught of it
fasting three or fower daies together you shall not
need in this to keepe your Chamber./

folio 25 verso || folio 26 recto

folio 26 verso || folio 27 recto

folio 27 verso || folio 28 recto

Dyett & Purging Drinkes for
the Blood, or other wyse ./.

An Excellent Dyett Drinke for any
Payne in the Joyntes, proceeding of Cold
or from any sharpe Humors caused by
Sower or Salt meates, or Drinckes ./.

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

folio 28 verso || folio 29 recto

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

A Purging Ale

Take 5 or 6 handfulls of Egrimony, Betony
Siverwort, Scurvie grasse, Pellitory of the Wall
Redd docke Rootes English Madder Rootes,
Polypodium Rootes, of each a like quantatie,

two or three handfull of English Rhubarbe
with six ounces of Sena, Liquorice and Anny=
=seedes of each three ounces to a *proportionable*
quantatie of Ale./

Another Dyett Drinke

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

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

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

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

Take of Orientall Sena 2 ounces, of
Chosen Rhubarbe halfe and ounce thyn sliced,
Annyseedes and ffennell seedes of each a good
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 spoonfulls, 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 euery morning a reasonable draught
blood warme, haueing some thinne broath 2 or 3
howers after./

Another Excellent Drinke

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

A Purging Drinke to Coole the Blood./

Take violette Leaves and Strawberry Leaues of each
two hand fulls, a good quantitie of Buglosse or
Borage, one hand full of the Tipps ~~of~~^{or} Rootes of
Redd ffennell, of Liquorice 3 ounces, 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 20^{tie}
stones and all, Lett all these be boyled together in a pottle
of Running water, boyleing softly till halfe be consumed,
Then streyne it, and soe lett the partie drinke of it in the

morning about halfe a pynte fasting an howre
after, And soe againe att 4 of the Clocke in the
Afternoone If you please to haue it purge, yow may
putt in it one or two ounces of Sena.

Another Excellent Drinke against
Hydropicall Humours Consumption &cetera./

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

folio 30 verso || folio 31 recto

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

A Drying Diett Drinke/

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

them a quarter of one ounce Cynnamond, and
an ounce of Liquorice and keepe it for a Second
Drinke. Dr. More ./

Another for the Same

Take of ffrench Barly a quarter of a pounce
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 there stones, an
ounce and an halfe of Liquorice, scraped and bruised, halfe
a spoonfull of Anniseedes, two spoonefulls of the Raspinges
of Guaiacum, and a Little hand full of the Leaues of
Dandilyon; Lett these Boyle all together to a
pottle, Then streyne it, and drinke thereof every
morning halfe a pynte, or three quarters, or a
whole pynte warme, besides often in the day, and
att meate, without drinkeing either Ale, beere,
or wyne, Except you will mingle a little
whyte wyne with it att dinners but not at Supper
per Dr Moore ./

To Provoke Sweate,

Make a possett of Sack and Ale, Then take away
the Curde, and boyle in the Possett drinke these
hearbes following *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./

folio 31 verso || folio 32 recto

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

Take three pyntes of Water, three pynts of Whyte
wine, a pound of Currandes, and six ounces of

docke Rootes of the most orrange Colour yow cann
gett Boyle all till a quart be spent, streyne it and
drinke halfe a pynt in the morning and asmuch
in the Afternoone about 4 of the Clocke.

Another Excellent Drinke./

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

Another Drinke

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

Another

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

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

Take halfe a pound of Barley, 4 measures or
quartes of water, halfe an ounce of Liquorice, of the
seedes of Violettes and parceley of each two drams,
three ounces of Redd Roses, one ounce and an
halfe of Hysopp and Sage, with three ounces
of figges and reysons well pickt. Seeth them
altogether in an Earthen pott till they decrease
in Liquor two fingers brea^dth Then putt the
pott into Cold Water and streyne the Liquoure
from the Ingredients keeping the same in a
glasse for vse as occasion serues.

A Pleasante Drinke to make
the Body Light, the Hart merry
& to keep backe Cares & Melancholly
Fitts ./.

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

folio 32 verso || folio 33 recto

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

folio 33 verso || folio 34 recto

Vomitts./

To vomitt

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

Another Vomitt

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

Another Vomitt

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

Another

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

folio 34 verso || folio 35 recto

folio 35 verso || folio 36 recto

Clyster for the Stone Collicke

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

A Clyster for the wynde Chollicke

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

folio 36 verso || folio 37 recto

A Clyster for the Flux

Take a pynte and an halfe of newe milke Boyle in it
a good handfull of redd rose Leaues dried 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 ounces of Butter
& 2 ounces of Sugar./

To make a Suppositor./

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

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

Another for Cornes or Warts

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

Another for Cornes

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

Another for Wartes

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

An approued medicine to kill Wartes.

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

folio 40 verso || folio 41 recto

folio 41 verso || folio 42 recto

Eyewaters or Powders.

An approved water for the Eyes./

Take an ounce of Tutty of Alexandria from the Apothecaries, a quart of good whyte wyne, an hand= full of redd rose Leaues with the whyte thinges cutt offe Beat the Tutty in a morter very small, then putt all into a Cleane possnett and seeth them over a soft fire till the halfe be Consumed, then streyne the rest through a fyne Lynnen Cloath into some cleane vessell, and when it is cold putt it vpp into a glasse stopping it very Close use it thus Putt a little of it into a spoone, and lett the partie lye downe and with a feather putt three dropps in the Eyes

morning and night, and lett the partie lye halfe
an howere and rest after it; then lett him wash
his Eyes with faire water, and vse this three
tymes morning & Evening, It much helpes./

Lady Cotton s Receipt for Sore Eyes

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

folio 42 verso || folio 43 recto

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

Approved admirable water for the Eyes./

Take an Eggchell, the meate cleane taken out
fill it with faire Running water, and putt to it
asmuch whyte Copperasse as a wheate Corne
and a spoonefull of Cummyne 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 2^d like silver, and the 3^d 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

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Ʒ 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^{^n}t the
Liddes & Corners of the Eyes with Unguentum
Tutiæ, oyntment of Tutty, first purging
the head with pills, is very good./

To make a Drinke for a Pyn & Webb.

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

For the Rhume./

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

For Rhume in the Stomacke

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

For Rhume in the Eyes an approved
Medicine

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

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

Take an Egg and Roast it hard, then Cutt it
through the middle, and take out the yelke, and
fill the hole of it with whyte Sugar Candy fynely
beaten to powder, and so Close the Egg together
again, 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 helps./

folio 44 verso || folio 45 recto

A water for Sore Eyes or any old Sore./

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

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

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

Mrs Swinfeild s Recepj./

For heat & redd burning Eyes Rhewne./

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

the Eye, a dropp or two./

folio 45 verso || folio 46 recto

folio 46 verso || folio 47 recto

For the Cough

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

Another for a Cough

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

Another for a Cough

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

Another for a Cough

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

folio 47 verso || folio 48 recto

For the Cough

Take of Whytewyne Vinegar, Hysopp water

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

Another for a Cough

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

For a Cold

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

For a Cold or Cough

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

For a Cold or Cough, To stay Rhume for
them that haue any Giddinesse or
Palsie ./.

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

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

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

folio 48 verso || folio 49 recto

To Procure Sleepe against a Tickling
Cough

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

Another

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

Another for the Cough or Consumption

Take three pyntes of good Ale and a quart of milke,
and make a Cleare possett taking off the Curd,
then putt into the possett Ale Anniseedes and
sweet ffennell seedes, of each an ounce, three
ounces of Liquorice slyced and Cutt, Rosemary
Penny Royall, Camommill and hysope of each
a halfe penny worth, or a small quantaty; Boyle

all these in the said possess-posssett Ale, and when
they haue Boyled together about halfe an hower,
then streyne the herbes, and dissolue in the Liquour
4 ounces of Sugar Candy, and three pennyworth
of the best English honey: If yow please yow may
add to it a quantatie of the powder of Fox Lunges./

For a Cough, to Candy Elycampane

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

folio 49 verso || folio 50 recto

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

An approved Syrrup for the Con=
sumption of the Lunges ./

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

or inward partes, As Coughes, Stoppages,
ffleagmes, decays of the Longues, It may
be taken in Broath, Possett Ale, or simply
alone,/ Probatum

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

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

folio 50 verso || folio 51 recto

And lett the fire be kept vnto it 24 howers And
as the water in the skellett or posnett Consumes
fill it vpp againe; Lett not the fire bee too great
for feare of Wasting that in the quart pott,
then streyne that in the quart, and sett the
Liquor on the fire againe in a Cleane
Skellett, Putt vnto it Cleare honey, sugar
whyte
pellettes and 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 squeeze the streyner, then putt it on
the fire againe, and putto it three or fower
ounces of damaske Rosewater, Seeth them
together to a Syrupp, Take of this any tyme
of the day or night, the oftner the better,
This Syrupp is of great Virtue to
Cleanse the Breast and Lunges./

To restore the body out of a Consumption

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

An Allmond mike to vnstopp
the Liver and Spleene ./

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

Another approued & Excellent Medicine for
a Consumption ./

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

folio 51 verso || folio 52 recto

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

Another for a Consumption

Take a pynte of Whitewyne, halfe an
ounce of harteshorne, and half an ounce
of dried 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 Runnng
water, till it be halfe Consumed, then streyne it and
drinke a good draught of it warme in the morning
halfe an hower after dinner and when yow goe to
bedd, If yow bee Costiue yow may make it solluble
by putting a peece of Butter in it as bigg as a
small Nutt This may be made of Ale if yow
please instead of Runnig water.

Another for the Same

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

Another for a Consumption Cough

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

folio 52 verso || folio 53 recto

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

Another for a Consumption or Cough

Take 3 peeces of Elycampane rootes, of mayden=
haire Coltsfoot Cetruche of each an hand=
full, ~~three~~ three stickes of Liquorice scraped
and bruised, three spoonefulls of Annyseedes
12 blewe figges, 12 dates, one pound of Reysons
of the Sunn dat-stoned, Liuerwort halfe an hand
full, hartestongue, 7 Leaues, hartshorne two
ounces, Bewglosse fflowers, Rosemary fflowers,
Clove gilly flowers, Marygold flowers of each
and handfull and an halfe of vnsett Isopp
an handfull Putt all these into an earthen
pipkin to a pottle of Running water ouer
a softe fire to infuse ~~4 & 20~~²⁴ howers till halfe

be Consumed, Then streyne it, and haueing
ready the Iuyce of 12 Turnepps baked to putt
to it, take a pound of Sugar, or Sugar Candy
to euery pynt, and so boyle it to a Syrupp, And
Take two spoonefulls of it euery morning and
Evening first and last./

Another Syrupp for the Lungen

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

Another Syrupp for a Consumption

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

Syrrupp of Turneps for the Consump=
tion, or Cough of the Lungen ./.

Take of the best soundest and smoothest skinnd Turnippes what quantatie yow please (a pecke of Turnepps will yeild all most a pottle of Liquore) wash them nott,

folio 53 verso || folio 54 recto

but wpe them Cleane with a Linnen Cloath, putt them into an Earthen pott, putt on the Cover, and Lute it about with Clay or such like, that noe Ayre goes out, Putt the same into an oven, and lett it stand as long as Household Bread in the bakeing, Then take them out, and streyne the Liquor from them, Putt this Liquour into a pipkyn, To a quart of the same, putt of Coltsfoot and Hysopp water both together about halfe a pynte, A quarter of a pound of Reysons of the Sunn stoned, as many figges Cutt in halfes one ounce of Annyseedes, three ounces of English Liquorice slyced, halfe an ounce of Cinnamond bruised, Lett all these boyle softly vpon a Charcole fire the space of two howers & more vntill the strength bee out of the Ingredients, then streyne the same againe, and putto euery pynte thereof a pound of Browne Sugar Candie, then Lett it boyle, stirring it till it come to

the thicknes of a Syrruppe Take three or
fower spoonefulls of this fasting, and asmuch
Beddward, or att any tyme when the Cough
oppresseth yow./

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

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

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

Note that in making of Syrupps; to euery

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

A Drinke for the Consumption &
Cough of the Lungen & 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./

For a Short Breath, Sore Cough,
Consumption & Diseases of the Lungen./

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

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

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

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

Brothes

For the Consumption

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

Another good Restoratiue
Broath for the Same ./.

Take of China Root two drams of the
Shaueinges of Ivorie and hartshorne of each
2 drams of Liquorice & lyced an ounce
and an halfe of Annyseedes & ffennell seed-seed~~es~~

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 few, 2 Cicchory Rootes pyth'd, a peece of Camphry roote slyced, fflower dates quartered, a nuttmegg or two quartered and the bottome of a Manchett, Lett all boyle together to a quart, then streyne it, and take halfe a pynt of it early in the morning warmd, & asmuch three howers after./

A Præparative for the same

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

A Purge for the Same

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

A Iulepp for the Same

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

A Chynna Broth for the Consumption

Take halfe an ounce of China, and infuse it by the fire all night in a quart of Conduit water, Then take a knuckle of Veale, and halfe a redd cocke, and boyle it in a sufficient quantatie of Conduit water, wherein 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./

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Another of the Same thus.

Take of the Rootes of China cutt into thyn Chipps,
and bruised in a mortar 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
spoonfulls of ffrench Barly prepared, a few
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 their remaine
onely three pyntes of Cleere Broath
which streyne from the other Ingredients
and keepe for your vse. Lett the party drinke
hereof euery morning halfe a pynte warme
and asmuch at 4 of the clocke in the After=
noone./ Probatum Dr Mo

Another thus

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

Another Broth to helpe one
from wasting

Make a Broth with with a peice of Veale
mutton or Chickin, a few Leaues of Comphry
Clary, knottgrasse and Plantane, a spoonefull
of the Raspinges of Ivorie, a few prunes, and
Reysones of the Sunn without their 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, Violet 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 helps./

folio 59 verso || folio 60 recto

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 Fumitory
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, reysones 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 reasonably well
Leavened, dipp it in ffaire water & a little
Vineger, and eate it an hower before yow
eate meate./ Dr Aston s Counsell./

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

Take an handfull of Liverwort, 6 Leaues of

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

folio 60 verso || folio 61 recto

Another for the Lungs

Labdanum doth much helpe sores of the Lungs
and Consumptions, It speediely causeth sleepe
and Ceaseth any paine whatsoever 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

folio 61 verso || folio 62 recto

Jellies & Restauratiues for
Consumptions or otherwise./

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

Take Calves ffeet, and when the haire is
cleane scalded off, Slytt them in the Middle
Cutt away all the blacke veynes and fatt, washe
them very Cleane, and so putt them into a
payle or Buckett of ffaire Water Lett them
lye 24 howers And in that tyme the oftner
yow shift the water, It wilbe the better Then
sett them vpon the fire in two gallons of water,
or somewhat lesse, and lett then boyle very softly
Continually takeing off the Scumm & fatt which
ariseth and when the Liquor is more then halfe
boyled away, putt into it a pynt and an halfe
of whyte Wyne, and as it boyleth, still take away

the scumm which ariseth, When the Ielly is
boyled enough yow ~~m.k~~ may knowe by your
fingers sticking to the spoone, Then take it
from the fire, and with a Cullender take out all
the bones and flesh; And when the Ielly is allmost
Cold, beat the whytes of six Eggs and putt
into it, and sett it on the fire againe and so lett it
it boyle till it be Cleere, Then streyne it through
a Cleane Cloath into a Bason and so lett it stand
all night The next morning putt it into a skellett
and put thereto a pound of Sugar, halfe an
ounce of Cinnamond broken in peeces, and one

folio 62 verso || folio 63 recto

ounce of Nutmegges, an ounce of Ginger bruised
with a good quantaty of large mace, Boyle all
these together, till it taste of the Spices as much
as yow desire, And when it is allmost Cold,
Take the yelkes of six egges and beate them
and putt into it, and sett it on the fire, And when
it ryseth weld it or putt it into halfe a pynte
of whyte wyne, and streyne it through a
Ielly Bagg./

To restore Nature decayed eyther in
Man or woman

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

To make Ielly of Hartshorne./

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

To make whyte Ielly of Allmondes

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

To make Ielly of Pippins

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

folio 63 verso || folio 64 recto

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

Take of the seedes of Quinces 2 ounces, of
the pills of Citrons 6 ounces, of Baume
Mugwort virga aurea, and nettles of each
4 ounces, Beate all these grosely and infuse
them in twelue pyntes of the best wyne 6
dayes, then distill them with six ounces of
honey vntill yow Receiue three pynts of
water Then take it from the fyre and lett

it Coole, then streyne it and putto the water
eight graines of muske dissolued in two
ounces of Rosewater, twelue graines of
Amber greece, and six ounces of Sugar,
Then for euery pound of the said water, putt
one scruple of the oyle of Vitrioll & incorporate
them well keeping it in a Close glasse.
Take a little glasfull of it in the morning
and fast two howers after/ The vertues
It expells all evill in the stomach, Com=
=fortes the hart, helpes digestion, It purifies
the blood and Liver, dissolues wynd, Cleanseth
the Reynes & kidnies, healeth all Excori=
=ations of the mouth, brest, stomach, reynes
and bladder, Comforteth Nature, It
strengthens the head, & preserues the Body
from all Corruption in long health./

A Restoratiue for Prolonging Life

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

A Restoratiue for one wasted by Sicknes &cetera

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

A Restoratiue for any person that
cannot digest meate ./.

Take Eight Nutmegges Cutt them in the
middle and steepe them all night in a gill
of Vineger, then take them out & lapp them
in browne paper, and putt them in the Embers,

and lett them drye very well, then beate them
to powder, putt a quantatie of this powder
in the yelke of a Reare potcht Egg, and
eate it sometymes. It helpes./

folio 64 verso || folio 65 recto

A Restoratiue for one that is much
Consumed

Take the oldest Cocke you can gett, scald him
draw him & Cutt him all in peeces, Putt them into a
glasse pott Close stopp'd, putting amongst the peeces
Cloves, mace, reysins of the Sunn, and a little
salt, Then putt this glasse into a great pott of water,
and lett it seeth till it come to a Jelly, 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 fflowes,
and then fill it vpp all most with the spiritt of
wyne, Lett them infuse two dayes beeing Close
stopt, Then distill it with a gentle fire Hee
that takes once in Eight daies a dram of
this water in drinke or Brooth, in the
morning, shall (God willing) longe
preserue his heilth, It renowes the strength,
sharpens the spirittes, and restores the sight./

Allmond Milke to Strengthen Nature
or otherwise ./

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

them in hott water, and lett them steepe soe long
therein vntill you cann peelee 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 mortar, and putt
them into a Cleane Lynnen Cloath, power
three or 4 spoonefulls of ffaire water vpon

them, and with a spoone rubb out the strength
and soe power a little more water, and streyne
it, soe long as any whitenes comes, Then putt
asmuch Sugar to it as yow thinke fitt; If
yow haue it to *provoke* sleepe, pound a little
whyte poppey seed, and rubb it through the
Cloath with the Allmondes. If yow would
haue it Cooleing, streyne a fewe mellon
seedes with the Allmondes, If for the fflux
then is the water to bee steeled./

folio 65 verso || folio 66 recto

folio 66 verso || folio 67 recto

For the Heart

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

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

For trembling of the Heart

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

To Expell Flegme from the Hart

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

For Swounding or faintenes of Heart
or trembling ./

Take Rosemary, Sage, Betony, & sweet Marjo=
ram of each an handfull, seethe them in a

folio 67 verso || folio 68 recto

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

A Water for the Passion of the
Heart, or Wynde ./

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

folio 68 verso || folio 69 recto

For a Burning Feauer or other
Heate in the Body ./

Make a possett with Verjuyce and milke,
and seeth in it of Violet Leaves and strawberry
Leaves of each an handfull, and a little Dandelyon,
streyn it and ~~dir~~drinke the same./

To Prevent, or Coole a Feaver or heate

Take six spoonefulls of damaske Rosewater and six
spoonfulls of Conduit water, pare one Lemmon
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
Violett Leaues, Boyle altogether & drinke it./

For a quartan Ague

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

folio 69 verso || folio 70 recto

An Easie and approued Medicine
for a Quartan Ague ./.

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

For a Tertian Feauer./

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 Turpentine, 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 Succory
or Borrage water./

folio 70 verso || folio 71 verso

For a Surfett./

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

Another for a Surfett of what Kynde
soeuer ./.

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

For any Heate

T^{he}ake-Leaues of Angelica distilled, and the
water taken inwardly is good./

For heate in the body./

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

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

Take the quantatie of halfe a Nutt of
Dioscordium, tempered with a silver
spoonne in a Little Sorrell water, three

spoonefulls of Sorrell water, 2 spoonefulls
of Carduus water Then take the
Dioscordium so tempered, and temper
them together with a good spoonfull of Syrrupp
of Lemmons, and lett the party drinke it warme
fasting two howers It must be taken att
night after the fitt is past also, It may bee
taken in any Pestilentious disease fasting
2 or 3 howers after it And if need require
giue it once in three or 4 howers./

folio 71 verso || folio 72 recto

folio 72 verso || folio 73 recto

folio 73 verso || folio 74 recto

For the falling Sicknesse or vertigo./

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

Or thus for Sicknes like to it./

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

Another

The Water of Swallowes a quantaty of it

drunke is very good against this disease./

For the vertigo

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

folio 74 verso || folio 75 recto

folio 75 verso || folio 76 recto

For the laundice a water for it./

Take a pecke of Snailles in their Shells, make
a good fire of Charcoales to burne Cleere, then
putt in the Snailles, and lett them roast till they
Leaue fryeing, then take them out, and wye 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
again, and roast it till it bee very soft, then
take a pynte of Clarett wyne, and make Lambes
wooll of it with the apple, And soe lett the party drinke
this quantatie for 3 morninges together fasting./

Another for the same

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

to drinke and soe drinke of it in the morning fasting./

folio 76 verso || folio 77 recto

Another for the same

Milldewe

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

Another

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

Another for the Same

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

Another for the yellowe Iaundice./

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

folio 77 verso || folio 78 recto

For the Dropsie

Take a gallon of Rhenish or whyte wyne, and
putt therein an ounce of Cinnamond, well bruised,

and a quart of old Broome Ashes, and beeing
stirred well together Lett it stand 24 howers,
Then Cleere it in an Ippocras bagg, and
sweeten it with Sugarr and drinke thereof
in the morning, a little before dinner, att
4 of Clocke in the Afternoone and Beddward
asmuch as yow please./

A Dyett Drinke for the Dropsie

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

folio 78 verso || folio 79 recto

each fourth day lett him take a dram of Rhubarbe
in powder fasting, And an hower and an halfe
after, the yelke of a Reare Egge in 4 spoonefull
of this Beere./

Another Medicine for it./

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

Another for the Dropsie

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

Another for the Same

Take two ounces of Redd coale of Rosemary an
handfull, of Sassafras two drams Infuse them
all in a quart of whyte wyne for 24 howers
Then power it out Cleare & sweeten it as you
please, and drinke it./

folio 79 verso || folio 80 recto

T I
Pharmacopæus

Prælectio Prima 1634

The Art Medicinall or of Physicke *which* our greate God hath
bestowed vpon mankind to Susteine the weake Nature, and helpe
the many defects therof, as it is the subiect of *ou^r* profession,
so allso shall it be, of this my present discourse; wherein I intend
to leade you to the Therapeuticke part therof, & heerin I will
follow this method. First I will begin with the name of Physicke,
then go on to the Definition so come to the parts, & by them

Order{Name

Definition

Devision}

as steps ascend vp to this the highest degree of the Art of a
Phisicke. I may boldly terme it the highest, for that all the
other parts are subservient to this, and such as without this
could not Iustly Challeng to themselues the Title of an Art
nor the *professours* therof the name of Physitions.

Name

For the name; to begin *with* the Greekes (from whom wee haue
Chiefly deriu'd this knowledge) they call it () from (),

Medeor, Sano, rather than ab (), venenis, as some would *perswade*
vs, and according therto the Latines calls it Medicina, & this
name duely belings to the Therapeuticke part therof. wee
in English call it Phisicke, & such *properly* are the speculatiue
parts therof, whether Physiologicall, or Pathologicall for indeed

() versantur, & thus most of *ou^r* Professours of this

Art are rightly termed Physitions, that is, such as are vers'd
in the speculatiue parts of this Art, & not in the operatiue
as the Pharmaceuticke & Chirurgical the two prime parts

of Therapeuticke, as I shall more plainely & fully shew *yo^u* heerafter

Definition

Before I come to the Definition of Physicke, giue me leaue to
tell you, that as it is now deliver'd & taught, it cannot Iustly
be defin'd, for that it is partly a science, those parts therof *which*

are meerly speculatiue, & partly an Art, that *which* wee & the Surgeons *professe* will Cleerly Demonstrate; I will begin with the first, as the Gramarians doe with letters, and Orthography, *which* therefore are not the chiefe because the first, no nore then the foundation of an house is the chiefe parte therof or the end wherefore it was built but to the purpose, the Definition of Physicke is diversly in *Arte medicinæ* deliver'd by diverse men, for some as Galen following Herophilus

folio 80 verso || folio 81 recto

Define Physicke (according as the Physitions of *ou^r* time *professe* it) to be *scientia salubrium, insalubrium, et Neutrorum* ; in this definition, *Scientia* is the Genus, *Salubrium, insalubrium et Neutrorum* are the *subjectum*, but heere wants *the* Cause *which* either Efficient or Finall is necessary in the Definition of every Accident, as the Specificke deference is in definition of a substance; If Herophilus had knowne *ou^r* 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 emendandj*; indeed this is *Ars vere medica, quæ morbis me=* =*detur*, this points at the end & vse, wheras the other comprehends nothing but necessary Circumstances to attaine therto. The subject of this Art is *Corporis humanj vitia emendare*, are, & the efficient cause *per adjectionem et abstractionem*; A litle otherwise yet in effect the same are these two giuen by Rioland s *Medicina est Ars Sanitatis servandæ, Restituendæ, aut a morbis preservandæ*; And, *Medicina est Ars quæ sanis sanitatem conservat, ægris restituit, neutros a morbis præservat*, not much dissenting is that of Averroes , *Medicina est Ars effectrix ratione Collectaneorum suarum*

liber 6to. Capitulum 1.

et experimento inventa, quæ et sanitatem conservat et morbos pellit, thus much for the Definition therof

Now come I to the Devision, & following mine owne method I first Dichomatize it into Speculatiue & practicall; the speculatiue parts I againe divide into Physiologia and Pathologia; Physiologia is that part of Physicke *which* shews the naturall constitution, Action & vse of mans body & the parts therof, the chief heerof are the septem res naturales, Elementa Temperamenta, Humores, Spiritus Partes, Facultates, Functiones, seu vsus. Pathologia is the other speculatiue part of Physicke *which* treats of the passions & preternaturall affects, or diseases that are incident to mans body, together with the causes, signes, & symptomes wherfore subservient to this are these two *which* the Greekes call () & (), the former (as the name imports) shewing the causes of Diseases the latter there signes. Hitherto wee haue but Consider'd our owne & the enimies forces, but no wayes *provided* either to make a defensiuie or offensiue warre against diseases, being the thing that is Chiefly intended, yet this is ou^r comfort that Difficile vincitur quo de suis et Adversarij copijs vere potest Iudicare./ *Vegetius 3. capitulum 26*

Now that we may succour Physiologia against Pathologia and all those horrid troups vnder that Comaund, ou^r first Choice must be of a Generall, & the fittest for this imployment is Therapeutice, *which* I finde furnish't with the choice indowments required in a *Lipsius 5. capitulum 15.*

Generall, to wit, Scientia, Virtus, Providentia, Fælicitas, Authoritas, For he is skilfull when & with what forces, valiaunt in the performance, *provident* in his goverment, happy in many & frequent Conquests, & of most Auncient Authority both divine and humane. therefore I doe not doubt but by the assistaunce of his three Legions led by () and (), he will be able to Confound all the forces of the Adversary. But that you may the better know this Generall and his three comaunders, I will briefly giue you his & there carectors. Therapeutice is a *profest* enemy to Pathos prince of Pathologia, & labours to restore man falling or already fallen into any disease, by the powerfull helpe of () *which* furnishes him with *the* knowledge and brings

folio 81 verso || folio 82 recto

Service infinite troupes of simple & Compound Medicines together with there discriptions, preparations, natures, Faculties and vses; The hand of (), *which* by manuall operations Cures diseases Dum Superflua demit, suo quæ excederant loco reponit, continua distrahit, distracta continuat, quod deest supplet; and lastly by the *provident* care of H (), quæ debito eorum non naturalium vsu impen=

dentes, aut præsentēs morbos depellit. But stay, to those
 already reckon'd vp, I must add another *which* the Greekes
 Call (), being that part of Physicke that preseru's health
 by the moderation & moderate vse of things not Naturall
 I must tell you this () is a neuter, & yet doubtfull
which side to take, being Compos'd of disconted Troupes, *which*
 weere partly of Pathologia & partly of Diatetice; for if you
 Consider the Theoricall part therof, it inclines to Pathologia,
 yf the Practicall then to Diatetice. the third part of
 Therapeutice. Thus haue I with as much brevity as is
 Convenient giuen you a superficial 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 greates experienced Hippocrates ,
 or the learned Galen , or ther haue written in Greeke, or the
 subtile Auerroes , 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 , wherein he confesses, Ingemium et Facundiam
 vincere, morbos autem non eloquentia, sed remedijs curari. quæ
 si quis e linguis vsu discreta bene norit, hunc aliquanto maiorem
 medicum futurum, quam si sine vsu linguam suam excoluerit./
 To this purpose let me present you *with* one or two examples,
 seeing that vivimur exemplo magis quam regula; the first shalbe
 of a cure perform'd by a silly Barber *with* Veronica Fæmina, which
 Adversus pagina 197
 Pena & Lobell set forth in these wordes, Nasum qui decreverant ab=
 =scindere perdocti medici complures præceperant*que* eiusdem sententiæ
 Chirurgis valde exercitatis id facⁱendum, quidam misellus Barbitonsor
 qui de quopiam suo hero eximio medico hunc dotem didicisset,

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 *particuler*, let me giue you another more generall cure, before I inferre any [^] thing thereon./ 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 Gums rotten and stinking./ It was there Captain's chaunce (who all the while remained sound) to see a savage *which* he knew, who

folio 82 verso || folio 83 recto

not past ten or twelue dayes before had been sore afflicted with this disease, but at this time perfectly recover'd of *which* he was glad, for that by him he hoped [^] to get knowledge how he came so speedily cur'd, *which* succeded accordingly; for he asking Domagaia (for so was the savage called) how he came to heale himselfe; he answer'd that he had taken the Iuyce or sap of the leaues of a Certain tree & therewith had heal'd himselfe, for it was a singuler remedy against that disease, then the Captaine asked of him whether [^] any weere therabouts to be had, because he had one servaunt troubled with that disease; Domagaia streight sent two women to fetch some of yt, which brought ten or twelve braunches of yt, & there withall showed them how to vse it, & that was thus, to take the barke and leaues of the saide tree, & boile them together, then to drinke of the sd decoction every other day & to put the dreggs to his legges in form of a Cataplasme; more=
over they told them that the vertue of this tree was to heale any other disease; they in there language cald it Ameda or Hanneda, & it is thought to be the sassaphras tree. The Captaine presently causd some of that drinke to be made for his men to drinke of, but there was none durst tast of yt, except one or two who venter'd the drinking of it, only to tast & proue yt, the other seeing that, did the like, & presently recover'd there health, & weere deliverd of that sicknes & *cetera*. After this medicine was found & prou'd to be true, there was such strife about it, who should be first to take of it, that they weere ready to kill one another, so that a tree as bigge as an Oke in fraunce was spoyl'd and lop'd bare and all spent in 5 or 6 dayes, & it wrought so well that yf all the Physitions of Montpelier and Lovaine had beene there with all the drugges of Alexandria

They would not haue done so much in one yeere as that Tree did
in six daies, for it did so preuaile, that as many as vsed of
it, by the grace of God recover'd there health; Thus Farre Cartier
Obserue I pray you, heere was no scrupulous Consideration, either
Physiologicall, of Temper, Spirits, Humors, &cetera , or Pathologicall
of Disease, Cause, Symptome &cetera , neither was there Dyet
regulated by Art, & I verily beleeeue they promis'd no gene=
rall meanes, as purging, phlebotomy, or the like, & yett
not some but all these men, no question of severall tempers
Ages, Humors &cetera weere all cur'd in a short space by one
only & simple medicine. Now yf medicines thus administred
by the hands of the Ignorant, can worke such strange
Effects, what might be done by those of greater Iudgment
yf they had but an exquisite knowledge of the proper and
peculier effects of simples & Compound medicines, which though
much to be desir'd, can never be attain'd to in any reasonable
measure vnlesse by long & much perticuler observation;
liber de curandiper
sanguinis missionem

for according to Galen , Artem Medicam nihil tam Conjecturalem
facit, quam cuiusque remedij quantitas; therefore he saith well
in the 9th of his method, Artis Medicæ studiosos, illumque addis=
=centes in perticularibus exemplis exercitarj convenit, and hence
it is that Aristotle in the first of his Metaphisick sayth
() that is
men acquire science & Art by experience, and further he there
adds ()

()./ which is, an Art is made
whenas one vniversall assumption or opinion of the like, is made
vp from many experimentall notions./ To come a litle neerer
to the history I lately mention'd, I will briefly deliver what
I think of this & the like Cures mentioned by sundry Authors
& wherof I could giue many examples; it is thus.
Those Diseases that are cal'd by the Greekes (), hoc est
Patrij, seu alicui regionj familiares, those I say which are
Hippocrates de natura humani
liber 2 sectio 9.

folio 83 verso || folio 84 recto

frequent in some Region, and æqually seaze on people
of Different tempers, ages, sexes, & the like, by reason of
a cause which is common to them all, as Aire, water, Dyet &cetera .
And some, or all those which are cal'd' (), whether
(), pestilent, or () not pestilent, being
allso diseases proceeding from a comon on cause, but yet not
Nationall, or familiar; as allso those wherin there is
any Contagion or hidden malignity, whether by ex=
ternall meanes, as the Bite of a mad Dogge, Sting

of a Scorpion, or the like or by any internall, yet not manifest quality, as by drinking *Napellus Colchicum &cetera* all these as they haue an occult essentially morbificke quality, not knowne by reason, but experience; so hath the all regarding providence of God giuen one or more proper Alexipharmaca to cure them, now these are the diseases which comonly only are most grievous & daungerous, & these the the remmedies which worke wonders, yea almost howsoever vs'd; further I haue noted that the Symptoms in these diseases, how ever horrid & various, yet they all vanish vpon the vse of the proper & specificke medicine; and therfore I may say with Horatius Octavianus, *Natura omniparens, & velut adjuncta charitate, cuncta animantia prosequuta est; quæ enim nascendi sortem tribuit, vivendj, ac valendi sub=stantiam non negavit; est enim in omni mundo natura, quæ operatur grande secretum.* But to let this rest & a litle looke backe vpon the former parts of Physick, you shall finde that the Physiological part hath beene neglected by many, as Celsus witnesseth in his preface that the Great Hippocrates as one may probably gather by his () foure paire of Veines./ was not better vers'd in Anatomicall Administration, then some Iewish Butchers are at this day in other Countries./ For the Pathologicall part, who are they

Almost that know not the Pox, measles, stone, Gowte, Falling sicknes, tertian & quartaine Agues, & the like, may further ou^r state thinkes this so easy as that they rely vpon women to giue Iudgment 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 & vse in Physicke. And hence it is that Ovid s Apollo (Taking vpon him the invention of Physicke), saith of *Herbarum subjecta potentia nobis*, And Iudging his disease incureable he exclaimes, *Heu mihi quod nulli amor est medicabilis herbis*, as if that those internall diseases which hearbes could not cure, might well be Iudged vncureable. Now let not this I haue heere saide be so taken as that I may be Iudged to thinke the Physiologicall, or Pathologicall parts of Physicke vnecessary, 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 valeditudinem præsent, vel morbos excitent? quomodo spiritus, vel Cibis, vel destrahatur, vel digeratur, ne sapientiæ quidem pro=*

fessores scientia comprehendunt, sed conjectura persequuntur
Cujus autem rei non est certa notitia, ejus opinio certum
reperire remedium non potest./ verumque est ad ipsam curandj
rationem nihil plus conferre, quam experientiam. Quamquam
igitur multa sint ad ipsas artes proprie non pertinentia,
tamen eas adjuvant excitando Artificis ingenium. Itaque
ista quoque naturæ rerum contemplatio, quamvis non faciat
medicum; aptiorem tamen medicinæ reddit, atque perfectum;/
verjque similj est Hippocratem et Erasistratum & quicumque
alij non contentj fabres et ulcera agitare, rerum quoque

folio 84 verso || folio 85 recto

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

Prælectio 2^{da}

T: I: Pharmacopola

Having (friendly Auditors) in my last exercise, briefly
run over the Defintion & devisiō 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 ou^r owne moderne interpretours)
the one by the name of Physition, the other by the name of
an Apothecary, the former is mention'd, and Joseph Comm anded

Genesis 50: versus 2:

his servaunts the Physitions to Embaulme his father, and
the Physitions Embaulmed Israell. this was about the yeere
of the world 2255. 16 hundred 93 yeeres before ou^r 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 Æsculapius, 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 weere invited therto by the serenity of Aire, and the fertility of the soyle yeelding abundance of medicinall Plants, as Homer witnesseth in the 4th of his *Odyssey*

()

()

(,)/ that is

Egipt, whose fruitfull soyle doth medicines store

Bring forth & those both very good & Ill & *cetera*

And to these they add the ingenuity of the people who as Aristotle

Confesses weere the Inventors of all good Arts./ yet this doth not

fully satisfy, for I *probably* Conjecture yt was rather thus;

the Ægiptians weere more Effeminate & Riotous, then the

rest of the people of those times, there Country with litle

labour yeelding plenteous store of no^urishment; & withall

they weere allso more ingenious; the former qualities

made them the apter to fall into diseases; & the latter

together with the naturall indowments of there Country,

furnished them with more ability's to withstand them.

for certaine it is that mecessity made men seeke for reme=

dies, *which* Chaunce, & experience or tryall first found out, and

Reason afterwards made vp into an Art./ But to returne

whence I haue digressed, whereas the Scripture speakes

plurally of Physitions, *that* Ioseph Comaunded his servaunts

the Physitions, yt shows that he had many, and therfore

I Cannot but acquainte you with that *which* Herodotus an

Auntient Greeke Author saith of the Physitions of Ægipt, and

with him go on a litle further to show you the severall

manners of Embalming the Dead amongst the Ægiptians,

and the rather for *that* the narration is Continued by Herodo=

=tus , whose wordes I thus English. Physicke (saith he)

Herodotus Euterpe

is so parted amongst them, *that* ech Physition hath one disease

folio 85 verso || folio 86 recto

And no more to Cure, for some Cure the Eyes, others the heade,

others the teeth, othersome the diseases of the belly, and some

those of the more inward parts. there mournings & burialls

are thus order'd; whenso'ere a man of any fashion dyes, then

all the women of that family besmear's there heade &

faces with Clay, & leaving the Corps at home, they wandring

vp & downe the Citty, beate themselues, having there garments

girt about them, & there breasts bare, & together with them

goe allso the neighboring women; on the other side, the men

allso lay open & beate there breasts. This done they at

length Carry them to Embaulming, for there are Certaine

appointed for this purpose who doe the feate; those whenas

a Body is brought them, shew the bringers therof Cer=

taine wooden portraitures 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 holily) this other is inferiour to that & of a lesser
price, this third most base & too vulgar./ this done, they
aske after *which* patterne they would haue the body to be embaulm'd
then agreeing on the price they goe there way. Now these
left alone in there houses doe most diligently Embaulme
the Body after this manner; first with a Crooked
Iron they draw the braine forth at the nose & when they
haue Emptied the part they fill yt with medicines
then with a sharpe Ethiopian stone, they open the body
about the flancke, & that way draw forth all the En=
=trailes, *which* taken out & the inward parts washed with
Date wine, & after *that* with beaten spices, they then
fill the belly with beaten myrrhe, Cassia, and other
odoriferous thinges (except frankincense) & so sow yt vp
again. /when this is done they keepe yt salted in Niter
for 70 dayes, for longer they may not salt yt./
Those 70 dayes being expir'd, when they haue

wash't the body, they wrap yt all in fine linnen, cutt
forth into lengths & gummd, for that ^{^the} Egipcians commonly use
insteade of glew./ then his kindred receiuing the body againe
make a wooden portraiture of a man, wherein 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 & therewith fill the belly of the deade
Body, neither opening nor drawing any thing out therof,
then they salt yt so long as I formerly mentiond, toward
the end of these dayes, they let out of the belly *the* Cedria
which they formerly Iniected, *which* hath such force, that
together therewith yt brings forth the putrified entrailes./
but the Niter Consumes the flesh, so that there is nothing
of the body left but skin & bones./ the third manner of Em=
=baulming is that vs'd for the meaner sort; they first Clense
there bellies by Injections, & then salt them for 70 dayes
& so giue them back to there friends./ now the dayes
of Embaulming ^{^the} dead according to Herodotus weere 70, yet
in the verse immediatly after that I formerly alledged, it is
saide; so forty dayes weere accomplished (for so long
did the dayes of those that weere embaulm'd last) and
the Egipcians bewayled him 70 dayes./
To lett this passe as litle pertinent to our intended subiect,
I should now come to treat of the Apothecary mentiond in
the sacred scriptures, but seeing that in all places of *the*
septuagint it is expressed by the Greeke word (), I

will not yet handle *that*, vntill I come to the Greeke professors, amongst whom in his fitting place you shall haue the Myrepsos . The Greeke *professours* are Chiefly, to be Considered, & taken notice of, first because they

folio 86 verso || folio 87 recto

haue arriu'd to that excellency in this Art as is hard to be equal'd, much less exceeded, & the Chiefe reason that I can conceiue of this exquisite knowledge was, there due & fitting Education heerin, of *which* heerafter./ secondly for that wee still vse them as maisters, & giue the Chiefe Credit to there writings, wherfore it is Convenient wee should know there sects, & the severall Arts and professions of those who are by most refer'd to this Classis, The better therfore to performe this I haue taken in hand, I will distinguish them into *profest* Physitions, & those *that* had only some relation to some parts of Physicke (or at least by most are so thought to haue) in treating of *profest* Physitions I will giue you there sects & opinions as briefly as I may; and after that the names & professions of *the* rest who (as I saide) had but some small relation to Physicke./ I will begin with the Physition, whose *profession* (as long as Physicke flouris'ht amongst the Greekes) Comprehended both the Pharmaceuticke & Chirurgicall parts of Physicke, as may be 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 prefix't before Bayrus his practise hath these words: Videbat enim vir Ingeniosissimus Medicinam vnum esse, et apud veteres non modo Græcos, sed etiam Arabas eosdem fuisse et Physicos, et Chyrurgos, et Pharmacopæos, ignavia deinde hominum atque avaritia in varia velutj membra corpus hoc totum fuisse dissectum, &cetera

The like is asserted by John Riolane in his preface to his booke de Temperamentis, where amongst other words

~~Argumentorum liber 5~~

he saith, At prima ætate per paucj erant medici, iique Chirurgi, simul et Pharmacopæj &cetera : Barclay in his *Argumentorum liber 5*

Argenis, where he fiegns all things to be done according to the Auncient times, vseing a Physition to his wounded Polyarchus, hath these wordes, Aderat Medicus qui pridie Sanguinem mittj Iusserat, is fusciam quæ circa

gravissimum vulnerum erat resolvit, nondum enim Medicina
triferiam erat secta, sed iidem 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. therefore to returne to my former
discourse, the Physitions amngst the Greekes as allso the
Latins, weere divided into there sects, the Empericall,
Methodicke, & the Rationall or Dogmaticke./

()

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

()

(); they weere allso called ()

(), that is diligent observers & Rememberers: there
sect was allso by the Greekes called ()

& (), that is the experimentall, diligent observing
& remembring sect./ now the chiefe fundamentall
ground of this sect as the name intimates was experience
which they thought sufficient for the attaining to perfection
in this Art for say they Reason is of no greate vse
in Physicke, for it either indicates the same which experience,

folio 87 verso || folio 88 recto

Or els the Contrary, yf the same, why then wee
are nothing helped therby, yf the contrary then yts
false, & Consequently no reason, but a fallacy mask't
in the shape of reason./ therefore say they it is
much better by operations & deedes to show ou^r 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 scarce tell how to resolue them, & by there
owne rules the graunting of one false supposition, may
occasion infinite errorrs./ Now in there cures they
had there Chiefe regard to a () or Concourse
of Symtomes; then having obseru'd this Concourse of
Symptomes, they out of there vse & experience fitted
medicine therto, & not from arguments as the Rationall.
These remedies they learn't by the hystory of former
Experiences, & they vs'd a transgression from the like
to the like affect./ such thinges as they themselues by
there owne experience tryed in many, often, but allwaies
in the like affect & after the same manner, or els by
accident haue found they still produce the same effect,
these they Confidently vsed, without any Curious enquiry
of what temper or quality they weere of./ they allso
gaue Credit to the Auncients who recorded & comit=

=ted to memory those things *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 accidentally & 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

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

()

The Methodicke sect (whose founder was the Laodicean Themison according to some, or to others Thessalus) next take place these affirmed, Quod nullius causæ notitiam, quicquam ad Curationem pertinere; & that it was sufficient quædam morborum communia intuerj; the cal'd themselues Methodics for that they drew the Art first into a Method, or to generall heads breifly digested; these not only in words did disagree with the other sects, but allso innovated diverse thinges in the Art; for as I saide, they affirmed that neither the part affected indicated any thing for the Cure, neither the cause, Age, Time, Region, neither the consideration of *the* strength of the patient, his nature, habit, or Custome./ wherfore neglecting all these, they tooke there indications from the affects themselues, & Iudging them sufficient; neither grounded they any thing, in speciall or perticuler, but in generall & vniversally, & these they called () Communities *which* Comprehend. =ed all *perticulars*./ Now some of these affirmed *that* all diseases proceeding of dyet, other that all in generall whither from dyet or otherwise, indicate only two Communities, & a third mix't one, the names they gaue these two are Adstrictio & Fluor & the third was mix't of both./ Adstriction indi=cated Relaxation; Defluxion, Repression; in the mix't they had respect to the most violent./ they Iudged yt not necessary for a Physition to Consider more then these three, for the leading him to finde out a medicine./ for to what purpose is it, say they, curiously to inquire of Coldes, Heates, excessiue

folio 88 verso || folio 89 recto

Drinking, eateing & the like, for these are not the thinges, but the affects indured by them that

must be holpen; for in the Cure of a burne, *that* skil's not to know, whether yt was done with a Cole, hott Iron, the flame of a Torch, or stean &cetera, but that it is a burne, for that is the disease that remains in the body, not that *which* is gone & past, & heerof wee must labour to know the nature, for yf it be astrict, yt must be relax't, yf fluide, repress, from what Cause soever either of them *proceed*./ but further to Illustrate this matter let vs *propound* a Phlegmon for an *example*, in *which* when it is the fault of Adstriction yt doth not yf yt happen in summer, require relaxing me=
=dicines, & in winter other, but it is Cur'd at both times with the same, neither in Children with relaxing ^ thinges & in old folkes with repressing; neither in Ægipt with relaxing & at Athens with *the* Contrary. Now therfore yf none of these Conduce to the cure, wee study them in vaine./ but what for the parts of *the* body, doe not these allso Conduce to the indica=
tion of the cure? No: for is there any that will say that a Phlegmon, *which* in a nervous part must be relax't, must be repress in an arterious, venous or fleshy part, or yf there be any adstrict affect in any part of the body, dare any say it must not be relax't and that *which* is fluide & resolu'd must not be strengthened./ Therefore if the nature of the part Change not the manner of the Cure, but *that* the invention of remedies depends vpon the nature of the affect, wee in vaine labour to know the disposition of the part./ These & such like weer the reasons of the Methodicks, who seeme to haue taken the ground

of there sect from this saying of Aristotle, ()

()

() (i) Density

& Rarity are the beginings of all diseases. This sect is much declaim'd against by Galen in very many places, & they weere not very happy in there cures, and thence I thinke that Iuvinall in his tenth satire alludeing v. 221

to Themison the author of his sect saith, Quot Ægros Themison
Autumno occiderit vno./

() sive

()

Now leaveing the Methodicks, I Come to the Rationall sect, so Called because they in the cureing of diseases giue the prime place to reason, yet not so as they neglect experience, Hippocrates was the father of this sect, which still hath had the prime repute the followers heerof thinke that to the attaining of this art is ne=

cessary an exact knowledge of the nature of mans body, & the perticu=
 =ler parts therof, as allso of all signes & causes of diseases, symptoms & *cetera*.
 the knowledge of *the* faculties & qualities of meates, drinckes, & medicines,
 the Temper & alteration of the ayre & seasons of the yeere, & to con=
 clude, they thinke yt not fytt to be ignorant in any naturall
 cause, nor of the natures of any thinges *which* may conduce to the
 knowledge of mans body, the Nourishing, Altering, hurting or healing
 therof./ so that a Rationall Physition ought to haue knowledge in
 Astronomy, Naturall Phylosophy Geography, & most other sciences, *that*
 so he may be skilfull in the alterations of *the* seasons, know *the* nature
 of Beasts, Birdes, Fishes Insects, Plants, Metalls, & *cetera* . the scituations of
 Citties, Countries & the like; that by this meanes he may know what
 is fittest to vse in this or that case & best to be had from this or
 that place./ yet for all the knowledge that man however Ingenious
 & studious can arriue vnto, he will in this study stand need of experience
 for there is an (), a peculiar Temper of ech Individuum
which though the Physition Cannot Comprehend & know, yet is it oft
 times so necessary to be knowen in curing, that without some
 Certaine knowledge therof, there is litle Certaine reason in

folio 89 verso || folio 90 recto

Cureing, for we doe not cure an vniversall man, but
 this or that individuall party, whence Aristotle say's well,
 ()
 ()
 I may know something in a generall knowledge, *that* I am Ig=
 =norant in a perticuler; And I (saith Galen) If I Could
 find out the perticuler nature of ech man, should
 thinke my selfe such an one, as I Conceiue & #198;sculapius
 to haue beene./ further there are allso in me=
 dicines () Ineffable & hidden *proprieties*
 such as is that in the Loadstone to draw Iron, & the
 touc'ht needle to turne to the pole, for some hearbes
 whose manifest qualities are scarce discernable, haue not=
 =withstanding powerfull operations to kill, or preserue
 life, yet these there admired qualities or *proprieties* are no
 otherwise to be knowne then by experience./ but to
 come to the rest of the Auncient *professions*, who are
 thought to haue share in this Art, I will first reckon
 them vp by name, then briefly handle ech in *perticular*;
 there names weere these ()
 (), and
 (). of these in order.
 The () or simply () (for the former
 denotes but the maister & the latter the man) takes his
 name () ab inungendo; whence allso the
 Latines calls them Aliptæ & vnctores; There Art was this
 they weere the maisters of Exercise, very well knowing
 there force & faculty conducing to health, & they therefore
 taught not only the Athletæ, but allso other men, how,
 how long, and what manner yt was fitting ech man should

exercise himselfe, for this may be gathered by Celsus his
liber 2 capitulum 1
wordes where he saith, *Hominem sanum nullis sese legibus*
obligare debere neque Medico, neque Alipta agere.
Tully allso in an epistle to Lentulus hath these wordes

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

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

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

folio 90 verso || folio 91 recto

And you may see in the epistle of Hippocrates to
Cratevas , whence Castelanus tooke that he hath written.
I am vncertaine what this *profession* was but thinke
yt did not long continue, for that in the writings
of the other greekes after Hyppocrates , wee finde such

small mention of them./ I *probably* coniecture that it was to gather & dry Certaine hearbes of knowne faculties for medicinall vse; neither doe I thinke the () weere ignorant of these faculties, but vsed in *processe* of time to play the Mountebanks with them, *which* I am induc'd to belecue for that Alexis Thurius the Comedian wrott a Comedy *which* from the name of the formerly mention'd famous Rhizotonist he called () *that* is Cratevas the Mountebanke./ thus much for *the* ()

The next is the (), who by the Latines was called Seplasiarius & vnguentarius, and who wee in my opinion may more fitly english the per=
=fumer, then the Apothecary, as our translators of the scripture haue done./ his Greeke names () & () come from () & () *unguentum coquo* & () *unguentum vendo*. this *profession* is of great Antiquity, & was of reasonable good repute amongst the Iewes, as may be gathered by some places of Exodus 30 *versus* 35

scripture as where the holy oyntment is to be made as (), the pure work of the My=
repsos, but let vs search into his *profession* & make inquiry whether his Art weere the art of an Apothecary, as it is not only translated but allso taken by the most late Physitions in there writings where they stile Apothecaries, I know not whether with more arrogance or ignorance, seplasiarij & vnguentarij; to finde out this I heere

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

() & *cetera*

2 Chronicles Chapter

16 *versus*: 15

(i) And they laide him forth vpon a bed, & they filled him with spices, & the kindes of sweet ointments of *the* (). Allso Ecclesiastes by some greeke interpretor^s

Capitulum 10 *versus* 1

is thus rendered ()

() (i) The Death of flies, or dead flyes corrupt *the* sweet smelling oyle of the Myrepsos./ By all these places, the Myrepsos is no other than a compounder of sweet oyles & ointments for *perfume*, agreeable to which

wee finde him in other Authors, for Iulius Pollux in his
Onomasticon treats () &saith hee, (),
liber 7 Chapter 33

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

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

folio 91 verso || folio 92 recto

They anointed there heads with these oyntments, & somtimes
other parts of the body, as wee may see by that act of
Mary Magdalen to ou^r Saviour, *which* is recorded by three
Evangelists though somewhat 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 therewith. 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 Conducibile to health to Comfort *the* braine with good
Smells./

I will referre you for the rest of there vses as allso names
& discriptions to Pliny 's naturall history the three ^first Chapt^{ers}
liber 13

& to the 15th booke of Athæneus his Deipnosophists
where you shall finde much to this purpose. further,
they in Galen s time, at Rome, begun to take vpon them
to make greate Antidotes, as Treacle, Mithridate, & the
like as appeares by Galen de Antidotis liber 1. Romæ (saith he)
eiusmodj Antidota præparant non solum optimi Medici,
sed etiam Myropolæ./ they allso weere merchaunts for

Drugs as wee may gather by these wordds of Galen in *that*
same booke, Quare Medicus quidam Romæ, ex his qui me=
dicamentum preparare non viderunt, ex scriptura
confectionem ejus . aggredi ausus, quærebat apud vnguen=
tarios Hedycroon, putans herbam esse aut aliquid tale

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

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

folio 92 verso || folio 93 recto

T J *Pharmacopæus*

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 weere other *professours* thought by many to haue share therein, yet it was not so./ of some of these Professions, I have already spoken, & there remaines now, none to speake of, but only the (), whose name imports a seller of Medicines, & indeed such an one he was, being the very same, who wee at this day term a Mountebanke, as farre as I can gather forth of the writings of the Auncients, out of whose workes take these two or three testimonies tending to this purpose./ Cicero in an Oration Pro Aulo Cluentio hath these wordes; Tum repente Anconitanum quendam *Lucium Clodium Pharmacopolam circumforaneum*, qui casu tum *Larinum* venisset, aggredditur & *cetera*. Heere you see he termes him *Circumforaneum* a fellow keeping about markets, & places about publique Assemblies, & saith that he came to Ancona, Casu by Chaunce, for indeed they seldome keepe any certaine abiding place. Agreeable to this, Galen in 1^o de *Diebus decretorijs* saith (), *Pharmacopolam quendam ex Trivio*, for that in the meetings [^] of streets, & publique places, they vsuallly kept there stations. but most to this purpose are the wordes of Marcus Cato alledged by Gellius, *Noctes Atticæ liber 1 capitulum 15. Nunquam enim tacet, quem morbus tenet loquendi, tanquam veternosam bibendi atque dormiendj, quod si non convenient, convocari jubet, ita est cupidus orationis, vt conducat, qui auscultet, itaque auditus non auscultatus, tanquam Pharmacopolam, nam eius verba audiuntur, 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 also vsed to sell

Other things besides medicines, as Precious stones & such like, wherewith *the* simpler sort of people weere the easier to be deceiu'd./ I finde few late writers, that haue well enpre'st, or indeed vnderstood (though some haue labour'd therein) what *the* Pharmacopola was, only *our* country man Bond vpon that verse of Horace satyræ 2: *Ambubajarum Collegia, Pharmacopolæ*, hath these wordes, *Olim rerum vilium ostenta*^{to} *res erant, et populo verba dabant*; which is very true, & they keepe *the* same course still./ Thus you see that none of these professors had any thing to doe with the practise of Physicke./ but I know you will be ready to aske, who made & applyed the medicines to

the sicke, & did those workes that the Apothecary vsually
 performes at this time? This I will labour to explaine and
 withall shew whence the originall of this name Apothecary
 comes, then define & limit his profession as it is now separate
 from the speculatiue Physition & withall shew that ech part
 therof was once the worke of the physition, who now only
 is Tacticus, an orderer or appointer of Physicke, & leaues
 the Apothecary & Surgeon to be truly Practicj, Performers,
 or Doers of the operations therof./ I formerly told you, the
 Auncients held all in one, as it is vnfitt that the members
 of one body should be disjoyned, seeing that body cannot
 be well, whose members doe not fitly Symphathize.
 But to the purpose the Auncient professors of Physicke had
 first there (), that is surgeons shop, for yt was no
 other as may easely be seene by Hippocrates his Booke ()
 (), And by Galen s Comment vpon the same.
 Chrysostome allso shew's yt plainly, in these wordes;

()
 ()
 () &cetera (1)

as yf you should into an () or Physicke shop, and there
 come
 see many instruments lying vp & downe, you would wonder
 at the variety of these instruments, for that you know not

folio 93 verso || folio 94 recto

There vses &cetera. which shewes that the () was furni'sht
 with Chirurgicall Istruments, & a place fitted for the
 performation of the operations of Surgery, as may
 plainly appeere by the foremention'd booke of Hippocrates
 Now this Chirurgicall part was first sever'd from the
 Physition, as you may gather by Galen ; who saith, *that*
 he did not much practise surgery in Rome, for that
 it was a distinct profession from the rest of Phisicke,
 But in Greece & Asia at that time yt was not so./

The place where they kept there medicines, the *which*
 they called Apothece, or Apothecary Shop, they kept
 more inwardly & private, & weere allso the longer
 before they gaue yt over, for Galen makes mention
 of his Apothece *which* he kept at Rome by the Via Sacra
 liber 1 capitulum 1

de compositione medicamentorum
 secundum genera.

his wordes are these, Scripsimus et jam ante com=
 =mentarium, cujus priores duo librij in publicum sane
 prodierant, se cum alijs --in Apotheca, quæ ad viam
 Sacram est relictis intercidere, quando pacis delubrum
 totum et ingentes Palatij Bibliothecæ incendio con=
 =flagrarunt./ Allso he tells you of Cinamon, that he
 liber: 1 de
 Antidotis

there kept in his Apothece./ Now Apothece is nothing but a place to lay vp or keepe any thing ready for vse & hence comes this word () rendered by the old Glossarium, Apothecarius, vel Horrearius, that is the Storekeeper, & hence came the English name Apo= thecary, the french Apothecaire, the German, ein Apotecker, & the Spanish Boticario./ the office of looking to this Apothece & Storeing, yt did belong to the younger students in Physicke, who all most from there Childhood were train= ed vp in this art; for saith Soranus, Medicinæ initiandus ea ætate sit, ex qua maxime e parvis homines transeunt

Ad magnitudinem, quæ est in annos undecim. Hæc enim ætas est apta, ad sumendam sanctam artem Medicinæ./ Allso Hippocrates de Lege, wishes that there should be () Institution from a Child, & that (), loco apto, in a fitt place, that was in the house of the Physition; for I Cannot finde that Physicke, till long after the time of Hyppocrates was made an Academicall profession. & I Iudge that those thus initiated youthes were termed () properly & that the word () was from hence transferd & afterwards taken for young students in any Art, as () (), young Rhetoricians, young Grammarians. St Chrisostome speaking of the goodnes of God in the creation of thinges, amongst the other Benifits that man hath by wilde beasts, he reckons vp the cure of dis= eases, (), (saith he) () = () (i) for the younge Physitions prepare many medicines of them./ Now it is probable that the practise of Physicke growing greate, there were some that did not desire to trouble them= selues with the preparation & application of medicines, and othersome who yt may be were fitter & more willing to make & apply then to appointe them, & so the one tooke the Physicall part to profess & thence were termed Phy= sitions, & others the Pharmaceuticke part or the care of the Apothece & called themselues (), but afterwards looseing the substantiue & knowledge whence they

Came, they only kept the Adiectiue or Epitheton & so are called Apothecaries a name of no small antiquity heere with vs./ Or els yt may be the polity of some state made this Division, that so there might be no Iuggling, for yf one man be bothe the appointer and maker of the

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^r Pedegree from
 the same Ancestors, & are neither there slaues nor
 servaunts, but may as truly be termed Medici
 Pharmaceuticj, as they Medici Physicj./ for in very
 truth, he cannot Iustly terme himselfe Medici, with out
 a note of Distinction, who is not Physicus, Pharma=
 ceuticus, & Chirurgicus./ for the Best of these is
 meerly impotent without the other two; but all three
 well vinted though in different & severall persons
 will make one good Medicus, qui a Medendj actu nomen habet
 for it is Cureing not talking nor writing that is the
 Chiefe Art of Physicke./ Hauing thus briefly shown
 you how the Apothecary tooke his name & originall
 let me allso acquainte you with the art he *professes*
 & shew yt is meerly Physicke, I define yt thus; An Art
 of knowing, Gathering, Chusing, Providing, Prepareing
 Compounding, and applying of Medicines./ the first of
 these is the knowing, for this is like the foundation
 yf this be weake, the structure Cannot be firme;
 like the fault of the first Concoction, that Cannot be
 mended by those that follow yt. yt is not more necessa=
 =ry for a Carpenter to know his tooles, the Painter his
 Colours, the Printer his letters, nor the Soldier his Armes
 then for the Apothecary to know his materia Medica

But more of this heerafter, whenas I haue first showne
 you all these things *which* now belong to him, weere done
 by Auncient Physitions./ for the knowledge of Medicines,
 heare what Galen saith. Quisquis auxiliorum vndique compiam
 habere vult, omnis materiae stirpium, Animalium et Meta=
 lorum tum aliorum terrestrium Corporum, quae ad Medicinæ
 vsum ducimus, expertus esto, vt ex ejs et exacta, et notha
 Congoscat./ Deinde in Commentario quem de simplicium
 medicamentorum facultata prodidj, sese exerceat; nisi hoc
 modo instructus ad præsentis operis præsidia veniat,
 Verbotenus quidem medendj methodum sciet, opus vero
 nullum ipsa dignumperficiet. I omit to tell you what
 Iourneys & paines Galen , Dioscorides , & other Auncients
 tooke to come to this knowledge./ for the knowledge
 in gathering them see Hippocrates his Epistle to Cratevas ,
 and Dioscorides his preface:/ for Chusing them obserue

liber 1 de Antidotis

what Galen saith, Quemadmodum in pueris gemellis invicem
similibus, qui quidem non eis assuerunt, alterum ab altero
nequit discernere, his autem qui vna vixerunt facillima
est dignotio; ita habet in omnibus quoque medicamentis;
nam qui inter ea educatus est, et frequenter vidit, ex
facili vel parvas differentias et invenit, et Cognoscit./
Quo vero semel aut bis conspexerit, tanquam indifferens
altorum ab altero spectabit, quod nonnunquam manifestissimum
habet discrimen, ej quj frequenter intuitus est mani=
=festo apparens, vt etiam ex vno accidentium ipsius facile
scit Cognoscere./ thus much for the Choise. now for
the preparing, keeping, & Compounding, I referre you
to Galen liber 1 de Antidotis, which I but now alledged, & to his
vide de compositione
secundum genera lib 4

vbi de Adipe

bookes de Compositione medicamentorum secundum genera./ for the application of
them it is needles to say any thing, seeing they perform'd
all the operations of Surgery, & that there was no other
to doe that; yet I could giue you very many testimonies

folio 95 verso || folio 96 recto

Out of Galen , & other of the Auncients to Confirme
this, yf I thought any Doubted heerof./

vide Curtium

liber 3 de Philipppo

medicina

Thus you see that the knowledge, Providing, C^huseing, keeping
Prepareing, Compounding, & Applying of Medicines did aun
=ciently belong vnto the Physitions, before the Art was
divided into three parts; of which Division I have all=
ready saide somewhat before, & yt may be heerafter
may more largely treat of./ I will only now deliver
somwhat in generall of the knowledge of medicines,
for that the other parts of this Art are the subject
of anothers discourse./ By the name of Medicine,
I heare meane all those naturall bodyes which God
hath bestowed vpon man for the cure of diseases, whe=
=ther they be these which they terme the Elements, as
Fire, Water, Earth, Aire, or bodies naturally mix't
of these, as Mineralls, Vegitables, Animalls; now wee
must first labour to know them as they are are-of
& in themselues, & secondly as they have relation &
respect ech to other & to the body of man./ as they
are of & in themselues; that is in there Forme, Substance,
Temper, Action, Vse, &cetera./ Yet wheras I saide Ele=
=ments, I doe not meane Corpora simplicia homogenea
ex quibus mixta omnia primum compomontur, & in qua
vltimo resolvuntur./ for these wee cannot meet withall
nor bring to vse, but the other are every where to be

found, there vse much, the knowledge of them
therfore more necessary./ This knowledge is partly to
be acquired by reading & speculation, partly by prac
=tise & experience; the former of these is the more easy
way, the latter more difficult, yet much more certaine
& vs^efull. but for the better finding out & handling
of these thinges heere mention'd, let me giue you

Some generall heads, or Circumstances, & briefly expl=
=ane them, & my meaning by them./ They are these,

1. The Name or Names, 2. the Kindes, 3. the Forme,
4. Substance, 5. The Place, 6. the Time, 7. The Temper,
8. The Quality, 9. the vse & Manner therof./

The name, or names are to be knowne, for *that* wee can=
=not well affirme *that* wee know any thing, of whose name
wee are ignorant, neither can wee inquire therof, nor
direct yt to others *without* this knowledge; allso by yt wee
oft times haue some intimation of the shapes, kinds, or
qualityes therof, for, *Conueniunt 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 diuerse kinds
denoted by them, least wee be deceiued by Homonymie;
for according to the Logitians rule & the truth. *Vox am=
=bigua ante factam destinationem definiri nescit.*

Some haue fowly been mistaken (yf wee may beleeeue
some Authors) for that they know not the double signifi=
=cation of *Testiculorum vulpis*; allso how many, dayly vse
Burnet =~~Saxifrage~~ insteade of Barnet=saxifrage, because
both hearbes are set downe by the name of Pimpinella;
and othersome more grossely take the [^]English Pimpernell in stead
of both the former./ the Diversity & variety of names
giuen to one & the same thing are allso to be knowne, least
otherwife you be forc't to goe seeke that *which* you haue all=
ready, & be laugh't at for your labour, as he was, that knew
not what was denoted by *Smilax aspera Americana.*/

I thinke yt needles to tell you of Synonymaes in
Epithetes, because I imagine none of you will (as one of
late did) goe in quest of *Ruta arida*, whenas you haue

folio 96 verso || folio 97 recto

Ruta sicca in your shops; let this serue for names./
The second Circumstance is the Kindes of thinges, by which
I doe not only meane specificke differences betweene those
but euen other acciden=

=tal differences, as there
is no specificke difference
wee call sweet fennell seedes, & ou^r Common fennell seedes, nor
betweene Spanish & English licoras, nor hony of sundry
countreyes, nor of divers wines; yet there is much difference in the
natures of them; *which* is necessary to be knowne ffor the former
they are distinct *per se* of their owne nature, the latter are oft times.
only different *per accidens*; wherfore this latter is referr'd to another
head; that is the choise of Medicines for it runns through the whole Classes

But the former is
much more trans=
cendent
of things & distinguishes betweene them all whether their faculties be
knowne or not and whether they be used or no./ This therfore is very
necessary for those that desire a true & exact knowledge of things that
they may not only say this is a kind of grasse and that a kind of
fumitory, but that this *Gramen Caninum nodosum*; & that *Fumaria*
alba claviculata. 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 & Iudge of thinges, both
Animall, Vegitable & Minerall./ those that know these thinges no
otherwise then by reading may Chaunce to run into rediculous
errors, & like a Phisition that I haue heard of, Commend the Blocke
wheron Rubarbe was vsually Cut, for a peece of Choice Ru=
=barbe, or with another that I know of the same profession
Comend a bundle of Sarsaperilla for very good English Licoras
But yf you wilbe advised by me; take not vpon you the certaine
knowledge of any thing, but of that *which* you haue often seene,
handled, & duly Considered; for Confes'd Ignorance is better then
presumptuous folly, which such as are not well vers'd in the know=
=ledge of thinges, are very subject to fall into./
The next thing I Commend to your Consideration is the substance of
thinges, I meane not with the Logitians the first & second

Substance, that is Individualls & Vniversalls, but the substance
& manifest qualities of those they terme the first substances, as
Hardnes, Softnes, Dens'nes, & *cetera* .

The next Circumstance is the place which sometimes Causes differences in things, *Secundum magis & minus*; And I Iudge this not so materiall a Circumstance, as many doe, who will haue no Polypody nor Misselto, but such as grow vpon the Oke; but I will giue you my Opinion concerning this./ All plants draw naturally a liue peculiar & proper for there nourishment, according to that in Aristotle (). All thinges

are nourished with that wherof they Consist./ for obserue Wheate or other graine will grow on Chalky, Sandy, Clayie, stony & all other grounds, yet some of these will yeeld yt more large & in greater measure then other some; the reason is, for that there is more of that nourishment, *which* is drawne by the wheate, in this ground, then in the other, for the wheate hath the attractive, digestive, & assimilative power it yt selfe; Thus Polypody draws from the rotten mosse, & such thinges about the Oke a fitting nourishment, & the like *that* hath & most commonly in greater plenty in some old walls & ditch Banckes; and further I obserue that the fairest & fullest wheate makes the fairest & fullest most nutritive bread, & therefore I Iudge the like of other Plants, as of the Misselto *which* is rarely to be found vpon the Oke & that vsually but poore & small when it is found, because it hath neither so good nor plentifull nourishment, as yt findes vpon the Apple tree, Crabtree, and White Thorne, therefore yf I may advise you, gather the hearbes where they grow naturally well likeing & strongest in the tast & smell; some may object, that most hearbes that grow vpon hilles & mountaines, are lesse then those of the same kinde, *which* grow vpon lower grounds; I graunt they are vsually less, yet the other qualities of tast & smell, *which* I also requir'd are more vigorous in the Mountaneers; & most of the hearbes which naturally grow & thrive in such places are hott & dry; whereas the Cold & moister hearbes flourish

folio 97 verso || folio 98 recto

Better in low grounds, & are fittest there to be gathered./ But what (may some say) is to be thought of our Garden hearbes? of them this is my opinion; Such Garden hearbes as yearly, 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; & whereas yf you kept them from seeding (yf they be such as will endure the Cold) they will liue a yeere or two longer./ Let thus much serue for the place, *which* is needfull to be knowne, yf it be but for provision of thinges necessary./ The Time is a Considerable circumstance both for the gathering & vseing of medicines, as also 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^r acquaintance be made only by the vsuall Mediums of
Tasts & Smells, wherof you haue heard ou^r Brother Broad already discourse
From the Temper come the Qualities *which* are either immediately arising
from the Temper, & therefore call'd the first, as to heate, Coole, humect,
dry; & of these they make 4 degrees, *which* are againe ech of them
subdivided into 3. *which* they terme begining, middle, End of such
or such a degree. The second faculties take there originall
from the first, for answerable to the various mixture of the
first qualities, arise the second quality or rarifieing, condensing,
opening, attenuating, Clensing, repelling, & the like./ The Third
arise from the first & Ioyned, & these are to *provoke* vrine,
second variously
ripen an Impostume, generate seed, or flesh, aswage paine &
the like./ The fourth are not like the three former, that is,
grounded vpon reason, but rather vpon experience, & therefore they
are called Occult qualities, & saide to *proceed* a tota substantia,
such are most of those that purge by stoole & vomyt, that cure
the bitings of mad Dogges, & venemous Beasts, that poyson *with* out
any manifest quality, that cause sleepe & the like; allso some thinges
haue a harmfull quality to this or that body; or to this or *that*

Part; othersome haue a helpfull & friendly quality to this or that body
or part, whence wee terme some thinges Cephalicke, others Cordiall,
Hepaticke, Splenaticke & the like; In my opinon the signatures of things
may somewhat Conduce to to *the* finding out of these faculties, *which*
yf throughly knowne, there vse in medicine would be singular;
for wee see that in many difficult & implicate diseases, wee fly
to such remedies & finde most benifite by them, yea though there
first & second qualities would oft times seemingly forbid there vse./
Thus in the scurvy, wee vse scorbuticks, & in the Epilepsy Epilepticks./
The last Circumstance is the vse & manner therof, for the best
medicines however knowne & 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
thinges, for good thinges vnfitly vs'd, either in respect of time or
place, oft times instead of performing wisht=for good, *produce* a Con=
=trary effect./ I am of opinion that many medicines, yf vsd
in substance, only beaten to powder and so taken in a Conveni=
=ent vehicle, & due *proportion*, they would work more, & more cer=
=taine effects, then the most curious preparations of them./ for
I thinke there is none but will Confesse, that God knew better,
when he Created thinges for medicine; what diseases & Calamities
man should be afflicted withall, then any man Could ever attaine
vnto; againe it is rare to finde such cures done speedily in despe=
=rate Cases by Compound medicines as haue beene wrought by simple./
Now yf we would learne how fitly to know the vse of Medicins

& how to make them effectually, wee must labour to vnderstand
wherin that quality of ech medicine, whose aide we require, doth reside;
for in most plants are these parts to be found, A fix't, & volatile salt,
a waterish & oyle moisture, this oyle moisture is either more grosse
& earthy, or els more pure & volatile, *which* is separated by distil=
=lation, & is called Chymical oyle./ there is allso a spiritous
watry moisture 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 detained
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=
dicine for the Scurvey ./.

Take Redd water Cresses, Worme wood and
Brookelyme of each a good handfull; but if
the partie bee farr gone in the Disease then
of each two handfulls Chopp them in peeces,
and infuse them 24 howers in a pottle of
good strong beere, then streyne it and giue the
party to drinke halfe a pynt thereof fasting, And
asmuch att 4 of the Clocke in the afternoone,
and eate after it asmuch Sugar and Cinnamon
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 dy-drye it vpon a Tyle, make it into fyne powder, then Clense the sore with a Linnen Cloath, and fill the hole with this powder./

Another for a Fistula or old sore

Take reysons of the Sunn stone them and pound then in a mortar 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./

folio 104 verso || folio 105 recto

Another for the Pyles

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

Another

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

Ad tumentes & Dolentes Hemorrhoidas

For the Pyles hardly swelling & very painefull./

Take a gallon of milke, boyle in it henbane Leaues 4 good handfulls, Mullett & plantaine of each two good handfulls, Linseed two ounces, streyne it and sett the Fundament to baythe vpon a Close stoole, And then afterwarde 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 growth 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 annoynt them therwith. Probatum.
Vnguentum Populeon, is good to annoynt
them also./

folio 105 verso || folio 106 recto

folio 106 verso || folio 107 recto

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

An Excellent Medicine for a wound
Swelling or Soare ./

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

Take a quart of Sallett oyle and a pound of Redd
Lead, put them into a skellett and boyle them stirring
them well together till it come to be so well incorporated
that dropping it vpon a Cloath, yow see it spread like
a thicke Salue, this done, take old Lynnen Cloath,
and dipp it int he Composition, and keepe it by yow
for your vse as a Searcloath, yow may if yow
please Reserue of this Composition, and spreade
it as a Salue, either vpon Lynt or other wise,
according to the quallity of the disease, This
is also approued excellent for an Ache beeing
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 admi=
rable effects in a short tyme./ Probatissimum./

To Kill the heate of any Sore

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

folio 107 verso || folio 108 recto

For a Cold Humor fallen & settled
in any Ioynt ./.

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

For an hard Swelling to dissolue it./

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

For a wound that will not Leaue Bleeding

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

For any Spraine, or Briuse an Excellent
Medicine ./.

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

For a Payne in the Syde

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

For an humor in the Legg

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

For an Ache in the hipp called Sciatica./

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

folio 108 verso || folio 109 recto

The oyle of Swallowes for an Ache, or Bruise

Take six quicke Swallowes out of their Nestes and stampe them in a Morter feathers Guttas & all, Then take of Strawberry stringes, Tyme Lavender Cotton, knottgrasse and Plantaine of Each an handfull, stampe them together with the swallowes, then boyle them in May butter vntill it bee

greene, streyne it and lett the Patient bee
often annoynted therewith./

An other for an Ache

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

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

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

Another for an Ache

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

To make a Bagg for a Stitch./

Take an handfull of oates, as much Bay salt
halfe an ounce of Cumming seed bruised,
putt them together, and hold them ouer the
fire in a frying pann till they be very hott,
Then putt it into a Lynnen Bagg quilted

and besprinkle it with Vineger, or Malmesey
and lay it very hott to the syde./

For an Ache

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

folio 109 verso || folio 110 recto

Mr. Ruthin s Bathe for an Ache

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

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

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

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

Gather Watercressies and take only the Leaues boyle
them in Spring water, then beate them in a
morter into a softnes like Salue streyne or
squeeze the water from them Then take Aqua vitæ
made of Wyne Lees and Sallet oyle of eache

a little quantatie, and fry the Watercressies
in a frying pann, and beeing fryed, take soe
much of the Liquoure as is left in frying, And
with it annoynt 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 afterwardees keepe it warme./
Memorandum If the first or second tyme of
applyeing the medicyne putt the party to
paine It is a Good Sygene of the Cure./

Another for the Sciatica./

Take three small Cloves of Garlicke beate them
well with mustard and Aquavitæ together
make a plaster thereof and apply it to the place./

Another for Sciatica, or Ache

Take three or fower Onyons, Roast them,
and peale them, then take half a pynte of
Neatsfoote oyle, and halfe a quarter of a pynte
of Aquavitæ, Boyle altogether, then streyne
them through a fyne Cloath, and annoynt
the place therewith warme.

Another for Sciatica, or Ache

take a pound of Rosin a pound of Wax, three
quarters of a pound of Turpintyne, melt them in
a pann, stirring it well till it be fully incorporated,
then putt it out into a vessell full of warme water
Annoynt *your* handes with oyle & worke it together
close, then make it vpp in Rolls make a plaster
thereof vpon Leather, & apply it to the place
greiued./

folio 110 verso || folio 111 recto

A Plaister for the Ague in the Leggs,
Gout Burne or Scald, or for the Pyles./

Take asmuch Bees wax as white Lead, and so
much and halfe so much more of Lymeⁿⁿ seede
oyle, when the wax and Lead are throughly
melted, Boyle them together vntill it beginn
to looke Blacke, then thereof spread a Plaster

and apply it, If it bee for the Pyles instead
of Linn seed oyle, putt Neates foot oyle./

For the Goute

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

Another for the Same

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

For the Running Gout an Excellent
Medicyne ./.

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

folio 111 verso || folio 112 recto

folio 112 verso || folio 113 recto

Particuler Oyntments

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

Take of Sage & Rue of each a pound Bay Leaues,
& wormewood of each halfe a pound, Mallowes dill

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

An Oyntment called the Flower of oyntments./

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

folio 113 verso || folio 114 recto

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

An Oyntment for all Aches Swellings
or Lamenesse .

Take Tyme Lavender Cotton Strawberry stringes of Each ~~and~~-an handfull, stampe them together in a mortar, Then take 4 or 5 younge swallowes out of their 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 Searnee
beate it very fyne in a morter and very small, Then
putt it into a dish, and putto it a spoonefull of good
wyne Vineger, 2 spoonefulls of Redd rose water,
two pennyworth of Sallett oyle, stirr them together
very well, Then take halfe a pound of good Boares
greace, if not that take asmuch fresh butter vn=
salted, Labour them together two or three howers
vntill it appeare fitt and perfect Salue./ It is good
for all Causes of Rednesse or Swellinges in the
Legges, or els where, If yow annoynt the place
twice a day, It will Coole and dry vpp waterish
humors, and kill the Itch, or heate./

The Leaden Oyntment./

Take 4 pounds of oyle olive of the best, of redd
Lead and white Leade very well Calcin'd to dust
of each a pound, and twelue ounces of Spanishe
Soape; Incorporate them together in an Earthen
pott well glazed, Putt it vpon a small fire of
Coales, Continueing an hower and an halfe
still stirring of it with a Ball of Iron fastned
to a sticke of wood, then make a greater fire, till
the reddnes of it be turned into a gray colour;
But yow must not Leaue stirring till the matter
be turned into the Colour of oyle, or somewhat
darker Then dropp some of this plaister vpon a
wodden trencher, and if it Cleaue neither to your
finger, nor trencher, then it is enough, then take
long Linnen Cloathes, Eight fingers broad, and
dipp them in it, And when they beginn to be cold
Smoothe them on a Cleane table ~~Cleathe~~-with
a sleekestone 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
fflux, or Running of the Reynes, heate of the kidnies,
and weaknes of the Backe./
4. It heales all Swellinges Bruises and Aches./
5. It healeth ffelons, pushes, & other Impostumes
and breaketh them./
6. It drawes away humors not breakeing the skinn
7. Applied to the fundament, it heales all diseases
therein./
8. Layd to the head, It is good for the Vuula./
9. Layd to the head, It is good for the headache & sore Eyes./

folio 115 verso || folio 116 recto

Particular Salves./

To make a good Healeing Salve.

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

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

Take oyle of Roses oyle of St Iohns Wort of
Each a pynte of the Leaues of Tobaccho stamp
and incorporated well in a stone Morter two poundes,
Boyle them together to the Consumption of the
Iuyce, straine it and putt to the fire again, Adding
thereto of venice Turpentyne two Ounces, Olybanum
and Masticke of each halfe an ounce in very fyne powder,
The which yow may att all tymes make into an
vnguent or Salve by putting thervnto wax and Resin
a small quantatie of each, to giue it a stiffe body This
worketh exceeding well vpon malignant Vlcers,

or in woundes and Thrustes into the fflesh./ This may
be vsed by all good Gentlewomen, that helpe the poore
for Gods sake./

Another very Excellent Medicine for
the same ./.

Take of the Leaues of Tobaccho two poundes, hogges
greace one pound, stampe the herbe small in a stone
morter putting thereto a small Cuppfull of Redd,
or Clarrett wyne, stirr them well together, Cover
your mortar from filth, and so lett it rest till mor=

ning, Then putt it to the fire, & lett it boyle gently,

folio 116 verso || folio 117 recto

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

A Salue to breake a Sore Brest

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

A Wonder full good Plaister for sore Brests

Take the Leaues of Mallowes and wormewood of each an
handfull, Seeth them in water till they be tender as the papp
of an apple, then lay them on a board, and lett the water
runn cleane from them, and cutt them small and stampe
them with a pound of old Swynes greace and temper them
together till yow cannot knowe the one from the other,
Then lay it to the Breast Luke warme in a double linnen
Cloath Changed twice a day./

This Plaister is not to be paralelled, It is good for
swolne Legges, but then yow must fry the herbes and
boares grease, and yow must dress it twice day
first stampe them and then fry them./

To make the Blacke Salve./

Take a pound of Redd Leade, a pynte of oyle of
Roses, one ounce of English wax cutt into small
peece; 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 powdered
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 powdered into very fyne powder, and melt your
wax, and tallowe, mix your powder with them,
and boyle them weltogether Then streyne them
through a Canvas Bagg into a pottle of whyte
wyne, Then lett it Coole to Blood warme, then putt
in your Camphyre, and a quarter of a pound of Tur=
pentyne by little and Little, stirring it till it bee neere
cold, then worke it vpp in Rolls and keep it for vse./
The vertues of it. It is good for old soares & Aches; for
Imposthumes in the head and body, Swellinges, Sinnewes
shrunke or started, Salt flegme in the face, It draweth
out Iron or thornes, It helpeth Venemous bytinges,
or otherwise, old prickinges, All Botch^e-~~uly~~-es or swellinges
in the seacreet partes of the body, It staies the floweing of the
Hemrodes, And it is very good for a Searecloath for all
greifes./

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Another Blacke Salve to heale
old Soares ./.

Take halfe a pound of pitch Rozin & Turpentine
of each a pennyworth, a good quantatie of
yellowe wax, A Cake of deere Suett of the

breadth of a sawcer; Boyle them altogether in
a pipkin, When they are boyled enough, putt
them into a pale of Cold water, then make itt
vpp in Roolls betweene your handes beeing annoynted
with fresh grease.

To make the Greene Salue

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

Another Salue for all manner of
Soares ./.

Take a pound of vnwrought wax, a quarter of a
pound of Rozime, Beate halfe a pound of Sheepe
Suett fynely shredded, and halfe a quarter of a
pound of Turpentyne, and a good handfull of
hysopp bruised, Boyle altogether till yow see it
looke greene, then streyne it very hard through
a Cloath, And if yow see the Salue doe not

drawe Enough, then putt in a little more
rozin, if it drawe too fast, putt in a little
more wax And soe make it vpp./

A Blacke Salue for the Goute

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

Another Salue for old Violent
Cankered Soares ./.

Take Boares grease purely dryed without

any Salt, and one pound of Sheep Suett likewise dried without salt, one pound of vnwrought wax 4 ounzes of oyle of Bayes; 2 ounces of Shoemakers grease, dissolue all these att the fire, Then strayne them and putt thereto these three Ingredients followeing being finely searsed, *videlicet* Rosin, perrozin and olybanum of each two ounces, of stonepitch 2 ounces, and lastly of Turpentine 4 ounces.

The way how to Compound them is this The Suett oyle wax and perrozin must be first melted on the fire, then streyned, and the Liquour sett vpon the Embers againe Then putt in all the other things in this order, ffirst Rozin and stirr it, then olybanum and redd Leade, Bole Armoniacke and Verdigrease a sufficient quantatie all mixt together, and a Little Allome and Copperis, then take it off the Embers and stirr it thoroughly & strongly, then putt the stone pitch in pounded, and the turpentine,

folio 118 verso || folio 119 recto

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

A Lippe Salue

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

How to prepare the Rootes for the Suett./

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

the topps, and Bottomes cutt off, and soe beeing Cleane washed and pickt, Lett them lye in water 24 howers

as the Marsh mallowe Rootes aforesaid, Then bruise them in a mortar, 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 thoroughly melted, then streyne it through a thyn Canvas streyner, And the next day when it is throughely cold, shredd it small, and beate it by some and some vntill it bee as soft as Butter, Then take it vpp thynn as yow take vpp Butter and throwe it into a paile of Conduit water, and shift it twice a day for two daies space Then take it and putt it into a Close sheete, and lett all the water dreyne from it, And when it is drye putt it into an Earthen pott as before, and sett it into a Kettle of water, ouer the fire; And so soone as it is melted, scum off the foule froath that doth arise thereon Then streyne it through a more thicke streyner (beeing of fflaxen Cloath) And when yow would vse this Suett for your face, prepare it thus./

Take 4 ounces of your Suett ordered as aforesaid, and Slyce it into a Gallypott, then take a quarter of an ounce of whyte Virgins wax thyn shaued, halfe an ounce of Sperma 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./

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The vse of this Suett

The first preparation, is Cooleing & smoothing, good to annoynt any Smartnes or swelling; As also for woemen with Chyld, when they haue Bearinges downe./

The Second is onely for the Face

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

A Searcloath for a Cold Cause

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

The wound water Drinke

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

2 or 3 spoonefulls fasting in the morning and also at Evening vntill hee haue drunke to the quantaty of a ~~pynt~~ quart./

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

An Excellent Plaister for the Runing
Gout, or any greuous Ache in the Ioynts./

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

folio 120 verso || folio 121 recto

An Excellent Salue for a Burne or a Scald/.

Take ground Ivie and bruise it in a mortar, then
take sheepes dongue & sheeps suett of each a little,
boyle all these together till it be very greene, then
streyne it through a Linnen Cloath and so lett it stand
till it be Cold, and then yow may vse it at your
need being spread vpon a Campary Leafe, or
a haglather Leafe./

folio 121 verso || folio 122 recto

Ballmes

To make a Balme presently that
shall heale any Greene wound
in 5 dayes ./.

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

folio 122 verso || folio 123 recto

To make another Excellent Ballme./

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

folio 123 verso || folio 124 recto

Ballsomes./

To make an Excellent Ballsome

Take a quarter of a pound of yellowe wax cutt it
small and putt it with a pynte of Sacke into an
Earthen pott or pann. Sett it over a Chafing dish
of Coales, and melt it, beeing Cleane melted take

it offe, Then take halfe a pound of Venice 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 quantatie of a Nutt in warme Sacke, or possitt drinke When yow take it Inward It must bee in the morning fasting./

folio 124 verso || folio 125 recro

To make Italian Balsome

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

Cold, Then putt it vpp for your vse./

The vertues of this Balsome

1. The said Balsome will heale any wound either inward or outward, Inward, by powring it into the wound warme, outward by applying fyne Lint dipt in the said Balsome melted, And then a warme plaister of the said oyle layd vpon the partes therabouts; 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, gutts, or Liver be not touched, or hurt, It will heale it in seauen tymes dressing Soe that no other medicine bee att all applyed thervnto./

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

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

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

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

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

folio 125 verso || folio 126 recto

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 broth./

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 applyed 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 annoynting the place therewith./
17. It is good against sore breasts & many other things
not heere mentioned./

A Greene Balsome of Adders Tongue./

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

folio 126 verso || folio 127 recto

folio 127 verso || folio 128 recto

Poultices.

A Poultice for a Soare Breast./

Take 3 pynts of milke, halfe a pynte of oatmeale
six spoonefulls of honey, one pennyworth of Lynnseede,
of holy=oake Leaues, hemlocke, mallowes, and
Smalledge of each an handfull; Shredd these
heerbs very well and putt them to the other thinges
and boyle them together, The Lynnseed must be
beaten, soe make a poultice and apply itt./

Another./

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

Another.

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

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

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

Another for the same Cause./

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

folio 128 verso || folio 129 recto

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

Take of newe milke a pynt thicken it indifferently
well with wheate flower, then sett it over the
fire, stirr it that it burne not, then putt into it
a quarter of a pynte of Lynnseede oyle, and
lett it boyle together, till it bee of a good thicknes,
Then spread it on a Cloath and apply it as hott
as the Patient can well endure, It will breake
drawe and heale./

Another Experiences Poultice to dissolue
a swelling in any Ioynt or part of
the body, or ells breake it./
Take a quart of good Ale, two handfulls of
Camomill small chopt, Lett them boyle well halfe
an hower together Then putt in so much Lynseed
small beaten as will thicken it, then putt into
it of Mellilott flowers, of oyle of Lillies, of
Oyle of Camomill of each 2 ounces, spread it
on a Cloath & apply it very warme morning
& evening./

A Present Poultice to asswage any swelling

Take Turnips & boyle them tender in water, then
take them out whole and putt them into a quantatie of
milke, & boyle them to a Poultice, & apply it to the
Patient as hott as cann bee well endured, It
giues present Ease./

folio 129 verso || folio 130 recto

For Wormes.

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

or

The Leaues of Savine powdered and drunke
in milke or muskadine doth the same./

Another for wormes in the body

Take Nepe and stampe it with white wyne, and
giue it the patient to drinke./

or

Rue stampd in fasting pisse of ones owne, and
drunke, Cureth./

Another for Wormes

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

Another

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

To make Powder of wormes.

Yow must gather your wormes in May, & putt them into a paile or pann, and sprinkle 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

folio 130 verso || folio 131 recto

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./

folio 131 verso || folio 132 recto

Kings Evill

A Water to Cure the Kings Evill

Take a pottle of Spring Water, halfe a pound of Leane of Rustie Bacon, one handfull of Redd Sage; Boyle them together till it come to a quart, Then take vpp the Bacon, and putt it in a stone of vnslakt Lyme soe long as an Egg, when the lyme is quallified take it off, and lett it stand till it be cold, then take of the Creame

of ffatt, and saue the Cleane or Cleare water in a glasse, or bottle when yow vse it, warme it, and with a Lynnen ragg wash, and bathe the sore with it.

A Balme for it, if it Runn./

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

A Dyett Drinke for it./

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

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

folio 133 verso || folio 134 recto

Heareing

To helpe the heareing and against deafnes

Take Euphorbium, and oyle of Bitter Allmondes of each ʒ iiii of Muske ℈ i of Whyte wax ʒ ii

Incorporate them together and beeing warme
dipp a little blacke wooll therein, and lett it remaine

in the Eare./ or

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

Another for the same./

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

Another

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

folio 134 verso || folio 135 recto

folio 135 verso || folio 136 recto

Gargles or Mouthwaters./

For sore throats, Canckers or
Vlcers in the Mouth ./.

A Gargarisme for a Soare Throate
for the Ivola downe or inflamed . /

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

The most Excellent Gargle that can be made. /

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

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Teeth from Rottennes scales and wormes It
Cleanseth and keepes sweet Rotten and hollowe teeth;
It suffers noe Cankers, swellinges, or vlcers
to breed in the Gummes, Cheekes or other partes of
the mouth, or any blistering or heat in the tongue;
And by daylie Gargling, it preserues the throate
from all sores, 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 10^d } weight

Ginger 12^d }

Cloues 6^d }

Cinnamon 6^d }

Largmace 3^d }

Putt all these into a pott Close stopped with
a quart of Clarrett wyne. Boyle them in

Balneo the space of 24 howers, straine it
and keepe it for vse.

Another for all kyndes of Sore Mouthes./

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

For a Sore mouth & Swolne throate

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

Another Excellent Mouthwater./

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

To drawe vpp the Pallate of the mouth./

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

For a Sore Throate./

Take a quantatie of Cleane Wellwater,
woodbynd Leaues, plantaine Leaues,
Eglantine Leaues and Sage of each an
handfull, washe them all well espetially
the Sage, and boyle them in a quart of the
said water till it come to a pynte, then scumme

it, and putt thereto a spoonefull fo English honey
and as much roach Allome as a Wallnutt.
If the throate be very fowle and soare putt thereto
asmuch as an hazell nutt of greene Copperice,
and spirt it into thee Throate with a Cerringe
Lett it not goe downe a pretty while, vse it three
daies together. Probatum./

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

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

Another for a whyte Canker

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

For a redd Cancker./

Take halfe a pynte of redd Vineger, as much
roach Allome as a Wallnutt, one spoonefull
of honey, woodbyne Leaues, Sage, and hearbe a
grace of each a small quantatie; seeth them

well, then putt them into a Close pott, and
lett the patient gape ouer it as hott as
cann bee, then vse the Leaues and applye to
the sore place./

To Cure any Pocky or sordid soares
in the Mouth ./.

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

Another for sordid soares in the mouth./

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

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

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

To Cure spitting of Blood./

Take the Iuyce of Bettony and temper
it well with Goates milke and drinke of it
three daies together./

For the Teeth & Toothache

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

Another

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

Another

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

Another

The braines of hares giues ease to children,
and makes them breed 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 weere burnt, then Rubb well your
teeth with it morning & evening./

For the Teeth that haue wormes

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

To fasten & Cleanse teeth

Take Pulvis ad dentifricia Dentifricia in
Pharmacopoeia Augustana ./

Another for wormes in the Teeth

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

Another for paine in the Teeth./

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

Another for the Toothache

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

Another speciall Remedie for the
Toothache ./

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

a Skellett the third part of a pynte of small beere
and a spoonefull of honey and lett it boyle, Then
putt the pills ^{^ in} to it, and beeing very hott, applye
them vpon the syde or tooth that akes one after
another, This will Asswage the paine; yow
must goe to bedd after and take a draught
of Possett Ale to procure sweat./

Another espetiall Medicine for the Toothache

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

Another for the Same

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

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Another Excellent Remedie for the toothache

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

Another

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

vse, yow must heat a little of it very hott, when
yow vse it, and hold it in your mouth where
the payne is./

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For the Headache./

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

To breake an Impostume in the Heade./

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

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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 nyth./

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 dried, 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
Nuttmeegg 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./

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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 haire growe on the Head

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

folio 145 verso || folio 146 recto

Throate

For the Squinancie *alias* Quinzie

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

Another./

The Water of Selfe heale, and the water
of Valerian mixt with Syrupp of Mulberries
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 th
Throate and Quinzie./

folio 146 verso || folio 147 recto

folio 147 verso || folio 148 recto

For the Face

To keepe the small Pox from Pitting
the Face ./.

Take of the oyle of Bitter Allmondes and Sperma
cæti of each an ounce, melt them together, and
annoynt the face with a feather as often as
yow will, It must bee nyne daies after their
Comeing out./

To wash the Small Pox when they are
a weeke come forth ./.

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

To take away the redd spotts when
they are gone

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

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

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

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folio 149 verso || folio 150 recto

For the Breast & Stomacke

For the Ache & pricking in a womans breast.

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

double Cloathes vse this morning & Evening./

To take the Ague out of a womans
breast in Chyldbbedd if it Runn ./.

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

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

Take a pottle of six shillings Beere, a quarter
of a pound of Reysons of the Sunn stoned, halfe
a pound of blewe figges, a pennyworth of Annyseedes
bruised, and asmuch of English Liquorice slyced,
Lett these boyle together adding a halfepennyworth

folio 150 verso || folio 151 recto

English Saffron in a Ragg ~~drik~~ drinke it
at night when you goe to bedd and in the morning
asmuch as your stomacke will Beare, yow
may putt in some of a Lemmon if yow please./

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

Take Elycampane rootes Cleane scrap'd
Choose the whytest, and purer part which
yow may slyce into faire water like oringe
Chippes; 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
again, & 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 stamp
and boyled in the said oyle Then take 16 Cloues
and beate them very small, Boyle them together
again, then streyne it and amoynt the stomacke
with it./

To Comfort the weakenes of the
Stomach & head ./.

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

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Another to Comfort the stomach./

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

A Syrupp to Comfort the Stomacke

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

For stopping & to open the Pipes./

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

For to Cleanse the head stomack & Lungen
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 Lungen./

Take violett Leaues, Strawberry Leaues Woodbettony
and pennyroyall of each an handfull of Buglosse or
Borage, the topps of Redd fennell, the topps of vnsett Isopp
of each an handfull, Two ounces of good Liquoris scraped
and slyced, a quarter of a pound of the best blewe Currans,
halfe a pound of reysons of the Sunn stoned, two ounces
of Annyseedes well rubbed and dusted, 2 or 3 handfulls of

ffench barly, one Elycampane Root cleane washed
picked and slyced. Boyle all these in a gallon of
faire Spring water till it come to a pottle, Take
of it three tymes a day, In the morning a quarter
of a pynte, att fower of the Clocke and Bedward the
like quantatie./

For wynde in the Stomach & other
diseases of it ./.

- 1 ffirst Wynde in the Stomacke as *proceeding* from
Crudities & Indigestions, is first helped with an
Exact and moderate dyett, Eschewing all Excesse,
espetiall drinkeing betwixt meales, or at least
not till 4 houres after meate, and then very soberly./
- 2 Next it is Cured by hott and dry thinges, as with
Seeds of Anniis, Coriander, ffennell, & *cetera* Inwardly./
3. Or Powder Inwardly in drinke, or decoction of
4. strong wyne with Electuaries of Diatrion Piperion
Diacymium Diagallina./
- 5 Outwardly It is helped with Fomentations of

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

For wynde in the Stomacke

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

Another against wynde in the Stomacke

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

Another for Wynde

Take Cummyne 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 dried myntes a dram, then
steepe a Toste of Bread in wyne till it become soft, then
sprinkle 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 Gallingall of each an ounce
Annyseedes ffennell seedes and Cloues of each an ounce, long
pepper and round maces and Nutmegges 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 Gallingall of each a like quantaty,
bruise them and lay them in Malmesey all night, and
drinke the same fasting. If your Stomach be very ill
then burne or Mull the malmesey with Cloues and
gallingall, and Sugar. and drinke a good draught in
the morning and before and after supper.
For faintnes, or Sicknes in the Stomacke

Take Rosemary flower water, Mynt water, wormewood
water, or Orringe flower water of each a like quantity
All of them being distilled by themselves without any

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

A very good Plaister for the Stomacke

Take an handfull of Redd Sage, of wormewood,
sweet Marjoram, redd mynt and Rose Leaues
of each a good handfull Putt all these into a
dish vpon Coales and lett them drye a pretty whyle
Then putto them a little Vineger, and a little
Redd rose water, Lett them boyle in the dishe a good
space, turning them till the moysture bee allmost
dried 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 dried vpp putt it into
a Lynnen Bagg, quilt it and lay it to the
Stomacke./

For a weake stomacke that often vomitts./

Take a Cocke Chickin Cutt his feet away and
Chyne him Cleane, fill him within with parseley,
Sorrell, violettes of each an handfull and some
topps of Rosemary Seeth him in two pyntes of
Water, and the third part redd wyne till the flesh
part from the Bones, then take the fflesh bones
herbes & Bray all together very small, and putt
them into the Liquour againe with saffron Mace
Cloues & Cinnamond of each a like quantatie

in powder, and lett them take a Wallme on
the fire, then streyne it into some Cleane vessell
Take of it warme oftentimes a day with the
Crummes of good wheate bread blended with
it vse it for seauen daies It will certainly
helpe; or if yow will take a little Aloes in cold

water, and drinke it. It helpes those that cannot
keepe meate at all./

Stomacke Pills

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

A Vomitt for a Burdened stomacke./

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

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

The vertue of Nutmeggs.

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

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stincking one Chewed and holden in the mouth,
and are good against ffreckles in the fface, They
quicken the sight and are good against all cold
diseases in the Body, Beeing parched and dried
att the fire Cutt into Slyces and drunke with
Redd wyne stopp the fflux./ Beeing steeped
and soaked in the oyle of sweet Allmondes, they
breake and expell gravell./ The powder
thereof mixt with the oyle of Myntes and the
fforehead and Temples annoynted therewith
is good against the Coldnes of the heade and
to helpe the Memorie./ Bruise ffresh
Nutmegges, heate them in a pann and presse
them and there will come out a Salt oylie
substance like wax called of some The oyle
of Nutmeggs, This is pretious for all

Cold greifes of the Ioynts or Sinewes
and good for Cold Husbandes who desire
Children./ Nutmeggs and Masticke
boyled in wyne and drunke is good for the
greifes of the Stomacke and Bones for
breaking of wynd and restoring strength
after Sicknes./ Seeth Nutmegges Maces
ffennell Seedes and dill seedes in wyne, and
drinke it for an Espetiall helpe for a
Cold Stomach. If any man be wounded
and Bleed inwardly, take the heaviest Nuttmegges
can be gotten, washe them, wash them, wype
them, pare them, and lett him eate them, and hee
shall deliuer the blood outwardly and also by
his ordure, and make him as perfect as euer he was,
soe the wound bee well kept, and hee to continue this
till hee Recover health./

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

For all greifes in the stomacke

The Vertues of Cloves./

Take of Cloves halfe an ounce, of Sugar a
quarter of a pound, Treackle a penny worth,
putt the same into a quart of Mallmesey, drinke
hereof daylie warme, and vse good meates./
Cloues Comfort & strengthen the hart, stomach
and Liver, helpe digestion quicken the Eyesight,
provoke Vrine and are generally good for all Cold
disseases, The oyle of them is good for a Cold stomach

and Braine and all Cold greifes. Mix the powder of Cloues, Nutmegges and Rosemary with sweet Sallett oyle till it bee thicke and apply it to the Crowne of the head it will drye upp the Rhume./

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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 Lungen & Stomacke./

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W B
Pharmacapæus

Prælectio Prima 1634

You haue formerly heard in the precedent Lectures, the severall names of Physicke; the Definition therof, according to the most receiued Authors, both of Auncient & moderne times, wherof to insist where but rem eandem dicere, only thus much I shall be bold to put you in minde of, that ou^r last Lecturer deliver'd concerning the devisiō therof, and that was into the speculatiue part, & the operatiue

part, as for the speculatiue I referre you to what hath
 beene formerly spoken, & only put you in minde that the
 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, Devisiō, & Obiect of our Art./
 Our Art is called in latine Pharmacopoea, having the
 Etimologie from the Greek () from
 makeing or mixing of medicines, and this word ()
 is diversly written, to witt both with x and k, ()
 () with x signifyeth a ferendo Dolorem, & (),
 () with k a ferendo medelam, and in this double sig=
 =nification so much may be implied that in *ou^r* Art wee
 mix medicines both the cause Rest and Paine. now I
 proceed to the Definition *which* according to Placatonius is
 Ars Factiva Colligendj, Eligendj, Preparandj, et Miscendj
 medicamenta the devisiō 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 & Devisiō; lastly the object of *ou^r* 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 nōt

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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.
 2^dly of the Necessity of this knowledge. Amongst the
 Hebrews king Salomon wrott diverse bookes of the Faculties
 of Plants, from the Cedar of Libanus to the Hysop that
 groweth on the wall, *which* bookes as Flavius relateth, king
 Ezechias afterward caused to be taken out of the Temple of
 Hierusalem , for feare the people should fall into Idolatry;
 Amongst the Gentils many of the greatest Princes, much
 affected this study of Plants, giueing some of them
 there owne names, supposing by that meanes they should
 never be forgotten, as Gentiana from Gentius king of
 Illiria, Lysimachia from Lysimachus the Macedonian
 Telephium from Telephus king of Missia, others haue also
 beene famous for finding out Plants, as Mithridates for
Scordium, Iuba king of Numidia for *Euphorbium*.

Alcibiades for Echium & Anchusa: some for writing of Plants as Evax king of the Arabians who writt diverse tracts of the Faculties of such plants as he knew, and dedicated them to the Emperour Nero . I could heere summon vp diverse others, but this may serue to giue satisfaction so such as haue long practiced Physicke, & never labour'd to know the materials they wrought withall; In former time this learning was in much esteeme, Galen in his booke de *Compositione Medicamentorum secundum Locos* saith qui studet Pharmaca Componere prius perdiligenter vestigare simplicium qualitates, Naturam et substantiam oportet. Diverse greate persons allso of latter

Times haue much delighted in this study, as witnesseth Spigelius , who giueth this Testimony of Fredericke the Emperour that he not only knew the formes of Plants, but would very often dispute with the most learned Physitions concerning the vertues of them. moreover Maximilian the Emperour (as the same Author allso affirmeth) had farre surpassed him in that knowledge, yf Death had not prevented him./

2^dly, concerning the necessity of the knowledge of simple medicines, although none heere will deny the necessity of yt yet that yt hath beene much neglected in diverse ages by such as practised Phisicke may thus be proved.

Dioscorides in the begining of his first booke taxeth Taren= tinus , Heraclides , and diverse others for writing many things of medicines, without the knowledge of them, and a Physition Called Niger for his many Errors which he Comitted by the want of this knowledge, as in writing that Euphorbium was the liquor of a wild oliue tree, growing in Italy; Androsemon to be same with Hypericon, that Aloe was Digg'd out of the ground in Iudea, with many other such absurdities of this kinde: and in this ou^r time although both heere & beyond the seas there are diverse that delight & take paines in this knowledge, amongst whom your selues heere present are espetially to be comended.

Yet it is not one for a hundred that either direct or make medicines, but neglect it as a thing vnnecessary and to no purpose; I remember once a brother of ou^r owne profession who turning over the dispensatory, in the Catalogue of plants found the word Herniaria, I inquired of him what yt signified, & his answere was the Herbewomen in Cheapside could tell, yf I would haue any of yt he would procure ^ it from them, he nott knowing mee to be one of the profession: how much the want of this knowledge, doth puzzle many of ou^r graue practizers; wee may dayly Imagine when they

are called to Patients remote from this place; for
whenas happily they might finde a proper medicine

folio 159 verso || folio 160 recto

For the Patients Malady at his owne doore, they are
forc'd to send somtimes 20 or 30 miles for it. the Patient
(God wott) lying in much misery expecting the things
sent for, in this forgetting the wordes of Fernelius
who in his methodus Medendj thus saith *Simplicium cognitio*,
Collectio, *Delectus*, *Expurgatio*, *Conservatio*, *Correctio*, et
miscendj industria seorsim ad Pharmacopæos reser=
vatur ac pertinent; quorum tamen inprimis et medicum
gnarum peritumque esse oportet. heere some happily may
object 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 answeare, who hath these wordes, in
his preface to his booke de signaturis plantarum ,
Ipsis tamen exoticis longe meliora, recentiora, selectiora,
et salubriora, quia sub nostrj cælj influenza nata
sunt, nostræ naturæ magis Convenient, domj nostræ
debito Tempore Collecta minorj difficultate et sumptu
haberj possunt, et nostris vsibus exigente necessitate a
Patre miserecordiarum destinata: meaning Domestria
Paracelsus Condemning 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, ou^r medicines, yf wee would or could finde
out the operations of them, are better & fitter for
ou^r 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 2^{do} 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 Silvius much condemneth
in liber 2^{do} de methodi
Componendi medicamentorum

the Physitions of his time, and Iudgeth them et pena et Ignominia dignos, that wholly neglect the knowledge of simples, & rely vpon Compositions, saying it is enough for them yf they know Diacatholicon to be medicamentum universale & to purge all humors, Diaphænicon to purge Choller, Diacarthamium Flegme, Diasenna melancholy, Optica, to be remedies for the eyes, & such like, without Consideration of what simples they are made, or what quantity of them enter the Composition, not careing so long as the Composition hath the operation according to the Title, whenas Simple medicines are, et Natura et Tempore Compositis anteferenda and all the operations of Compound medicines proceed from those Simples that are in them, thus farre Siluius ; therefore let mee in this Conclude, that Certainly although exoticks should haue greater vertues then those growing heere amongst vs, as those that Fetch them from farre Coutries doe affirme, more for there owne gaine then for the helpe of the people, yet for my part saith Crollius I will not beleeeue them to be so wholl= some for ou^r 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 2^dly of the necessity of this knowledge; I will now proceed according to my Definition, and that it is first, Colligendj et Deligendj Medicamenta Ars, giueing you first some reason of the Denominations of Plants, and that from Diverse Causes (according to Placatonius) to wit some ab inventore as Centaurium some a Regione as Iris Illirica, some a Natalj solo as Potum= =montanum , Plantago Aquatica, some a Gustu as Gliceriza, Dulcamara &cetera , some ab odore as Assafœtida, 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 similitudine but this enough if not too much; now in this Art of gathering and Chooseng of medicines, three things are most Considerable to witt first the substance, 2^dly the quality, 3^dly the time of gathering them, & first De Substantia medicamentorum; vnder this word Substantia improperly taken according to Siluius and Placatonius are contained, first Solidum, Liquidum, Pellucidum, Opacum, Crassum, Tenue, Rarum, Densum, Asperum, Leue, Friabile, and such like, of which I will giue you these explanations, first Solidum is that which Con= sisteth by yt selfe, as wood, Rootes, Mettall &cetera Liquidum is that, which yf it be not contein'd in another is spilt or lost, as water, Iuices of Hearbes, & such like, Pellucidum

is that *which* is transparant, as Cristall, Amber, Water, Opacum is the contrary as metall, stones, &cetera/ Crassum is that *which* is very hardly brought into fine parts; Tenuis is easily brought, into fine parts to witt in dry thinges into fine powder, & in liquid spreadeth yt selfe farre abroade, Densum is that *which* hath noe Perforation as as Guaicum, Ebum, & such like: Rarum is the contrary for that yt hath large perforations, as Agaricke; Leve is that *which* hath a greate Bulke & weigheth litle; Grave

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

1

Austerus sapor is that *which* causeth a meane astringent quality vpon the tongue, bringing litle or no sharpnes *which* is easely perceiu'd in diverse vnripe fruites as Peares, Damsons, Medlers, *which* the more ripe they are, tast more

2

sweet, & lesse austere; the next is Acerbus Sapor, *which* is more straightening & astringent drawing the outward part of the tongue together as is to be experimented in a decoction of Pomgranate pills, Sumach, Cyprus nutts

3

and such like, the next is Acer or Acris in Greeke () and this affecteth the Tongue with a biting and hott Tast in so much as somtimes it burneth the mouth as is to be

4

perceiu'd in pyrethrum, mustard &cetera 4^{thly} Acidus Sapor penetrateth the Tongue with his tenuity or thinnes of parts, with out any evident heate, as is perceiu'd by vinerger & sorrell

5

Iuice of Limons Cytrons &cetera, 5^{thly}. Salsus Sapor draweth the Tongue together and as it weere shaveth the skin of with a meane heate but violently drying, this is evidently

6

knownen in the tast of Salt Peter & Common Salt. 6^{thly}

Amarus Sapor, this is unpleasaunt allso, in some kinde
shaving the Tongue, as is to be found in the tast of

folio 161 verso || folio 162 recto

7

Aloe, wormwood Colocinthis *etcetera* 7thly. Dulcis Sapor &
that's Duplex, for one wee terme *properly* soe, in being
Contrary to Amarus Sapor, as is the tast of Honey
Suger & liquerish *which* delight the Tast; the other
is called Dulcis or Insidus Sapor, in Greek ()
that is deprived of the foremention'd Tastes, as is the
in 6^{to} libro de

Causis Plantarum

Tast of Oyle *which* by Theophrastus is distinguish't by
the name of un^ctuosus et pinguis sapor, there is allso
insipidus sapor sine vnctuositate as is found in Cowcumbers
Blites, & other Cold pott hearbs and that is ca'ld Aquosus
Sapor; and thus much de Saporibus simplicibus ; the
Compound Tast's are of the simple mix't and all variable
as wee finde almost in all manner of Plants and the
fore not to be insisted vpon further. I *proceed* now
to the second way of knowing the qualities of simple
medicines, that is ab Odores, and that is more difficult
in lib 2^{da} de

Anima

then a Sapore, as Artistotle witnesseth in these wordes
Non Ita manifesti sunt Odores sicut Sapores, magisque nos
fallere sensus odoratus potest quam gustus, and Galen
in libro 4^{to} 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 conjicere:
Odor or the sent is-by Spigelius is devided in bonum, seu
Iucundum, et malum seu Injucundum, the first wee terme sweet
of pleasaunt agreeing with ou^r nature: the 2^d strong smelling
or stinking offensive to vs: yt is defended by both the Auncient
& moderne writers that Odorata of those of a pleasaunt sent
in 6^{to} libro de Causis

Plantarum Capitulum 24

are hott & dry, Theophrastus saith Odorem per Coctionem acquirj
quod Odorata evaporent, evaporatio autem omnis fit a Calore:
now seeing no Coction is made without heate, for this reason
it happeneth in hott Countries there are more plants growing
of pleasaunt & sweet sent then in Cold, as wee finde most of
ou^r Spices are brought from the Moluccas , Zeilan , Sumatrae

And other parts of the Orientall India *which* all are in ^a hott
Climate, yet in *our* Northerne Regions wee are nott without some
few Rootes of good sent, as *Radix Iridis ex Illiria*, *Acorus ex*
Paludibus and wee may reckon yf you please amongst
vs *Gariophilatæ*: to this some may obiect what then Roses
& Violets are hott & dry, for they are *odoris Iucundj*, to this
in *libro*: 2^{do} *Isagoges*
in *rem herbarum*

I giue you Spigelius his words, *Respondeo plus esse Florum*
etiam folijs diversas, *Calidas scilicet et frigidas*, *plures vero*
frigidas atque hac ratione, *flores hos frigidos censerj*, *Calidas*
vero partes exhalare propter earum tenuitatem quæ sunt
in superficie foliorum hoc est proximæ aerj: in the 2^d place
the quality *our* Temperature of Odor *malus* or *Injucundus*, is
not so sufficiently declar'd, either ab *Antiquis* aut *Neotericis*
for *malus odor sive fætor*, seemeth not *proceed* from heate
for many plants of evill sent are Cold, as *Cicuta*, *hyoce*
in *sectione 13 problematum*:

=amus; and Arestotle saith, *multa Odore malo prædita velutj*
excrementa animalium a Cruditare 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 2^d way of knowing the quality of simple
medicines, *videlicet* ab *Odore*: the 3^d thing in qualitate *medicam=*
entorum is a *Colore*. I should I must Confesse wrap my
selfe into many Errors yf I should fall vpon the destinat
ions, of Colours, or like a Painter show you what Colours
Ioy'nd together would make a Contrary. only in the
knowledge of plants a *Colore* wee are to vse much
Diligence, *Inspectione frequentj*, for *alius est Color Radicum*
alius foliorum, *alius seminum et fructuum*. but I doubt
I haue Intrench't vpon your patience, & therfore will
cease troubling you further at this time, intending, God willing
vpon the next occasion to *proceed* to the third & last thing
by me *propounded*, to be considered in *Arte Deligendj medica=*
menta, & that is *Tempus Colligendj*, & after that to treat
De Arte præparandj medicamenta

folio 162 verso || folio 163 recto

folio 163 verso || folio 164 recto

Diseases of the Backe
For the Stone or Strangurie/

Concerning the Cure of the Stone
in the Reynes & Bladder ./.

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

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

folio 164 verso || folio 165 recto

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

Excellent to Mundifie and Cleanse the reynes
to bring downe the humour with Releasing
and asswaging the paine, and bringing out the

Gravell./The Syruppe./

For the Stone

Take of the broath of a Chickin sodden till all the
flesh fall from the Bones, three poundes of
Mellon seedes a little bruised an ounce, of parseley
Roots and Allysander Rootes of each 3 ounces,
dammaske pruines and Sepestens of each
six in number, great reysons halfe an ounce,
Cleane Liquorice tenn drams, The Waters
of Borage, Endive and hopps of each 3 drams,

and with a sufficient quantatie of white Suger,
boyle them till halfe be Consumed and more, then
streyne it and make a Syrrupp, This is of an
Excellent operation for mundifieing of the
Reynes. The Dose is a little Cupp full in the
morning, and to sleepe after it, If yow would
haue it to purge Choller, putt therein a dram
of fyne Rhubarbe with a little Cassia./

Another for the Stone

Dry the rootes of Redd Nettles, and make them
into fyne powder, of which putt a spoonefull in
a draught of whyte wyne, and drinke the same
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
newely pressed, and one ounce of Sugar, make a
potion of this, and drinke it warme in the mor=

ning, walke after and fast 3 houres./

Another for the Stone

Take a quantatie of Burr seedes well 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./

folio 165 verso || folio 166 recto

An Excellent Powder to breake the Stone

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

For the Stone in Children

The tender age of Children is subject to
many grevous and *perilous* diseases, yet is
none so violent and more to be ~~fearehed~~-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 Rebelle to *Phisique* , and in *processe* of tyme
vtterly incurable, yet in the begining it may
be helped thus: ffirst Lett the Nurse be well
dyeted, or the Chyld if it bee of any age
absteyning from all grosse meates and hard
of digestion as Beefe Bacon Saltmeates
and Cheeses, Then a Roote of Pyony dried
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 Syrup of Roses and halfe an ounce of
Cinnamond water & 5 drops of the oyle of Iuniper berries
putto it & drinke it./

folio 166 verso || folio 167 recto

Another for the Stone or Strangurie

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

Another approved for Stone or Gravell./

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

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

Annoynt the place with oyle of Scorpions and oyle of Lillies, of each a like quantatie And then vse the former Medicine, which will make an Admirable 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 oftentimes 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 their

bee no strength Left in the Ashes, Then Cast away the
Ashes and sett the Liquour vpon a soft fire, till yow
haue vapored away the one halfe at Least, and keepe the
Rest by yow, And when yow haue occasion to vse it,
drinke of it more or lesse as often as yow please
with a little of the Syrrupp of Marshemallowes; yow
may putt in a little whyte wyne to the Hawes
before yow putt them into the still if yow please;
And if yow cannot gett Marshemallowes, yow may take
Common mallowes, and increase the quantatie of
Syrrupp of Marshmallowes when yow take the
drinke./

folio 167 verso || folio 168 recto

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

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

To Cause Vrine

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

Another

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

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

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

goe to bedd and sweate Then heate the Mault and

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

To Strengthen the Backe

Take oysters greene fried 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, stamp & 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
mornings 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 Sponefulls 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 mornings together, and
make fresh euery third morning./

Another for weakenes of the Backe./

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

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

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

together./

Another for the same

Take Achornes dried 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 stampd,
and vse it for 9 or 10 daies together./

To Stay the Whytes & Strengthen
the Backe ./.

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

folio 169 verso || folio 170 recto

Another for the Same

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

A Remedie for the Vlcer in the
Bladder ./.

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

Another for weakenes in the Backe

Take Clarie, dates, and the pyth of an oxe, a
sufficient quantatie then putt to them Creame
Egges and grated bread a like quantatie, ffrye all

together, putt Sugar to it, and eate it in the
morning fasting, when you temper it together
putt also to it some whyte Saunders./

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

Take of Water Cresses and Cullumbyndes of each
a good quantatie (ffor a man take the femall Cresses
for a woman the male) Boyle them in Cowes

milke, And when the hearbs are well boyled
Lett the Patient eate the milke with a little whyte
bread in it, and drinke thereof morning and Eve=
ning for a Certaine tyme./

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

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

For weakenes in the Backe

Take 4 or 5 Capp dates peeple them very Cleane
and tamp them in a mortar putto them the yelke
of a new layd Egg, a little Nuttmegg grated,
and a quarter of a pynt of Muscadine drinke
this morning and Evening./

To Restore Nature & for weakenes
of the Backe ./.

Take a quart of Sacke, a Topp of Rosemary water
Wynter Succhory, and penny royall of each a
like quantatie, of ginger and Nutmegg as much
as will burne the wyne, then take two newe
layd Egges, yelkes and all, and temper them with
3 or 4 spoonefulls of Redd Rosewater, putt
thereto a good peece of ffyne Sugar then take
the burned or mulled sacke, and burne it over
again 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 yow must of
take away the Skynn or rynd *which* is about the
yelke, Put the yelkes into the Ale, and boyle
all well together stirring it well, drinke
hereof morning and Evening for 5 or 6 daies
It strengthens much./

Another to restore or strengthen

Take a quart of Goates milke, or for want of
it redd Cowes milke newe, an handfull of
oatmeale, the pyth of an Oxe Backe stampe
them together, and seeth them well, streyne it,
and drinke therof first and last, Good also
against a Consumption./
For the Kydneis & to strengthen
the Reynes.
Take Bewglosse water distilled putt therein a like
quantatie of redd rosewater, So much of both as

may be a reasonable draught, putt
therein a quantatie of fyne whyte Sugar, and
drinke the same euery morning fasting It will
Restore nature and strengthen very much./

For a payne in the Backe

Take a quantatie of Lynseede dryed and brayed

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

A Restoratiue for a weake Backe

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

Another./

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

Another to strengthen the Backe

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

folio 171 verso || folio 172 recto

Another to strengthen the Backe./

Take the quantatie of a quart of the pyth of an Oxe,
and a quart of Muscadine 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 dry them, and beate them to powder
Take of these asmuch as will lye vpon a groate

in a draught of whyte wyne morning and
Evening It helps./

folio 172 verso || folio 173 recto

For Diseases of the Belly, Bloody=
Fluxes, or Looseneses &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
Dried Bole Armoniacke and some Terra
Sigillata, make them all into fyne powder,
mix them and giue them vnto the Patient
to drinke in Aleberry, Cawdle, or Pottage
In 4 or 5 daies It will stopp the disease./

folio 173 verso || folio 174 recto

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

Take Knotwort Ribwort and Comphrey, wash

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

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

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

Another for a Bloody Flux

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

For both or any Kynd of Fluxes

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

Another for the Same

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

To stay a Flux from whatsoeuer cause it bee./

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

folio 174 verso || folio 175 recto

Another

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

Another for a Bloody Fluxe

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

Another

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

Another

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

Another for the Same./

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

Another

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

A Iulipp for a Flux

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

Another for a Loosenes./

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

Another for the Same

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

Another for the Same

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

Another for the Same

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

Another.

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

Another for the Same

Take an handfull of Redd rose Leaues dried 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 Blackeberries when they be greene dry them in an oven, then beate them to powder and drinke a little of it in wyne or Beare./

For the wynde Chollick or paine
in the Bellye. /

For the Chollicke

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

Another for the Chollicke

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

Another for the wynde Chollicke

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

Another for the Same

Swallow euery morning a Clove of Garlicke
It is an approued Remedie./

Another

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

Another for the wynd Chollicke

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

A Powder to Expell wynde

Take Annyseedes ffennell seedes Commyn seedes & Caraway seedes
of each an ounce, pepper & ginger of each a pennyworth a
Nutmegg & a little Galling gall, Make these with^{^into} fyne
powder & putt thereto so much sugar Candy as will
make it pleasant & eate it drye before and after
meate./

A Drinke to Expell wynde

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

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

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

For gripeing of the Belly by wynde./

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

Another for gripeing in the Belly.

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

Another for ~~brme~~ Wringing in the belly/

Take yarrowe & stampe it, and temper it with good strong
Ale, and giue the Patient 3 spoonefulls att a tyme,
After this seeth penny royall, and bynd it as hott to

the belly as cann be endured./

Another

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

Another for griping of the Belly

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

To Loosen the Belly that is bound./

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

Another

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

Another

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

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folio 179 verso || folio 180 recot

For the Plague or Pestilence

Take the weight of Tenn graines of Saffron Walnutt
Kernells two ounces, ffigges two ounces, Mithridate
one drame, and a fewe sage Leaues stamp together
with a sufficient quantatie of pimpernell water.
This made into a Masse or Lumpe and kept in a
glass for your vse, If yow take therof twelue
graines in the morning fasting It preserues
yow from the Pestilence, or Expells the In=

fection taken./

A moste Excellent Drinke against Plague,
Sweating Sicknesse, Small Pox,
Measles or Surfetts ./.

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

folio 180 verso || folio 181 recto

A Perfume for the Howse against
Plague ./.

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

For the Ryseing of the Plague sore

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

A Good Preservatiue against the Plague

Take Sage of Vertue and Alder Leaues and
redd Bramble Leaues of each a good handfull
stamp them, and streyne them together through a
fyne Lynnen Cloath, and putto the Iuyce a quart

of perfect good whyte wyne, and a good quantatee
of whyte wyne Vineger, mingle them together,
and put thereto a quarter of an ounce of whyte
ginger beaten to powder, Vse to drinke this
every morning fasting, the quantatie of a
Spoonefull att a tyme for 9 daies together
and by (Gods help) It will preserue yow. This
Medicine was sent to the Citty of London from the
Kinges maiestie for the Plague Anno 1550./

Against the Plague./

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

To Expell Infection

If it Chance one be infected before hee haue taken the
aforesaid Medicine sent to the Citty of London , Then
take all the said thinges therin named, and putt
thereto a spoonefull of Betony water, asmuch Scabious
water, and a pretty quantaty of fine Treacle and
temper it well together, And lett the Patient
drinke of it often, and (God willing) It will expell
the Poyson; And if the Botch, or Sore ~~appeare~~

folio 181 verso || folio 182 recto

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 forth 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 Muscadine, 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=
ning and asmuch att night will serue/ If yow
be infected a spoonefull or two in the morning
and asmuch at night and sweate therevpon
In all Plague tyme vnder God/ yow may
trust to this, for theire was neuer knowne
Man, woman or Chyld that this deceiued
This is not onely for the Common plague called
the Sicknesse, but for the small Pox meazles
Surfett and diuers other diseases./

Preservatiue Pills against Plague./

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

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They are Composed of Myrh Aloes & Saffron,
which haue all great vertue to p-preserue the body
from putrifaction They are made thus Take
of Aloes hepaticum well washed 2 drams
Myrh washed, and Saffron of each a dram
Make them vpp with whyte wyne, the Iuyce
of Lemmons or orringes and Sugar Some
take them euery third day, the weight of
halfe a dram in the morning about three
pills, and euery day one before Supper; Every
one according as his body is replete 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 Muscadine or Meathe
Putt therein of Bole Armoniacke and Mirh
of each a dram, of Sugar a quarter of a pound
of Cinnamond 3 ounces, 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./

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Cordialls

A Preservatiue Cordiall against Plague./

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

Another good Cordiall

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

Another

The fflowes 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 ffurmentell
dragons pimpernell ffeatherfewe Burnett
Wood sorrell Angelica a little Elycampane

Roote, Marrigold fflowers, Cowslipp flowers
pansey flowers Cardus Benidictus of each

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

Against Poyson or Venome./

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

For Venemous Bytings

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

For the byting of an Adder or veno=
mous worme ./.

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

Another for the same

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

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Another for the swelling & byting of
Venomous Beasts ./.

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

Another./

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

Another

Scorpions are good to be vsed against their 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./

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Comfortable Drinkes and

Waters./

To make an Ippocrasse./

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

To make an Excellent whyte Metheglyn

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

To make Canarie or a Comfortable
drinke ./.

Take twelue Gallons of faire Running Water,
sett it on the fire in a kettle; Before it beginns
to boyle, measure the depth of the water with
a sticke Cutt to the Iust depth, Then take
twelue quartes of the best honey, and putt it
into the water, and as it boyles scumme it
very Cleane, Then add to it twelue poundes
of the best reysons of the Sunn, lett them boyle
till they be plumpe, and before they breake,
take them out, and putt them into an Apothecaries

presse; and hauing pressed out the Iuyce, putt
it to the rest, and lett it all boyle together, till it
come to the measure taken at the first by the sticke,
Beeing well boyled, and Cleane scummed take it
from the fire, and lett it Coole for the space of a
day or two beeing well Couered, Then putt
it into a Roundelett wherin Sacke hath bene
before, Lett it rest for some fewe daies till it hath
wrought and then Close it vpp, and reserue it
for your vse. It must stand nyne monethes
att Least before yow beginn to drawe it, The
older it is, the better, It is wonderfull Com=

fortable for the Stomacke, expelling wynde,
helping digestion &cetera./

To make water to Comfort the Hart./

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

To make Imperiall water./

Take three gallons ind an halfe of Gascoigne
wyne of the best, and putt into it these thinges
followeing, of Annyseedes bruised one pound,
of Liquorice scrap't, slyced, & bruised one pound
and 2 poundes of Reysons of the Sunn pickt and

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stoned, and Cleane washed, Nutmegges ginger
long pepper and gallingall of each an ounce, halfe
an ounce of Cloues, a quarter of a pound of
Cinnamond all these beeing slyced; Then add
one pound of Sugar, Sweet ffennell seedes
Coriander seedes, Caraway seedes and dill seedes
of each an ounce, one ounce of Baume, sweet
Marjoram an handfull, Lavander Camomill
Rosemary, Pellitory of the Wall, and penny
royall of each somewhat lesse, of redd roses
dryed and other roses as much, one handfull
of Rosa Solis the greene, which are to bee
pickt washt and dryed in a Cloath, ffennell
Rootes and parsely rootes of each a dozen,
two Elycampane Rootes washed, scraped,
pilled and Slyced All these are to be putt
into a pott of sweet Brasse and to stand
Close Covered all night infused, And in
the morning sett it distilling in a Limbecke,
and keepe the first water by it selfe./

To make another Imperiall water./

Take Turmericke Scabious, Bettony, and
Pimpernell distill them together It is
a Cheife Medicine against all manner of

Poysons, espetially against Pestilence: ffor
the 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 Muscadine, halfe a pecke
of damaske Rose Leaues, Then putt them into a close
Earthen pott, and Couer them Close, and lett them
stand in soake twelue howers, then take them &
distill them in a Limbecke./

To make Baume water

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

A Water to heale any greene Wound

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

To make Aqua mirabilis, or most
pretious water ./.

Take Gallingall Culebbs, Melilott, grayne,
Cardomony, Cloues ginger Mace, Nutmegges
and Saffron of each one dram, of the Iuyce of
Sellendine halfe a pynt, mix all these made

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into ~~pawd~~ powder with this Iuyce adding a pynt
of good Aqua vitæ, and three pyntes of whyte wyne

Then putt all into a glass still, or into any
other in stead of it, and lett it infuse 24 houres
Then distill it with a Gentle fire./

The Vertues of it./

1. It dissolueth the sydling of the Lungen without
grevance./

2. If the Lungen be perished, it very much
Comforteth them./

3 It suffereth not the blood to putrifie./

4 They who vse it need no letting of blood.

5 It suffereth noe heat to molest the hart/

6. It is good against Melancholly & fflegme./

7. It expells Rhume.

8. It preserues the Memory

9. It helpeth the Palsie.

10. If one spoonefull be giuen at the hower
of death it Reviueth the party. The quan=
tatie that must be giuen, is two spoonefulls
once a weeke in the winter And one spoone=
full in the Summer a weeke, If the party
be weake or sickely, hee must vse it the oftener
Probatum./

To make Doctor Stephens water./

Take a Gallon of Gascoigne wyne, then
take ginger, gallingall, Cinnamond

Nuttmegges Graines, Cloues, Anny seedes and
Carraway seedes of each a drame then take

Sage, Myntes, Redd roses, Tyme, Pellitory
Rosemary Wyld tyme, Cammomill, and Lavender
of each of them an handfull, Then breake the
Spices small and the herbes, and putt all into
the wyne, Lett it stand twelue howers stirring
it diuers tymes, then distill it in a Lymbecke
and keepe the first water by it selfe for it is the
best, Then the second for that is good, though
not so good as the first, It would be better if
it weere in the Summer This Water
Comforteth the vitall Spirittes It helpeth the
wyndie disease that Comes of Cold, and the
shaking of the Palsey, It Cureth thee
Contracting of Sinewes, It Helpeth the
Conception of Barren woemen, It kills
the wormes in the Belly, It Cures the Cold
or Cough, It helpeth the Toothache, It
Comforteth the Stomacke very much, It
Cureth the Cold dropsie, It helps the stone
in the Bladder and Reynes, It helpes a

stinking breath, And whosoeuer vseth this
water and not too often It doth make them
looke younge With this water Dr. Stephens
preserved him selfe vntill he was soe old hee
could neither goe nor ryde, and Liued five
yeres after other Phisitions Iudged him
not able to Liue hee vsed noe other medicine
also a Bishopp of Canterbury was preserved by

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

To make a Water to Cure Morpew

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

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

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

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

To make Rosemary water./

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

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A Preservative against
vntymely old age ./.

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

1. To keepe backe old Age a long tyme, and to
mainetaine a man in youthful & Lustie yeares
God hath ordeyned by the Industry and Ministry of
many most Excellent men, singuler and Excellent
Medicines, as namely 1 Waters are distilled
for this vse whereof some are Simple, as of Gentian,
The vertues whereof are. 1 To *pro*long 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 haire, Strengthen the
head, Braine, and stomach, Cause gladnes and
Ioy and make a sweet Breath./ Others are
Compound Waters, As the water to preserue youth,
and hinder Age invented by Florovantus ./.

2 Electuaries

They are made also Excellent to this purpose Whereof

the best are of Galen called Electuarium Galeni
Lætificans It causeth Gladnes of hart, and good
Colour in the Countenance, helps Concoction and
keepe backe Consequently old age./

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Of Mesius called Electuarium Lætificans
Mesuæ It causeth also Cherefullnes, makes

a man looke young, causeth a pleasant colour,
and sweet Sauour in the whole body, makes
good digestion and hinders old age./

Of Arnoldus Villanouanus called
Electuarium Confortans minerum nimirum
omnium vertutum This makes the hart

merry, It helpeth naturall heate in the spirittes
and members, It strengthens the naturall hu=
midity called Humidum radicale which
giueth nourishment to the vitall heat, as
oyle doth to the Lampe; It preserueth a man from
all Pestilentiall Sickneses and all kynde of
Poyson, and keepe a man vigorous and
youthfull./

Of Nicholaus called Electuarium
resumptivum Nicolaj It Reviueth the

Radicall moysture, It nourisheth and much
Comforteth, It resisteth Choller Rage, &
makes a man mylde, Asswageth Agues
Coughes or Thirst, Restores the whole
Powers and wonted healthe and soundnes
to such who are wasted and Consumed, and
are annoyed with an Hectique Feauer, and
an Inflammation 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 shoue that it must rather be Corrected, then preserued: ffor bodies that are according to nature must be kept with a dyett like vnto that temperature: But Bodies that are diseased (which is affectus præter naturam) must be Cured with a Contrary dyett Wherefore the temperature of old men (Age it selfe being a disease) in regard of the Excesse of Coldnesse and Drynesse) must be amended and helped by a dyett ordered accordingly: As first By a quallitie Contrary therevnto; Such as doth heate and moysten;

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

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

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

vpp the moysture of the body, burnes vpp
the humors, breedes sharpe diseases, hinders
digestion, and Causeth Crudities of meates
and drinkes./

As likewise to Eschewe vehement affections
of the mynde for they dry the body and Ex=
tinguish naturall heate./

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

2^{ly} Wee must Consider./

The Accidentes or Impedimentes wherevnto
old men are subject Which are 1. Want
of Appetite which is helped by Capers oyle
and Vineger, and by ollives preserued by[^] in Salt.
2 The Aboundance of Phlegmatique Excrementes
ffor although old men are dry in regard of their
naturall Temperature, yet are they moyst
by reason of Phlegmatique Excrementes, which
are helped partly by honey Clarified, reysons
of the Sunn stoned, Sweet wyne, Venice Turpentine

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halfe an ounce eaten with Sugar & honey is
good, Beetes out of oyle and Vineger, and
Clysters of sodden Mallowes: and Apophleg=
=matismes which beeing Chewed in the mouth
do drawe out much fflegme videlicet Rx origanum
and Hysopp of each a dram, mustard seede
two drams, whyte pepper one dram and an
halfe, ginger a dram, and masticke a dram
—and an halfe; Beate them and mingle
them with a little honey, putt some of it

in a little Lynnen bagg and Chue it in your mouth./

3. Watchings or want of Sleepe Which
is helped & provoked thus Take oyle of
violetttes, 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 absteine from Meates Corrupted,
hard or cold, vse after meate to wash the
Teeth with sweete wyne And if any thinge
Cleauē to them to take it away with a picke of
masticke or willowe./

5 Is Dymnese of Sight ffor *which* the
Eyes in the morning after sleepe must be
Washed with Cold water and sometynes
with ffennell water to Cleanse the running

or watering of them They must not bee
wearied with too much Reading nor looking
much vpon small Letters, They must absteine
from meates which doe abyde long in the stomacke,
or which be Corrupt, or of grosse Iuyce and
Cold nature; and from such as send vpp vapours
to the head, As Leeke Onyons scallions mustard & *cetera*
ffor the sight it is good also to vse walking

5
abroad in greene Orchardes and meadowes, and
often to Cleanse away the ffilth of the Eares,
and to dropp in them sometymes the oyle of
sweet Almondēs, Lett them also wash their feete
for theirē is great Affinitie or Simpithie betwixt
the head and the ffeet, ffor Gallen calls the ffeete
the wayne and Charriott of the Braine They
must not also vse immoderate Exercise for it
fills the head with vapours./

6. ffor the Coldnes is winter They must
weare warme Cloathes, thicke shoes, keepe
warme howses, or Stoues, and if they wilbe
kept from Cold in traueilling, 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 Dyett & Ayre

A good Dyett needs no Physicke for they are in a kynde Contrary The one preserues the body from Corruption like oyle in a Lamp *prolonging* it; The other makes the life to sparcle for a whyle, but at Length and the sooner extinguishes it./

Ayre is hott & moyst, a spirituall vapour where= vpon the Constitution of our life dependes most by the Attraction thereof: ffor the Preservation of heilth the Choosing of good Ayre hath the Choisest place The Native Ayre where a man hath first drawne breath and had his first breeding is thought the best, Next an open pure Ayre free from noysome smells, which haue a Contrarie quallity to the Animall Spirittes, and begett Consumptions; Extreame, heat cold or moysture are to be Eschewed, for such Causeth sicknesses.

In Cold Countries from the 50th degree to the Pole Northward, or Southward, fewe sicknesses happen vnlesse by distemperature, or stinckeing Ayre: In hott Countries the Ayre is most pestilent, and often *procureth* Plagues Calentures and Lues veneria, It is said of old Where sheepe Liue longest, there do men also do the same, which is on high and drye places where wyndes abound, whereof the East wynd which blowes directly vnder the Equator avaieth 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 Rhumatickes whose greifes most increase when this wynde blowes. Water is moyst and Cold, and does not nourish but helpes digestion. Theire are 4 kyndes of Water; Rayne water, Riuer water, Fountayne water, & stang or standing water.

Raynewater when it falls softly without a storme is sweet; but when it falls in storme or Tempest, trouble some. Snowe water although Accompted amonst Light waters as purified, and as it weere distilled is not good for it ingenders feauers and Morpewes; Fountaine water is

best for the preserving of heilth, soe yow obserue
of what syde it springes; If from the East,
It excells the rest both in moysture and thynnesse;
It is of a pleasaunt smell, and moderately vsed
Comforteth the spirittes. Those which spring
from Rockes towardes the North, haueing the Sunn
backwardes, are hard of digestion, and not soe
pure as the other./

Water cannot nourish of it selfe beeing of
noe substance to fortifie, or increase the
vitall spirittes, and Animall faculties although
in hott Countries where the Sunn Clarifies
it, they drinke it at meales, but not in Cold
Countries, vnlesse it bee honyed which is called
Oximell, or Hydromell, or with wyne Sugar
or whyte wyne Vineger, for beeing drunke
alone, it neither quencheth the thirst nor
allayeth the heate of the Lungs, but much

hindreth the spitting of ffleagme and stopps
Vryne.

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

folio 200 verso || folio 201 recto

Of the Ages of Man

Mans age is Compared to the fower seasons
of the yeare.

His Infancy to the Spring hott and moyst/

His youth to Summer hott and drye./

His Manhood to Autsumne cold & moyst

His Old age to Winter Cold & drye./

Mans Life is deuided into Seauen Ages in every
one of which one of the seauen Planetts is
predominant./

1 His Infancy for seauen years and then the
Moon reigneth, as appeareth by the moyst Con=
stitution of Children./

2 Childhoode for the other seauen yeares, then Mercury ruleth beeing tractable, vnconstant & inclyneing to Learning./

3. Stripling Age indureth Eigh yeares vnto the End of the xxiith then Venus Gouverneth, youth being prone to Prodigallity, Luxurie Gluttony and other vices./

4. This Indureth to the end of the 34 years being called then a young man, In this Age the Sunn is Cheife Lord, Man being nowe Witty, well advised, magnanimous and Comeing to knowe him selfe./

5 This indureth for 26 yeares Compleating 60 and is subject to Mans being stout Couetuous and worldly./

folio 201 verso || folio 202 recto

The sixt Continueth 14 yeares, of which Iupiter is maister, Signifieing Equity Temperance and Religion./

7 the Seauenth Conteyneth the Residue of mans life, and is Gouverned by Saturne, the most Melanchollique and slowest Planett of all the rest, Causeing a man to be droopeing decrepit, froward and Melanchollique./

In a mans life theire are Certaine years obserued very daingerous tending to greate alteration, or destruction, which be called Clymactericall years. Clymactericum tempus dubiosum dicitur; Chaldaei Clymacteras appellunt pericula vitæ, fortunarumque hominum, quæ fieri gravissima in Septenarijs dicuntur, septimus nempe Annus periculosus ab omnibus sensetur

A Clymactericall yeare is euery seauenth yeare, Because then the Course of the Planetts returne to Saturne, who most Commonly is Cruell and obnoxious to vs./ ffor as the Moone which is the next Planett to vs, and swiftest of Course passeth almost euery seauenth day into the Contrary signe of the same quallity from whence shee came forth, And from thence bringeth the Critticall dayes, So Saturne which is the most Remote Planett and furthest from vs and the Slowest of Course (ffor hee resteth in one signe soe many yeares as the Moone doth daies) bringeth these Clymactericall yeares

and so causeth the sundry mutations which
followe; The 56^t yeare is very daingerous
therefore to men borne in the night season by
reason of the double Coldnes of Saturne, And the
63^d yeare is daingerous to them that are borne
in the day tyme by reason of the dryness of
Mercury & Venus The 49th yeare being Com=
posed of 7 tymes 7, is obserued also to be very
daingerous, When any man entereth into the
Clymactericall years If Certaine Symptomes
or toakens of Sicknes doe then appeare, As
wearines of the members, Greife of the Knees,
dymnes of sight, Buzing of the Eares, Loathe=
somenes of meate, Want of digestion, or Con=
coction, Sweating in sleepe, often yauneing,
or such like (Next to this Recomending of him=
selfe to God) Lett him be Curious to preserue his heilth
by all lawfull and good meanes; or if no imminent
dainger appeare, Lett him purge aforehand to
preuent the increase of humours./
Clylus humour./

An humor is a moyst and a Running
body into which the meate in the Liver is Con=
verted, that the body may be nourished by them./

The Sanguine humour is mo^yst, fatty, sweet,
and seated in the Liver, because it watereth the
body, and giueth nourishment vnto it./

The Phlegmaticque 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 goød-stead of good and pure blood./

The Chollerique humour Is hott and fierie, bitter
and like vnto the fflowering of wyne It serueth not onely
to Cleanse the guttes of filth, but also to make the Liver
hott, & hinder the blood from putrification./

folio 202 verso || folio 203 recto

The Melancholly Humour is the very groundes,
Lees and dregges of pure and perfect Blood,
in Colour bright and shineing like to Gold
somewhat inclyneing to purple, Little in
quantatie, but great in operation./

Flegme & Melancholly doe reigne in the
night./

Blood and Choller in the day tyme./

Every Humour reyneth six howers./

Blood is predominant from 9 at night, till
 3 in the morning, Choller from 3 in the
 morning till 9 in the morning.
 Melancholly from 9 in the morning
 til 3 in the afternoone, and Flegme from
 3 in the Afternoone vntill 9 at night
 Blood hath ites dominion in the spring tyme./
 Choller in the Summer
 Melancholly in the Autumne and
 Flegme in the winter./
 In the begining of a sicknes, the hower &
 the humour then reigning is very Carefully
 to be marked; that thereby yow may the better & sooner
 fynd remedy, As likewise the Chrittically dayes are
 to be Considered, In which gread Alteracion either
 for the further Sicknes or Recouery of the party will
 appeare The Critticall days Commonly are the
 7th- 14th 21th 28th from the begining of *your* sicknes:
 But according to the Course of the Moone, The 4th
 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 Ianuary}
 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 2^d of August
 The 3^d and 10th of September
 The 3^d and 10th of October
 The 1st and 3^d of Nouember
 The 7th and 10th of December

Pondera quibus Medici hodie
vtuntur ./.

The Weights & measures comonly vsed
in Physicke./

There are 2 sortes of Poundes, The Common
which containeth 16 ounces, and the Phisicall
which hath 12 ounces

In Phisique it hath this note - Lib
An vnce Conteyneth 8 drachmes and is
thus noted - ℥;

Halfe an ounce conteyneth 4 drachmes
sett downe by this Note - ℥ss
Drachma is the 8 part of an vnce, & is
thus written - Drach./

Scrupulus is the 3^dpart of a drachma, &
is written scruple or scrup

A graine is the weight of a Barly or
pepper Corne whereof 20 make a Scruple &
noted thus - gran/

Manipulus is an handfull of herbes,
flowers, or Seedes noted thus - M

Pugillis is halfe an handfull with this
note - P/

In measures of waters honey or such Liquours,
a wyne pynt is accompted 8 vnces./

Ana signifieth a like quantatie of each -
prescribed simple./

℥S-qS signifieth a sufficient quantaty./

folio 204 verso || folio 205 recto

Observations in Physicke

Iupiter Innocuos, Mars praelia poscit, amorem
spuria Venus, Phœbus ditia regna refert
Mercurius merces; Saturnus denotat iram;
Luna tumescentes, ambitione notat./
Principijs obsta, sero Medicina paratur
Cum mala per longas convaluere moras./
Gratior est Sanitas reddita, quam retenta./
Labor cibum antecedere debet, Cibus potum
vterque Somnum .

Et in his omnibus modus Servandus est./
Pejor enim Cibi, quam Potionis repletio,

Pessima vtriusque conjunctim, nisi per
Vomitum Curetur./
Observandum omne nimium Naturæ esse inimicum ,
Temperantiæ vero mercedem, esse robur
et Sanitatem./
Fortes prisca viros habebat, ætas
Viuentesque diu, et diu valentes;
Se somno nec enim, dabant, gulæue,
Nunc seu sicca, Cibus sopor sepulchrum est./
Plures Crapula, quam gladio periunt./

folio 205 verso || folio 206 recto

De Morborum Symptomatis./

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

folio 206 verso || folio 207 recto

folio 207 verso || folio 208 recto

objection

It may be objected That According to Custome I should Read the Prayer before I beginn my Lecture./

Answer

In Answere herevnto our Maister and Wardon grantes me this Liberty, to vse my discretion either in Reading or not, as I pleased./

objection

But if it shalbe further objected That it is a Custome and others haue done it:

Answer

I Answere, In more publique and more Considerable Lectures then myne, It has not bene done, as in this very place by the doctors six Lectures on the Anotomie.

But if this doe not satisfie I am *perswaded* this Will, that heere are few *which* are *perswaded* That private persons ought to *performe* publique worshipp in a publique place, but that it more properly belongs to the Ministeriall office, Now aswell may a Private Parson preach publicquely as pray Publicquely, they both beeing partes of Worshipp, this yow will easiely grannt I doubt not, yett further (I humbly Conceiue) It is not soe much saying a Prayer, as Praying a Prayer, not so much the wordes of the Mouth, as the Workeing of the hart with Faith & affection that is Accepted of God./ ffor God is a spiritt & wilbe worshipped in spirit & truth.

Now to Conclude Theire are Actes of parliament out against Sett formes of Prayer, & why wee should keepe that vpp in our ~~person~~ practise which the State Commandes downe, I Leauē it to *your* best Considerations, and rest thankfull for that freedome yow haue giuen me either to Read or not to read Leauēing it to my discretion soe much for that *perticular*./

folio 208 verso || folio 209 recto

My intended discourse is to speake at this tyme vpon Vlcers, I shall omitt to speake or mention the Authors that haue Written of this Subject, yow being Hippocrates in his 6 Section Gallen de Methodo

Medendi liber 3./

better acquainted with them then my selfe, and so
come breifely to what I intend in this discourse
ffor order sake I shall obserue this Method as

1 To giue yow a description of an Vlcer./

2 The Causes of Vlcers.

3 The differences and signes

4 The prognostickes./

5^{ly} and lastly, the Cures in Generall with
their distempers, and more *particularly* of a
ffistulous Vlcer in the Thorax or Brest,
and of all and every of these on order breifely
as I cam and soe I *proceede*

ffor the first of these, to witt the description, or
definition of an vlcer in breife is this, It is a

1 Description./

Solution of vnity *proceeding* from an Inward
Cause eroding the part, or thus an Vlcer is

Hippocrates

Liber 3 de

vlceribus./

the Solution of vnity with matter differing in
substance and quantatie according to the Nature
of the partes, or more Largely thus, An Vlcer is
a Solution of Continuety made by 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 Vlcer what it is; I shall not trouble yow

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with any further Enlargment Concerning the
Termes or partes of this description, but *proceed*
to the Second head, *which* is the Causes of Vlcers./

2. Causes./

Secondly, I shall speake something to the
Causes of Vlcers, and they are three

1 Primatiue

2 Antecedent, or

3 Coniunct Causes, or rather but two
that is either

1 ~~Ex~~-Internall or

2 Externall Causes.

Causes}

Internall

1 ffirst Internall Causes is, through the
default of humors peccant in quallity
rather then in quantatie, or els in both
and so maketh Erosion in the skinn, or
softer partes by their Acrimony and malignity./
Nowe these thinges happen either by naughtie

or Irreguler dyett, or by the ill disposition of the Entralls sending forth into the habitt of the body ill desposure so makeing erosion and Vlcerations./

Causes}

Externall

2 Seconly Externall Causes are the Excesse of Cold seizeing vpon any part espetially more Remote from the fountaine of heate whence followes paine and attraction of humors and Vlcerations of the part./

Not onely Escessiue Cold, but outward strokes Contusion aplication of sharpe and Acride Medicines, as Caustickes, burnes, or impure

Copulations, these or any of these, may be Externall Causes of Vlcers./

Haueing giuen yow the description & causes of Vlcers I shall nowe come to the third point *which* 3 Signes./

is the differences and signes of Vlcers, and though they are many, as

Sainous

Cancerous

Fistulous

Virulent

Corrosiue

Putrifactiue & *cetera*

Yet for Brevity sake, I shall Reduce them to two heades and so speake of them./

1 The first Materiall difference is drawne either from Nature or Constitution of an Vlcer, or

2 Els from the Subject and part affected.

ffrom the Nature and Constitution of an

Vlcer, and soe it is either

1 Simple or

2 Compound

Simple./

The Simple without Accident may easely be Cured haueing nothing to hinder Consolidaion and in a good Complexion or habitt of body Compound./

2 The Second, is Compound with Accident, as dolour

Tumor

Inflamation

Induration

distemper, or Corrupt bones & *cetera*/

Or may be Reduced to two heades, as either

1 mylde or

2 Maligne./

Mylde

1 The Mylder sort of Vlcers yeildes to ordinary
or vsuall Medicines, if Iuditiously applyed.

Maligne

2 The Maligne yeildes not haueing ill
symptomes, and this malignant Vlcer proceedes
either from.

1 Outward or

2 Inward Causes.

The outward are obvious to Every Eye./

The Inward are to be found by the Excrementes
or Matter expelled, As for Example

If the vrine be purulent wee Conjecture
the Kidnies and the bladder to be Vlcera=
ted or

If there be any purulent matter avoyded
by Coughing, wee presage that the Lungen
are Vlceraed.

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 ffowerth particular which is
the Prognostickes of vlcers, and they are
many, but to Instance in some fewe for
this present.

1 Note That all Vlcers Rebellious to
Medicines fitly applyed are hard to be
Cured [ffor as Hipocrates obserues, An Effusion
Hipocrates
Aphorisme.

21. *Sectio* 7./

of Blood hapning vpon a strong pulsation in
Vlcers is Evill; for the blood breakeing out of an
Arterie cannot be stayed but by force; and also this
blood is soe furious by reason of the heate and infla=
mation the nourishers of this Vlcer, that it
breakes ites Receptacles, and hence in sues the Ex=
tinction of the Native heate, whence the defect
of suppuration and a gangrene Ensues]

2 Vlcers of a Round C--e-figure are longer in
Cure then others./

3 Vlcers of aboue a yeares Continuance, the bone
must necessariely be scaled

Hippocrates Liber 6:

Aphorismarum 45./

4 Vlcers of hidropicall bodies are hard to Cure./

5. ffistulated Vlcers are hard to cure./

But more perticulerly theire flowes two sortes of Excre=
mentes out of Maligne Vlcers, As

1 The more thinne called Icor or Sanies./

2 The more grosse called Sordes./

6 Sorded Vlcers such as cast out much matter, *which* is
too thinn stinckeing and blacke Colour with Excoriation

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of the skinn and *partes* adjacent are hard to Cure,
and soe much of the Prognostickes, and soe I
shall come to the fifth *particuler*.

5 The Fifth Particuler, which wee are now to speake
vnto, is The (Cure) of Vlcers, haueing spoken
to the former *particulers* allready namely

1 What an Vlcer is.

2 The Causes./

3 The signes./

4 The *prognostickes*./

5 Cure of
Vlcers./

And that I may not be Accompted too
tedious to your patience, and misse of what I
mainely intend by way of Cure in Vlcers,
I shall Reduce what I haue to say into these two
heades

1 The Cure of Vlcers in Generall and theire
distempers./

2 The Cure of a ffistulous Vlcer in *particuler*
and that of the Thorax.

In the cure of all Vlcers in Generall, this is
to be promised That all Vlcers whatsoever
doe require disiccation as both Hipocrates &
Gallen manifestes in theire bookes of Vlcers./
Hipocrates liber 3

of Vlcers.

Galen liber 3

capitulum 3 methodo

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

The Cure of Vlcers is performed by two meanes

1. Remoueing of the Cause antecedent

2. Artificiall dressing

1 ffirst the ill habitt of body is to be Remoued by
Alteration and Evacuation of those humors
that abound/

2 Secondly Contagion is to be overcome./

3 Thirdly, The distemper of the body is to be
Removed, by thinges Contrary vnto it./

4 fflowerthly A Convenient order of dyett to be
prescribed./

Indications./

I shall begin with the Indicationes of Curing
a Simple Vlcer.

Not Naturall./

ffirst wee must discreetly order those thinges which
are Called Not Naturall as

1 Ayre

2 Meate, drinke, dyett sleeping & wakeing./

3 Motion and Exercise./

4. Sleeping & wakeing./

5 Repletion and Evacuation./

6 Parturbations of passions of the Mynde./

Dyett./

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

1 They must be taken moderately and att Conouenient
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
Ulcerated./

Sleeping &
watching./

If the Ulcer be humid then to Enjoyne watching
If drye then to Command Sleeping./

Evacuation &
Repletion./

As for Evacuation of the Excrementes Lett it bee
appointed That they Answer the quantitie the
Diseased partie takes In./

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 Enemy to Ulcers./

Note That all Ulcers are more easiely
Cured in a fleshy part then in a Ioynt or
Membranous part./

And more Easily Cured in a Temperate parson
then an Intemperate./

Haueing sett downe the Right vse of thinges
not Naturall, as

1 dyett

2 Sleeping

3 Watching

4 Evacuation

5 Ayre

6. perturbations of mynde./

Locall}

Medicines

I shall come to speake of Locall medicines to
accomplish the Cure of Ulcers./

Vnguent

Digestives

Take Wax Rosin of each ℥ vi, pitch ℥ 4.

Gum Elemnj ℥ ii oyle ℥ v, gum of Iuniper tree ℥ 4:

Sheep Suett ℥ ii, Turpentine ℥ ii, Olibanum, Mirh.
of each ℥ 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 ℥ iii Lithargie
of Gold & Silver ℥ 4, Ceruse ℥ i boyle these
over a gentile fire till it come to the Consistance
of a plaster, then add Wax and pitch of each
an ℥ 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

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sendes forth, and by the spungifigous softnes and
growth of the flesh about it./

Cure

Cure is by dryeing Medicines, such as wee
call Sarcotickes, haueing allwaies Regard
to the plentie of the humor and the *proper*
Galen

Temper of the part, Galen Commendes for
this ~~All~~ Allome Water, it dries 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 ℥ i Allome ℥ i boyled in Sharpe
wyne, and so foment the part affected

3. Hott Distemper/

3 A Hott Distemper is knowne by the
Reddnes and paine./

Cure./

The Cure is to haue Recourse to Refrige=
rating thinges as Vnguentum Rosatum
Populion steeped in Plantyne Water
Nighshade, or oxicrate./

Or Scarification or Leaches applyed
doth more Conduce then other Reme=
dies./

4 Colde

Distemper/

4 A Cold Distemper, is knowne by the
Whytish and pale Colour of the part
and by the Complaint of the Patient./

Cure./

The Cure is by applyeing bladders filled
with this followeing decoction of Tyme
Cammomill Mellilott of each a handfull

Wormewood Margeram sage Rosemary of each a
handfull decocted in Wyne, then add aqua
vitæ. But if

A Mixt or Compound Distemper be Ioynd
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 Answer 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 ordinarily, if it penetrate the breast./

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

But a ffistulated Vlcer after an
Impostume hath frequently more Orifices
than one; Whereof some passe to the
Cavity of the breast directly and some wynde=
ingly./

And to speake plainely a ffistulated Vlcer
of the breast and Ioyntes require some more

the ordinary Considerations, they are hard to be
Cured for these Reasons

1 Because the Breast is in Continuall motion
by reason of ites dilatation and Contraction./

Nota, Now Motion hinders the Cure of any sore
as wee fynde by experience and is formerly
noted./

2 Because the Virus or Venome of a fistulated
Vlcer doth often Corrupt the Ribb./

3. Because the End of the Cavity is often lower
then the orifice which hinders the purgation
of the matter./

4 Because of the Sinewosity within, being
hardned hinders Curation by not yeilding to
Medicines applyed./

5. By reason of the quantatie of quitour
powred forth seemes to be from their vicinity
to the hart *which* being the fountaine; there
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

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

Pectorall

Decoction

2 Secondly pectorall decoction, as mayden haire,
Coltesfoot, Liquorish, Parceley root, Succory
Rootes, Marshmallow rootes, Rasens of the
Sunn, dates and such like dulcified with
Sugar Candy./

Or A dyett drinke made with Rubarbe,
Sene, Liquerish, Annyseed, Chynæ,
Sarsaparillæ, Sarsafras, senicle, Agri=
mony Scabious, Mouse Eare, Coltes=
foot, Ladies Mantle, herb=Robert,
Tormentine, Columbine Rootes
Marshmallowe Rootes & *cetera*
Purgations./

For Purgations they must be such as
are according to the Nature of the humor
that aboundes

Phisitions aduise
this Purge./

Purge with Pulvis Arthreticus ^#8485; i Pulvis
Ialopi ℈ i, Sirupus of Roses solis
i of Whyte wyne ℥ is.

Vinum

Vomitorium./

Or, sometymes a good Vomett may bee
more effectuall then any purge/, if
the Vlcer be in the depending partes of the
body, for to divert the humor yow may
giue Infusion of Crocus Metallorum
vi & oximell Squiliticum , or oximel
Simplex ℥ s./

And three or fower dayes after yow haue
purged, or vometed your patient yow may

giue him a good Sweate with some Medridate
or Venice Treacle or some othe Diaphore=
ticke which much forwardes the Cure,
or Likewise some good dyett drinke with
China Sarsaperilla polipodium and the
like being vsed with good successe many tymes
in such ffistulous Vlcers of the Thorax
Haueing spoken something in generall

1 Concerning dyett

2 of pectorall decoctions

3 Purgations

That they must be such as are according to
the Nature of the part and the humor that
aboundes.

I come in the last place, though not the
least Considerable to speake of Locall appli=
cations, And they may be Reduced to fower
heades.

1 dilatation

2 Remoueing of the Callus.

3 To Mundifie the part

4 To Cicatrise

I shall speake breifely to those in order
and so Conclude./

Nowe particuler Remedies, or Locall Appli=
cations may be Reduced to 4. videlicet

1 dilatation

2 Remoueing the Callus

3 To Mundifie the part

4 To Cicatrise as I said before.

1 To dilate the orifice if it be strate, which

may be done three manner of Wayes./

1 By Incision

2 By vseing such thinges as swell or Imbibe

3 By a fistula tent

1. ffor Incision is to be vsed if the Vlcer be not deepe and onely Runns along vnder the skinn, noe deeper than the Membrame of a Muscle./

2 Secondly for vseing such thinges as swell whereof theire be sundry as these Gention Rootes, pith of Elder, or spunge twisted with a thredd and wreung hard all night, soe take off the thredd and vse it, It dilates more and Imbibes more moysture then the rest./

Or A spunge dipt in Mellilett plaister and prest very hard together and soe make a tent therof./ If the Vlcer bee deepe I haue sometymes tyed a thredd to the tent to hinder ites falling in./

3 To dilate it with a tent called a ffistula tent, by some whence I haue seene made of Lint, of what bignes or smallnes you please moystening it with the white of an Egg and soe 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 Actuell or
2 Potentiall
Thus haueing spoken something to the two
firs *particulers* as
1 dilatation & Removeeing
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 & ii, of hony one & i, Turpentine & is

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To Mundifie
more stronglie./
and powder of Iris and Alloes of each & s, or to
Mundifie more strongly this followeing Receipt
Take of white Wyne *pound s* & *gipticum* & s, spirittes
of wyne & 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 & iii, and of
the Syrupe of Redd Rose Leaues dried, or
of Mirtle Berries & i mingle these together./
Injection to
Cicatrise./
Th'other is this Take of Plantine
Water & iii, of Roman Vitrioll in powder
& 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 thinly strowed vpon the part./
The Roote of the Aristolochia, Aloes or
Burnt Lead, Litharge, tutiæ, plates of Lead

besmear'd with quicke silver, whose efficacie
for this purpose is much Commended, but
(too coald) to be applyed to this part *which* wee
are discourseing on at present being the Cure
of vlcers of the Thorax./

Compaginem hanc humanorum ossium,
tum illam alteram ab vmbilico Theatri
pensilem (post dissectionem omnium
Musculorum eadem ossa mouentium
vestienti. *umque*) construere, et iam
primum nouo auso natiuis motibus ~~ornare~~
ornauere Thomas Burton et Daniel
Worrall pro tempore in arte Anatomica
magistri, qui has suas encheireses bono
publico destinata, in sacris hisce Diuæ
salutis Ædibus æternitati posuere

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Thus haveing spoken somethinge to
1 What an vlcer is.
2 Theire Causes.
3 Theire differences and signes
4 Theire Prognostickes &
5 To theire Cure in generall, but
more *particulery* of a ffistolous Vlcer in
the Thorax, and of all these but breifely, I
shall (if God giue further oportunity) speake
more practically and experimentally of them
which as I (humbly Conceiue) is mainly
intended in these Lectures, and make it my
humble Request That all Considerable
Remarkeable
observations in each mans practize might
be Recorded to the honor of God, and the
Creditt of yow the Auncient Maisters &
Gouernors of this worthy Art./

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I C

Pharmacopæus

Prælectio Prima 1634

Had I beene this day to haue spent this houre in a publicke assembly, I should haue made an Apologie for my selfe before I had enter'd vpon my ensuing discourse, though in respect of you, (Fratres et eruditj auditores) I mus ingeniously Confesse it weere much more needfull *that* at this present, I should de=
=sire a favo^urable construction of *that which* a Trewant as I haue beene should deliver, but the mutuall relation betweene vs of this selected society, makes me presume that's freely graunt=
=ed et quod sponte conceditur frustra quæritur, et in cassum cadit iste labor; In honorem dej creatoris ergo: de creaturis; levj et quasj pendente manu tractare incipimus./

Placatonius=

Pharmacopæus de materia et forma Medicamentorum sollicitus est and wee know *that* though an Artificer may haue conceiu'd the Idea of his Intentions, yet shall he not effect his desire vnlesse he well know the materials wherof *that* Idea is to be formed; conceiuing therfore, the knowledge of the matter of medecine to be very necessary, and according to Fernelius in *the* first place to be sought after by such as are conversaunt in *the* Pharma=
=ceuticke part of Physicke, Quæ medicamentis intra et extra corpus admotis medetur; & espetially of *the* Apothecary, vpon whose sufficiency depends the Artly preparing & Compounding such medicines: I think yt shall be worth my labour, & not altogether vnprofitable to you, yf I spend the houre alotted mee for this & the like exercises in discoursing vpon *the* matter of medicine: These two termes vsd by Placatinus , materia et forma medicamentorum. the first of them is thus defin'd by Galen

Galen in libro 1^o *Simplicium medicamentorum facultatibus*

Medicamentum est omne id quod naturam nostram altarare ac mutare potest: & this is objectum Pharmacapeæ. by Forma I conceiue ou^r Author in this place vnderstands not only Figurea seu facies (*which* Spigelius wishes should be first learn't by those who should study the knowledge of plants) and *that* by *which* simple medicaments are distinguish't, but also the bodies & Consistences; of *which* severall Compound Medicines are to bee: *which* shalbe appointed as well for inward as outward vses, but because in these two wordes there doth appeere, some straightnes & obscurity let vs consider

That of Fernelius in his Methodus Medendj who sayth: *simplicium* Cognitio, Collectio, Dilectus, expurgatio, Conservatio, præparatio, Corcectio

et miscendi industria, seorsim ad Pharmacopæas referuntur ac
 pertinent. A large field & laborious study to be knowing in ech of
 these, in such a measure as may be expected from such who pro=
 fesse maisters in this profession: I must confesse for mine owne part
 I think that greate Phylosopher, when he came to the Temple
 & there in the first place pref--d found this sentence prefixt
 (Nosce Te ipsum) had not more cause to forbear goeing any further,
 till he had learn't this, then wee haue, when wee take into our con=
 sideration, this first word *Simplicium Cognitio*: for as one say's,
Philosophiæ partium nulla sit difficilior, quam ea quæ plantarum naturam
Complectitur, ob incredibilem formarum, virium et aliorum accidentium
varietatem. But whose or what method to follow in my endeavour
 (I must Confesse) I could easily resolute on, for though I thought on
 diverse, yet I found none of them proper for this society, vntill
 our Pharmacopæia Londinensis Coming to my hand & perusing some
 medicines & the ingredients therein 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 ou^r Doore seeme too wide for ou^r
 Structure, wee will take into ou^r Consideracion the first Composition.

Aqua: Absinthia: minus

Composita.

Rx *Absinthii siccj pounds ii semina Anisi pound s*, macerentur in spiritus tenuⁱoris
aqua vitæ Congijs sex, per horas 24. deinde extrahatur spiritus
per Alembicum addendo post distillationem sacharj puris. quantitas sufficiens
 Concerning the Title, yt is called *aqua abstinthij* from The name of
 the plant which is the principall Ingredient, with the addition of
 minus Composita, in regard of a follwing receite whose ingredients
 are more in number; the first Ingredient is *Absinthium* ,
 a plant (no doubt) as Common with the Auncients as at this day
 yt is with us, which was the reason that Dioscorides did omitt
 the description of yt, thinking yt suffieient to tell vs=
 =

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

and intensæ amaritudinis: in English, Wormwood,
 and common or broad leau'd wormwood: Dioscorides mentions three sorts
 of wormwood. videlicet *Absinthium Ponticum, Marinum sive Seriphium et*
Santonicum; Bauhinus he ads a fourth which he calls *Absinthium monta*=
 =num; This ou^r common wormwood which I conceiue is heere to be vs'd
 though they haue not distinguish't that speties is thus describ'd, to haue
 Description

leaves of a grayish ash colour deeply jagged like muggwort, very
 bitter, the stalke 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 wooddy & full of small threds: It naturally groweth in stoney places, and by the way side, the flowers & seede being ripe in *the* latter end of Iuly & the begining Temper

of August. his temper is hott in *the* first degree & dry in the third, his tast bitter, sharpe, & Astringent. & therfore clenseth, purgeth, makes warme & dryeth: yt doth excellently comfort the stomach, expelling from thence hott Collicricke humors both by seidge & vrine: yett yt helps not where the stomach, breast, or lunges with pituitous matter, because the astringent quality, is more powerfull then the bitter: The tops, leaues, & tender braunches, are the parts of this Plant, *which* are commonly us'd in Physicke./

Semina Anisj

The next is *semina* Anisi: the plant *which* yeelds vs this seed is called in call'd in Greeke , in latine Anisum, in english Anis, as some thinke quasi vocauere, quia appetentiam sibj præstaret but more truly , quod tensiones

flatulentas internas, et externas remittat et laxat; in english yt is commonly called Anise: haueing leaues like to young persley new sprunge vp, his stalkes are round & hollow, and so are the first springings vp; but afterward yt hath other leaues, cutt

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And Clouen like to persley, but a greate deale smaller and whiter, at the top of the stalke grows diverse faire tuft's or spokie rundles, with white flowers like to the tufts of white Saxifrage or Coriander, after the flowers are past comes vp seed *which* is whitish, & both in smell & tast sweet & pleasaunt, *the* seed is only the part of this plant vsd in physicke, et sane nullum c cæteris flatum emittentibus oleraceis seminibus gratius est ventriculo, saith Pena ; *the* best is comended by Dioscorides , Si recens plenum, non furfurosum, odore præstans: they doe nott Continue in there prime aboue one yeere, *which* appeeres by the Coulour, for so saith Melichius , primo anno viridis est, altero dein quasi emoritur et ingres=
=cere incipit: yt is hott & dry in the third degree./

The matter wherin these ingredients are to be macerated is Spiritus tenuioris aqua vitæ: descried in the 13th page of this dispensatory vnto *which* for the present I referre you.

let vs say Somwhat of preparing these Ingredients & the manner how this water is to be obtaind: your wormwood being *Artificially* dried is to be cutt small; the seedes being fan'd & well bruis'd are both to be macerated for the space of 24 houres, in Congijs sex, saith one dispensatory, that is as they els where expound yt six Gallons & six pints of the weaker spirit of aqua vitæ all *which* putt into a limbecke of con=
=venient bignes, with a refrigeratory, with a gentle fire shall you draw of your desir'd liquor, vnto *which* you may add so much suger as may gratify the tast: & so you haue

Aqua Absinthia minus Composita./

Aqua absinthia magis}

Composita

Rx Absinthij ponticij, vulgaris ana *pound* i; Salviæ, menthæ, melissæ, ana *handful* ii; Radix galangæ *zinziberis Calami aromatici enulæ campanæ* ana ʒ ii Gliceriza ℥ i. vuarum passarum *exaciniarum* ℥ iii: Semina anisi fœmiculi dulci ana ʒ vi, Cinamomj, *Cariophyllorum* , *nucis moschata* anaʒ ii *Cardamomi Cubebarum* ana ʒ i. incidantur incidenda, Contundantur Contundenda, et in vinj hispanicj *pounds* 24 Inundanturper horas 24 deinde destillentur et Dulcorentur
Secundum Artem

Concerning the title, as the first was calld Minus Composita in respect of this, so this in regard of the former Magis Composita, the first ingredient is Absinthium of which I haue spoken already, but for that wee finde yt heere distingui'sht, as of two severall speties, let vs examine what is ment by Ponticum, & vulgare, Absinthium Ponticum mention'd but not descri'b'd by Dioscorides hath cau'sd much controversy both amongst Physitions & Apothecaries, and Iacobus Sylvius hath taken some paines, & he thinks succiently proved *that* that which Mesue calls Absinthium Romanum was the same Absinthium Ponticum of Dioscorides And Lobel in *the Adversaria* makes yt evident that Mesue did often vse the word Romanum for optimum & by the description, of that which hath beene growing about Rome, yt is no other then the broade leaue wormwood soe Common with vs, but that which doth more manifestly Confirme this is *that* what vertues eyther Dioscorides or Galen doe attribute to the Ponticke wormwood, & Mesue to the Romane wormwood, besides the dayly experience of the Common people, wee see the most learned & best pra^ctis'd Physitions both by word & writing doe attribute to ou^r Common broad leaue wormwood. now yf the absinthium Ponticum of the auncients be ou^r 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. & therefore 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 wate^r can tell vs of any other speties then is yet come to our knowledge this receite is like to loose one pounce 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 therefore Agrippa , sacram herbam vocavit (Saith Ætius): yt is called by Dioscorides in his 3^d booke: Capitulum 32 quasi in tabern 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 Dodonæus mentions six sorts, and our worthy Brother in his ingemious & elaborate review and additions to the foresaide worke, hath spesefy'd two others, the one wherof he found growing with mister Canon haueing the tast & smell of wormwood, the *which* Bauhinus only hath mentiond in his Pinax vnder the title of *Salvia minor altera*, the other being that of Clusius called *Salvia cretica pomifera*, the applebearing sage of Candy, but let vs come to our common sage, *which* is the same with that of Dioscorides, *which* wee are ^{heere} to vse, yt is thus describd, to be full of stalkes, foure square, of a 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 forth the flower, set at Certaine one aboue another *which* are long and gapeing like to the flowers of Clary, or dead nettles, but of blewish purple Colour, after *which* come small round seedes in the huske *that* bore the flower; the roote is woddy with diverse strings at yt: the leaue & flower are the parts of this plant most Comonly vsd, yt grow's plentifully with vs in every garden and is much esteem'd for his vertues, though not so much admird, as of him who demounds, *Cur moritur homo cum Salvia crescat in horto*, for wee know *Contra vim mortis non est medicamen in hortis*. Yt is hott & dry in the third degree and hath some astriction, It flowers commonly in June & July./
Mentha

The 3^d is mentha, *the* Auncient Greekes saith Pliny cald it, but the pleasauntnes of the smell hath made them Change that name & Call yt ab et id est *Suavis odor*, whence Dioscorides calls yt *hydiosmj*. there are diverse kinds of mints, of *which* some are to be refer'd to those of *the* Garden, the rest to the field, for Hypocrates & Plato are deceiud saith Spigelius who thinkes that all Plants by nature wild, may by good Culture be made Tame: for Theophrastus makes the same distinction vnder these two Termes, *Mitia*, et *Agrestia*, *Mitia* being such

quæ a nobis Coluntur, ac nostra opera mansue fiunt *cicuranturque*.
Agrestia such quæ sponte sine vlla Cultura proveniunt, and *which* cannot well be made tame. The mints heere to be vsd, is of the mints Commonly planted in Gardens, in english calld *Speare mints* in latine *Mentha romana*; by Pena & Lobel *mentha agrestis tertia*. of *Tragus Mentha prima*; of *Mathiolus*, *Sativa*. *Tertia* of *Dodonæus*, yt hath a square greene stalke, with somewhat long greene leaues, Set by Couples, of a very Comfortable sent, the flowers being of 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 Fuchti^{us} thinkes yt dryes but in the second degreee & giues this reason, ex cultura aliquid humiditatis accedit: & wheras Aristotle in his 20th section & 2^d probleme hath affirmed Mentham refrigerare posse Corpora: tis not any oppugning Galen or any other Physitions who haue affirm'd to be hott (for of yt selfe yts hott) butt because yt stirreth vp lust; et hæc cum immodica fuerit, Corporis vires deijcit, & so by accident yt Cooles the body.

Melissa

The 4th is Melissa of some ca'lld *Apiastrum*, & *Cytrago* ab odore Citrj et quia Cordj *prosit*. it is called in greeke, et yt is *Apiastrum*, quod hac, as; Apes delectentur whence that præcept of Virgil.

Tu lussos asperge liquores

Trita Meliphilla, et Cerinthæ ignobile gramen

There are six kindes of Baulme mention'd by late writers, but the baulme wee are heere to vse is saide to haue diverse square blackish greene stalkes & round, hard, dearke greene, pointed leaues growing theron by couples a little notcht about the edges of a pleasaunt sweet sent, drawing neere to the sent of a lemon or Cytron, yt is much set & sowen in Gardens, the leaues & tops only are in vse with vs; It flowers in Iune, Iuly, & august, the stalke withers & dryes in the winter, but the roote liues & brings forth young leaues in the spring, the other kindes of baume when they haue perfected there seed, perish

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But they flower the same time the ou^r Baulme doth.

Avicen saith yt is hott & dry in *the* second degree, yet Fuchti^{us} thinkes 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 Phel^gmaticke as melancholy humors; and yt is reported that as Brassica Causeth yll dreames so this is saide to Cause good dreames.

Galanga

Now are wee come to the rootes & the first of them is the 5th Ingredient, *which* is heere calld Galanga & of some Galanga minor to distinguish yt from the Galanga major *which* some thinke to be the Acorus of the Auncients, is is question'd by Pena & Lobel whether yt be not the Acorus Galaticus of Dioscorides: but as I remember ou^r Brother in the Chapter of Galingale, *which* he hath inserted lately into Gerard hath there obser'ud yt to be the Acorus of *the* Shops & vsd by many for the true in there dispensation of Methredate yt is calld in Greeke in lesser the lesser Galingale, or Galingale with out any addition, yt is describd to be a small roote, of brownish red colour both *within* & without

the tast is hott & biting, *the* smell aromaticall, *the* leaues yf wee may beleue Gartias ab horto , are like those of Mirtles; yt grows in China & is hott & dry in the third degree:

zinziber

the 6th is zinziber, *cum folia Iridis et siliquam aliquatenus Xyridj Similem habeat, de eo his agendum quod Dioscorides in*

libro 2^{do} *Capitulo* 190 (). thus farre Bauhinus ; and

Swertius in *florilegium* sets yt forth with the leaues & flowers of Ireos, vnder the title of zinziber flore albo facie Iridis:

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

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

The Seauenth is Calamus aromaticus, for *which* wee now vse Acoru^s verus

in regard wee want the true Calamus of the auncients to *which* ou^r brother amongst many other rarities by him set forth in *the* revision of Gerard s herball, hath giuen vs out of Carolus Clusius : who because yt did excell=ently agree with the discription of Dioscorides , hath thus written of yt; In my opinion (saith he) it is rather to be Iudged an vmbelliferous plant then a reedy, for yt hath a streight stalke parted with many knotts or Ioynts, otherwise smooth, hollow within, and invested on *the* inside with a slender filme like as a reede, and it breaketh into shivers or splinters: The smell is sufficiently strong, *the* tast is gratefull, yet bitter, & partakeing of some astriction, the leaues as it seemes doe ingirt the Stalke at every Ioynt by Couples: the roote at the top is somewhat tuberous, and then ends in fibres, and he saith that a learned Apothecary Anthony Coline sent him from Lyons peeces of same like Reed, of which he had v'sd in his Composition of Treacle.

for Calamus aromaticus. so farre Clusius : but as as I saide that *which* wee now vse commonly for this Calamus, Acorus verus, of some Acorus, others Acorum, in greeke (), quia () id est pupillis

sive acci oculorum caliginosa mederetur. It hath flaggey leaues like to the water flower de luce, or flag but narrower, three foote long, of a fresh greene Colour, and aromaticke smell, which they keep a long time though dried; 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, almost 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=

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Wrought with a needle of greene & yellow silke intermixt; they doe loose there leaues in the begining of winter and doe recover them in *the* spring time: those rootes *which* are substantiall, well compact, not rotten, but white within and doe smell well are best for vse: If this roote be pre=
serud yt hath a very pleasaunt tast, comforting the stomach & heart; the Turks at Constantinople doe take yt fasting against the infection of the aire, the Tartars which *commonly* drinke nothing but water will steepe this roote in yt./
The eght'h is Enula Campana, one name being made of two, for the shops call's yt Enula, the country people Campana by Ioining which words the name is made, but as some thinke yt is more properly calld Innula, yt is calld in greeke () in english Elecampane, Scabwort, & horsheale; some report this plant came from the Teares of Helen, but other from the name of an Iland so calld, where aboundance of this plant is found: yt is thus describ'd to bring presently from the roote greate white leaues, sharpe pointed allmost like those of greate Comphrey, but soft & Coverd with a hairy downe 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 filld vp with an infinite number of threds, and at length is ~~filld vp~~ tur'nd into fine downe, vnder *which* is slender & long seed: *the* roote is vneuen, thicke as a man may well gripe, not long, oft time blackish with out & white within, full of substance, sweet in smell, & bitter in tast, & is *that* part of the plant *which* is comonly vsed with vs. yt flowers in Iune & Iuly; the rootes should be gathered eyther in Autumne or els in Aprill or May: yt is hott & dry in the third degree, and being dried more effectuall then greene, because the

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

The ninth Ingredient is Glyceriza, in latine dulcis radix, in shops (yet corruptly) liqueritia, in greeke y'ts calld (), both Greeks

and latines haue giuen the name from the sweetnes of the roote
which is the only part of this plant vsd in physicke, in english wee
 Call yt licorice: there are two sorts mentiond by Dioscorides : *the*
 one of which is *the* licorice so commonly planted with vs in England
 and proues so good that it's one of the three things which this
 Iland doth *produce*, exceeding in goodnes those *which* are brought
 from any part of the world, (that is to say) Honey, Saffron, licorice,
 It is describd to haue many wooddy braunches riseing vp to the
 heigth of two or three cubits, beset with leaues vpon a middle
 rib like the leaues of Colutea, or the Mastich tree, *the* flowers
 are of a light shining blew colour, after *which* doe succede longish
 Cods, spike fashion, like Onobrichis wilde vetch, or Galega the Cods
 are small & flat, like *the* tare, the rootes are of a brownish colour
 without & yellow within like box. It grows in Germany , ffrance ,
 & Spaine , yt flowers in Iuly & *the* seed is ripe in september
 the roote of licorice is sweete & therfore temperatly hott & moyst
 & yet is the barke somewhat bitter & hott, but that is to be scrap't
 of, the Greene rootes full of Iuice doth moysten more then the dry./
 The next is vua passa, but my slow delivery hath so spent the time that I must
 needs say, that which the accurate discource of you my prædecessors
 haue deliver'd, (with this weake assay of mine) in private may by some
 meanes become the happy occasion of publicke exercises in this kinde of knowledge.
 the Physitions & surgeons for *the* honour & increase of knowledge in there art
 haue not only Anuall but monthly lectures in Anotomie, why should not wee
 then by whose industrious hands, are *prepard* & mixt those medicaments wherin
 consists the good or yll successe of there intentions: why should not wee I say
 vpon whose sufficiency in knowledge depends not only the welfare of *the* patient but
 the honor of the Physition, by publicke exercises, seeke to gaine honor & knowledge
 to ou^r owne too much slighted *profession*. Sed quo feror. Should I go on I doubt I should appeere
 too bitter. Deum ergo præcibus sollicitare voluj, vt bene et prospere succedant Consilia nostræ
 Societatis Communj Comodo inservire. Amen./

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Preserues, Conserves
 Syrups, Candies & *cetera*/

To preserue Iringo Rootes./

Seeth *your* Iringo Rootes till they be tender, then
 pull out the pyth of them, and lett them dropp through
 a Cullender as much as they will, and when they are cold
 putt them into a thynn Syrupp, it beeing also cold, and soe

Lett them stand three dayes, Then boyle the Syrupp, adding
to it some fresh Sirrupp to supply that which the Rootes
drunke vpp; Then boyle the Syrupp againe without
any newe Additions vntill it come to the full hight
of a preseruing Syrupp, and then putt in the Rootes
again, and so keepe them in it till yow vse them
Rootes that are preserued in this manner wilbe
very tender cecause they neuer boyled in the
Syrupp./

To Preserue Hartichokes./

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

To Preserue Walnuts

Take your Wallnutt,es the first moone after
Midsomer putt them into one end of a bagge
into water with a stone in the other end of the

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Bagg to keepe them downe; yow must
haue two kettles of water ouer the fire,
And lett them boyle in one kettle till yow
see the water Change Cullour, Then
take them out of that kettle, and putt them
still into fresh waters, till the bitternes
begone, Make your Syrupp ready with
~~Sug~~ Sugar and rose water and Cla=
rified Then take your Wallnutt,es out
of the Bagg, and peelee off the outer skynn
and putt them into the Syrrup and lett
them boyle softly vntill yow thinke
they bee thoroughly preserued, yow must
sticke on each wallnutt a quarter of
a Clove./

To Preserve Peare Plumbes.

Take your Plumbes before they bee Ripe
Then take faire water, and lett it seeth

Putt your plumbes into a pott, and the
Seething water vnto them, Cover them
Close, and lett them stand three daies
And if the water bee not bitter yow may
make your Syrrupp with it, And soe
preserue them as yo doe damsons, or
other Plumbes./

To Preserue Oringes & Lemmons

Pare your Oringes very thynn, and make an
hole at the topp, and take out the kernells with your
finger, but the meate must remaine, Then lay
them in water two daies and two nightes Change=
ing the water morning and Evening Then boyle
them in two or three waters till the bitternes bee
taken away, Every water must boyle into *which*
they are changed Then take their weight, and
take halfe their weight in Sugar, And allowe to
euery pound of Sugar a pynte of water to make
theire Syrrupp Clarifieing it with the whyte of
an Egg Boyle the Oringes in the Syrrupp
very softly till they bee enough; Then putt the
Syrrupp 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 Syrrupp on them. Thus yow
may preserue Lemmons.

To Preserue Cherryes./

Take a pound of Cherries and a pound of
Sugar, Then putt halfe a pynte of water
to your Sugar; Boyle your water and Sugar
together, And when the Sugar is dissolued
and boyles vpp Clarifie it with the whyte of
an Egg and streyne it ~~with~~^{through} a streyner, Then
take a good handfull of Cherries, and lett them
boyle till they Colour the Syrrupp, Then streyne
it againe as before, and take your pound of Cherries
aforesaid stoned and putt them into the Syrrupp

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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

Syrupp ouer the fire and boyle it againe till
it bee of a true height, Then putt in the
Cherries againe and assoone as the Syrupp
doth boyle ouer them, take them off the
fire, and so lett them stand in the same vessell
till they bee cold, and then putt them vpp
into a glasse, And to make them looke fuller,
Change them into another glasse att the
weekes end, You must make Cleane your
pann euery tyme *your* streyne your Syrupp./

To Preserue Lettice Stalkes

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

To preserue young Peaches before the
Stone be hard ./.

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

To Preserue Greene Pippins./

Take Pippins groweing on the Shady syde
of the Tree before they bee through ripe and
Coare them, Then take two pottes of faire
water, and heate them scalding hott, Then
putt the pippins in, and Couer them Close, and
take it from the fire; Then heat the other
pott of Water, and when that water is colde
where the pippins are, change them into
the other hott water, and so change them still
keeping them allwaies hott and Close Covered
till they pill like a Codling, then pill them
and putt them into the water they weere scalded
in and Cover them and so sett them ouer the
fire making them boyle, till yow see them looke

Greene, but lett them not boyle too fast least they
breake. Then take them out of the water and
weigh to euery pound of pippins, a pound of Sugar
And to take a pynte of water, the one halfe Rose=
water, the other faire water, And soe to euery
pound of pippins and Suger their must bee
a pynte of Water And then putt your Sugar
water and pippins into a pott together, and boyle
them till the Syrupp bee stiff as yow doe
other pippins./

To Preserue Greene Grapes

Gather your grapes before they bee ripe whilest
they be Greene firme and hard yett lett them

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

Moreouer yow must not giue them too much
water in the boyleing, Least yow take away too

much of the Sharpnes of the grapes, for then
they will eate Mellowish and sweet, and be
nothing soe pleasant in taste, Then take them
from the fire and Couer them close, and soe
lett them stand a quarter of an hower Then
take them vpp into a dish and dreyne the
water from them asmuch as yow cann, Then
weigh them with your Sugar, and take to
euery pound of Grapes a pound and two
ounzes of the best Sugar and finely beaten
Then strewe an handfull or two in the
bottome of your pann wherein yow will
preserue ~~yow~~ them, Then lay in *your* grapes
and Cast the rest of your weight of Sugar
vpon them, and so sett them vpon the fire,
and lett them boyle a pretty pace for halfe
an houre If any ffroath arise in the boyle=
ing, scume it offe Cleane, and when they
are allmost ready yow may add to them (if
yow please) a graine of Muske dissolued with
a little Sugar, and a spoonefull of Rosewater
(if yow like of it) and when yow perceiue the
grapes to be very greene and your Syrrupp
to growe thicke, take them vpp, and putt them
into a Gallypott or glasse, and lett *your* Syrrupp
boyle a little while longer, And beeing cold
a while streyne itt vpon your grapes through

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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 [^] daye Strawberry is to bee
done in all respectes like the Grape, nothing
tobe altered or changed in any *particuler*.

To Preserue Greene Peasecodds./

Gather them whylest they be greene, young
and tender, Then scald them but lett your
water be no hotter at the first, then as yow
may well suffer your finger in it Then
Couer them Close with a little dish, soe as
your Peasecoddes may be still vnder the water
And soe keepe a Continuall moderate heate
about your pann by the space of 3 or 4 howers
that they may onely scald, but not boyle in any
wise Then take some of them vpp, and with

your knife ~~strue~~^{try} to take away a little filme
or skynn that is vpon them all over, If yow
perceiue that it will not easiely be done, Then
lett them scald a little whyle longer; If yow
scald them in a well nealed pipkin, it wilbe the
better, be reason of their long scalding, and the
great Hasting Pease wilbe the best, and the largest
when they be done, Then your Peasecoddess being
peeled boyle them in the same water they weere
scalded in, but lett the water boyle before yow putt

them in; And when yow perceiue them to looke very
greene, and to be tender withall Take them vpp and lett
them stand still they be cold; then weigh them with
theire Sugar weight for weight, and take also theire
weight, and halfe their weight in faire water, and
Rosewater together (halfe a dozen spoonefulls of Rose=
water is enough soe it be very good) Make your
Syrup first, and scume it very Cleane in the boyleing,
Then take it off the fire, and when it is allmost Cold,
putt in your Peasecoddess, 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 Syrup 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 Peasecoddess
And when they haue stood 3 or 4 daies Close Couered,
dreyne out your Syrup from it into a Siluer or
Chyna dish, adding thervnto the Iuyce of an Oringe
and a good spoonefull or two of fyne Sugar more, and
lett it boyle very well together the space of a quarter
of an hower, or longer vpon a Chafingdish of
Coales, and skymme it very Cleane in boyleing,
Then take it from the fire, and when it is through
Cold power it againe vpon your Peasecoddess; 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 vpp and lay them vpon a Table, and a Cleane
Cloath vnder them to dreynie away the water,
Then take asmuch beaten Sugar as yow
thinke will preserue them, and putt it into a
pann with a good quantaty of water,
and the whites of two Egges well beaten, and
sett it ouer the fire to boyle, and stirr it about,
and when it hath boyled a pretty whyle,
take off the Scume as it riseth And when
yow thinke it hath boyled enough Take
it off the fire, and streyne it and putt it
into a pann, and lay in your Quinces, and
sett it againe ouer the fire to boyle, And
putt into the pann with your Quinces and
Syrup a good peice of hard Sugar well
beaten and so lett them boyle together a
good space; Att the first lett them boyle but
softely, but after a whyle yow may lett them
boyle to the Panns topp, but ouer turne
them with your spoone very softly, and
allwaies as they boyle to the panns topp,
yow may take them off the fire, and lett
them lye to Soake, and turne them, and
sett them on againe; And when yow see
the Syrupp white and Cleere and ready
to Ielly, then they are boyled enoughe,
Then take them vpp and putt them into a
Gally pott with your Syrupp and lett them

stand soe 3 or 4 daies In which tyme yow
will fynde the topp of the Syrrupp thynn, *which*
yow must power forth and sett it ouer the fire
again with a peice of fine hard Sugar beaten,
and lett it boyle vpp quickly to your panns mouth
and scumme it Cleane And when it is somewhat
thicke Take it off and streyne it, and putt it
into a dishe to Coole, and when it is cold lay
it on the topp of your preserued Quinces to keep
them from moulding, Yow must not lett
your Syrrup boyle too long least it turne
redd And though your Syrupp looke thynn
on the topp, It will stand on a Ielly in the
Bottome./

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 mortar very fine, Then take your Quinces & their 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 their 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 Liquore againe, and lett it boyle till it be thicke enough to Cutt, And then putt it vpp with Boxes, Yow must Couer this Marmalate very Close in the boyleing to make it looke redd./

To make marmalade of any Plumbe

Putt your Plumbes into an Earthen or pewter pott, and then sett them into a Brazen pott of faire water ouer the fire, and lett them stewe till they be enough, Then streyne the thynne Liquore

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from them, and putt the pulpe into a dishe by it selfe, Then take the weight of your pulpe in fyne Sugar, and boyle them together till it will Ielly very hard, Then putt it vpp into Boxes for vse.

To make Marmalate of Oringes

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

Cakes of Fruite & Candid Flowers Leaches &cetera./

To make Cakes of Oringes & other Fruit./

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

To make Cakes of Lemmons or Oringes./

Take the fairest Lemmons Cutt them in peices, and
boyle them as tender as possiblely may bee (first
takeing out the sowre substance as cleane as yow
cann) Beeing well boyled take them vpp, and with
a Cleane Cloath dry the water from them, Then take
away the insyde as neere the rynde as yow cann but
first take away the Ragges and threddes that hang at them
Then with your spoone or knife make them into a very
thynn pulpe or substance Then take the sower sub=
stance which yow take out before, and mingle it
with the rest of your stuffe, with so much as will
make it pretty sharpe, This done dry it ouer a

Chafing dish of Coales a little whyle, but lett it
not boyle, Then boyle your Syrupp with a very
little fire to the height that it may hang or fall
from your spoone like an haire, Then take the
quantaty of Sugar as in your decoction is fitt and

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mingle the stuffe and it together and lett it drye
a while over a Chafingdish of Coales till it be hott;
but lett it not boyle And then beeing all most Cold
take it vpp with *your* Syrupp, and cast them vpon
flatt plates one by another Then sett it into a
Stoue till it bee a little hardned, Then turne them
with your knife, but do not breake the Crust
or yce of them as neere as yow cann, If yow
would haue them thicker, Then Clapp the two
moyst sydes of them together, and putt them
into your Stove againe till they be hardned
Then keepe them in Boxes./

To make Ielly of Oringes./

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

To make violett Cakes./

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

To make Cleere Cakes of Fruite

Take your Plumbes, Gooseberries, or Raspers,

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

To make dried 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 Syruppe comes whole from the Pann together, then
take them out one by one whylest they are in boyleing,
and lay them on a dry Sive (The Syruppe beeing

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dreyned from them as Cleane as yow cann) and
sett them into a Stove, being but a little =
warmed, and as the moysture soaketh out of
them, so turne them into dry places, within
5 or 6 daies they wilbe ready to putt vpp
in Boxes./

To make a good Banquetting Dish

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

To make drye Leach

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

To make other Leach

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

To make a Dish of Creame

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

To make Ovum Lumbardicum or Cawdle

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

To make an Almond Tart./

To a pound of Allmondes blaunched, putt sixteene
yelkes of Egges, a pound of Butter, three quarters
of a pound of Sugar and a pennyworth of Rose=
water./ &cetera/

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To make Iuyce of Liquorice

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

To make Manus Christi

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

To Candy great Flowers

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

To Candy small Flowers

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

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Conserues & Syrupps./

To make Conserue of wormewood

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

To make Conserue of Barberries

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

To make Conserue of Sloes./

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

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To make Syrrupp of Wormewood./

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

The vertues of it./

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

To keepe Damaske Roses fitt to Distill
att Christmas ./.

ffirst pull them from the Buddes as ordinarily
yow vse to doe, then briuse them in a 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 syrropp 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 Syrrupp height and keepe
it for your vse, Soe yow may make the like
Syrupps of Fumitory, Sicchorie, Scabious,
Coltesfoote, or any other herbes./

Or thus make Syrrupp 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 skellet 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 Syrrupp of Violetts

Yow must doe the like in euery respect./

Or thus make Syrrupp of Violetts

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

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To make Syrrupp of Lemmonds

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

To make Syrrupp of Cittrons

Boyle a pound of Clarified Sugar to a Syrrupp height, Then take halfe a pynte of the Iuyce of Cittrons, and putt it thereto, And then giue it three or fower Wallmes, and keepe it for vse./

To make Syrrupe of Grapes yow must doe the like./

To make Syrrupp of Vinegre./

To a pound of Sugar take halfe a pynte of Whyte wyne Vineger, and as much hysopp water, the Sugar beeing dissolued Clarifie all together, with the whyte of an Egge, then streyne it, and boyle it to A Syrrupp height, and soe keepe it for vse./

Receipts of Cookery

To make Marrowe Puddings./

Cutt a quantatie of Marrowe like as yow cutt Suett, then take Crummes of Bread, yekes of Egges, and a quantaty of Creame with Rosewater and mingle them together Take also Cloues and Mace, Nutmegges and Cinnamond powdered, and some Currandes Lett the Roapes either of an hogg or Cowe be very Cleane washed, and before they bee filled Lett them bee layd two howers in Rosewater.

To make Hedghogge Puddings./

Take a pynte of Creame and two penny Manchettes thynn slyced, yelkes of Egges and two of the whytes some Nutmegges and mace finely beaten, a little Cinnamond, halfe a quarter of a pound of Sugar, and a little Rosewater, Lett all these be well tempered together with a little Salt, and so lett it stand one hower in Soake, Then putt it into a Cloath, and tye it Round, and soe putt it into the pott when the water boyleth, It wilbe boyled in an hower, When yow take it vpp, blanch halfe a quarter of a pound of Allmondes and

Cutt them the long way in fower quarters,
and so sticke the pudding all ouer with them
Then melt butter & some Sugar, with a little
Rosewater, and lay the Pudding in it, strewing
Sugar on it./

To make a Rice Pudding

Take a pound of Ryce boyle it in a pottle of
milke till it be soe thicke that yow may Cutt it
with a knife when it is Cold Then take halfe

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halfe a pound of Allmondes and grinde them
very well^{^ small} in a stone mortar, adding in the
grynding now and then a spoonefull of
milke which hath bene boyled and is cold
again, 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 poundes
of Beefe Suett, two penny Loaues grated,
three quarters of a pound of Sugar, halfe
an ounce of Mace, two Nutmegges, 4 or 5.
yelkes of Egges, and a little Rosewater, temper
them as abouesaid./

To make a Good Whyte Pott./

Take a quart of Creame and boyle it, then
putt Lemmons slyced into it and a little
whole mace, then take a dozen yelkes
of Egges, beate them and putt them
into it, then season the same with =
Cinnamond, Cloues and Mace, Sugar

and Nutmegges, and with reysons of the Sunn

and Currandes as yow please, then either make
a Coffin for it, or putt it into a dish, But
yow must putt in some Butter to make it Leaue
the dish when it is ready./

To order Redd Deare

Parboyle it, and in the water wherein it is
to be parboyled, putt Rosemary, Sage, and bay=
Leaues of each an handfull, And before yow putt
in your Vennizen Lett it boyle a pretty while,
and then putt it in and *parboyle* it, And to season
it take Salt, pepper Cloues, mace, & ginger,
mingle them together, and therewith season
it./

To make Sawce for Fish

Take a pound of Butter, and the yelkes of Egges,
Beate them together very well, putt to it
two or three whole mace with grated Nutmegg
and grated Browne bread vntill yow see itt
thicken, then lay it to your ffish and serue it vpp
This will serue for Pyke, fflounders or any other
ffish./

To order Cowecumbers for Sallett./

Take small Cowcumbers, and wype them Cleane
with a dry (not a wett) Cloath, and sett them an End in an
Earthen pott, And betweene euery Ranke or lay, yow must
strewe a good quantatie of pepper and salt, and the topps
of fenner with their seedes, Then heate wyne Vineger
vpon the ffyre, and when it is hott power it vpon
the Cowecumbers and fill vpp the Pott and
soe lett it stand for vse./

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To Keepe Hartichokes all the yeare./

Take asmuch faire water as yow thinke will
Cover them, and boyle ~~it~~ them very well with
asmuch whyte wyne Vineger, as will make
a strong Liquour; but not soe strong as to
take away the ~~ste~~ Taste of your Artichoakes.
Then boyle in that Liquour those which yow
meane to keepe, till yow may pull out a Leafe
Then take them out of the Liquour and
lay them a Cooleing all night Likewise

sett the Liquour a Cooleing in some wodden
or Earthen Vessell, And in the morning
beeing Cold, putt them vpp into a Barrell,
and besure the Liquour doe Cover them,
And putt a Weight vpon them to keepe
them downe in the Liquour being Covered
exceeding close, And when yow vse them,
lay them in water an hower or two, and
boyle them in Beife Broath as att
other tymes./

To Dresse a Carpe

ffirst take him and wash him in faire water,
then open him and take out his guttes and spawne,
then Cutt him in three or fower peeces, and
putt him into a Stewing pann and the spawne
also, If yow dresse a Couple together, yow
must putt in a pynte of whyte or Clarett wyne,
If but one, less will serve; putt in also an
Onyon whole pepper and mace whole, putt in

putt in also a pynte of Oysters, and two
Little glasses of wyne Vineger, and a pretty
quantaty of Salt, and cause it to boyle with
a quicke fire; When it is all most boyled
enough, putt in two or three little Chipps
of Oringe, Tyme, and Butter a little of each.
Lett it Boyle a Walme or two, and then putt
it into a Charger with some Sippettes
made of fyne ffrench Bread./

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Pastes, or Bisquettes/

To make Sugar Cakes

Take 3 pintes of fflower, one pound of Butter,
halfe a pound of Sugar, and 3 Nutmegges
grated and knead them well together with
water till they be stiffe &cetera/

To make Iumboldes

Take halfe a pound of Allmondes being beaten
to paste, a short Cake grated, two egges and two
ounces of Carraway seedes beeing beaten in it ~~with~~
with the Iuyce of a Lemmon, Then worke it
into stringes, or cast them into Knottes, or the
like devices, and soe Bake them in an oven,
And when they are Baked, Slyce them with
Rosewater, the whyte of an Egg and Sugar beaten
together, glaze them and putt them into the
oven againe for a little while, and they wilbe
yced cleane ouer with a whyte yce, And soe
put them vpp in boxes which yow may
keepe all the y^{ea}re./

To make Sugar Rings the best way

Take some fine flower which hath bene twice bouted
over, and fyne whyte Sugar very well searced, then
mix them with your hand, and take some
Coriander and Carraway seedes, and picke them
very well, and putt them into your flower and
mingle them [^]all together with your hand, Lett their
bee thrice as much flower as Sugar, Then
take three Egges and putt in the yelkes, and one
whyte with some very good Creame made a little

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Warne, and a little melted Butter, Worke
all these together very well, as yow would a
peece of dough, and lett it lye a little whyle
before yow make them vpp, and lett your
oven bee almost as hott as for Manchett
Then make vpp your ringes and lay them
vpon halfe sheetes of paper with flower strewed
vpon the paper vnder them, and putt them
into your oven and bake them./

To make Biskett Bread of Allmonds

Talk Allmondes and Blanch them, beate
them very fyne in a morter, still putting
Rosewater to keepe them from yelloweing
And take the weight of the Allmondes in Sugar
and Eg^g shells and all, vse but the whytes and
the yelkes; and beate them an hower with
those Allmondes and Sugar, with a spoone
in a dish. Then putt in some Muske

and a little Rosewarer mingled, And if
yow will some Coryander and Aye
Annyseedes, Then butter a sheete of
paper and power it vpon it with a spoone
Soe in an oven after Bread hath bene
drawne, bake them They wilbe almost
as thynn as a Wafer./
To make Biskett Royall./
Take the whytes of ~~Eg~~-Eight egges and the
yelkes of fower, beat them very well together

Then putt in a pound of fyne Sugar fynely
beaten, and halfe a pound of flower fynely
Searced, stirr these together with a wodden
slyce in a Bason, and it wilbe of a pretty
stiffnes; yow must putt in muske, or amber=
greece, and Coriander seedes asmuch as yow
thinke fitt; yow must annoynt *your* Coffins
with a feather, with a little melted butter and
putt in a spoonefull and an halfe of our
stuffle into every one, and strewe a little fyne
sugar on the topp of them, and then putt them
into your Oven, benig of a more temperate
heate then for the other Biskett followeing,
They wilbe baked in less then halfe a quarter of an
hower, Then take them out of the Coffins whylest
they bee hott without breakeing the glassinesse on
the topp of them, then lett them lye till they bee
Cold, And then putt them againe into the oven
~~for~~ a little whyle./

To make Biskett of Naples./

Take a pound of fyne searsed fflower, and a
pound and three quarters of fyne Sugar 15 egges
yelkes and whytes Beat your Egges first well
together in a great Bason with a Wodden slyce
Then putt your sugar into your Egges and beate
them weltogether Then putt in your fflower
and halfe an ounce of Coriander seedes well beaten,
yow must haue little Coffins of fflower 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)

Theire lett them stand an howre In which
tyme w-yow shall see them Ryse much higher
then the Coffin, and haue a glassy skynn
on the Topp, then take them out and Lesse
Loosen them with a knife softly from the
Coffin, and beeing forth Lett them lye till
they be cold; Then lay them on Cleane
papers, and sett them into your oven again
(not beeing any more or newe heate) and
lett them stand an hower longer (the mouth
of the oven being allwaies Close stopt.)
Thus may yow make also spanish
Biskett Bread, with Eight or Tenn
Egges more, And bake it in a great
Coffin; And when it is Cold Cutt it
out in slyces and dry the Slyces./

To make Paste of Genoa./

Take of yellow quinces the ffairest, and
core them purely, then lapp them in papers
and sprinkle your papers with a little water,
Soe Roast them in the Embers; But in any
wise burne them not, This done pare them,
and slice off all the substance from the
hardnes of the Core, then streyne it through
a peece of Cusshion, Canvase or Searse,
and to euery pound of streyned Quinces
take a pound of Sugar finely beaten, and
searsed, and boyle them together either
in pewter or silver vpon a Chafingdish of

Coales to the height of a Marmalate;
Then strewe some searsed sugar vpon a table,
or stoole, and lay your Marmalade thereon in
Spoonefulls, according as your printes are in
Biggnes; And when it is allmost Cold, Cast
thereof a little Searsed Sugar, and putt it abroad
with your fingers as thynn as yow please, But
the thickeŕ yow make it, the better it will eate,
Then print and cast them out, as yow please,
Remembring to cast some searsed Sugar vpon
your printes before yow lay them on, and so sett
them before the fire in a platter to drye by the
space of 3 or 4 howers; Thenafter putt them
into a great pann vpon a plate and Couer
them with a lesser pann, putting some Embers
and Coales on the Topp and soe lett them

dry turning them once or twyce a day In
three or fower daies they wilbe enough./

To make Paste of Genoa the best way

Take the fairest Apple Quinces and Core them
purely but pare them not, then lapp them vpp in
whyte papers two or three together in a paper &cetera
as before The true manner whereof is att
large sett downe in the fforegoeing Reciept; onely
in this is added, Yow may make the same paste
with pippins or other good Apples roasted before
the fire, but allwaies turning them for feare of
Burning, and are not to be roasted in papers as
the Quinces./

To make Cracknells

Take three pyntes of fflower and so much Sugar
as yow thinke will make it sweet enough and Eight

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whytes of Egges, and six yelkes; of Nutmegges
mace and ffennell seedes of each halfe an ounce,
and asmuch pepper or more, beeing all bruised;
Then take some good Creame and boyle it
very thicke, all most to butter, and putt it to your
flower and spices with a little Salt, and soe Roolle
it out very thinn, and pricke them very thicke
for feare of blystering, and turne the Egges like
Cracknells, Then sett a pann of water over
the fire, And when the water beginns to keepe
att the bottome at the bottome of the pann
Then with a scummer putt them in And when
they ryse to the topp of the pann againe take them
out with a Scummer, and putt them vpon a
sheet, but remoue them presently againe to a dry
part of the Sheete, and putt them vpon papers
beeing strewed with flower, And so bake them
in an oven, being of a temperate heate some=
what hotter, then when Household bread is
drawne.

To make fyne Manchett in Rolls./

ffirst take a pecke of the ffynest fflower yow
cann gett, and lett it bee twice bolted over, and
lay it over the slope end of your troughe,
and make a bare place next the Corner of your
trough to power your Liquore in Then take

4 spoonefulls of the best yeast yow can gett,
and one spoonefull of Whyte Salt and a quart
of Warme water Then stirr your water yeast
and salt together vntill your salt bee all
moulten Then streyne it into the bare
Corner of your Trough within your flower,
and then worke your Liquour, and flower together

by little & little vntill yow haue wrought vpp all
your flower, Yow may haue warme Liquour
standing by ~~yowe~~ and in *your* working of it yow
may vse it (as occasion shall serve.) yow
must worke your paste thoroughly well, then
turne the smoothe syde upwardes into the Corner of *your*
trough, and warme a Cloath and lay vpon it, and
so lett it lye, till it haue risen, And the whylst heat
your oven, then make it vpp into rolls or little
Manchettes./

To make whyte Cheat Levened Bread
taught by Edward Lewis ./.

ffirst take a Bushell of fyne fflower (*your* trough beeing
very faire and Cleane) and lay it at one end thereof,
Then with both *your* handes make the flower Close
att the bottome, that no Liquour may come ~~vpp~~ vnder it;
Then take halfe a pound of Leaven, and breake it small
into a quart of faire water, somewhat more then
blood warme, breake your Leaven as small as yow
cann into the liquour, and then streyne it into the'nd
of your Trough by the flower, Then putt a quart
more of warme Liquour to that *which* yow haue
streyned, and worke it well with so much of that flower
as will make it Lythe Paste; Then lay this Lythe Paste
Close to thend of your Trough, and then putt all the
rest of your fflower Close vpp to the Paste, and with
your handes head it vpp, that it may lye an handfull
higher then your Leaven; Then strewe an handfull
of the same flower ouer the Leaven and Cover it with
a faire Cloath, and soe lett it Lye all night. Then
the next morning sett on a pann of faire water
of two gallons, and make it sufficiently warme, Then
sett your pann by your ~~Cloath~~ Trough and with a
dishe take a quart of that water, and halfe a pynte
of good yeast and streyne it through a streyner into

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that Leaven Then putt your flower a little

Backe from your Leaven, and worke your
yeast and water into *your* Leaven Then take an
handfull of whyte salt and Cast it ouer the
Leaven Then take so much Liquour as
will sufficiently worke vpp your Leaven,
and flower together, that it may bee fitt to
mould vpp for Bread, bee sure yow worke
it throughly And when yow haue done,
Turne the softest syde of your Paste vpwardes,
and lay it Close to the end of your Trough
Then warme a Cloath and Couer it, and soe
lett it lye for a quarter of an hower.
Memorandum when yow sett on your liquoure
first in the morning Then lett *your* oven beginn
to heate./

To Keepe Beere from Sowreing

Take a Lemmond and sticke it it full of Cloues
and putt it into the Beere; then take an handfull
of Bay salt, and putt it into a fyne Lynnen
Cloath and hang it vnder the Bung of the
Barrell, Soe neere the drinke as is possible
without touching of it, Then bung vpp
your Barrell as Close as yow can, and lett
it stand Eight daies before yow broach it./

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To make Cheese Severall wayes

Make your Cheese of newe milke and offeringes
And when yow putt it together, Boyle a quart
of Creame, vntill it boyle vpp, and then putt
it together, But in Sunner tyme, the Creame
must stand till it be Cold And in edishe tyme
yow must putt it together as hott as yow cann
And three daies after *your* Cheese is made, lay it
in greene Rushes, and shift it euery day, and in
three weekes it wilbe ready to eate./

Another way to make it./

Take *your* Evening Creame of 3 or 4 kyne & carry it
in a pale Couered, to milking in the morning; And

softely and leasurely milke in, the milke of 3
or 4 kyne, then bring it home and putt in your
Rennett as you vse to doe, but lett your milke
be scarcely or nothing at all ~~warne~~-warne
when yow putto *your* Rennett and soe make it./

To make Rennett for Cheese./

Take of Redd Sage, of ~~the~~-the Redd Buddes of
Hawthorne, hysupp and Speirmint of each of
these an handfull, groweing in wett places in the
ffeildes; Boyle all these together in well water
with two handfulls of salt boyled in it, then lett it
stand a night to Coole, then putt your bagges
into it with a good quantatie of Cloves, Mace,
and Cinnamondes, and lett them lye in continu=
ally; yow must *procure* the best bagges./

To make fresh Cheese without Rennett

Take six new laid Egges, breake them into a Bason,
then beate the Whytes & yelkes together first takeing
away the Cockes treadinges, Then take a quart of
Creame, and sett it over the fire, Beate a good

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Nutmegg something grosely, and tye it vpp in
a little Lawne bagg, and putt it into the Creame,
and putto it likewise your beaten Egges with a
pretty quantaty of whyte Salt, and a spoone=
full or two of Rosewater, and so let it boyle
with a softe fire, stirring it very softly, till
yow see it gather to a Curd, and the whay
lye Cleere about it Then take it from the
fire, and power it into a Cleane Lynnen
Cloath that is not very thicke holding it over
a Bason, that the whay may Run out Then
take a Cleane dish and lay downe the napkin
in it with the Curdes, and take as much Sugar
finely beaten, as will sweeten it to your
likeing, and so worke it well into the Curdes
in the Cloath, Then streyne it through
into the dish; then dish it vpp into your
Cheesefatt or into what yow will, and soe
lett it stand an hower or two; And when yow
are desirous to serve it vpp, Whelme it
downe into the dishe, or Bowle with your
Creame about it./

Perfumes

To make sweet Powder./

Take of sweet oyle 2 ounces, 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 mortar, and putto them as much Muske as yow please. This Powder may serue for a Queene./

To make Perfume for Gloues

Grynd a little Civett, muske, and Amber, but lett theire be twice so much Amber as of any other 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 Iuniper, and vse it as the former wood, mingle both these powders together, and bould them through a fyne Boulder, then take two spoonefulls of Rosewater, and putt thereto so much of the powder, as will make it soe thicke as an ordinary Paste; And so make them into what forme yow please; laying them to Bake in a dish before the ffyre./

To make Pomander Beades by Doctor
George of Bruxells

Take Benjamin halfe an ounce, Storax Calammita 2 drams, Gum dragagant halfe an ounce, Muske tenn graines, Ambergrease tenn graines, Civett six graines, Plaster of Paris or burnt Alablaster halfe an ounce

This last ingredient must be steeped in Rosewater
a day, and a night, or thereabouts The whole
Ingredientes must be beaten into fyne powder
and wrought vpp with Gumm Dragagant, or
stamp in a Morter It must be added, or putt
in by little and little, and wrought vpp, and
beaten withall the materials 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 Lungen ~~of th~~ and that a flocke of
sheepe beeing Rotten putt into a feild where woade grewe all
Recouered./

For a Cough & Cold./

Take Syrupp of Coltsfoote, of Maydenhaire and Isopp
mingled together, spread these three vpon a Toaste of
Whyte bread and take it goeing to bedd and wakeing in
the morning 4 or 5 tymes, tryed by Mr Holdsworth minster

For to stopp a Cough

Take a small pill made of Iuyce of Liquorice and storax
and swallow it with the papp of an Apple or Conserue or
syrupp or Roses./ *probatum.*/

For a Cough

Take six Egges Roast them very hard, then take and Cutt
them in the middle and stewe them betweene two sallett
dishes full of sugar Candy small beaten, and take of the
syrupp after supper and morning take out the yalkes and fill
the whytes with sugar Candy and stewe them vpon Embers
3 or 4 howers, and take it euer after the fitt of Coughing
probatum./

For a Dropsie & Consumption

Take your owne Vryn ^ or a boyes Vrin of 14 yeares old euery morning fasting the space offowerteene daies together, after yow haue drunke of it
if it goe against your somach take some sugar Candy./
Pelletes of Butter lapt in whyte sugar Candy good for a
Cough or Cold./

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ffor keeping the body loose and Laxative

Eate Roasted Apples or stewed prunes halfe
an hower before dinner, drinking a good
draught in the Mornings forbeareing
dry meates./ Whey with Fiumetary./
In Consumptions
Take the steame of new ploughed groundes
and for such as haue not strength to walke
A fresh Turfe of Earth euery morning,
with a little vinegar poured vpon it.

To Cure the Cough./

Take spirit of Rosemary, Cutting away
some of the haire of the Crowne and
Nape or hinder part of the necke, and
annoynt it therewith when you goe to
bedd./

For the Flux

Take a pennyworth of Dioscordium, and a
pennyworth of Conserue of Redd Roses and
a pennyworth of Syrup of Ielly flowers mix
them together, After this take halfe a pynte
of Clarrett & burne it well with Cynnamon
and drinke it and keepe warme all night./
These to be taken after yow are in bedd./

A Receipt for a Childe that is Burst

Take Comphry one handfull, a handfull of Nepp a handfull
of Clary and a handfull of Plantayne. Take all these and
Boyle them in three quarts of Ale till it come to three
Pints then streyne it and put in this following Powder

The Powder

Take Comphry Roots Polipode Roots and slice them
being first washed very cleane then dry them in an
Ouen after the Bread is drawne beate them to Powder
and searce them through a peice of tyffany or Lawne
Then Put in as much of the Powder as will lye on a
shilling at twice into the drinke it being first cold
and then Bottle it vp and giue to the Child a sack
glasse full euery morning fasting and the like
quantity at foure a Clock in the afternoone shaking
it together in the Bottle before you Powre it out/

The Child must either be cowled or haue
a trusse .

folio 254 verso || back endleaf 1 recto

back endleaf 1 verso || back inside cover

Al pi pen ca bas ni nas tot habet
quot habet gras
Stultus les sua mi calaria viscitur ohl
MG

Ioanesh Heygoshite

back outside cover

spine

Old M. SS.

8

head

fore-edge

tail