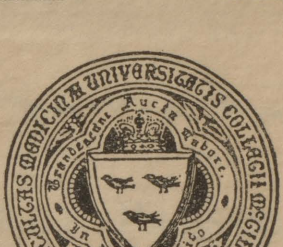
Presented by Dean Shepherd.



Mutt

George E Fennikson
July 8th 1848
Montreal
Canada

Substance of the ACT *for licensing Persons uttering or vending Medicines, &c.*

FROM September 1, 1783, all Persons (except such as have served a regular Apprenticeship to any Surgeon, Apothecary, Druggist, or Chymist, or who have kept a Shop three Years before the passing of this Act, for vending Drugs or Medicines only, (not being such as are sold by the King's Patent) must take out a Licence annually; if within London or Westminster, or the Distance of the Penny-Post, to pay 30s. and in any other Part of Great-Britain, 5s.

Venders of Medicines (including those by the King's Patent) are to pay for every Box, Bottle, &c. sold under the Price of 2s. 6d. a Stamp-Duty of 3d.; above the Price of 2s. 6d. and under 5s. a Duty of 6d.; and of the Price of 5s. or upwards, a Duty of 1s.

The Act not to extend to Army or Navy Surgeons.

Unqualified Persons selling Medicines without a Licence, are to forfeit 5l.

Any two Commissioners of the Stamps may grant Licences, which are to be annually renewed ten Days before they expire.

Venders of Medicines are to send the Covers, Labels, &c. to the Stamp-Office to be stamped; and the Medicines are to be packed up in such Manner as the Commissioners shall direct; on Default, to forfeit 5l.

Persons using the stamped Covers more than once, or selling Medicines without such Covers, are to forfeit for every Offence 10l.

Buyer or Seller of improper Covers may inform against each other.

Persons counterfeiting the Stamps to suffer Death.

N. B. The Covers, Labels, &c. sent to the Stamp-Office, must have the Names of the Venders, and the real Prices at which the Medicines are to be sold, marked thereon.

MEDICAMENTS For the Poor; *Or*, PHYSICK FOR The Common People.

Containing,

Excellent Remedies for moſt Common Diſeaſes, incident to Mans Body; made of ſuch things as are common to be had in almoſt every Country in the World: and are made with little Art, and ſmall Charge.

This Book is of admirable uſe for, 1. Purging Medicines, for Choler, Flegm, Melancholly, or Watry Humors. 2. Vomit. 3. Such things as evacuate by Sweat, Spittle, the Pallat, Noſtrils, or Inſenſibly. 4. Womens Diſeaſes. 5. Worms. 6. The Stone. 7. Poyſons. 8. The Head over-heat, or over-cooled. 9. The Eyes. 10. The Joynts. 11. The Nerves. 12. Breathing. 13. The Heart. 14. The Stomach. 15. The Inteſtines. 16. And for Diſeaſes of ill Conformation. 17. Or in Faulty Magnitude. 18. Or in Number. 19. Or in Scituation, and Connexion. 20. Or in diſſolved Unity.

Hereunto is added an Excellent Book, called *Health for Rich and Poor, by Diet without Phyſick.*

The Second Edition.

By *Nich. Culpeper*, Student in Phyſick and Aſtrology.

Edinburgh, Printed by a Society of *Stationers*. 1664.

The Printer *to the* Reader.

I Thought it convenient to give thee notice of some Particulars to be minded in this Book.

1. That thou hast not more in the Title Page, than is in the Book (as is too often used by many in these times) For every one of the twenty Particulars there named, is distinctly treated on, under that Head, and sometimes mach more, as thou mayest easily find, if thou pleasest to peruse the Contents after the Book; by which thou mayest easily turn to the Page in which each Head is treated on.

2. If thou meetest with hard words that thou dost not well understand, look at the end of *Riverius* Practice of Physick in English, and most of them are there explained.

3. Things that are here but briefly touched, are much more largely treated on in *Sennertus*, *Platerus*, *Riverius*, *Riolanus* and *Johnston* their Works Printed in English, They being the most eminent Doctors of Physick, That are in Europe.

4. For the rest of Mr. *Culpeper's* Works that are yet unprinted, I refer thee to his Wives Information and Testimony: I remain,

Thine, to serve thee.

To the Physical READER.

THe greatest Reason that I could ever observe, why the Medicines prescribed in the Books before mentioned, do not (sometimes) perform the Cures promised, is, the Unskilfulnesse of those that make up the Medicines: I therefore advise all those that have occasion to use any Medicines, to go or send to Mr. Ralph Clarke *Apothecary, at the signe of the three Crowns on* Ludgate-Hill *in* London; *where they shall be sure to have such as are skilfull and honestly made.*

Mr.

Mr. CULPEPER'S PHYSICK For the Poor or Common People.

The Beginning.

IN ſetting down of Phyſicks that can eaſily be prepared, the beſt way is to diſtribute ſuch remedies as are found out, into ſuch a Method, that every one may know readily how to bring forth the Matter which he muſt chuſe, to begin, or to go forward with, in the cure of a diſeaſe; ſince therefore the remedy, which hath its indication from the cauſe of the diſeaſe, is found out laſt, but muſt be firſt put in execution, and before all things, the cauſe muſt be

taken away, that ſo the diſeaſe may be over come. 7. *Meth.* Chap. 12. Thoſe Medicaments that are contrary to the cauſes of diſeaſes, do deſervedly challenge the firſt place, and they are many, as the cauſes are many: For ſome of them do impair, or weaken, and evacuate the Matter that offends; ſome again increaſe that which is wanting; and others do correct the ill quality of it; ſome do hinder diſorderly motion, or elſe recal reſt that is faulty, to its natural Station; others do root out the cauſes that are Peccant, by their whole kind (as they ſay) againſt Nature and Subſtance.

We ſhall begin with ſuch as evacuate, and the rather, becauſe that poor people by reaſon of ill diet, abound with more Excrements, than the rich do: and ſo uſually fall into diſeaſes from ill humors, rather than from Plethory.

Phyſicks that evacuate are divers, for ſome do ſenſibly evacuate the Matter by the Belly, by Vomit, by Urine, by Sweat, by Spittle, by the Pallate, by the Noſtrills. Others do digeſt inſenſibly, and turn it into Vapors, and theſe take place in the Cure only after ſenſible evacuations.

Physicks that purge the Belly.

Some of these respect only the impuritie of the first passages, nor do they extend their forces beyond the neighbor region of the Mesentery, and these are called Lenitives; others do purge the second and third Region of the Body, and are called Catharticks and Purgatives.

The Belly is loosned by Physicks taken at the Mouth, or cast in by Clysters, or else by Suppositories.

Those that are taken at the Mouth, are of two sorts: for some of them do strongly purge the Belly, and bring forth the Excrements; others work more weakly, which are principally to be used, to keep the Belly loose that the Natural Excrements of the first Concoction may not too long be retained.

Strong Purgers in a Chollerick Cause.

Whey Clarified and so drank from three pound, to eight pound, within one hour space: but it will be more effectual, if in the first Cup you dissolve one dram of common Salt.

Un-huld Barly Water, drank within the time of half an hour, from two pound, to six pounds; especially if it be boyld with Raisons and Prunes. The

The freſh Juyce of the purple Violet, from one ounce to two ounces: with one cup of Barley or fountain Water.

The Juyce of Damask Roſes, drank the ſame way.

The Juyce of the Garden Gourd, gently boyled with a fourth part of Honey, and a little common Salt, drank from three ounces to five ounces.

All theſe muſt be corrected by ſteeping of Wormwood in them, if a weak ſtomach chance to abound with choller.

The Juyce of Succory clarified, from three ounces to five or ſix ounces.

Common Oyl that is made of ripe Olives, boyld with thrice as much Fountain Water till the moyſture be conſumed, drank alone, from four ounces to ſix ounces, eſpecially in the pain of the Heart.

The freſh Flowers, of the Cherry Tree or the Peach Tree, one ſmall handful, eaten in a Sallet.

Musk Roſes, in number, four. Eaten in a Sallet, eſpecially if they be yet moyſt with Dew.

Twelve ſweet Prunes gently boyl'd in Honey Water.

You may alſo prepare from Prunes, a * Rob, like to Sapa, of ſmall Charge, and very pleaſant, ſuch as here followeth.

* *What* Rob *or* Sapa *is, and how to make ſeverall ſorts thereof and the ſeveral uſes of them, you may eaſily learn in my laſt edition of the* London Diſpenſatory *in Engliſh.*

Take

Take sweet Prunes, one pound, sweet Cods sliced three ounces, Fountain Water or sweetish white Wine three pound, boyl them at a gentle fire, till the Matter grow thick, then strain it through a Hair Sive, and then boyl it again, to the consistence of a *Sapa*, of which, for a sufficient Purge, give one ounce and half, either by it self, or with a smal Cup of Water or Broth, you may boyl it thicker, like an Electuary, for such as will take it only in a *Bolus*, but you must add a fourth part of Honey, that it may last sometime uncorrupted, and you may give one ounce of it, or one ounce and half.

9.

Purgers in a Flegmatick Cause.

Take red Sugar one onnce, in the broth of a Pullet, or Water of Coriander.

Also take fine Sugar, from one ounce and half to two ounces the same way.

Good Metheglin not boyled, taken from eight ounces to about one pound. But the windinesse of it must be corrected with seeds of Annis, Fennel, or Coriander.

Sweet Wine with the third part of raw Honey from four ounces to nine ounces, adding also the sweet Seeds, that it may not stretch out the Belly.

The decoction of Fenugreek with a fourth part

part of Honey, or elſe alone with Salt, from four ounces to ſix ounces.

The Herb Mercury, eaten like Pothearbs, ſeaſoned with Salt and Oyl.

So alſo is the Decoction of it good from four to ſix ounces, adding Salt to it.

The pouder of both Hyſops, from two drams, to four drams, with Oxymel, or about one meaſure of the Decoction of it given alone, or elſe with Oxymel.

The pouder of crude Tartar from half a dram to two drams drank in Cock-broth, or Honey and Water, or in the Decoction of Hyſop or Poley.

Roſin of the Larch Tree unwaſhed from three drams to five, for thoſe that are in years; but give children about one dram in Bolus or Pills.

For this end may be provided a laxative Oxymel that is very effectual.

Take eared or femal Mercury two handfuls, common Wormwood one handfull, Honey one pound, Fountain Water three pound, let them boyl at a gentle fire to the conſiſtence of Honey, then ad Hyſop and Poley of each one handfull, the beſt Vineger half a pound, boyl them again to the conſiſtence of Oxymel, and then ſtrain them, the doſe is from three ounces to four ounces alone or in Broth.

Alſo

Also there are Pills easy to get and of small cost, made of washt Aloes, which may be given from one scruple to two drams or thereabouts. And *Garzias ab horto* writes that if the leaves of Aloes are cut and boyled with a little Salt, the Decoction drank to about eight ounces will Loosen the belly without any harm, four or five times.

Purgers in a Melancholy Cause.

Take the pouder of Fumitory dryed in the shade, about three drams in Water and Honey. *Or*,

Take the fresh Juyce of the same Herb, from two ounces and half, to four ounces or there abouts, in Clarified Whey or Broth of a Pullet.

So the decoction of one handful of it is good, especially with Raisons, and a little Salt.

Tartar used as was said before.

The Cream of Tartar is given from one dram to three drams, in Broth, or some other Liquor.

Of Tartar, and a little of the Leaves of Senna of Alexandria, to stimulate it: a very effectual Pouder is made, and it is very pleasant. It is thus made.

Take the best crude Tartar, one dram,

or

or Cream of Tartar one dram and half, Leaves of Senna one ſcruple, ſeeds of annis, or fennel, or cinnamon half a ſcruple, fine Sugar half a dram, mingle them and make a Pouder for one Doſe.

Medicaments that Soften the Belly.

We muſt uſe theſe remedies that do not Purge ſtrongly, rather to hinder the retention of the Excrements of the firſt Concoction, than for any other neceſſary and quick Evacuations; and ſuch are theſe.

Things that Molify the Belly in a Chollerick Cauſe.

Theſe following Hearbs boyld as Pot-hearbs, and their Decoctions are profitable, namely, Sorrel, Atriplex, Blites, Lettice, all kind of Sorrel, Mallows and the ſtalks thereof, Spinach.

Theſe Herbs ſoften more, if they be boyled with Raiſons, in fat Broth or ſeaſoned with Oyl and a little Salt.

Sweet Cherries boyled, eſpecially with their broth and ſprinckled with Sugar.

Alſo Juyce of Cherries thickned with Honey, from one ſpoonful to two ſpoonfuls, either taken alone or with Broth.

Peaches boyled and ſprinkled with Sugar.

Sweet Apples boyled.

Currance

Currance without stones, and all of that kind either taken alone or steeped in Clarified Whey till they swell, or boyled in white Wine, or Broth, and sprinkled with Sugar, taken one ounce or two ounces at a time.

Sweet Prunes raw, their outward skin being pulled off, or boyled in Wine, and sprinkled with *S*ugar.

The Juyce of Ptisan, especially made of husked *B*arley.

Barley bread.

Oyl of ripe Olives eaten largely at Meals.

The cheif use of all these, as of those that follow, is at the first course or when the stomach is empty, about two hours before meat.

5.

Medicaments that loosen the Belly in a Flegmatick Cause.

The sprouts of stone Sparagus boyled and seasoned with *S*alt and Oyl.

Oat-meal in meats or Gruel.

Colworts, chiefly those that are curled, being gently boyled, and seasoned with Oyl and *S*alt.

Also the first broth of Colworts, well boyled and seasoned as before.

Likewise the Juyce of Colworts pressed out and drank in broth, from two to four ounces.

Beets

Beets uſed in the ſame manner, the white Beet is held to be more effectual then the black or red.

The leaves of Marigolds boyld and ſeaſoned with oyl and ſalt.

The firſt broth of Chich Peaſe, or Lintels with oyl and ſalt.

The broth of all ſalt fiſh.

New Figs very ripe.

Dry Figs ſix or ſeven ſoaked in Milk or ſweet Wine, untill they ſwell.

Some alſo in the ſpring time ſtrew freſh Damask Roſe leaves on Figs, which leaves they often change for the ſpace of fourteen dayes, and putting them, preſſed cloſe together, into a Veſſel, they lay them up for their uſe: and uſe to Eat two or three of them before meat.

New Walnuts, or for the lack of them, dry Walnuts ſoked in water, untill they be ſoft, and then eaten with ſalt.

Branny bread or that which is courſe, which is made more effectual with Raiſions and *S*enna of Alexandria.

Bran alone boyled in broth.

The Decoction of ſweet Cods.

Medicaments that ſoften the Belly, in a Melancholly cauſe.

Capers ſeaſoned with Salt gently Boyl-

ed

ed, are eaten in Sallets with Oyl and Vineger.

The young sprouts of hops, that first come forth, Boyld and seasoned with Oyl and Salt; they loosen more effectually, if you Drink the Broth after them.

All kind of new sweet Grapes, but especially whilst the dew yet hangs on them, they are not so effectual, when they are hanged up to be kept. Sweet Wine drank.

Sawces made of the Juyce of Wine Sod, that is, new Wine Boyled a little.

To these may be referred prunes and Raisons, especially in adust Melancholy.

Vineger is made to season Sallets and to keep the Belly Soluble, after this fashion.

Take Crude Tartar one dram: or Cream Tartar half an ounce: Leaves of Senna three drams, good Cinnamon, or Annis Seed one dram: the sharpest Vineger one pound: make infusion a natural day, and keep the Vineger for use.

Also Vineger of Currence in which Tartar hath been infused a whole night, is not uneffectual.

Lenitive

Lenitive Clysters.

Clysters are made presently at a very small rate, to purge the Belly: of one pound, of Flesh Broth, Oyl of Olives or Line Seed Oyle, and the dregs of Sugar, of each three ounces: Common Salt one dram: mingle them.

It will be Cheaper, and more clensing, if a Clyster be made of natural Salt Sea-water, or Mineral water one pound: common Oyl three ounces: Or,

Take the Decoction of Mercury, Mallows, Beets, and Bran, one pound: Juyce of Colworts, or Honey, or Juyce of Beets, two ounces: common Salt one dram: mingle them for a Clyster.

If there be need of any great Loosning, Augment the Quantity of the Oyl to four or six ounces: or Omitting the Oyl, increase the quantity, of the Decoction made with a great deal of Mallows, Marsh Mallows, Brank-ursin, and pressed out strongly.

If there need Cooling, the Leaves of blew Violets, Pellitory of the wall, and Barley must be added to the decoction.

If the * *Expulsive faculty* be weak you must double, or treble, the quantity of Salt.

* *What that is, see my translation of* Riverius *Practice of Physick in the Physical Dictionary at the end of the aforesaid Book.*

Loosening

Loosening Suppositories.

Suppositories, made of one ounce of Honey, or the dross of Sugar Boyled hard, adding a little Salt to it; If the Expulsive faculty, be sluggish, do mildly stir up the Belly to void out the excrements.

Also the Roots of Radish or Beets, Cut into form of Suppositories, and smeered with Oyl, or Butter, with or without Salt.

The same is done with the stem of the Colwort.

Also a Fig turned the out side inward, and made like a Suppository, anoynted with Oyl and Salt.

So Suppositories are made of Spanish Soap, or with Lard, or a Candle, anoynted with Oyl or Butter.

Purgers by the Belly.

Those Medicaments that draw forth the excrements, by the Belly, are called Purgatives and Catharticks, though they hardly drive forth the Humors single, but mingled together, yet they take their Name from the Excrement that they most effectually purge. For which reason they may be reduced to four ranks, according to to the

 diver-

diversity of Humors that they purge forth: Namely to Purgatives of Choller, Flegm, Melancholly, and Watry, or Bloody Excrements.

We may again divide all these severally to distinguish them the better, into gentle Purgatives, which purge mildly without grippings, from the parts that are about the Liver: into forcible Purgatives, which drive from the remote parts, and from the hollow Vein, not without some trouble: and Violent Purgatives or furious, which draw from the furthest parts, and if they be not well Corrected, they do their work most vehemently, and weaken the Patient. With this distinction it is an easie matter for any one to make choise of Purgatives, according to the different Scituation, and the part that is affected, and for the greater or lesser resistance of the Humor that must be purged, and for the strength or weaknesse of the Sick that must endure it.

When Choller Predominates, these Medicaments are Convenient for a gentle Evacuation.

The wood of *Arma Dulcis* boyled; from one ounce to two ounces, with a quantity of Annise seed or Fennel seed.

The

The yellow rind of the Black Alder-tree dried in the shade, and chiefly at the beginning of the spring; taken to four scruples: it is corrected, with some aromatical Seed, and the black Rind that is outmost: and therefore it is dried, boiled and bruised altogether.

Monks Rhu-barb, or the Herb Patience of *Mathiolus*, the pouder of the dried root is given from one dram, to one dram and an half in warm Broth, with five or six grains of Ginger or Hysop.

Blew Violets dried in the shade, are taken, from one dram to two drams: with the Broth of Chich Pease, or garden Pease, boyled moderately.

The great Bind-weed of *Mathiolus* boiled, from one handfull to two handfuls. It is corrected with such things, as bind the stomach, chiefly with the Myrtle Berries, Rosemary, and wild Galinga.

These Purge strongly.

The lesser Centaury, in a Decoction, from two drams to three drams, in eight ounces of water: till half be consumed, adding Liquorice or Raysons to correct the bitternesse; it is given in Pouder to one dram, or there abouts, in the Decoction, of Prunes or Raysons, chiefly in Barley Water.

Gratiola dried, is adminiſtred in Pouder, to one dram: in Wine or Broth, altered with things that Corroborate the Stomach.

When it is green, it is Boyled, from one dram and an half to two drams: ſome of the Succories, eſpecially being Boyled with it.

Petty Spurge, in Pouder about four ſcruples: drank in Honey Water with a little Vineger.

Theſe Purge violently.

Dogs Cole, the Juyce of it, whilſt it is freſh, and the Herb firſt dried in the ſhade.

The ſame thing doth Scammony, but it is corrected with Quinſes, or the Smoak of Brimſtone, which is a new Invention, and it makes the Medicament gentle enough, and void of all taſte; either of theſe being groſſely poudered, is ſpread upon a brown Paper, and poudered Brimſtone is caſt upon the coals underneath, ſo that the Paper over it may receive the ſmoak; ſo ſoon as the matter begins to melt, it is taken away and reſerved for uſe: and ſo may Scammony be ſafely given, from five grains to fifteen: but if it be prepared with Quinſes: ten grains are ſufficient; it may be

be given in some convenient Liquor, or made up in Pills, or Bolus.

Of these spoken of, diverse purging Medicaments, may presently be provided; concerning which we must generally take notice, that the purgation will be made more gentle, if purgatives be mixed with Lenitives of the same kind, which must be understood proportionably, of all other purgatives, for Example.

A potion to purge Choller may presently be provided thus.

Take Raysons half an ounce, sweet Prunes eight, The Lesser Centaury two drams, Fennel-seed half a dram, Barley or common water eight ounces, make a Decoction at a soft fire, till half be consumed, strain it, and give it to drink.

If you will have a Bolus.

Take the roots of patience in pouder one dram: the flowers of the lesser Centaury, half a dram, the pulp of Raysons cleansed from their stones, or the * Rob of Prunes thickned, six drams: Ginger six grains: mingle them and make a Bolus.

If you meet with a Patient, whose Stomach abhors all Physick, then make purging Prunes, or Currence, or Figs, if you steep the said fruit in some of these purging Decoctions, that purge Choller, so long that

* *What* Rob *is, & how to make it, you may easily learn if you read the Translation of my* London Dispensatory: *under the title* Rob *you shall find twelve several sorts of* Rob, *by which (with diligence & care) you may make any other sort, of* Rob.

that the fruit ſwell, and then ſix Prunes or three or four Figs, or half an ounce of Currence unto one ounce, will be ſufficient for a purge.

So you may provide theſe fruit to purge any other Humors, only changing the matter of the Purgative Liquors, that they are ſoaked in, according to the matter of the diſeaſe, whether it be blood, Melancholy or flegm.

Theſe gently purge Flegm, when it is predominant.

Agarick infuſed all night, in Liquor, in which Ginger is firſt ſoaked, or Hyſop or Time, or ſome other like hot and ſharp Herb, and then it is dryed, As they make Agarick in * Troches: it is given, beaten into pouder from half a dram to one dram in Pills, or Bolus, or drink of Oxymel: it is infuſed from four ſcruples, to three drams, or thereabouts, eſpecially in Honey Water.

* *See the way of making Troches of any ſort, in my Tranſlation of the* London Diſpenſatory, *of the laſt Edition.*

Aſarum of *Mathiolus*, purgeth every Part of it, but the Root moſt effectual; it is given in pouder, from one dram to two drams, with Oxymel, or Water and Honey.

The pulp of the Seeds of wild Saffron is given; from two drams to five drams

or

or thereabout; the Emulsion of them, is given in sweet Wine, strong Wine, or Broth; it is corrected with such things as heat, and corroborate the Stomach, as Spike, wild Galingal, Rosemary, &c.

The Juyce of the Berries of Buckthorn, or Dying-thorn, wherewith the Book-binders do colour the coverings of their books yellow, is given in substance, from three drams to six drams: it is corrected with sweet Herbs, Seeds or Spices, especially with Ginger.

The thicker Rind of the Elm poudered, is given from two drams, to half an ounce or thereabouts in Wine, or the Decoction of Hysop.

Radix cava, or the root of Bulbus, Fumitory dryed in the shade, is given in substance poudered one dram, in some convenient Liquor.

Of the Buck-thorn, there is made a pleasing Syrup two wayes, and to be kept for the Poor, after this fashion.

Take the Juyce of the Berries of dying Buck-thorn clarified two pound, clarified Honey two pound and an half, boyl it at a soft fire, to the consistence of a Syrup, straind through a wide Linnen Cloth, afterwards whilst the strained Liquor is yet hot, cast in of the best Cinnamon in pouder three

three drams, Ginger one dram and an half, mingle them and keep it for your use, or,

Take of the said Juyce strained, and boyled by it self, till a fourth part be consumed, one pound: clarified Honey eight ounces: boyl them together, to the consistence of a Syrup, when they are boyled and taken from the fire, cast in two drams of good Cinnamon, give either of these from one ounce to one ounce and an half in Wine or broth of flesh, or in the Decoction of Hysop, or Poley, or Time.

Strong Purgatives.

Take the root of Esula, the greater or the lesse, which is commonly the more effectual: the root is used, first steeped in Rose-vineger, or Vineger of Quinces, and then dryed and kept for occasion. If these Vinegers be wanting, common Vineger is altered, with some Stomachical Astringent, as with Roses, Barberies, wild Pomgranat flowers, or Quinces, the Tendrells of Vines, flowers of the wild Vine, or Myrtle berries, it is given in Pouder, from six grains to twenty grains, it is infused from one scruple to five scruples, or thereabout in Wine, or Metheglin.

The Rind of the root Esula of *Venice*, is of the same nature, prepared and given the same way.

Garden-

Garden-broom, which they call Spanish-broom, the leaves and seeds are given in substance, from one dram to two drams, in Infusion, or Decoction; from two drams to half an ounce: it is corrected with Aromatical Wine, or some Odoriferous stomachical remedies.

All the parts of cornerd broom do the same effects, exhibited the same way.

Common Hermodactils or Meddow Saffron of Dioscorides, the roots of them digged up before they flower, and especially before the leaves come forth, endure no boyling or infusion, the Pouder is given from two scruples to two drams in Pils, or Bolus, or Lozenges, or alone in drink, in Wine, or Broth: The force of it must be sharpned with some tart thing, as with Ginger, Hysop, or Time, also it were good to add some Antidote to correct the Windinesse of it; as, amongst common antidotaries, are Rue, Goats Rue, or wild Angelica root, and the purgation will be the safer.

The root of the yellow wild Daffodil is given in substance from two drams to half an ounce in Wine or broth, it is corrected with odoriferous stomach strengthners.

The dry root of the black wild Vine of Mathiolus, is given in Decoction, from one

dram

dram and an half, to three drams: in ſubſtance poudered from half a dram to one dram and half, or thereabouts; it is corrected with the Pills, or ſeeds of Citrons, or Oringers, or with Spike.

Theſe Purge Violently.

The young ſprouts of Bryony, half an handfull boyled as Pot-hearbs, and taken,

The juyce of the young ſprouts of the ſame, taken in Wine, or broth, or the Decoction of Hyſop, Origanum, or Calamint, from one dram to two drams.

Little Cakes of Wormwood, fryed in Oyl, that is diſtilled from the ſprouts of Bryony, do the ſame.

The root of Bryony dryed and boyled from one dram to three drams, or thereabout, or the ſubſtance from one ſcruple to one dram, or thereabouts, may be taken in Wine, or broth, being corrected with Wormwood, or ſomething to ſtrengthen the Stomach.

The pulp of the wild Gourd is ſteeped from five to twenty grains, decocted from ten grains or thereabouts, to twenty four grains, it is corrected with ſome Stomach ſtrengthner, and that by the ſlipperineſſe of it, can make the Decoction ſooner, as Mallows, Fenugreek, and Citron ſeeds,

tops

tops of Wormwood, or Cinnamon.

To this belongs also strong Wine, as Wormwood Wine, that for one night hath been wasted in a hollow wild-Gourd.

The gourd that is Pear-fashion, doth the same, but something weaker, and therefore the dose is almost double.

Chamelæa, especially the leaves of it, are boyled from half a dram to one dram: in substance they are taken from ten grains to one scruple, it is corrected with Wormwood and Barley.

Thymelæa doth the same, the same way given.

Laureola the Male, which *Mathiolus* calls *Chamædaphne*, and the Fœmale, which he calls *Daphnoides*, do the same, but not so strongly, it is boyled from one dram to three drams: but given in substance from fifteen grains to one scruple, or to two scruples, and is corrected the same way.

All the Tithymals, except that with broad leaves, which doth violently purge watry humors, are given many wayes; the Milk of it is given from five to twelve grains, the small branches and leaves, are given in substance, from half a dram to four scruples, the rind of the root is given in substance, from one scruple to one dram, but infused from four scruples, to three drams or thereabout.

Of

Of these sundry remedies may be compounded, and be used presently, or be reserved for use. As for Example.

A Drink.

Take prepared Agarick four scruples: infuse it in three ounces of the Decoction of Hysop for ten hours, then strain it, and add Oxymel one ounce and an half, mingle it for a draught, Or,

Take the Roots, of Esula prepared two drams, the Leaves of *Laureola*, being fresh, one ounce, Leaves of *Myrtles*, and Hysop, of each one handful, fragrant white Wine, two pound and an half, clarified honey one pound, boyled all at a gentle fire, to a mean consistence, then add Annis seed one dram, Coriander seed prepared half a dram, Cinnamon one dram, boyl them again to a Syrup, strain it and keep it for use. The dose is one ounce and an half to four ounces.

A most pleasing Pouder.

Take Hermodactills, cleansed from their outward skin, one dram, Tartar, crude or prepared one scruple, Ginger, six grains, fine Sugar half a dram, mingle them and make a Pouder to be given in Wine.

* *A Bolus.*

Take agarick prepared two scruples, Tartar half a dram, Cinnamon five grains, the pulp of Figs, or Raysons cleansed from their stones half an ounce, mingle these for a Bolus.

Pills.

Take Hermodactils, and Agarick prepared, of each one scruple and half, Ginger six grains: make a Pouder, and with Honey, or Oxymel, form it into Pills.

When Melancholly predominates, these will Purge gently.

Dodder boyled from six drams to one ounce and an half for one dose, and it is thus corrected with Wormwood.

Take herb Dodder one ounce, tops of common Wormwood two Pugils, or two drams, common Water ten ounces, let all be boyled to the consumption of half, add to them about the end, seeds of Annis, or Fennel, grossely bruised half a dram, strain it for one draught, if you boyl under half an ounce, it opens only, but purgeth not.

Epithyme of *Greece*, for there it grows naturally, may be used in substance, to half an ounce in clarified Whey, or Milk or some such cooler in Decoction, from six drams to

* *what Bolus is, and the way of making them, you may see in my* English Dispensatory, *Or the end of my Practice of Physick in* Folio.

to one ounce and an half; but it must be boyled moderatly. The flow purging quality it hath is corrected with tart things, as Pepper or Ginger: In the place of it, Time may be used, which hath the same force, and must be so prepared, but in *Europe* the black Time is most commonly used. That which is white and grows in *Syria*, is more effectual, but it is better in the Decoction of it, to use other Melancholy purgatives then to use it alone, because it Purges slowly.

The root of Polypode in substance is given from one dram to four drams in Cock-broth, or Cream of Barley, it is boyled from six drams to ten drams; it is corrected with such things as discusse Windinesse, and such as are a little astringent for the stomach, as Citron seeds, or Orange seeds, or Corriander seeds, or Spik of Italy.

The great and small leaves of Senna are used in substance, from one dram to two drams, they are infused from two drams to six, but they endure not boyling, they are corrected with sweet seeds, and other things that dispel Wind. By infusion is made Senna Wine, of which half a cup may be given, observing the former proportion, for a just Purge: but if it be only to loosen the belly, then every dose of Wine

must

must contain no more then one ounce of Senna infused but one night.

These Purge strongly.

Consiligo of Mathiolus, which *Tragus* thinks to be black Hellebore, and *Dodonæus* thinks that it is Buphthalmus hath the same vertue, but something weaker, as hath black Hellebore of the Apothecaries, and it must be prepared the same way.

Fœmale Sannicle of Fuchsius, the root of it is of the same force, and needs the same preparation.

These Purge Violently.

Purgative Antimony: and it is made so by being thrice Calcined with the double weight of Salt Peeter, at a fire not too violent, and stirring the matter continually with an Iron that it burn not. It is given in substance for children, from four grains to nine grains, and to those that are of ripe years, from six grains to twelve grains, and to them that are hardly purged, from twelve to sixteen grains; give it in any Liquor, or in a spoonful of a Panatella or Ptisan, it will work the more easily, if you add some grains of Cremor Tartar.

The root of black Hellebore prepared: there are divers preparations of it, where-

by

by this Medicament may be made as gentle as Senna, commonly the rind of the root is infused in the strongest Vineger, and then is dried in the shade for use. It is given in substance from one scruple to about two scruples; in Decoction from one dram to about two drams; in infusion from half a dram to four scruples; it is corrected with sweet Seeds, chiefly of Daucus and Nymphya which are the proper correcters of it.

If you would make it to purge gently, and would use it in stead of gentle purgatives, before you dry it for your use, let it boyl a while in Vineger, for so it loseth much of the force, or when it is boyled, or infused, as they ordinarily prepare it, do but cast away the first Decoction or Infusion, and pour on new Liquor to the same Root, for the second Infusion, or Decoction to be administred.

Moreover, of Hellebore they prepare a double extract, one more effectual then the other.

First, Take Roots of black Hellebore, washt in white Wine, and cleansed from their filth, one pound: slice them and infuse them twenty four hours in four pound of the best white Wine, adding to it, Flowers of the Water of Lillies one handful,

ful, Daucus seed two drams, or the Root of Daucus, half an ounce, about the end, boil them gently, that the roots may grow soft and swell; then press them in a press; let the juyce be strained, and purified, and thickned sensibly by a gentle heat; and when it is as thick as Honey, add a fourth part of Mastick; the dose is from half a scruple to one scruple; in Pills or Bolus.

The second is the more ordinary.

Take roots of black Hellebore, be they green or dry, so much as you please, boyl them in eight times so much water, till a third part remains, then crush out the roots most forcibly: add the Expression to the Decoction, and pressing both of them through a double strainer, thicken them together to the consistence of Honey; adding an eight part of Mastick: when the juyce is thick, you may give it from sixteen grains to half a dram: in Pills or Bolus.

Also, of Hellebore is made a purging Apple, if the small Roots preserved, and dried, be stuck into an Apple, and that Apple be roasted, then pull out the roots and let the Patient eat the Apple: or if the roots ly in the Apple, for the space of a Natural day being stuck in, then cast away the roots and eat the Apple raw.

Lastly, of Hellebore is made an Oximel,

or any purging ſyrup, if the roots be boyled in it, but they endure great boyling: there is almoſt the ſame purging faculty in black Hellebore you buy in the ſhops, which *Mathiolus* call's, black Hellebore with a blew flower, and black Hellebore that hath a greeniſh flower, which *Mathiolus* calls baſtard black Hellebore; but the firſt purgeth with leſſe trouble then the latter, which therefore wants the better preparation, and muſt be given in leſſe quantity.

Of the foreſaid things, may be prepared a Syrup moſt profitable and pleaſant for poor people, to be kept to purge the Melancholy Humors; thus,

Take Roots of black Hellebore prepared three ounces, Borrage, Bugloſſe, Fumitory and Dodder, of each one handful, Pome Citrons cut into pieces half a pound, Fountain Water five pound; let them boyl at a gentle fire to the waſting of three pound, then caſt away the Herbs; adde Juyce of ſweet Apples half a pound; Boyl them again till half be conſumed: then preſſe all forth ſtrongly, ſtrain them and clarifie them; adde purified Honey one pound, boyl all to the conſiſtence of a Syrup; the Doſe is one or two ounces.

But, preſently ſuch Medicaments may be

be made, as for Example, a drink.

Take Leaves of Senna three drams, seeds of Fennel or Annis one dram; infuse them twelve hours in the Decoction of hops, four ounces, or the Decoction of Raysons, and make it boyl once, and then strain it; add * Oxymel Simplex (namely to open the passages and to scour thick Humors) one ounce, mingle them, make a Potion.

A Bolus may be made presently thus,

Take Leaves of Senna in pouder one dram, Tartar, Annis Seed or Cinnamon, of each one scruple; the pulp of Raisons purge from their Stones half an ounce; mingle them and make a Bolus.

Pills may be made thus.

Take Leaves of Senna two scruples, root of black Hellebore half a scruple, seeds of Daucus and Cinnamon of each six grains; pouder them, and with Oxymell make Pills.

Such a pouder may be made.

Take of purging Antimony eight grains, Cream of Tartar one Scruple, Cinnamon and Sugar of each half a scruple; mingle them, make a pouder to be given in Wine or Broth. Or,

Take leaves of Senna one dram, Tartar and fine Sugar and Cinnamon of each one

* *What* Oxymel Simplex *is, & how made with the vertues there of, you may see in my Translation of the* London Dispensatory, *of the last Edition.*

ſcruple ; mingle them, and make a pouder for one.

When Watery Humors prevail, theſe will purge gently.

The Root of the white Thiſtle beaten to pouder , is taken from one dram in Wormwood Wine, or Oxymel, or in decoction from two drams to half an ounce, it is corrected with ſweet ſeeds or Wormwood.

The root of the wonderful herb of *Spain* that carryes a diverſe coloured flower is taken any way to two drams.

Wild Mercury in a decoction one handfull and an half, or boyled as Pot-herbs, and ſeaſoned with oyl and ſalt and eaten.

Garden Flowerdeluce that bears a blew flower, the Juyce of the root newly preſſed forth, and purified from two ounces to three ounces,or thickned from two drams to half an ounce, chiefly in Wormwood Wine.

The root of *Anthora* ſcraped, from one ſcruple to two ſcruples, taken in Wine or broth : it needs no correcter.

The root of wild Cucumber dried, given in ſubſtance from fifteen grains to about half a dram, it is infuſed, beaten groſly from two ſcruples to about five ſcruples,

it

it is boyled from two drams to half an ounce:

It is corrected with things that help the stomach; but the best way to give it, is to infuse it a night in Wormwood Wine.

Four sprouts of Dwarf-elder, that have four leaves, boyled in wine or broth, and eaten as Pot-herbs.

The root of the same steeped in Wine, from two drams to three drams.

The Juyce of the flowers and fruit of the same is given from five drams to one ounce, in strong Wine or broth corrected with Wormwood.

The pouder of the seed of the same is given from half a dram to about one dram in the same Liquor.

The Juyce of the same thickned with Honey, to the consistence of a Syrup, is given from half an ounce to one ounce, either alone, or in Wine or broth.

The Elder Tree doth the same, prepared the same way, only there is a greater purging quality in the Rind of the root then in other parts.

The Juyce of the wild Lettice, from three drams to about six drams, with Honey or Oxymel or sweet Wine, corrected with Wormwood.

The Husked seed of the common Ricinus,

nus, the * Emulsion of it, is given from one dram to three drams with Wine or fat broth, corrected with some Spice, or infused, or lightly bruised, from three drams to six drams.

Soldanella or sea Coal is given in Decoction of fat broth, from one handfull to two handfuls, also the young shoots are eaten, as *Pliny* saith, or the young Tendrels boyled like Pot-hearbs. They are corrected with stomack Corroboratives.

Out of this plant may be made a plain extract to be kept for use, and it is very pleasant if the Juyce of the leaves be pressed out, clarified, and thickned, and be made into Pills with a fourth part of Mace and Mastick, or if it be made thick with a fourth part of Honey, and an eight part of the Juyce of Wormwood, the dose will be from one dram to two drams or thereabouts.

The root of the white Vine which *Mathiolus* makes to be the third kind of *Clematitis*, boyled from about half an ounce in wine mingled with equal quantity of water: it is corrected with temperate stomachicall things, namely with Coriander seed or Myrtils. These purge vehemently.

Ricinus of *America*, it is taken from half a grain to a whole grain, or the seed is steeped

* *What Emulsions are, see my Translation of* Riverius *in the Physical Dictionary at the end thereof.*

ſteeped all night in wine; or elſe drink the emulſion of the ſeed in broth.

Granum Dende of *Avicennæ*, which Mountebanks ſell up and down for the ſeed of *Ricinus* of *America*, doth the ſame effect, as *Ricinus* of *America* doth.

The ſeeds of *Cataputia*, if they be great are given from ſeven to ten, but if ſmall, from eight to fifteen. Or elſe made into Pills or Bolus with figs, or taken in Emulſion, with Hydromel; they are very troubleſome to the ſtomach, therefore you muſt drink after them, Broth altered with Wormwood, and Seeds of Citrons or Orenges.

Tithymal with broad leaves, given according to the parts of it, in the quantity, and manner aforeſaid concerning the other Tithymals that violently purge fleam.

Of the foreſaid may be prepared a pleaſant and profitable Syrup, to be kept for uſe. As,

Take the roots of ordinary Flower-deluce freſh, ſix ounces, wild Cucumber dried in the ſhade, two ounces, Roman wormwood and Origanum, of each one handful, pleaſant white Wine two pound and an half: make infuſion for five hours, then boyl them at a gentle fire to the Con-

ſumption

ſumption of a third part, ſtrain it; then add clarified Honey one pound, boyl all again to the conſiſtence of a thin Syrup, add about the end, Cinnamon or Annis Seed two drams.

The Doſe of this Syrup will be from one ounce to two ounces at the moſt.

Preſently compoſitions may be made thus;

For a Potion.

Take the roots of wilde Cucumber groſsly bruiſed one dram, tops of Roman wormwood one handful, ſeeds of Annis, Fennel or Cinnamon one ſcruple, the beſt wine three ounces, infuſe them all night, in the morning, ſtrain them; to the ſtraind Liquor add Oxymel ſimple one ounce; mingl them for a drink. You may leave out Oxymel if you pleaſe.

For a Bolus.

Take the Juyce of Flower-deluce thickned three drams; the tops of wormwood in Pouder half a dram, Annis Seed half a ſcruple, Figs half an ounce, mingle them for a Bolus.

Pills.

Take ſeeds of dwarf Elder two ſcruples, or the roots of wilde Cucumber one ſcruple, Cinnamon half a ſcruple, Pouder them, and make Pills of them with Juyce of wormwood what may ſuffice.

Purging

Purging Clysters.

Purgatives that are given in Clysters are used for a twofold end, namely, either to stir up the Faculty Expulsive that is very dull, as is used to be done in * Sleepy Diseases; as the Palsey and Dotings, and they are therefore called Tart Clysters; or else to draw the Excrements from the remote parts that are ordained for Evacuation or for revulsion sake. They are prepared the same way and in the same quantity as we said already of lenitive Clysters, adding only to the Decoction for a common Clyster some purging Herbs; as Centaury the lesse, or Gratiola in a Cholerick cause; the sprouts of wild Saffron, broom Leaves, the pulp of Coloquintida bound up in a wide Cloth, the roots of Esula, or sow Bread in a Flegmatick Cause, the roots of black Hellebore in case of Melancholy; the Leaves of Dwarf-Elder, or the Elder tree in a watery Cause; but that they may Purge, and supply the place of a Medicament to be taken at the Mouth, they must not be cast in beyond the quantity of eight ounces; namely the same quantity that may be also taken at the Mouth, and a Clyster to purge the Entralls, must go before, for so a Purgative Clyster

** The sleepy diseases are most excellently treated on in Riverius Practice of Physick in English.*

Clyſter may be held in many hours, and it is fitly actuated by the Heat of the Inteſtines. But the quantity of Medicaments to be taken at the Mouth, muſt be doubled in Clyſters; becauſe they are not ſo eaſily brought to action by the Inteſtines, as they are by the Stomach. As for Example, to pull back and to purge Flegm, ſuch a Clyſter may be made.

Take Leaves of Mallows, Beets, Origanum, Chamomel of each half an handful, pulp of Coloquintida bound in a Skin half a dram, ſeeds of Carthamus two drams, Fountain water one pound, boyl them to the conſumption of half, to the ſtraind Liquor add of the dregs of Sugar or Honey two or three ounces; make a Clyſter.

Sharp Suppoſitories.

Purging Suppoſitories, ſeem to have no purgative power of themſelves, that is, to have no drawing quality to fetch the Humors from the remote parts to the Inteſtines, but only to ſtir up the belly, when it is ſlow to expulſion; by which ſtirring up, ſometimes by accident it fals out as it doth in purgatives; that the excrements that ly in the veins, and diſtant Parts,-are thruſt out by the Belly, but not by the

Medica-

Medicament drawing them, but only by the Expulsive Faculty awakened: Whereupon sometimes sharp Clysters supply the room of a Purgative Medicine, and are more safely given to any that are weak, then Clysters are.

Sharp Suppositories are made of Honey or the reliques of Sugar boyled hard, adding for every ounce of them from one grain to ten grains of Coloquintida, Scammony, or of both Hellebores, or of the Milk of Tithymals, or Esula, and some sharp Salt, as Salt Armoniack or Salt Nitre, for Suppositories.

For Vomiting Medicaments.

There are two sorts of these also, for some only purge the Stomach, being void of all attractive vertue, and these belong to the rank of gentle Medicaments; others again evacuate the superfluities they draw to the Stomach, and are Purgatives. The former, of themselves hardly provoke one to Vomit, unlesse they offend some Stomach that nauseats them very much, but they need some outward help to stir them, as by putting the Finger or a Feather into the Throat; but the latter provoke vomit without any outward help.

These move Vomit gently.

In a hot cause: Warm Water or Barley water, fat Broth, Water, Oyl, they are all given luke-warm, from one pound to two pounds, to those that are of ripe years, but to children, from eight ounces to one pound.

In a cold cause, that is thin: the Decoction of Citron Seeds, or Orange Seeds in Broth, to one pound with two ounces of Oxymel.

The luke-warm Decoction of bay leaves, to one pound.

The root of Daffodil boyled and eaten, or the Decoction of it drunk in the quantity aforesaid.

The pouder of the root of Bettony, from one dram to three drams with Broth and Oxymel.

The pouder of the Pompion root, from one scruple in the same Liquor.

The Decoction of Snails in hedges, in water or broth.

In a cold cause and thick: the Juyce of Radish from one ounce to two ounces with Broth and Oxymel.

Nitre from one scruple to one dram with Metheglin or fat Broth.

Broth taken with Oxymel or Honey, with

with which mingle one scruple of Ginger, Hysop or Pepper.

Purging Vomits.

All those things that purge by Vomit, do also move the Belly, and therefore they are then to be chosen, when nature is more enclined to purge upwards; they may be brought to three ranks, as they were that purge the belly. Some are gentle, that draw only from the Parts that lie round about the Stomach, and with small trouble move the Stomach, others are strong, and draw more effectually from the Remoter Parts, and trouble the Stomach something more. Some are violent, which draw vehemently, and Evacuate matter that is very thick, or such as is contained in the remotest Parts, and cause Vomit with great forcing of the Stomach.

When Choller predominates, these are gentle: The yellow rind of the Black Alder, when it is fresh, boyled in water or in broth from two drams to four drams.

The seed of Garden Cresses poudered, drank in water from three drams to six drams.

Mountain dwarf-Cherry, of *Gesner*, which *Tragus* makes to be Sea-Purslain swallowed down from five to eight Cherries,

ries, especially in water or warm broth drank after them.

The root of Asarum draweth all most equally Choller and Flegm; it is infused from two drams to five drams; the substance in Pouder is given from one dram to two drams.

These are strong. The Juyce of the root of *Mandragora* from half a scruple to a whole scruple in Honey Wine; and we must use it warily, for it is not without danger.

Where Flegm predominates, these vomit gently: Agarick unprepared, from two scruples to two drams in fat Broth or Oxymel.

The seed of Bastard Senna with bladders, is given in substance from one dram, to two drams, and is infused from two drams to half an ounce; it is corrected with spiced wine.

The seed of Bastard Senna with Scorpion Cods do the same.

The flowers of Garden Broom, and the green branches steeped or boyled; from two drams to half an ounce in broth.

The seed of Spargula poudered, from two drams to four drams, in sweet Wine or Broth with Oxymel.

These do strongly void Flegm that is predominant.

The

The Seeds of Staves-acre, about one dram and an half in Pouder, with plenty of sweet wine: you must drink fat broth upon it, untill you fall to Vomiting, least if it stay too long, the stomach should be inflamed.

The fresh leaves of any of the Tithymals boyled with sweet Wine, from one dram and an half to four drams.

The juyce of the leaves of Tobacco from one dram to two drams in broth, that is altered with the seeds of Citrons or Orangers.

White Vitriol from half a dram to one dram in broth.

These void Flegm violently.

The seed of the Peascod-tree poudered, from half a dram to one dram, the rind of the same dryed, and poudered doth the same, but something more weakly.

Those Medicaments that are compounded of these, are almost of the same Kind, as for example,

For Choller:

Take Barley water one pound, Oyl of Olives that were sufficiently ripe two ounces, root of Asarum in pouder one ounce, mingle them for a drink.

For Flegm.

Take broth that is altered with the seed

of

of Citrons or Orangers one pound, Oxymel two ounces, Juyce of Radiſh one ounce, crude Agarick two ſcruples, mingle them for a drink.

If you pleaſe to make a ſyrup for a Vomit, it may be as this.

Take the green branches of Garden broom one ounce and an half, Bay leaves and Tobacco leaves of each one handfull, ſeeds of Citrons or Oranges groſely poudered two drams, common water two pounds, let them boyl untill half be conſumed; ſtrain them. In the ſtrained Liquor, infuſe for twelve hours, of the roots of Aſarum and raw Agarick, of each three drams, ſtrain them again, and clarifie it, and add to it of clarified Honey one pound, boyl all at a gentle fire to the conſiſtence of a Syrup; the doſe of it is from half an ounce to one ounce in broth and warm water.

Of the ſame kind is this Electuary, which is very effectual.

Take the roots of Aſarum, and crude Agarick of each half an ounce, roots of Betony and Pompions of each two drams, Cinnamon one dram, Annis ſeed half a dram, pouder them to very fine pouder, and mix them with Honey clarified four ounces, and make an Electuary, the doſe of it is from nine drams to almoſt twelve drams,

drams, in any Liquor that is pleasant.

For Melancholy and black Choller that are predominant. None but strong and violent Medicaments are convenient, because the Humor being of its own nature the most heavy, is something more hard to draw upwards than other Humors.

These cause Vomit strongly: prepared Antimony, the flower, the Calx and the Glass of Antimony are easily prepared: but the Tincture is something more difficult, and so is the oil, which being precipitated into cold water passes into white pouder, not unlike to flower. All these are given in substance from three grains to six grains in a Panatella, or Ptisan, or some stomach-conserve, or Aromatick Wine, corrected with Wormwood, Rosemary, and other a little astringent stomach-remedies, they are steeped from four grains to ten grains, chiefly in strong Wine, or Wormwood Wine. Of this is made a most pleasing Syrup, evacuating most easily both upwards and downwards, beyond all other Antimonial Medicaments thus,

Take the flowers or the Glasse of Antimony, one dram and an half, the best white Wine one pound, infuse it for two dayes, natural: strain it, and add to it Honey clarified ten ounces, boil them to a Sirup.

The dose is half an ounce to one ounce and an half or thereabout, taken by it self, or in some pleasant drink.

These work violently: the prepared root of white Hellebore, or the pith pulled out, and the root steeped in Rose-vineger one day, and dryed again in the shade for use: in the place of Rose-vineger, take Vineger of Quince which is better, or some other, that is altered with something that is a little astringent, and cooling for the stomach, it is given from half a scruple to one scruple, not in substance, lest the mouth of the stomach should suffer convulsion, but, in insusion, which is done two wayes: the first is the way of the Antients, who did stick the small roots of Hellebore into a Radish for one night, the next day they crushed out the juyce of the Radish, and gave one ounce of the Juyce in Ptisan, or a thin Panatella may be used in the place of it, for to moisten the mouth of the stomach that it fall not into Convulsions.

The second is better and more pleasant than the first. As take half a scruple of the root, stick it into a piece of a Quince, and boil it in the same, then take out the roots and give that for a Bolus to eat, or the Juyce pressed out of the Quince may be put into Wine or fat broth, altered with

the

the seeds of Citrons, and so drink it. White Hellebore is made far more gentle, if the root with the pith pulled out, after due infusion, be boyled in Vineger, and be then dried and kept for use.

Where watery Humors are predominant, these are accounted gentle: the Juyce of the root of Dwarf-Elder from one dram and an half to three drams in fat broth, altered with tops of Wormwood.

The Juyce of the root of the Elder-tree doth the same, taken in the same dose.

The berries of Water-elder taken to two drams, drink fat broth after them, as we taught before.

Strong vomiting Medicaments, the leaves of Spurge pulled upwards, are given in the same broth from one dram, to one dram and an half.

Stronger.

Elaterium, by reason of the bitternesse, taken in Pills or Bolus. It is commonly mixed with some Aromatical Pills, it may be mixed with the pulp of a Fig with a little Wormwood, which is done by expression.

The fruit of wild Cucumber, is given from three grains to ten grains, but that which drops out of the fruit only pricked is given from two grains to six.

Medicaments that evacuate by Urin, by which not only the wayes of the reins and the bladder, but also the whole body is purged, by the help of the Veins and Arteries. They are made of Diuretick Medicaments, whereof some are properly so, hot and dry, and sharp and of thin Parts; others improperly so, that have but remiss heat, or enclining also to cold, but yet are of thin parts, which are to be used cheifly in Feavers, or when the Reins or Liver are over heat; unlesse perhaps there be present, some corrupt venemous matter in the veins that requires speedy Evacuations, which is better and sooner performed with proper and hot Diureticks, the chief and the most Obvious in both kinds are these,

Proper * *Diureticks*, Asparagus, principally the root, Smallage seed, or the common Sesely, the root and the seed of Carduus, the root of Cucumbers and the seed, common seed, the roots of all sorts of Eringos, the roots and seeds of Fennel, the seeds of both Rochets, the leaves and berries of the Bay-tree, also the roots and and the rind, wild Mints, Turnep seed, the root of Prickly, Rest-Harrow, Penniroyal, all the parts of common Parsley, the roots of both kinds of Raddish, Madder roots, the

* *What Diureticks are, see my Translation of Riverius and the Dictionary at the end there of.*

the young sprouts of Kneeholme, the Tendrells and the roots, Savory, wild Time; the seeds are given in Pouder, from half a dram to one dram, (the same must be understood of Medicaments that are Diureticks improperly) some are boyled in wine or water, but best of all in Broth or Chich Pease: yet the pouder of the roots is given also, especially of those that are of a woody substance, as of Rest-Harrow, and the Bay-tree. Of these some may be compounded presently.

This Pouder is most effectual.

Take the roots of Rest-Harrow two drams, the seeds of Rochet & Bay-berries of each one dram, Cinnamon half a dram, mingl them, make a Pouder: give one dram in Wine or warm Broth of Chich Pease.

It is more pleasant, if it be infused all night; then give it one boyl, and strain it, cast away the dregs, and then drink it. It will be made a more effectual remedy yet, if you put in some drops of the liquor which comes from Salt put into a hole in a Radish, kept in a moist place till it melt.

To anoint the Privities, such an Oyl is made presently, which help the voiding of the Urin.

Take Bay-leaves, Horse-mints, wilde Time, Penniroyal of each one handfull,

Chamo-

Chamomel one handful and a half, Radiſh roots half an ounce, Cummin ſeed two drams, common Oyl one pound and an half, white Wine one pound, make an infuſion for four hours; then boil all till the moiſture be conſumed, and then preſſe all out, and ſtrain it again.

A plaiſter alſo may be made of a Radiſh cut, and boyled with leaves of Parſley and Smallage and Penniroyal, then bruiſe them all and lay them to the Privities.

Improper Diureticks; ſeeds of Gourds, Cucumbers, Citruls and Melones (make Emulſions of them,) of Mallows, Gromwell ſeed, *Alkekengi*, Kernels of Cherries, Stones of Medlers, Shels of Filbird Nuts, the Juyce of ripe Lemmons, the leaves and ſtalks of Straw-berries, Maiden-hair, the roots of both kinds of Brambles, of Graſſe, eſpecially Reed Graſſe, of Liquoris, Cinkfoyl, and Radiſh the Rind peeled off, alſo the broth of red Chich Peaſe is profitably adminiſtred, with a fourth part of Juyce of Lemmons, this drink is held for a ſecret.

Take the Juyce of Pellitory of the Wall three ounces, the Broth of Chich Peaſe four ounces; mingle them for to drink.

This alſo is ſuppoſed to be of the ſame kind.

Take

Take Liquoris half an ounce, common Water half a pound; Boyl them at a gentle fire till half be consumed; strain it and add to it Juyce of Lemmons one ounce, mingl them.

Also for a speedy remedy may be given with great profit, two ounces of the Juyce of Radish in strong Wine that is hot.

Outwardly may be laid a common and excellent Plaister of the leaves of Pellitory either alone, or pounded with a Radish, and so fried in a frying Pan with Butter and Oyl, and laid hot to the Privities, if you can get Oyl of Dill or Camomel it is better than common Oyl.

Medicaments that Evacuate by sweat.

These also are of two sorts: some are properly to cause sweat, which melt the matter and turn into Vapours; others are improperly so, which make the matter easily convertible, and so by accident cause sweat, and these are very convenient for the small Pox at the beginning, and for hot affects of the skin, and hot Feavers when the motion of Nature is outwardly inclined toward the skin.

Proper for sweat, are the Decoction of Garlick, of Box-wood (with which the French Pox is easily cured as with Guaiacum,)

cum,) of Germander, great Celondine, Carduus Benedictus, Juniper wood and Bays, and of sweet Chervil: they are given from four ounces to eight ounces or thereabouts, and they are made more effectual being boyled in Water and Honey and white Wine.

The same Decoction purified and thickned with a gentle heat afford plain extracts; that may be given to one dram or thereabout, or else mingled with good Wine, or the Decoction of some improper sweating Medicaments, or made into Bolus, or Pills, and to drink after them three ounces or thereabouts, of the Decoction. As for Example.

In the diseases of the Nerves and Joynts from a cold Defluxion; make such a Decoction.

Take wood of the Bay-tree, and Box-tree of each one ounce and an half, cut them small and infuse them one day in five pound of common water, add leaves of Bettony, Germander and Ivy, of each one handful; let them boil at a gentle fire till a third part be consumed; strain it to be drank at five times.

Improper Medicaments to move sweat. The Decoction of Camomel, Chervil, Fumitory, unhulled Barley, Millet, Lintels

lightly

lightly boiled, roots of Hops, Cynkfoil, Tormentil, leaves of common Pimpernel, Scabious, and winter Gelliflowers.

Of these is made a common Syrup, called the Syrup of St. Ambrose, of one part Wine, and two parts of the Decoction of Millet.

Other Medicaments may be suddenly made, as for example; in a Cutaneous effect, make such a Decoction.

Take the leaves of Scabious and Fumitory dry, of each one handful, roots of Hops half an ounce, Barley Water one pound and an half, boyl all at a gentle fire to the consumption of almost the half, and strain it out for one draught.

When the small Pox appear:

Take leaves of Pimpernel one handful, Scabious half a handful, of the first Decoction of Lintels one pound, boyl them till a third part be consumed, strain it out, to drink at one draught.

The Decoctions of these are given in greater quantity, than are the Decoctions of those that are properly to cause sweat. Namely from about eight ounces to two pound.

And you must know that sweat can hardly be procured by the help of these Medicaments, unlesse the force of them be derived

rived outwardly to the Skin by attracting Medicaments; by the benefit whereof, the pores of the Skin also are loosned and prepared for sweat: therefore about an hour and an half after the taking of a potion to sweat, the Body must either be put into a dry Bath, or some hot natural or artificial Bath; or else must be covered with Garments; or else hot Tiles must be applied to him, or vessels full of hot Water; or the Skin must be gently rubbed, or Cupping Glasses without Scarification must be applied on divers Parts, as necessity shall most require.

Medicaments that Evacuate by Spittle.

Those things that unloose the stuffing from the wayes of breathing, are called, from their office, *Expectorating Medicaments*, all which may be comprehended under a tripple difference, for some are convenient for thick spittle, namely incisers and scowrers; others are for thin and unsavory spittle, as dryers, and a little thickning; others again are to temper Salt spittle, and to hinder the corroding of it.

Therefore when the spittle is moderately thick, a * *Lohock* is needful of Water and Honey, or Oxymel, crude Honey, a Decoction of Figs, Liquoris, sweet Cods,

* *What a* Lohoch *is, see the end of* Riverius *Practice of Physick in English. And the* Dispensatory *in English.*

Cods, Raisins, adding a quantity of Colts-Foot, Lungwort or Scabious; for the pouders of these herbs may be mixed with the Oxymel, to the consistence of a Lohoch, or a soft Electuary, in which form the pouder of Iris is used to good profit, mixt with Oxymel.

For spittle that is very thick, these are proper: the Decoction of Oak of Jerusalem, Elecampane, Hatchet-Fetch, Hisop, Horehound, Savory, Time, long Aristolochia, the pouders of these are mixed profitably with Oxymel for a Lohoch, or they are mingled with Honey in form of an Electuary, Or;

There is compounded a sweet drink with Oxymel, and the Decoction of the said herbs, as also by the infusion of them, Hisop Wine is wont to be made, and Wine of Elecampane, which the Antients used ordinarily.

The common people use to make a profitable Electuary of the roots of Elecampane boyled in water, (it were better to take Metheglin or sweet Wine) and passed through a hair sieve, and then mingled with twice as much of clarified honey, and sod to a just consistence.

Besides these, the pouder of brimstone doth profit well, or the flower mixt and

taken

taken with a rear Egg. The ſeed of Nettles mixed in Lohochs, or Aqua-vitæ with a third part of Sugar, made into a confection, or mixt with Oxymel. So the pouder of the Lungs of a Fox taken from half a dram to one dram in Wine or Metheglin, to be drunk, or mixed for a Lohoch.

Saffron drank in Wine from half a ſcruple to a whole ſcruple.

Sows Lice waſhed in Wine, and infuſed to one dram all night in white Wine, then preſſed forth and drank, the dregs being caſt away.

The Rozin of the Larch or Fir-tree, licked or ſwallowed down in Bolus: for a licking Medicament it muſt be diſſolved in clarified honey, for it will mingle very well with honey.

A moſt excellent Balſom may be made for this purpoſe.

Take Oyl of ripe Olives (for the rich take Oyl of ſweet Almonds) that is not rank, half a pound, ſweet white Wine four ounces, let them boil till the moiſture be conſumed: then add flower of Brimſtone three ounces, ſtir them continually and very ſoftly at a gentle fire, and when the flowers are diſſolved, add Rozin of the Larch-tree or the Fir-tree, or if it can be had, the Gum of the Fir-tree two ounces and an

half,

half, mingle them to perfection. It may be put into Lohochs, or taken inwardly with the foresaid Decoctions or with white Wine.

But that the spittle may come forth the more easily, least the Humor that is thick, should grow dry with the use of these things, it is best alwayes to add some Emollients and loosners, such as are for Lambitives and internall uses, the root of Liquoris, the pulp of Raisons, roots of Mallows and Marsh Mallows.

It is good to anoint the stomach outwardly with butter, chiefly that which is rank, either alone or mingled with the Mucilage of Mallows and Marsh Mallows.

An application of a Colewort leaf well annointed with butter, and sprinkled with pouder of Cummin seed, and so laid hot to the breast is much spoken of.

When the spittle is thin and unsavory, the Decoction of round Aristolochia, Iuiubes, wild Plumbs, Golden rod, Penniwort, Veronica, the Juyce of somewhat sowre Pomegranats, either by it self, or with a little honey.

All sorts of licking Medicaments made of white starch, Gum Arabick, Tragant, all Physical earth, with Honey or Oxymel, mixing a quantity of Brimstone or Mirrh,

or

or round Ariſtolochia, or the Cream of Ptiſan with ſome white ſtarch.

For Salt ſpittle, the Decoction of Barley, Iuiubes, Liquoris, Raiſons, ſweet Prunes are convenient, and chiefly in the Decoction of the Feet and head of a Calf, Kid or Lamb, alſo of Snails, and Snails of the woods.

Emulſons of ſweet Almonds, and of the four leſſer cold ſeeds chiefly adding the flower of ſtarch, the Cream of Ptiſan, or a Panatella with the ſame Emulſions, adding alſo the Emulſion of white Poppy ſeed, when the Saltnes is urgent, the juyce of ſweet Prunes licked up.

Freſh butter licked, as alſo added to the meat we eat, and annointed on the ſtomach outwardly.

If you pleaſe to make a Sirup for this uſe.

Take the Juyce of ſweet Prunes, the Juyce or Decoction of Purſlain, of each half a pound, clarifie them, and add to them ten ounces of purified honey, let them boil to the conſiſtence of a Sirup. The uſe of it is for a Lohoch, and for Sirups.

** Any that deſire to know exactly the Diſeaſes of the Head, and the cures thereof, let them read* Riverius *Practice of Phyſick by me tranſlated into Engliſh.*

Medicines that evacuate by the Pallat.

The *Head is purged three wayes, by the mouth, by the means of the Channels of

the Pallat, namely by Masticatories, Gargarisms, and annointings of the Pallat.

For a Masticatory in a hot cause, a Paper is good, especially a brown Paper, Figs, bitter Almonds, or Peach Kernels, Raisons, a whole piece of a Pome-citron, the peel of an Orange.

In a cold Cause are good the roots of Cyprus, Acorus, both Angelica's, Garden Setwal, Master-wort, seeds of Fennel, Annis, Seseli, *Siler montanum*, Grains of Juniper, Bay-berries, and the tender leaves.

These are more violent, and are fit for extream coldnesse; the leaves of Sciatica Cresses, water Pepper of Horsrhadish, garden Cresses, Savory, Mountain Hisop, wild Penyroyal, wild Rue, root of Pellitory, Country Mustard-seed, Mustard seed, Staves-acre, which that they may the more easily be chewed by the teeth, they must be mingled with a little yellow Wax, and so made into little Bals or Morsels.

For a * Gargarism, which is proper only in a cold cause, are convenient, the Decoctions of Calaminth, Germander, Hysop, Bay-leaves, Leavender the greater Pennyroyal, wilde Time, Italian Spike, which are partly gargarised, and sometimes held hot in the mouth.

The most violent Gargarisms are made of

* *Those that desire to know more fully what they are, and their use, let them read* Riverius *Practice of Physick and the Physical Dictionary at the end there of.*

of the Decoction of Herbs, that were set down for the strongest Masticatories, and chiefly, if we put some *Aquavitæ* in, or some of the Confection *Diasinapi*, which the Italians call *Mostarda*.

For to anoint the Pallate, which Remedies have place also alone, in a cold cause; the said Decoctions are useful, with honey thickned to the consistence of a Syrup.

Moreover, *Aquavitæ*, or common *Mustard*, or some soft Electuary made of the foresaid things.

As for Example,

Take Bay-berries, and Juniper, of each two ounces: Mustard seed, and leaves of Savory of each one handful: Seeds of Annis and Fennel, of each one dram: Roots of Acorus, and Master-wort, of each two drams, pounded and siefted: Mingle all with two pound of clarified Honey. Make an Electuary.

Medicaments that evacuate by the Nostrils.

Of things that purge the head by the Nostrils, some of them by their acrimony cause one to sneeze, and these are very fit for a very thick humor that is pact close in, and where the Expulsive Faculty is dull. Some again provoke the humor without sneezing,

sneezing, amongst which, some may be safely used, even when the Head enclineth to heat; others belong only to a cold humor and head.

The pouders of all the propounded remedies for strong Masticatories, if they be blown in or snuffed up into the Nostrils, they cause one to sneeze.

The Decoction of Gith, or black Hellebore, the Juyce also of the root of Sowbread, Briony, and Elaterium, dissolved in other liquid Nasals. The same is performed, but something more gently, by the root of Sowbread cut like a Tent, and put into the Nostrils; and the shel of an Orange candied.

Also without sneezing, the head that is over hot, may be evacuated with the Decoction, or Juyce of Mallowes, or Blites, especially the white Blites, leaves of Betony, or Coleworts, and Barley, roots of Beets put into the Nostrils, especially if it be wet in warm water; also anointing the Nostrils with fresh Butter.

In a cold Cause, Decoctions are good, or the Juyce of Pimpernel, Bettony, roots of white Beets, the great Celondine, Ivy of the wal, Garden Hisop, root of Flower-de-luce that is green, Marjoram, Sage, Tobacco.

The *Indians* alſo uſe to make Tents of a round faſhion, of the roots of Sowbread, or Flower-de-luce, and to anoint them with Butter or Oyl and put them up into their Noſtrils, or elſe to ſteep them in water when they will not uſe them for ſneezing.

Moreover, the Fume of the ſaid Herbs when they are dry, is very convenient, eſpecially of Marjoram, Hiſop, Time, taken through a Cane; by which they take the ſume of Tobacco. Errhines alſo may be made of them. As for Example,

In a cold cauſe,

Take *the Juyce if the root of Flower-de-luce made thick, the Juyce of the Flowers of Ivy made thick, of each two drams: the Pouder of Marjoram, or Time, one dram: freſh Butter half an ounce, mingle them for a Liniment, and anoint a Tent of Cotton to put into the Noſtrils.* Or,

Take *the Juyce of Blites clarified by filtring very well, four ounces: Agarick groſly poudered one ounce, make infuſion for one night, ſtrain them the next day, and draw it up warm into the Noſtrils, and it will wonderfully purge the Head without any great Commotion.*

Medica-

Medicaments that Evacuate Insensibly.

The matter these are made of is of a large extent. For all hot things by rarefying and turning the Humors into air, do evacute insensibly, so do all dry things by restraining moisture, and all astringent things by pressing them forth, may be reckoned in the number of these: but things that digest are properly so called, which do by degrees turn the Humors into vapours: and those that discusse and do it by heaps, that dissipate also gross Humors, and blistering Medicaments that do both vehemently and by violent heat remove the matter that lieth deep, that is not sufficiently attenuated, and draw it to the Skin.

Digesters.

Amongst these the most obvious are: Wormwood, Dill, all kinds of Smallage, Chamomel, stinking Chamomel, Fœnugreek, roots of Reeds, white Lillies, Linseed, Honey, Melilot, Rose-mary, Mallows, chiefly strong Wine; these may be given in Decoction, Sirups or Electuaries.

Of the same may be made Oyls by descent, and Fomentations for use outwardly, to which these that follow may be added, that are not to be given inwardly, as the

roots of Sow-bread, wild Cucumber, Daffodils, the leaves of Dwarf-Elder, Elder-tree, Allum, Nitre, Vitriol, common ſalt.

Alſo outwardly may be uſed alone to anoint with rank Butter, chiefly that which is ſalt, and oyl with ſalt.

For Fomentations, the water of quick Lime, the water of hot Baths, ſweet water that is very hot, ſtrong Ly, hot Lees of Wine, the mud of hot Baths, or the holes in the Baths, hot Sand, hot Aſhes with or without Bran, and ſalt made up in a bag.

For Plaiſters: Snails bruiſed with their ſhells.

Old Cheeſe, with the Decoction of ſalt fleſh, eſpecially Hogs fleſh, and beaten together for a Plaiſter.

Bean meal made up with Wine or the former Decoctions, adding if you pleaſe Oil, Oxymel or Honey.

Privatly to conſume the milk ſuddenly, and without danger that it may not clotter in the breaſts: women hold theſe for ſecrets, which either will not or cannot give ſuck: the green leaves of wall-Nut trees carried in their boſome.

A liniment made of an equal portion of Honey and Rozin, laid on conſtantly with a Linnen cloath.

A Cataplaſm of Bean meal and Oxymel,

or

or the Decoction of Parsley, or Mallows boyled with Vineger.

A Fomentation of equal parts of Parsley and Vineger, adding a little Saffron to it.

Discussives.

Amongst these the easiest to provide are, the Seeds and Flowers of Agnus Castus (by the steeping whereof is made an Oyl that is very proper against the Cholick) Garlick, the root of both Angelicas and the seed, Annis-seed, seeds of Oranges and Citrons, and the Pills of them, also Calamint, especially of the Mountains, seeds of Cummin, Caraway, Daucus, Fennel, Hisop, Maisterwort root, the Berries and wood of Juniper, Lavender, the leaves and Berries of Bays, that are good for the Cholick and pains of the Matrix, Lupins, Marjoram, dry Mints, Bazil, Origanum, Poley, Penny-royal, Rue, Savory, wild Time, Italian Spike, Time, all which are given alone or mingled in form of a Decoction, Sirup, Electuary, or the pouder of them to one dram, may be drank in Wine, or strewed upon meat.

Hitherto appertain Aqua-vitæ, and old Wine which the Antients were wont to give with Pepper grosely beaten.

You may prepare at a cheap rate a most

effectual Tincture, whereof one or two drops drank in Broth or Wine doth powerfully discusse winds, and put into a hollow Tooth that Akes from a cold cause, or but laid to it, presently takes away the pain.

And this is it:

Take black Pepper beaten grosely two ounces, the best Aqua-vitæ eight ounces; put all into a Viol of a streight Neck, and keep it well stopt eight days in a hot place, and you shall have a deep red Tincture to be kept in a Glasse that is stopt fast.

If you will make an Hippocras Wine, you may do it thus.

Take seeds of Annis and Fennel of each two drams, roots of Angelica, Acorus, Master-wort of each half an ounce, leaves of mountains Calamint, Lavender, Marjoram, and dry Mints of each one handfull, Bay-berries one ounce; bruise them all grosely and put them into a Cullender, and strain through it the best white Wine, doing it so often, untill the matter seem to have lost its sent and Acrimony; drink one or two ounces of this Wine by it self, or with some other Liquor.

Fomentations may be made outwardly of the Decoctions of the said Herbs; but most effectual are the fumes of them, that rise by quenching a Fire-stone, or a Mil-

stone,

stone in the said Decoctions. But the Decoctions are made more strong in the best Wine, or strong Ly, and natural brimstone waters.

Also a bag of Millet torrefied, is very good with the flowers of Chamomel, and Cummin seed, or the leaves of Rue; by which the pains after Child-birth are mightily asswaged.

Some extol the pulp of Coloquintida, with a third part of Wormwood put into a bag.

This is held for a secret, to dry up the water that puffs up the Belly: a Plaister made of equal parts of the leaves of Rue and Wormwood bruised, and made with Honey, to a Cataplasm.

Also a Fomentation of quick-Lime quenched in brimstone water of the Baths is excellent.

For anointings: Remedies may be presently made, such as are the Oils made by descent from the said Herbs. For example.

Take *Bay-berries one ounce, leaves of Rue one handfull, common Oyl half a pound, the strongest Wine three ounces.* The Berries being grosely beaten, and the leaves chopt, make infusion for three hours; boil them till the moisture be consumed, then strain them.

To

To all these add a large cupping Glasse, with a great Flame, and set it on the part that is puffed up, to which, for the discussing of wind, *Galen* ascribes a power as it were an Inchantment.

Somtimes also without, discussing winds are drawn out of the Body by some Instruments that Chirurgions use that work suddenly. So the winds are drawn forth that extend the great Intestines, thrusting in (after a Clyster given to void the Excrements) a dry Syring, and drawing it downwards.

Hippocrates used Smiths Bellows.

By the same way the winds that fill the Matrix, by help of a Syring, with a long thin Neck, may be drawn out.

Rubificatives.

They are called Rubificatives, because they make the skin extream red. When we have made use of digesters and discussers, and cannot prevail, then we must use Rubificatives, as in an old Hip-Gout, and as it often comes to passe in a stubborn heavie Head-ach: these are laid to the skin, bruised, and made like a Cataplasm, either alone, or with hot Vineger; and the most usual are these that follow, Garlick, wake-Robin, Blew-flower, Flea-bean, water Pepper, Sciatica Cresses, Horse-radish, wild

Penny-

Pennyroyal, Mustard, Staves-acre, common Crowfoot. Also a Plaister may be made by it self of Pigeons, or Gooss-dung, or of dry Pitch melted with a fourth part of some hot Oyl, as of Rue, or Bays, and laid often on the part, and then pulled off again untill the part first waxeth red, then swels a little, and then sinks down again: for if it be let alone no longer than whilst the part groweth red, it is rather to be called a heating remedy, and such as helps the member to nourishment, than that which Evacuats insensibly. Wherefore on a cold and dry stomach, and Limbs that are wasted with the Palsey, it is of an excellent use, after due Evacuations of the Body.

Thus much for Medicaments that respect the matter peccant in quantity.

Medicines that augment necessary Matter, where it is deficient.

Sometimes good Humors are wanting, and some things that proceed from them; all which are augmented of themselves, by the help of Nature changing good Nutriment; but they are produced by accident, with the help of such remedies as remove the things that hinder Nutriment. Therefore all these remedies [that strengthen heat, and that allay the distemper of the humors, and of the inward parts

by

by heating them, encreaſe blood; the Catalogue of theſe muſt be ſought for amongſt things that alter: and for this reaſon, thoſe things that ingender Milk and Seed, the firſt whereof is neceſſary for the Nutriment of the Infant that is born, the latter for Procreation, do properly belong to Nutriment, becauſe both of them proceed from blood, yet improperly thoſe Medicaments may be ſaid to ingender milk and ſeed, by the help whereof, the blood is more eaſily and plentifully altered into the Nature of them both.

Medicaments that encreaſe Milk.

Thoſe Medicaments are ſaid alſo to encreaſe milk, that correct the impure blood, make it run and ſpread, drive it to the breaſts, and draw it thither.

Thoſe correct it, that purge naughty humors which pollute the blood, and others that allay the exceſſive qualities of the blood.

Such are in a hot diſtemper, Barley water, and Broths altered with mallows, green Knot-graſſe, and Sow-thiſtles.

The milky juyce of Sow-thiſtles, and Dandelyon, mixt with Broth, and taken from two to three ſpoonfuls, is much approved.

Alſo the pouder of Natural Criſtal, is given

given with great profit, and is held for a secret, taken in any of the said Decoctions, from half a dram to a dram.

In a cold distemper, a Decoction is good, especially of the tops of dry Dill in Broth, and of new Annis-seeds, or Garden Cresses, of Fennel, of fresh Poley, or Leeks boiled in Water.

Broths altered with Dill, do spread, and by a certain propriety drive it to the breasts: so do Smallage, green Parsley, white Chiches, and all kinds of milk Trefoyl, common milk-wort, and Perewinkle, used the same way.

Blood is drawn to the Paps by frequent sucking, gentle rubbing, and loosening Fomentations: the best are made of hot white Wine. Also of the Decoction of Chamomel, and Dill, that are green; as also of mallows, Lin-seed, roots of marsh-mallows, if they be boiled in Wine or water.

If these profit not, Rubificatives must be applied untill the breasts wax red.

For this purpose amongst the Cretians, they were wont to strike and rub the breasts with the leaves of green Nettles; by the frequent use whereof, the Dugs were said to grow so great, that they would yeeld milk enough.

Amongst the cheapest remedies, these

are

are thought to engender much milk: Hens Eggs, white Wine, Rice boiled in milk, Grewel made with fine wheat Flower and milk, or Pottage, also Pottage made with fine wheat flower and white Wine, adding thereto yolks of Eggs and Butter: but the meat is made more pleasant, if you put Sugar in the place of the Flower.

Things that encrease Sperm, or Seed.

Those Nutriments chiefly serve to augment Sperm, which by a Physical force, move hot and thin Vapors, fit to cause erection of the Yard.

The cheap things are these: Flesh of Ducks and Geese, cooked especially with Garlick; the brains of Calves and Pigs seasoned with Pepper and salt, Beef broth boiled with green Mints or Rochet, the Juyce pressed out of the Lungs of a Ram rosted, Swans Eggs fried with butter, all kind of shell Fish seasoned with Pepper, the Polypus, the Cuttle, and Crab seasoned the same way, Mushroms also seasoned with salt and Pepper.

Amongst Pulse, are the white Chich Pease, Beans, and Kidney Beans.

Of Fruit, are Hazel Nuts, Chest-nuts, mad Apples seasoned with Oyl, Salt, and Pepper, sweet Apples and Grapes hanged up for to be eaten.

Of

Of Herbs, is Garlick, yet young and fresh, Artichoaks, Asparagus.

Young Onions, especially Scabious, Rochet, Clary, Turneps, Rape-roots, Parsnips, and Alizander roots, with Pepper and Salt.

These are thought to be more effectual; the thickest root of all the Satyriums, the Pizzle of a Bull, or Hart, Boars stones, and of Foxes, and a Boar Pig that hath engendered, washed in white Wine, and dried in an Oven. The pouder of these may be drank mixed together, or else a part in white Wine to one dram.

This Pouder most easie to be provided, is most effectual:

Take *the Pizzle of a Bull, and Borax of the Apothecaries, of each three drams: the most substantial root of Satyrion, two drams: Ginger, and Cinnamon, of each one scruple: Saffron half a scruple:* Mingle them, and make a very fine pouder, give of it in the morning, and after supper one dram in a little of the best Wine.

Medicaments that alter the Cause of the Disease.

The cause of a Disease is peccant divers wayes; namely, by an open, and a secret quality. This requires Preservatives against

gainſt Poyſon, that is either original, which is corrected by Medicaments that are cold, hot, moiſt, dry, or derived from the original, as thick, thin, tough, hard: Hardneſſe comes from drineſſe and congelation; ſo doth acrimony. To theſe are oppoſed ſuch things as make thin, ſuch as thicken ſuch things that cut, ſcour, ſoften, diſſolve clotted matter, and ſuch as metigate: which things correct the firſt qualities, and thickners, thinners, and toughneſſe that proceed from them. They are wont to be called Concocting and Preparative Remedies, becauſe by the allaying of the qualities that exceed, the humors are the more eaſily conquered by the Natural heat; and if there be any of them wholly unfit to be concocted, they are thus made fit to be driven out with more eaſe. Other Remedies that take away the ſharpneſſe and hardneſſe, do not only ſerve to prepare the humors, but to mollifie the parts that are exaſperated and hardened. Alſo thoſe that ſcour away toughneſſe, do very much ſerve for other uſes, as for all foulneſſe of the skin, and for filthy Sores, and therefore they are to be numbered apart, after thoſe things that prepare the humors.

Medica-

Medicaments that prepare Choller.

If Choller be thin and hot, Barley is good Lettice, Purslain, Water-Lillies, blew Violets; the Decoctions of these, from eight ounces, to one pound, or thereabouts.

The more effectual are, the Juyce of Barberries, sour Pomegranates, Bastard Corinths, and the Juyce of unripe Grapes well purified, which may be added to the said Decoctions, from one to two ounces.

The last Remedy, is clarified Whey, with the Emulsion, of one dram, or thereabouts of white Poppy Seed, or Garden Nightshade, and great Housleek added to the Decoctions.

In this case, we must forbear to give sweet Syrups.

If Choller be thick, either by adustion, or by the mixture of other humors, cold attenuative Medicines are good, or such as are temperate, as Sorrel, Juyce of Lemmons, Citrons, Oranges, that are ripe, Gum, Cichory, green Maiden-hair, Endive, Strawberries, Liverwort, Hawkweed, all the Sorrels, wild Endive, Sow-thistle, Dandelyon, sour Trefoils, Seeds of Melones, Citruls, Gourds and Cucumers; of which, Emulsions are made.

Of the said herbs, are made Decoctions with

with flesh Broth, or Water, to which may be added about two ounces of the Emulsions of the said Seeds, or of the juyce of Citrons, Lemmons or Oranges.

Also the juyce of Herbs clarified may be given, from one ounce to three ounces in Broth, especially in the winter time, when fresh Herbs cannot be had.

Of these clarified Juyces, Syrups may be presently provided, if an equal quantity of clarified Honey be added to them, and so boiled to the consistence of a Syrup, it is mingled with the Decoctions from one to two ounces.

Oxymel simple may supply the want of all these, about one ounce being put into the Decoctions, and Syrups of them all are very useful for this Humor, if there be no adustion, for which, the best thing is clarified Whey to about two pound with the Emulsion of the foresaid Seeds.

Preparatives for Flegm.

All these heat and attenuate, and if the Flegm be very clammy and thick, they cut also and scour away: the same belong to Salt Flegm, if they be tempered with those things we mentioned to prepare Choller.

Therefore if Flegm exceed not in thicknesse and toughnesse, these are convenient.

For

For the Head, betony, Germander, Goats Rue, Marjoram, Rosemary, Sage, Arabian Stœchas, the root of wild Setwel.

For the Eyes, Celondine, Eyebright, Fennel, Vervain.

For the nerves and Joynts, ground Pine, Juniper berries, Hog Fennel, Primroses.

For the Breast, Figs, Liquorice, Lungwort, Colts-foot, Scabious.

For the Heart, Root of Angelica, Holy Thistle, Caltrops, Herb Bennet, Ground-Ivy, Lavender, Pimpernel, Scordium, the root of Swallow wort.

For the Stomach: Wormwood of all kinds, chiefly the common wormwood, pills of Oranges and Citrons, Seeds or Mints.

For the Liver, Wormwood, Agrimony.

For the Spleen, Ceterach, Epithime, Fumitory, the rind and root of Capparis, and Tamarisk.

For the Matrix, Mug-wort, Maidenhair, Calamint, Feaverfew, Pennyroyal, Savin.

For the Reins and Bladder: Smallage, Sparagus, Fennel, Parsley, Knee-holm.

For the whole Body, Cinquefoil, Tormentil, Oxymel, rich Metheglin.

Of these; Syrups may be made, or Decoctions in the Broth of a Pullet or sweet Wine, to which it were good to add Oxymel from one ounce to two ounces:

Decoctions are unprofitable for the Stomach and Inteſtines, becauſe they paſſe ſo ſoon from the affected part.

Therefore Oxymel only is good, to two ounces; or a Syrup made of the foreſaid Herbs. To which may be added to diſcuſſe winds, an Emulſion of the Seeds of Citrons, or Oranges, to two ounces, or thereabouts, in freſh Broth. Or after the Cuſtom of the Antients, Oxymel may be given, wherein the tops of Wormwood have been ſoaked all night.

If Flegm be too thick and clammy, we muſt never leave out Oxymel, which muſt be added to Decoctions convenient, wherein muſt be boyled ſome of theſe cutting Herbs, and ſcouring, namely, Hyſop, Horehound, Poley, Savory, wild Time, Time, Goats Marjoram.

If you would make an Oxymel ſuddenly, which may be like Oxymel of Squils for its cutting and ſcouring faculties, it may be ſuch a one to free the Obſtructions of the Bowels.

Take *Leaves of Bettony, Agrimony, Wormwood, Fumitory, Cink-foil, of each one handfull: Hyſop, Horehound and Time, of each one handfull and an half: Roots of Sparagus, Fennel, Parſley, of each an ounce: Fountain Water four pound; Honey two pound.*

Let

Let them boil at a very soft fire till the Honey be clarified perfectly; then strain them, and add of the best Vinegar one pound, Annis seeds two drams; Cinnamon and Ginger, of each one dram. Boyl all at a gentle fire to a Syrup; then strain all again through a wide cloth.

Preparatives for Melancholly.

If *M*elancholly be not adust; Borrage, Buglosse, Dodder, stone fern, *M*aidenhair, Liquorice, Hops, *B*alm, Fumitory, Hartstongue, sweet Prunes, are convenient; and to their Decoctions, Oxymel is profitably added, by reason of the Vinegar that cuts the thicknesse of the Humors.

If the Humor be adust, things that prepare thick Choller are to be used, and moreover the Juyce of sweet Apples, which hath a peculiar Prerogative here. Also it may be mixed from one, to two ounces, with the Decoctions of the said Herbs.

Also a Syrup may be made of it, taking one part of clarified Honey, and two parts of Juyce of good Apples clarified, and so boil them to the consistence of a *L*iquid Syrup, to the consumption of one third part.

Medicaments that allay Acrimony.

Those things allay Acrimony; which

either temper it, with a pleasant moisture, and water the matter; or else do anoint it with an Oyly, clammy substance, whereof there is excellent use in cutting the pains of the heart, and bloody flux.

These water and temper it: Fountain Water, or River Water, sweet Almonds, Emulsions of the four great cold Seeds husked, Barley Water, and the Cream of Ptisan made thereof, Jujubes, Lettice, all Milk, especially of Heifers and Cows, Whey, Liquoris, sweet Prunes and Apples, Water Lillies, Purslain, Sow-thistles, the Fruit of Winter Cherries, Nightshade, both Housleeks, Venus Navil.

Of the Herbs; Decoctions, or Syrups, are made which are more sweet, and fit to temper the Humor, if you take Wine in place of Honey, and boil it with an equal part of the Juyce of the Herbs, to a due consistence.

Of these also are compounded, Medicaments that are proper for some parts.

For pain of the Eyes, from sharp Defluxions, a Cataplasm of a sweet Apple boiled in Milk, is good, and laid warm to the Eye.

For the heat of Urine, the Decoction of Liquorice is singular, either alone, or with the Fruit of Winter Cherries, taken dayly, six ounces in the first repast, when the Stomach is empty.

For

For the gripping of the Guts, the Decoction of great Housleek in Rain Water, or two ounces of the Juyce of it in the Broth of Chicken.

To these add Lead only for outward uses to anoint with, Oyls being beaten in a Mortar of Lead till they become thick.

The white and water also of an Egg, are very unctious; so is white Starch in meats, new Butter, the fat Broth of the Entrals and the head of a Kid, Calf, also of the feet of Hogs and Calves; old Oyl, chiefly boiled with Fountain Water till the moisture be consumed. Amongst Herbs, are Mallows, Marsh-mallows, Roots of Borrage, and great Consound; for the Decoctions of these herbs are mucilagenous.

It is held for a Secret for the heat of the Urine, to drink the white of an Egg with the like quantity of Juyce of Lemmons.

For the bloody flux, the Decoction of Marsh-mallows altogether.

Hitherto appertains the feet of Partridg broiled; the Pouder whereof given to one dram, in water of Coriander, if a feaver be present, or if there be no feaver, in black Wine, will cure an old Dysentery in three daies.

For painful Ulcers, and Clouds that are joyned with *Ophthalmia*, or redness of the

Eyes; the Balſome of *S*ugar diſſolved in the white of an Egg that is hard boyled, and it is made excellent after this faſhion. Put poudered Sugar into a glaſſe that is firſt well waſhed with ſtrong Vinegar: then boil it upon the Embers to a perfect rednesse: after that diſſolve it by *Diliquium* in an Egg boiled hard, and the yolk taken out.

For outward remedies; are profitably added, Goats and *D*eers ſuet, freſh Hogs greaſe, Kids fat, (whereof with Apples, is made the common *Pomatum*) the marrow of four-footed Beaſts, Wax, eſpecially white Wax, and the *M*ucilages of Linſeed, Fœnugreek, Flea-ſeed, Quinces, the roots of *M*arſh-mallows, *M*allows; of all which there is a peculiar uſe in healing the choppings of the skin: yet the *M*ucilage of flea-ſeeds, and Quinces, is given inwardly, with inward *M*edicaments for pains of the Heart.

Scouring Medicaments.

Scouring Remedies ſeem to be contrary to ſuch as allay, and temper, becauſe they wipe away the clamminesse, and what is faſt to the parts they ſcour off, of which kind are all ſalt, nitrous, ſharp, bitter things, which are good for all foulneſſe of the skin,

foul

foul Ulcers, and Obstructions: But because the matter of these is manifold; to avoid all confusion in so great variety, we shall principally lay down here, such scouring Medicaments as are proper for the foulness of the Skin; and others that take away Obstructions, and purge Ulcers, may be sought for in the Title of things that open obstructions, and breed flesh in wounds, of which afterwards in the mustering up of Medicaments that respect diseases.

These cleanse the skin weakly: Bitter Almonds, Peach Kernels, Juyce of Lemmons and Citrons, Butter, chiefly that which is salt, *Antale*, Mother of Pearl, Bean flowers, husks, and meal, Fœnugreek, Bran, unhulled Barley, Flowers and Roots of white Lillies, Leaves and Berries of Bays, Dock, the wild and the sharp, especially the root of it, Milk, and the whey of it, Litharge, Mallows, Root of Solomons Seal, Scabious, all Natural Baths moderately hot.

Of the Herbs are made Decoctions for Lotions and Baths.

Of the rest are made divers Remedies to beautifie the face, and take away the spots; as also for Scabs and Itch.

To wash the face, and to make the hands white, these are singular good: Bitter

Almonds

Almonds, or Peach Kernels bruised, and with milk brought to the form of a Cataplasm.

Also Bean meal wrought with Whey or milk to the consistence of a liquid Liniment.

Bread of Barley meal stamped with milk, boyled a little, and when it is hot, rubbed on gently.

Also *Lac Virginis* is much commended, which is made of one part of Litharge, and two parts of Vineger, they are mingled and shaked together, and soaked for three hours: afterwards the Vineger being filtered, Rain water is put in, or Fountain water, in which a little salt is dissolved.

The most excellent to beautifie the skin is of this kind.

Take *Antalia, Mother of Pearls, of each equal parts:* Pound them grosly, then lay them bed upon bed, with the Juyce of Lemmons, and put them in a moist place till they dissolve; and then use the Liquor as it is, or else distilled through a Filter, or *Balneo.*

For Itch and Scabs, these are the best Unguents:

Take *Litharge of Gold beaten and sifted, three ounces: Rose-water, and common Oyl, (Oyl of Roses is better) of each four ounces.*

Drop

Drop in the water first by little and little, stirring of it constantly in a Morter, with a wooden Pestel, till the Pouder have drank up all the water, and be well mingled with it; then add the Oyl by little and little, stirring them alwayes till they be well mixed. *Or*,

Take *fresh Butter two drams: the Root of the ditch Dock boyled and pulped through a sieve: common Oyl, and Juyce of Lemmons, of each one ounce; Bay-berries finely poudered and searced, two ounces.* Mingle them, and make a Liniment according to Art.

The Juyce of Lemmons may be left out, and yet the Composition will be never the worse.

These do moderately scour for Lotions and Baths: Salt water, Bath water, Sea water, Nitrous water, Allum water, the Urin of a Boy that is sound, May-dew, the Juyce of sour Grapes, white Soap, the Decoction of Agarick, the Roots of Canes, Ivy of the Wals, Lupines, the black Vine, and of Oleander.

For Oyntments, serve all the Rozins, chiefly of the Larch, and Turpentine trees, Mirrh, the inward rind of the Elder Tree, Goats-horn burnt, Cuttle-bone burnt, new Tobacco, the Pouder of common Salt.

Of

Of these, some Remedies are made, proved good by Experience, both for Scabs, and spots of the Face.

For the Scab,

Take *the Leaves of Oleander, poudred and sifted, two drams: common Salt, one dram; fresh Butter, one ounce and an half: Mix them for a Liniment.* Or,

Take *the Leaves of Tabacco, one handful; Oleander, and Bayes, of each half a handful, Butter, three ounces.* Beat them in a Mortar, till they be all well mixed; then melt it over the Coals, and presse it out strongly: *Or,*

Take *Bay-berries, Ashes, Salt, of each one dram: common Oyl, three onnces: Wax two drams.* Mix them for a Liniment. *Or,*

Take *Rosin of the Larch, or Turpentine Tree, two ounces; fresh Butter, one ounce: Oyl of Bays, Juyce of Lemmons, of each half a dram: burnt Cuttle-bone or Ceruss, or Litharge, one dram: common Salt two scruples.* Mix them for a Liniment. *Or,*

Take *the middle rind of the Elder Tree, Leaves of Tobacco, of each half a handfull: common Oyl, three ounces.* Boyl them at a gentle fire untill the moisture be consumed (a sign whereof is, If the Oyl poured into the fire, flame suddenly without Cracking) make expression, and strain it; *then add*

most

most fine Pouder of Myrrh, two drams: Yellow wax, one dram and a half. Mingle them, make a Liniment.

Also this following stone, if it be dissolved in some convenient Liquor, and then wash the place affected with it, it takes away both Scabs and Itch.

Take *Roch-Allum, one ounce and an half: Litharge of Gold three ounces, Borax of the shops, Sea Salt, and white Lead, of each one ounce; the best Vineger one pound: Rain Water, half a pound,* the Cerus, and the Litharge must be poudered and sifted: then boyl them in an unglazed pot to the hardnesse of a Stone.

For Spots of the Face.

Take *May-dew purified by filtring, two pound: Juyce of sour Grapes, or Lemmons, or Oranges, one pound: Roots of white Lillies, and Solomons Seal, of each two ounces.* Make infusion for two dayes, in Horse-dung, the Vessel being close stopt; then distil them by the heat of the same Dung, to make a Lotion for the Face. *Or,*

Take *white Soap dissolved into froth with May-dew or Vineger, two ounces: Meal of Lupins, half an ounce*; mingle them, and stir them diligently, and with a soft fire boil them to a mean consistence: after that add to them, *the Oyl of Peach Kernels,*

three

three ounces. Mingle them and boil them at a gentle heat to the consistence of an Uuguent; wherewith annoint the Face, and the Hands before you sleep; and in the morning wash them with a Decoction of Bran.

These do strongly cleanse for Baths, and Lotions; Brimstone-baths, Barley, the Decoctions of Briony root, Black-Hellebore, Centaury the lesse, Sowe-wort, Elecampane root, especially if you adde a little Salt and Alum.

For an Epitheme, the Water of quick Lime.

For Ointments, Borax of the shops, Nitre, Brimstone, black Soap, Ashes of the Vine branches, Lime washed perfectly, the pulp of the root of Elecampane, oyl of Tartar.

Of these, remedies are compounded that are most profitable and proved by Experience.

For a crusty Scab, and like to the Leprosie, *Amatus Lusitanus* saith that this Unguent removes it, like to an Inchantment:

Take *roots of Elecampane boiled in Vineger, and pulped through a sieve, two ounces, salt Butter, Rosin of the Larch tree, or Turpentine tree of each half an ounce, common Salt finely poudered, two scruples, Brimstone*

one

one ounce. Mingle them for an Unguent. *Or,*

Take *quick Brimstone two drams, Ashes of Vine branches, common Salt poudered, of each one dram.* Bind them in a fine cloth and let them boil, in *common Oyl, four ounces, Vineger, or Juyce of Lemmons one ounce:* boil them till the moisture be consumed, and with this matter, being hot, anoint the part that is Scabby. *Or,*

Take *quick Brimstone half an ounce, common Oyl three ounces;* Dissolve it, then add *beaten Salt and Ashes, finely sifted, of each one dram, a little Wax:* mingle them for a Liniment.

For a Lotion.

Take *Roch-Alum, common Salt and Brimstone poudered, of each one ounce, black Soap one ounce and an half, Barley one handfull, white Vineger half a pound, common water six pound:* boil them till half be consumed, strain them, and keep them for use.

For spots of the Skin.

Take black Soap dissolved in a strong Ly two ounces, Borax two drams, boil them till they be thick. Then add the husks of beans finely poudered half an ounce, Oyl of Peach Kernels three ounces: mix them diligently till they be well united, and make a kind of Soap.

In

In the place of the ſaid Oyl, you may uſe common Oyl two ounces; Oyl of Tartar one ounce: mingle them, and anoint the place morning and evening, and waſh the Skin with ſome of the ſaid Decoctions.

Of this kind is the Sope that the Venetian Women uſe to deck their faces, hair and hands. The compoſition is this,

Take damask Sope four ounces, diſſolve it in Juyce of Lemmons, what is ſufficient. Then add, Oyl of ſweet Almonds and of Tartar, of each two ounces, let them ſtand in the Sun and be ſtirred every day, untill they grow as thick as an Unguent. The part is anointed with this, and then it is waſhed with the Decoction of Barley or Bran.

Old ſpots and Morphew are taken off with the water of Quick-Lime made with Whey, wherewith the diſcoulered place muſt be often touched in them when the Skin comes off; reſtore it again with Unguent of Litharge, deſcribed amongſt weak ſcouring remedies.

A man of great Fame uſed this remedy for a high Secret, and ſo picked great ſtore of money out of the pockets of great Ladies.

Remedies to ſoften hard things.

Though the hardned Humor may ſeem

to

to be corrected by softening only, yet every hardnesse requires not Remedies of the same force: for cold and dry Humors that are hardened by congealing, are melted with Heaters only, without any notable drivers, which things are properly called Softners. Yet Milk and Blood when they are Clottered, and congealed, seeing they fall to that by want of their proper heat, they require things that heat exceedingly, or such as attenuate and cut.

Lastly, Milk made like Cheese requires cold and moist things, with some Thinners of parts, because strong heat seperating the Whey from the thicker part, turneth it into Cheese.

Emollients, and proper remedies to melt, are of two sorts: some are fit for Scirrhous Humors which are somewhat stronger, and discusse the melted matter: Some are gentler and are fit for hardened Humors, without any singular stuffing, or plenty of matter, the use thereof must also precede in Scirrhous affects, before strong Emollients, that what is congeled may be the more easily melted and more safely discussed.

The gentle Emollients, are, marsh-Mallows, Borrage, Bugloss, Brank-Ursine, Fenugreek, Liquoris, Lin-seed, white Lillies, Mallows, Melilot, Raisins. Of

Of these may be made Decoctions, Sirups, Electuaries, for inward uses: Also they serve to make outward Fomentations, Unguents, and Cataplasms, which are chiefly prepared with *Butter*, fresh Tallow, but especially of Mans *Fat*, and of the new Wax, the marrow of four-footed *Beasts*, the Grease of Sheeps wool, common oyl of Olives well ripe, Suet, and the Mucilages of Marsh-mallowes, Mallows, *Fœnugreek*, Lin-seed.

For *Fomentations* serve particularly, moist wool that is properly the washing of wool, and water and oyl warm.

Compounds that are easie to provide, are of this kind.

For an Oyntment,

Take *Roots of white Lillies*, *Mallows*, *Marsh-mallows*, *of each an ounce*: *Chamomel*, *or Dill*, *of each one handfull*: *white Wine four ouuces*: *common Oyl that comes of ripe Olives*, *eight ounces*. Boil them all till the moisture be consumed, then presse and strain them. *Or*,

Take the mucilage of Lin-seed and roots of Marsh-mallows, of each one ounce, Ox marrow and fresh Butter of each an ounce, common Oyl three ounces, new Wax three drams: mingle them for an Unguent.

For a Cataplasm.

Take

Take roots of white Lillies one ounce, Leaves of Mallows one handful, boyl them gently, then melt two ounces of Butter with them, and make a Cataplasm; *Or*,

Take roots of marsh-mallows boiled and pulped through a Sieve, two ounces, meal of Lin-seed and Melilot, of each an ounce and a half, Roots of white Lillies half an ounce: Ox marrow one ounce, common Oyl three ounces, Decoction of mallows, what will be sufficient, make a Cataplasm.

These are stronger that follow; for they are all used outwardly, except the Saffron and the root of sharp Bindweed, which it may be agreeth with Indian Sarsa, both in kind and vertue: the rest are seldome given alone but mixt with gentle Emolliments.

For Fomentations therefore, add Roots of Bryony, Sow-bread, wild Cucumbers, and Flower-de-Luce fresh, with the Decoction of these; an effectual Fumigation may be prepared by quenching a Fire-stone or a piece of a Mil-stone in it. Bitumenous waters of Baths, serve of themselves for Baths and Fomentations.

For to anoint, Goose fat and Deers suet are good, so is Oyl pressed out of Nuts, the Lees of Oyl, and Oil of Peter.

For plaisters, take the roots of Jacinths, Daffodil, fresh Leaves of Tobacco, and the flowers o Flower-de-Luce.

By themselves, these serve instead of a plaister: Bitumenous dirt, Ox dung, chiefly mixed with Lees of Oyl, and old Cheese kneaded with Broth of Salt flesh.

These Cerats they add: dry pith, Rosin, Colophonia, Bitumen, Jet, Ammoniacum, which makes a Plaister it self if it be dissolved in sharp Vineger.

Of these may divers medicaments be presently compounded that are effectual against Schirous Humors. For example.

For an Oyntment.

Take Sowbread and wild Cucumber of each half an ounce: white Lillies an ounce: Chammomel and green Tobacco of each one handful, Leaves of Spurge, Laurel half a handful, common Oyl one pound, white Wine four ounces, Vineger two ounces, boil them at a soft fire till half be consumed, then presse them out.

A Cataplasm.

Take a whole Onion boiled in Vineger one ounce, flowers of blew Flower-de Luce steeped in white Wine, one Pugil, Goose grease half an ounce, beat them altogether and make a Cataplasm.

Some make a Cerate of white Pitch only, which

which they call Burgundy Pitch, which they hold for a secret, and prefer it before Amoniacum.

These dissolve and hinder clotted blood; Vineger, Posca, Oxymel simple, the Decoction of round Aristolochia, Calamints, Savory, Time, the shels of green Nuts.

Yet the Decoctions are made stronger with Posca, as the runnet of a hare drank to one dram with water and vineger.

A present and excellent remedy is made of a Ly of Vineger, Salt and Honey, after this fashion.

Take of Ly three ounces, Vineger two ounces, clarified Honey half an ounce, common salt one scruple: mingle these at a soft fire, for to drink.

Also if Oxymel be prepared, boyling Honey with the first Wine that comes forth without pressing, till all the scum be taken off, it will be a pleasant and effectual remedy.

For curded Milk; gentle softners are convenient, mixt in Fomentations with Garden Smallage, mountain Smallage, cummin, fresh Mint and Rue, adding a little quantity of Vineger.

In Cataplasms: Bean Meal, Lintels, with Oxymel or Mulsa, for Vineger.

This following Fomentation is approved.

Take *Leaves of Malows, Roots of Marsh-mallows, Herbs, Garden Smallage, Mountain Smallage, Roots of Fennel, of each one handfull, Leaves of Bayes, Flowers of Chammomel, of each one Pugil; common Water six pound.* Let them boil till a third part be consumed, to foment and wet the Breasts of the rest, an excellent Plaister may be made.

These that follow are proved remedies.

Take *Turpentine often washed in white Wine three ounces, three whole Eggs, Saffron one scruple, yellow Wax two drams.* Mingle them, and make a Cerate to be spread on a Linnen cloth, leaving a hole that the Paps may come forth to be sucked: *Or,*

Take *Bean Meal three ounces, common Oyl two ounces, Turpentine one ounce, two yolks of Eggs, Saffron one scruple, with the Decoction of Mallows and Parsley, made with Vinegar what is sufficient:* Mingle them and make a Cataplasm.

Also fresh butter washed very well in the Decoction of Mallows, and mingled with the pouder of the Roots of Mallows or Marsh-mallows, to the consistence of an Unguent, and laid on upon a Colewort leaf, is a most excellent remedy for pained Breasts and hardned by the Milk stopped in them:

This

This also is singular:

Take common Oyl of ripe Olives, new Wax of each a like quantity: mingle them then wash them well three times in Rose-water, and lay them on with a Colwort leaf.

The same remedies serve for clotterd Milk, tempered with cold and moist ingredients, and with a greater quantity of Vineger.

Yet a Plaister of Bran exceeds them, or of Barley boyled with Vinegar, adding thereto a little Saffron.

Also a Cataplasm of Bean Meal with the Decoction of Nightshade that bears winter Cherries, made with Vineger, which is made most effectual if you mix the Runnet of a Hare with it, and fresh Butter.

Hitherto we have spoken of remedies to correct the manifest quality of the causes of Diseases: but the hidden quality, since it is venemous, and is in those things that are faulty in substance, it requires remedies against Malignity, which we shall set down afterwards, amongst those remedies that are opposit to the cause that is preternatural by the whole kind.

Remedies that move Preternatural Matter that lieth still.

Want of motion in those things that

by nature ſhould move at certain times, fals out principally when the courſes are ſtopt, or in hard Labour in Child-birth, or when the Secundine ſtaieth behind, as alſo when the blind Hemorhoids are bred within; theſe are remedied by ſuch things as procure the courſes, help Travel, drive out the Secundine, and the Child that is dead, and alſo provoke the ſecret Piles.

Remedies that move the Courſes:

Thoſe things that properly move the Terms, do melt the Blood and open the Orifices of the Veins: the matter whereof being it is of large extent, *Galen* diſtinguiſheth it into three Ranks, Gentle, the uſe whereof is when the Terms are diminiſhed: Mean which are more fit for the Terms that are ſtopt; Forcible, ſuch as are uſed as the laſt remedies when other helps profit not; and theſe are not given inwardly, but in Peſſaries, or infuſions.

The Chief and moſt Obvious amongſt the gentle, are, Maiden-hair, Red Chiches, the firſt Broth of them, Cats-tails, of Walnut trees, flowers of Stock-gelliflowers, dried in the ſhade, white Lillies, flowers of Balm, common Maiden-hair, Cinkfoyl, of theſe are made Decoctions and Syrups, chiefly with Aromatical white Wine.

Theſe

These remedies are counted to be the most effectual of them.

Take maiden-hair or common maiden-hair half a handfull, flowers of wall-flowers dryed one ounce, sweet white Wine six ounces, make infusion for twelve hours, then boil them softly, till a third part be consumed; strain it, add Saffron three grains: mix all for to drink hot. *Or,*

Take *Walnuts that are dry but not rank, half an ounce, broth of red Chiches four ounces, Odoriferous white Wine two ounces: Boil all to a third part, strain them, and add Saffron three grains, or Cinnamon six grains.* Mingle them for a potion.

Also the frequent use of walnuts is held to move the courses by their property, and therfore women make profitable Cakes and Puddings of Nuts, green Parsly leaves, and Saffron.

To anoint the Hipogaustrium outwardly, is made an Oyl of wall flowers, by setting in the Sun, or else of Lillies: also presently an Oyl is made by descent, of the roots of white Lillies, and the tops of Dill and Chamomel;

The Mean are, round Aristolochia, Mugwort, all spices, amongst which Cinnamon and Saffron are preferred, Garden daisies, double-toung, calamint, chiefly of the moun-

tain, both the Dittanies, the root of ſword-flag, Feather few, Marioram, Mercury, Horſe-mints, Bazil, Pennyroyal, Savin.

Of which are made Decoctions, Sirups, Electuaries, or one dram of their Pouder is given in white Wine that is ſpiced.

To theſe, dry remedies, as pouders, Bolus and Pills, borax of the ſhops is profitably adjoyned, or mirrh, flowers of brimſtone, and Nettle ſeed.

The Decoction of Garden Daiſies dried, is held for a ſecret given in white Wine ſpiced.

Alſo the Decoction of Nettle ſeed one ounce in white Wine.

So is the Decoction of the leaves of Garden Groundſel, plucked off downward, in white Wine or Broth of red Chiches.

Alſo baſtard Dictamni of *Mathiolus*, either in Decoction or in pouder, and drank in white Wine.

Alſo one dram of the ſowreſt Leaven or thereabouts, diſſolved in white Wine, and drank without or with a little Saffron.

So is the ſeed of Nigella one dram with one ſcruple of Cinnamon in white Wine.

Alſo this pouder is moſt effectual.

Take Borax of the ſhops one ſcruple, Cinnamon, roots of round Ariſtochia, leaves of Savin and Dictamni of Crete, or Nigella

ſeed

seed half a scruple, fine Sugar two scruples, mingle them, and make a fine pouder to take at once in the broth of red Chiches, or the best white Wine.

Also Physick Wine may be made, whereof four ounces drank hot in a morning for some dayes together, before the usual time the Terms are wont to come down will forcibly provoke them, and it is thus made.

Take Hearbs; Mugwort, mountain Calamint, Penniroyal Savin of each one Pugil, Cinnamon, Annis-seed of each one dram, Saffron one scruple, cut the Herbs and bruise the seeds and for twenty four hours infuse them in strong white Wine two pound, then boil them a little and strain them.

Outwardly the waters of hot brimstone Baths are convenient, also the Decoctions of the foresaid Herbs, wherewith are provided Fomentations and infusions for the matrix, also fumes are made which much be used on such as are subject to fits of the Mother, burning under them such things as smel sweet, which may be used indifferently for others, by mingling sweet and stinking things together: for sweet smels do open the passage of the Matrix, and stinking things do stir up the Expulsive faculty to vacuation.

For

For a ſweet ſmel ſpices are good, Bayberries, grains of Juniper, Marioram, Mirrh, roots of Dog-Fennel, Savory, Time.

But for a ſtinking ſmel, ſerve Bitumen, Jeat, Rue, brimſtone, and ſome ordinary Gums, but chiefly *Aſa-fœtida*, and *Sagapenum*.

Laſtly peſſaries are ſingularly commended of Garlick bruiſed with Oyl of Spik, alſo of the Juyce of mercury, or the Juyce of the root of Dwarf-Elder made up with Wool.

For a ſecret are held the leaves of the greateſt plants, put under the naked ſoles of the feet, and worn there.

Violent remedies which are mingled with other remedies, either peſſaries or internal Medicaments, are the roots of Cuckoopint, and Dragons, of Briony, Coloquintida, Sowbread, both Hellebores, a Gal, but chiefly of an Ox, water Pepper, and the ſeed of Staves-Acre.

Helps for Delivery.

Thoſe things that move the Termes do alſo help to deliver, but beſide them, theſe do ſingularly yeeld help, the Dung of a Hawk drank one dram in white Wine.

The Dung of a Falcon, the ſame doſe drank in white Wine.

The

The Testicles of a Horse that is gelded, cut into slices and washed in white Wine, and then dried in the smoak, the pouder of it is given to one dram in spiced Wine.

The root of Horse-toung, the Herb Motherwort, the pouder of them is given a whole spoonful, or the Juyce in hot white Wine.

Fallopius holds it for a great secret to take one scruple of Borax of the shops in the Decoction of Featherfew, or Savin.

Also the Travail is made the more easie, if Women eat Snails in their meats some dayes before their Delivery.

Also a Turtle roasted, whose belly is stuffed with Bay-berries, Juniper-berries and Cinnamon, being eaten every other day before the time of Child-birth.

But outwardly when the Throwes are upon them, the Eagle-stone bound to the Thigh is a help, so is the Jasper, and the Coral used the same way, and the Load-stone held in the left hand.

Remedies to drive out the Secundine.

Those things that were now propounded to be taken inwardly to help Delivery, do also help to drive forth the Secundine.

But particularly these are good, the Decoction of Sage in white Wine, the root of the

the Bay's of Alexandria, ſeed of Honeyſuckles, the ſeeds or root of Seſely of Marcelles the pouder of them is given to one dram, in hot Wine or the Decoction of Sage, alſo the pouder of Bay-berries is effectual to one dram, taken in white Wine or water, or the Decoction of white Lillies.

Alſo this Pouder is commended.

Take roots of round Ariſtolochia and Mirrh of each half a dram, Pepper one ſcruple, make a pouder to be taken in a Decoction of equal parts of Maiden-hair and common Maiden-hair.

Alſo theſe are held for approved, the pouder of Dictamni drunk in ſome convenient Liquor and the foreſaid pouder of the Teſticles of a Horſe.

Remedies to open the Hemorroids.

If the blind Piles ſwel, they may be opened by rubbing them with the leaves of Borrage, of a Fig-tree, wild Cucumber and Briony; alſo the internal uſe of Aloes helps, but if theſe do not profit you muſt ſet on the Leeches.

Remedies to force out the dead Child.

Thoſe things that expel the Secundine, force out the dead Child alſo.

Eſpecially, vertue is aſcribed to Dittanie,

tany, both in drink and perfume.

Also the milk of the first litter of a Bitch being drank is very good in particular.

Water Parsneps taken for a Pot-herb in meat.

The Juyce of Scordium drank to half an ounce with Saffron.

The fume of Pigeons dung, of brimstone, of the cast skin of a Serpent.

Also we must not neglect in this case such things as tied to the Thigh do ease Child-birth.

Amongst the approved remedies these two are extolled.

Take mineral Chrisocolla two scruples, or Borax one dram, Cinnamon and Saffron of each one scruple; mingle them, make a Pouder to be given in white Wine or the Decoction of Mugwort.

Also take Chrysocolla of the mines, or Borax half a dram, Dictamni one scruple, Juyce of Savin half an ounce, white Wine what is sufficient, or if there be a Feaver take the Decoction of common maiden-hair, or maiden-hair three ounces, mingle them.

Remedies that quiet the Matter, that is carried with a wrong Motion.

Such things as are moved preternaturally,

rally, are quieted by revulſion to the oppoſite part: and thoſe that repell from the part that receiveth, and ſuch as make a ſtop between the part that ſends, and the part that receiveth, alſo by things that thicken the matter that runs, and by ſuch as bind up the paſſages, by which the flux is conveied.

Thoſe things intercept, which are ſet down to prepare thin Choller, and ſuch as by an unctious quality do aſſwage the acrimony.

All thoſe things that bind up the paſſages do repel alſo, of which we ſhall ſpeak a little afterwards, and beſides thoſe, all cold and moiſt things that by thickening intercept, of which we ſpake before.

Thoſe things make revulſion; namely ſuch as are called Rubificatives, reckoned amongſt thoſe things that Evacuate inſenſibly; alſo Veſicatories made of Cantharides, in Cerats or Plaiſters, or of Crowfoot, or the roots of the leſſer Crow-foot bruiſed alone, and laid on for a Cataplaſm.

The Form of a Cerate:

Take *Whole Cantharides half an ounce, Seeds of Ammeos three ſcruples and an half, Roſin five drams, Wax two drams*: mingle them for a Cerate for four Veſicatories fit for a Body that is of ripe years:

for

for Children and ſofter bodies half ſo much is ſufficient.

For a Plaiſter for four Veſicatories:

Take *three or four drams of Cantharides, (for a harder or ſofter conſtitution of the Body) Muſtard four ſcruples, Seeds of Ammeos one dram, the ſowreſt Leaven one ounce and half, the ſharpeſt Vineger what is ſufficient.* Make a Plaiſter.

The ſharpeſt Vinegar, is vineger of Squils, and that which may be preſently made of the Decoction of Garlick, Wake-Robin, or red Onions; or the ſaid Cantharides are bruiſed and made up with crums of new bread, or with Figs; then moiſten the matter with the ſharpeſt Vineger and make a Plaiſter.

Alſo a Bladder may be preſently raiſed, by dropping on ſcalding Oyl or water, but ſo that the matter may be ſprinkled throgh a large hollow Cane, leaſt it ſhould ſpread further than is fit: or elſe the Oyl muſt be dropped on the part that is fenced about with a Circle of Wax or ſuch like, ſo large as you deſire to make the bliſter large.

Remedies that root out the Cauſe that is offenſive in the whole ſubſtance.

Thoſe Bodies offend in ſubſtance, and are Preternatural by the whole kind, that ſtick

ſtick in the wounded part; as Worms, Stones, Poyſons, Corruptions; for theſe are proper, ſuch things as can draw them out, kill the Worms, break the ſtone, Preſervatives againſt Poyſons, and ſuch as can remove Corruption.

Remedies that draw out: Theſe though they muſt hold proportion with the Bodies that are faſtned in, for which cauſe ſeveral remedies draw out ſeveral matters; as the Load-Stone draweth Iron, Amber draws Chaff: and ſome are indifferent to draw out any things contained in Wounds: namely Pimpernel, Roots of Canes, Root of round Ariſtolochia, Dittany, the upper root of Sword-flag, a Lizards Head, Beeglew, the Root of ſtinking Gladdon, the middle rind of the Teil-tree, Bird-Lime; all which are put into Plaiſters, either bruiſed alone, or elſe are applied with Wine to the wound.

Some do attribute a wonderful force to draw forth all things that are faſtned in, and that from the deepeſt parts of the body, to a Fox Tongue pulled forth in the month of *May* and dried; and when you will uſe it, ſteep it in Wine untill it grow ſoft, and ſo lay it hot to the Wound.

Some again aſcribe the ſame force to the fat and skin of a Hare, prepared the ſame way,

way, but it differs something from things that draw out, by the manner of application, for it draws not things fastened in toward it self, but drives them from it; and therefore it is not laid on the mouth of the wound, but on the part against it of the same member; as if a Blow being given to the forepart of the Head, something sticketh in it, they say it will be driven out by laying the said matters to the Noddel.

Remedies for Worms.

Of these some do only kill them, and some kill them and drive them forth: of remedies that kill them, some are most fit for broad worms, some for round worms, and some for the bots. Other things there are that are contrary to all kinds of Worms, and for their singular faculty by which they kill Worms may be set down for the poisons of Worms.

These kill broad Worms, Garlick, Bayberries, the roots of Fœmal fern, the great Turnsole, the root of the Pomegranate, the rind of the root of the Mulberry, Nigella seed, Walnuts, Tobacco, Vitriol; they are given in substance to one dram, or in Decoction, chiefly in Vineger or sweet Lixivium.

Theſe things kill the round worms, and Bots; Vineger, Juyce of Oranges, Citrons, Lemmons, Cole-ſeed, Roots of Biſtort, Carduus Benedictus, Roots of Graſs, Bole-armoniack, Motherwort the Herb, Croſſe-wort the root, Vervius, Juyce of Purſlain, Root of Devils-bit, Terta Sigillata, Tormentil, root of Swallow wort.

Theſe kill and drive them out; all kinds of Wormwood, Southernwood, bitter Almonds, Salt Bath waters, Seeds of Citrons and Oranges, Germander, white Dictamni, the root of both Gentians, Lixivium, Lupins, Mirrh, Horehound, peach Kernels, flowers and Leaves, Rue, Scordium, brimſtone, nettle Seeds.

Of theſe, ſome remedies are ſuddenly made that are proved by experience.

For example in drink, thus:

Take *the Emulſion of one dram of the Seeds of Citrons or Oranges prepared, four ounces of ſweet Lixivium, adding ſweet Wine two ounces.* Mingle them, *Or,*

Take *Wormwood in Pouder one ſcruple,* Put it into an Orange that is moderately dried, with a little Sugar and Vinegar; Boyl it on hot Embers, then preſſe it out to drink.

Theſe are accounted ſecrets, either the Tops of Eupatory of *Auicenna*, or of

Sea

Sea Wormwood that bears Seed, given from one scruple to one dram or thereabouts, in Wine or Milk or some such Liquor.

For external remedies: are presently provided, Epithems of Aloes and Mirrh, bruised with Vinegar, or mingled with Ox Gaul; also Fomentations with wormwood, made hot on a fire-hot Tile, and sprinkled with Vinegar, or with Peach leaves stamped with hot Vinegar.

For to annoint: such an effectual Oyl may be provided.

Take *these Herbs: common Wormwood, Carduus Benedictus, Scordium, Tobacco: of each one handfull, Root of Sow-bread half an ounce, Coloquintida two drams, common Oyl two pound, sharpest Vinegar half a pound:* Boyle all at a soft fire, till the moisture be consumed, presse it out; add to the strained matter, *Mirrh one ounce*, in pouder: Boil them again at a gentle fire till the Mirrh be dissolved, then strain them.

But these are the very poysons of worms: Harts horn, Hemp-seed, or Leaves or juyce, Corallina, or Sea-moss, the Juyce of new Elecampane, the pouder of Earth-worms, Goats-rue, Quick-silver well cleansed.

Also common Mercury well prepared may be given, (I say well prepared) to

one ſcruple or thereabouts, made up into a Pill with leaf Gold.

Alſo Wine is effectual, wherein the ſaid Mercury hath been ſteeped all night or well ſtirred with it : it is well purged for this end, and made without danger if it be ſtirred well with the Juyce of Rue in a Glaſſe Vial till it be perfectly white.

A Pleaſant and effectual Vinegar is provided ; if in one pound of Vinegar, there be ſteeped two dayes, tops of St. Johns-wort one Pugil, Raſped Harts-horn half an ounce, broken Cinnamon one dram, then ſtrain it for uſe ; it is taken in Sallets, or in a ſpoon, with a little Sugar.

Remedies to break the Stone.

Writters have ſet down a great many more, then are approved to be good, unleſſe we may ſuppoſe this to proceed from the diverſity of the Stones : for ſome Medicaments break ſtones in the Kidneys, by which the ſtones in the Bladder is not touched, nor can all thoſe things that diſſolve ſoft brittle ſtones, and that are made of Sand, nor yet compacted together, break in pieces hard ſtones that are glewed faſt, and made of a clammy and dryed matter : again, ſome Medicaments break the ſmall ſtones and that are gravelly, and drive them

out

out by their ruggednesse, which can work no effect upon the greater *S*tones in the Kidneys: therefore it is worth the labour to distinguish those remedies into a threefold order: into those that dissolve a hard stone; into those that dissolve a soft stone, and not yet fast compacted out of *S*and, and into those that drive out small stones and Gravel. Of all sorts these are the most Obvious to be provided.

For small *S*tones and Gravel.

The shells of Wood-Nuts, the *S*eed of yellow Marsh-mallows, or Abutylon, the Calx of the shells of Eggs, the stone of *S*punges, the winter shells of *S*nails, the bones of the Head of a Pike in Pouder, the stone found in the Head of a *S*nail, Crabs Eyes, stones of Medlars, Mallows seed, Golden Rod, these are given in pouder, one dram in Broth of red Chiches.

For a stone thnt is yet soft and gravelly, Ammi, Roots of fullers Teasels, the *B*ark of Bay-trees, Eringo roots, Root of an Ash, the root and rind of Broom, the *S*eed of both Rochets of *Mathiolus*, the *S*eed of the lesser Bur-dock, wild Mints, the *S*eeds of Nigella and Rose Corn, the rind of Radish, in a Decoction.

They are given in pouder to one dram in the Broth of red Chiches, or some Diuretick Decoction.

For

For a ſtone that is hardened and grown great. The Pouder of a Bears Tooth, the Aſhes of a Calcined Graſhoppers, the Kernels of Cherries, borax of the ſhops, Maiden-hair with a trembling tail, the Aſhes, and the fleſh, and the dried Blood of an old Cock, Cherrie-tree Gum, the Aſhes of young Swallows, the Juyce of Lemmons, the Aſhes of a Hare burnt skin and all, the Aſhes of Earth worms, Sow-lice waſhed in white Wine, burnt and dried, Pimpernel, Saxifrage, the fruit of Bladder Nightſhade, or Alkekengi, the root of Saxifrage, Goats Blood, alſo Hares blood and Foxes blood dried, the Aſhes of Scorpions, land Calthrops, roots of Nettles, the Seeds of blew Violets; theſe ſame do move powerfully, drive out ſand, and are convenient for the ſoft ſtone.

Of compounds, eaſily to be provided: theſe are the moſt approved, and are held for ſecrets.

Take *Goats blood, the Goats being firſt kept in Gardens of Saxifrage for a Month, and the beſt Mirrh, of each half a dram, Broth of red Chiches three ounces, Juyce of Lemmons one ounce.* Mingle them to drink. *Or*,

Take *the Blood of a Fox, taken from him when he he is alive, and white Wine, of each*

equal

equal parts. Boil them at a gentle fire in a Glased Pot, to the form of a Furmenty; give five ounces of it for eight dayes together. *Or,*

Take *Sows-Lice prepared one dram, Aqua vitæ half an ounce, Decoction of red Chiches nine ounces.* Pour the Aqua vitæ into the Broth, whilst it is hot, and take this warm six hours before meat for nine dayes together. *Or,*

Take *Borax of the shops one dram, the broth of red Chiches four ounces, Aqua vitæ two drams.* Mingle them to drink. *Or,*

Take *Seeds of blew Violets half an ounce, the Decoction or the Water of Veronica or Golden Rod six ounces.* Make an Emulsion to be given for seven dayes.

Also, take *the Juyce of Caltrops, chiefly that on the land, six ounces.* Drink it warm by it self, or with Juyce of Lemmons, so the Juyce of Golden Rod drunk for some dayes is held most effectual.

Remedies that move Corruption.

Although these do not immediately root out matter that is preternatural by the whole kind, but do rather yeeld assistance to Nature that labours to concoct it: yet when the matter is concocted, that it may be more soon and safely purged out, they

they do mediately concur alſo to this work.

Thoſe things do by themſelves move corruption, that do maintain the heat of the part, either by the likeneſſe of their temper, or by the influence of their heat, hindering the ſtopping up of the Pores:

Thoſe things do move corruption by accident, which repreſſe the exceeding of the matter, and make the blood that is mingled ſo pliable, that it is overcome by innate heat.

For the parts and Conſtitutions that are over-hot; boiled Onions, fat Figs, Saffron, Fenugreek, Linſeed, the root of white Lillies, Frankinſence, are convenient. And outwardly, Gooſe Greaſe, Goats Tallow, Leaven, and all kinds of Roſins.

Plaiſters may be preſently made thus:

Take dry Pitch melted in Oyl what may ſuffice, make a Plaiſter. *Or,*

Take *any kind of Roſin, Yellow Wax of each equal parts.* Mix them for a Cerate, to which you may add a fourth part of Gooſe greaſe, and ſo make an Uuguent. *Or,*

Take *Roots of white Lillies Boyled and ſtamped, two ounces, Meal of Lin-Seed and Fenugreek of each one ounce, Saffron one ſcruple, common Oyl one ounce and an half, the Decoction of white Lilly roots what is ſufficient.* Make a Cataplaſm. Lea-

Leaven by it self kneaded with Goats grease is most effectual.

For parts and constitutions that are temperate these are fit: *Marsh*-mallows, *Mallows*, sweet Almonds, *Butter*, Yolks of Eggs: to which in outward *Medicaments* may be added mans fat, Cocks fat, fat of Wool, Whey, Yellow Wax, *Bees* glew, Wine, Wheat Meal purged from the *Bran*, common Oyl of ripe Grapes, that is not too old.

Some living creatures serve for Plaisters, chiefly young Whelps.

Of the rest, Plaisters may be made suddenly thus.

Take *Wheat Meal or Crums of Bread moderately Leavened two ounces, common Oyl one ounce; hot Water what is sufficient.* Make a Cataplasm. *Or*,

Take *Leaves of Mallows one handful, Butter one ounce.* Fry them together in a frying Pan, then beat them for a Cataplasm. *Or*,

Take Roots of Marsh-mallows boiled and passed through a hair sieve two ounces, Meal of *Fenugreek* or Wheat one ounce, two yolks of Eggs, common Oyl one ounce and an half, mingle them and make a Cataplasm.

This is an excellent Unguent to ripen cor-

corruption, and to break an Impoſthume.

Take the ſharpeſt Leaven and yolks of Eggs, of each equal parts, common Oyl and Saffron of each a little, make an Unguent, and lay it on with a Colewort leaf.

For parts and Conſtitutions that are cold, theſe are convenient: hot water poured on, water and Oyl, Milk, Barley meal, Quinces boiled in Milk, Leaves of blew Violets, and Bird-lime of Apple-trees.

A common Plaiſter is prepared of crums of bread with milk and common Oyl, or Oyl of Roſes. Or,

Take Leaves of Mallows and Violets of each one handful, boil them and briuſe them, adding Barley meal and common Oil or Oil of Roſes, of each one ounce; mingle them and make a Cataplaſm.

If it fall out in reſpect of ill matter, that cauſeth the tumor, that there is need of ſuch things as move corruption by accident, that is, of ſuch things that muſt equal the exceſſe of the peccant matter, which otherwiſe were convenient for hotter conſtitutions, they will be convenient for colder tumors, becauſe they attenuate and heat the cold thick matter; and ſuch as are convenient to colder conſtitutions, will be convenient for hotter conſtitutions, becauſe they reſtrain the heat of the matter. Whence

Whence it is clear that those temperate remedies set down, will be most fit for all occasions, sometimes mixt with hot, and sometimes with cold ingredients, as the affect that wants suppuration inclines most to heat or cold.

Remedies contrary to Poysons.

Such are properly Antidotes, that by the property of their substance, or by their whole temperament, do oppose the force of Poysons.

Those Medicaments are called so improperly, which do vanquish poysons by some apparent exceeding quality: such are contemperating Medicaments, that are opposite to Poysons in excesse.

Coolers, that are opposit to Poysons that inflame; and heating Cordials that are contrary to Stupefying Poysons that extinguish heat.

Though there are proper Antidotes fit to be given for all Poysons, yet what is truly a kind of Poyson, can be known by no proper signs; whence it comes to passe that we are alwayes ignorant of all Antidotes that are contrary to all Poysons: the knowledge whereof may therefore seem sufficient both for the prevention, and cure of Poysons.

To

To make the matter more clear, there may be assigned three ranks of Antidotes against Poysons; some are chiefly opposite to Poysons that are bred in us; either from some extraordinary putrefaction, or some other unspeakable corruption, and those are especially usefull in Malignant Feavers and the Plague: others afford help when we have taken Poyson: others do cure us when we are Poysoned by Bitings, by wounds or by sight.

Antidotes for Malignant Feavers and the Plague: those that are hot are convenient for a cold Time and a cold constitution: but cold and temperate are best in hot Time and for a hot constitution.

The hotter kinds are, holy Thistle, Star Thistle, the Pills and Seeds of Citrons, the Root of white Dictamni, Mirrh, great Chervil, Scordium, Divels-bit, Goats Rue, Scorzonera, great Valerian, the root of Swallow-wort.

The temperate are; the whole Citron, the Juyce of it, as of Oranges also and Lemmons, Borrage and Buglosse, Bistort, Bole-armoniack, both Blew-bottles, Harts-horn, common Pimpernel, Cinkfoil, Scabious, Tormentil, Terra Sigillata.

Of these; some Medicaments may be made cheap enough, that are not inferiour

to

to the most precious Bezoarticks brought from Forrain Lands.

First; this Syrup is most profitable, made of the whole Citron, which is temperate enough, and fit for all constitutions.

Take *a whole Pomecitron sufficiently ripe and full of sap, weighing on ounce; and break it on a Grater, the Root of Scorzonera one ounce, the Herb Scordium one pugil, Seeds of holy Thistle two drams, Water distilled out of the Juyce of pleasant Apples and Sorrell of each two pound, spirit of Vitriol four scruples, or in the place of it, Juyce of Lemmons two ounces.* Bruise what must be bruised and make iususion for thirty hours, the Vessel being very well stopped; then let them boil gently to the consumption of one third part, afterwards presse them out strongly; let the strained Liquor be clarified by degrees at a gentle fire, infusing alwayes some flowers of Oranges or Citrons till it be perfectly clarified; then add *fine Sugar one pound and an half*: Boil it at a most soft fire, to the consistence of a liquid Syrup, the Dose is half an ounce to two ounces.

Also an Oxymel that is something hotter is excellent.

Take *holy Thistle, Goats Rue, Scabious, Buglosse, Sorrel, of each one handfull, Roots*

of

of Scorzonera, Tormentil and Swallow-wort of each an ounce, Fountain water four pound: make infusion for one day: then add *the best Honey one pound and an half*, boil them at a soft fire till the Honey be well purified; having made expression and well strained it, add of the best Viniger, in which the whole Citron bruised on a grater hath been steeped and boiled, ten ounces; Boyl all at a gentle fire to the consistence of an Oxymel.

Also an effectual Vinegar may be prepared, of which one or two spoonfuls may be put in Broth that is altered, or taken with meats.

Take *a whole Citron Rasped with a Rasper, prepared Harts-horn, Bole-Armoniack of a Yellow Colour, of each two drams, roots of Bistort, Tormentil, of each one ounce, seeds of holy Thistle one dram, Leaves of Scordium one pugil.* The best Vineger filtred, that it may cover all, about four fingers high; bruise all the ingredients grosely, and infuse them in the Vineger in a Vial very well stopt, and let them stand in the Sun, or in some hot stove for some dayes, stirring the matter dayly untill the color of the Vineger do not seem to be changed any more; then strain it, and keep it for use in a glasse vessel stopt.

This

This pouder is profitable for malignant Feavers.

Take yellow Bole-Armoniack, prepared Harts-horn, roots of Bistort and Tormentil, seeds of holy Thistle, Sorrel, Citron Pills, of each one dram, Camphir and Saffron five grains; mingle them for a Pouder.

The dose is half an ounce to one ounce, in Broth or Bolus made with juyce of Citrons or Lemmons; it may also be put into a panada, or Ptisan: also the pouder may be made up with a little Gum-Tragacanth dissolved in Rose water or juyce of Citrons, made into a hard Ball like to a Bezoar-stone, which being dried again will hold its vertue the longer.

Outwardly the foresaid Vineger will be profitable, altered with a whole Citron to smell to, and for Epithems for the heart; being added to waters or Decoctions that are convenient.

Some say that Brimstone held constantly in the mouth, doth preserve from the Plague.

These things taken are good for Poysons, besides those wee mentioned before; amongst things that are hot; Ammi, the roots of both Angelicas, the root of Anthora, Annis seed, round Aristolochia, all spices, seeds of Colewort, root of white

Thistle

Thistle, flowers of Clove-gelli-flowers, root of Crosse-wort.

The flowers and tops of heath, root of Elecampane, Juniper Berries, root and seed of Lovage, Turnep seed, Wallnuts, root of Pulemonia, Garden Rue, root of One-leaf.

The more temperate are: Water kept in a vessel of Serpentine stone, Ivory digged up, Harts-Mushroms; the Decoctions of Acorns of the Oke tree, seed of *St.* Johns-wort, earth of Malta.

The pouder of those aforesaid, may be given to one ounce in the best Wine, or in warm Vineger, or both mixt together.

Compounds may be diversly provided as every man pleaseth.

It is a famous and Antient Antidote, that is made of a Walnut, with three leaves of Rue, and a Fig taken every morning.

Also *Theriaca Diatessaron* is easily prepared for this purpose.

Take roots of Gentian and Juneper berries, (but against Poyson I should prefer Bay-berries) Mirrh, roots of round Aristolochia of each two ounces, clarified Honey two pound, make an Electuary.

There are also famous Pouders against Poysons and the Plague, that are easily made; as that which is called *Griseus Cæsaris*, and *Saxonicus*, the descriptions whereof are to be

be found in Wickerus, *Lib.* 2. *Antidot. Spec. Sect.* 20.

This Vineger also is good against Poysons and the Plague.

Take roots of wild Angelica dried in the shade, Juniper berries of each one ounce, Mirrh half an ounce, leaves of Rue one pugil, Cinnamon one dram, bruise all grosely, and infuse them and digest them for eight dayes in the best Vineger, (Rose Vineger is better) one pound and an half, then strain it and take every morning one spoonfull fasting.

Outwardly they commend a Radish cut in pieces, and born under the Arme-pits, provoking the Patient to sweat in the mean time:

These Oyls are famous of the great Duke of Scorpions of *Mathiolus*, in the Room whereof, other Oyls not so hard to make, and of as much vertue may be compounded: As,

Take Oyl of ripe Olives (the riper the better) three pound, white Wine spiced one pound and an half, roots of Gentian, Tormentil, Maister-wort, Swallow-wort, common Angelica, of each one ounce, tops of *St.* Johns-wort, leaves of Tobacco and Rue, of each one handfull, grains of Juniper and Bay-berries of each half an ounce, make

infusion according to Art for four dayes in a vessel very well stopt, then let them boil till the moisture be almost spent, presse them out, and strain them.

Against bitings and wounds that are venemous, inward Antidotes are convenient, mixt with cordials.

But outwardly the same are good mingled with attractives, that draw the Poyson to the wounded part, and keep the wound open till the venom be purged out; such are all the hotter Agents and Rubificatives, of which we speak else where.

But properly Antidotes are, Ammi seed, long Aristolochia, Bdellium, both Dictamni, the roots of both Sword-flags, the brains of Dunghil-cocks, Origanum, Pimpernel, Saxifrage, root and seed of the Clot-bur, Goats-rue, Goats-beard, and the leaves of all kinds of Scorzonera, and the Juyce of the roots; all those are taken in hot white Wine.

The Antidotes that I set down against Poysons taken, do almost the same thing: But this must be generally taken notice of, that the flesh of any Venemous Creature laid to the biting or wound, that that creature made, doth draw out the venome whence it comes to passe that the pouder of water Serpents, but especially of Vipers

is so famous against the poyson of all Serpents; and if we may believe report, it is good to cure and preserve also against all venoms, so that if the pouder be once taken to half a dram in spiced Wine; some maintain that the body is made impregnable against all poysons for many dayes.

This pouder is prepared three wayes, and first thus.

Take the Heart, the Liver, and the three first back bones of a Viper or wood Snake, dry all in an Oven, beat them into pouder, add the root of Maister-wort an equal part and mingle them.

Secondly Vipers flesh, the entrals being taken out (except the Heart and the Liver) must be cut and seasoned eight dayes with Salt, then put all into a Sive that is well guarded on every side, and underneath, rayse a sweet perfume, four or five times a day constantly, casting on fire coals, the pouder of Myrrh, Bay-berries, grains of Juniper and Cloves, and when the flesh is found to smell very well, put it into a glased pot, well covered with a cover of clay, and put it into a Bakers Oven, and let it stay there, untill all the substance of the flesh with the bones can be brought into a most fine pouder: the new Physitians ascribe more vertue to this pouder than

to the ancient confections of Theriac or Mithridate.

Thirdly, Vipers flesh being excellent, well washed in white Wine, saving the Heart and the Liver, must be gently dryed that it may be beaten to pouder, and so used by itself.

Besides these, the poyson of mad Creatures hath certain Antidotes, with which, being taken for forty dayes together, the wound in the mean while being kept open, madnesse and fear of water is quite driven away. These are, Madwort, the ashes of river Crabs, the root of the wild Rose, and common Pimpernel: they are given alone or mingled from one dram to two drams, in white Wine, they are mingled profitably with the root of Gentian.

Galen provides his Antidote of one part of Frankinsence, Gentian five parts, and ten parts of river Crabs burnt.

Also some report, that this pouder is proved by experience, to cure the fear of water, given in white Wine from half a dram to two drams, dayly three hours before meat.

Take leaves of Polypode, Rue, Vervin, Sage, Plaintain with narrow leaves, leaves of common Wormwood, Mints, Mugwort, Betony, Balm, St. Johns-wort, Centaury

th

the lesse, of each equal parts, dry them in a paper and beat them to pouder.

Thus far concerning remedies that oppose the principall cause of the disease, from the taking away whereof; the cure of material diseases must begin, unlesse there be something else that is urgent and so draws the cure to it, for that must be presently taken care for, neglecting the cause and the disease for a time, if that urgent thing gives no delay, but threatens the Patient with sudden death.

Now these things are said to urge immediatly and by it self principally; the weakners of the vital spirits in all faintings and swounings; but mediately and secondly all vehement pains, continual watchings, all immediate Evacuations, from whence there is fear of the dissolutions of the spirits.

These things urging, such remedies as strengthen the spirits must be set against them, such as ease pain, procure rest, stay fluxes; if the disease or the principal cause, by reason of its voilence, and the weakness of the sick, do sometime come to be urgent; as feverish heat in an Old man, and the thickness and clamminesse of flegm, in an exquisite quotidian Feaver, they require no other remedies than such as are of themselves contrary, concerning which we have

partly ſpoken, and we ſhall ſpeak ſomething afterwards in the number of remedies that alter diſeaſes.

Remedies for Symptoms that are Vrgent.

Thoſe remedies that ſtrengthen the ſpirits, do refreſh them alſo, either by accident, taking away the cauſes whereby they are diſperſed, whereof we ſhall not now ſpeak; or of themſelves, by affording matter out of which the ſpirits may be ſoon ingendered, and by Corroborating the inbred heat of the heart.

The heart is ſtrengthened with Cordials concerning which we ſhall ſpeak, when we ſpeak of Medicaments that are oppoſite to the diſeaſe in diſtemper.

They afford fit matter to be turned into ſpirits, as alſo Nutriments that are of good Juyce, and thin ſubſtance, amongſt which are pleaſant Wine and ſweet ſmels, becauſe they yeild thin vapours next to ſpirits, unto the heart.

In a hot cauſe, cold or temperate ſents muſt be prepared, ſuch as are made of Vineger, Roſes, Camphire, Violets, Mirtils, the Pills of ſweet Apples, and Quinſes that are grown yellow.

Vineger altered with theſe ingredients is the beſt, making infuſion for ſome hours,

or gently boyling them, also to alter the Air, water must be sprinkled in the Chambers that is mingled with Vineger, and it is good for sents to put to the Nose.

In a cold cause, smels must be made of the flowers of Citrons, Oranges, Lemmons, the Clove-gelli-flowers, Jesamin, Lillies of the Valleys, roots of Angelica, Ciperus, Garden setwal, leaves of Calamint of the Mountain, Marjoram, Balm, Mint, Rosemary, Spik, Lavender, Time, Citron Pills, Bay-berries, Juniper berries, and all kind of Spices;

The best is made of the best Vineger, or Wine altered with the foresaid ingredients.

Also the smel of rosted meat is excellent, stuck with Cloves and Cinnamon, as also bread that is hot, and sprinkled with Malligo or some principal Wine.

For the same purpose may Oyls be provided with no great labour, from Spices, and very cheap, to anoint the Nostrils and the heart, if there be made, with clear common Oyl without dregs, and the Pouder of Cinnamon or Cloves, a matter like to Liquid Pitch; which must stand some dayes in a close Vessel, and then be put into a Presse and pressed forth.

Such as ease pain as threefold: namely such as cure by taking away the cause of pain

pain; proper Anodynes, which letting the cause alone, yet asswage the sense of the part; and stupefactives, that wholly take away the feeling of it, or else cast the sick into a sleep.

Those that cure, belong not to this place, for they are as large in extent as diseases and the causes of them, by which the continuity of the part may be dissolved.

Proper Anodynes are, Marsh-mallows, sweet Almonds, warm water, Dill, green Chamomel, Fenugreek, Linseed, Mallows, Melilot, Yolks of Eggs, fat Broth.

Besides these, for Fomentations outwardly, are convenient, living creatures their entrals being taken out whilst they are hot, the Lungs and the Kell, of living creatures, Water and Oyl, greasy Wool, Sheeps Milk and Cows Milk hot, wheaten Bread moderately baked and yet hot.

For Unguents, Hogs fat, Hens fat, Calfs fat, Mans fat, Butter, Suet, Mucilage of Lin-seed, Mallows, Marsh-mallows, Fenugreek, and Oyls made of the said Herbs and seeds boyled in them.

But beside common anodines, there are some others that do properly belong to some certain parts, which therefore may be called specifical anodines.

For the pain of the Head from what

cause

cause soever, this Oyl is most effectual.

Take *the Juyce of Vervain very well purified two pound, simple Oyl of Roses one pound.*

Distill it at a gentle fire of Embers, let the distilled Liquor be poured on again, and distilled again, and so do three times; for the Juyce will mingle with the Oyl inseparably, and in that, being warm, dip in a linnen clout to lay to the Forehead, and anoint the Sutures.

For pain of the Teeth. The Oyl of Box distilled by descent is extolled.

For the pain of the Chollick, a sure remedy is, one dram of a mans Skull prepared, and taken with one scruple of Annis seeds in a cold cause: but with Coriander seed if the cause be hot.

Also the pouder of the Testicles of a gelded Horse, taken to one dram, after the same fashion.

This Oyl is exceeding good for the pain of the Hemorroids.

Take *Fig-wort four ounces, great Celondine two ounces, the Sponges that grow on the sweet Eglantine, in number four, Seed of Agnus Castus two drams, common Oyl two pound.* Cut the roots, bruise the rest grosly, set them in the Sun for a month, and keep them for use: Or infuse them

for

for eight dayes in a hot place; then boyl them till the moiſture be conſumed, and make expreſſion, and after that ſtrain them.

For pain of the Breaſt, the Oyl of Linſeed drank two or three ounces is ſingular.

For pain of the Joynts this Fomentation is approved.

Take *Leaves of Mallows, Dwarf-Elder and Plantain, of each one handful, Smiths Water two pound.* Boyl them to the conſumption of a third part: preſſe them out and ſtrain them, and diſſolve in the Liquor, Salt-peeter purged with Brimſtone (which they call Salt of Prunella) half an ounce, and dip a Linnen-cloth in it and lay it hot to the part.

Narcoticks indeed laid to the part do ſtupefie, but being taken or ſmelt to, or applyed to the head, they cauſe ſleep. They differ in the intenſion of their quality, from properly called ſleeping Medicaments, becauſe theſe by their moderate coldneſs and moiſture procure ſleep, but thoſe by the exceſſe of both qualities bring out deep ſleep, and if they be uſed too largely they cauſe Carus and Apoplexy.

Yet there is ſome degrees of theſe Narcoticks, for ſome are more gentle; the uſe thereof is not ſo dangerous, ſome are

more

more violent, which must not be used but upon very urgent pains and watchings.

The more gentle to be used inwardly, are white Poppy seed, to about one dram; but outwardly in Lotions, the leaves of Garden Night-shade and Poppy.

The more violent, are Hemlock, white Henbane, *Mandragora*, *Opium*, round *Stramonium*; Black Henbane, and long *Stramonium*, are best to be let alone, by reason of the great hurt they do to the Bowels.

Of others, are made fit sents and Lotions for the Feet and the Head; but inwardly, only *Opium*, and round *Stramonium*, may be used.

The seed of *Stramonium* is given in substance from half a scruple to one scruple, or thereabouts; but infused from one scruple to two scruples, it is corrected with good Wine.

Opium is given from two grains to five, corrected with Saffron, or Pepper, and so made into a Pill, or infused in the best Wine. *Oriental Opium* is something stronger than *Opium* of our Country; but because outlandish *Opium* is often brought to us Sophisticated, and sometimes is sold very deer, it were better to make it pure of

our

our own Country; Poppy, after the way that *Quercinatus* hath taught us. Take what quantity you please of Garden Poppy Heads, that carrieth a red flower, so soon as the first flowers appear displaied, bruise them in a Stone Mortar with a wooden Pestle: put the matter into a spacious Glasse, and pour on so much of the best white Wine Vineger, till the matter be very well wet, and the Vineger swim above all, two fingers breadth; let them digest for about fifteen daies, and when the Vineger grows red intensively, put the matter into a Linnen Bag, and presse it out strongly: what is expressed let it Evaporate at a gentle fire to the consistence of Honey, and whilst it is yet hot, cast it into cold water, that it may Coagulate; then take it out and wipe off the moisture.

But of compounds there are two that are the best, and easiest to be provided of all that are found in shops.

The first is of Guajnerus for outward use.

Take Opium, *Juyce of Henbane, Juyce of Mandragora, of unripe Mulberries, Lettice, and of Ivy Tree, of each one ounce.* Dissolve the *Opium* in the Juyces, when that is dissolved, wet a Sponge in it, and dry it again, at the Sun, for fifteen dayes, when

when you would use it, dip your Sponge in warm water, and put it to the Nose of the Patient, this Sponge will keep its vertue for some years.

The other serves for internal uses, namely *Laudanum*, which in two days time may be made. Thus,

Take *the extract of Saffron one scruple, the extract of the species of Diamoschu two scruples, extract of* Opium *prepared four scruples.* Mingle them, *and with three drops of distilled Oyl of Cloves, soften it.*

The Saffron and species are extracted with *Aquavitæ*, but the *Opium* with distilled Vineger.

Opium also is prepared, if it be cut thin, and dried at a gentle heat, so long untill it will fume no longer, and being rubbed between the Fingers, will crumble to Pouder, the Dose of this is from about one grain and an half, to five grains; it easeth pains, stops long Watchings, and staies immoderate and sharp Fluxes.

Also Narcoticks provoke sleep, but far more vehemently than true sleeping remedies do, by so much as deep sleep requires stronger means than sleep doth: whence it is, that when true sleeping Medicaments will not prevail, we are forced to use Narcoticks or heavy sleeping remedies now mentioned.

True

True ſleeping remedies, are ſweet Almonds, and the Emulſions of them, all ſorts of Milk, Garden Lettice, freſh Moſſe of trees, water Lillies, great Houſleek, blew Violets, Venus Navel, and ſmall Wine mixed well with pure water: the Exhibition of theſe is ſeveral.

Fleſh broths are altered with Lettice and Violets.

An Emulſion of ſweet Almonds is made with the Decoction of Lettice; Lettice is eaten boyled, ſeaſoned with the Juyce of Oranges, or Pome-citrons, or Lemmons.

Decoctions are made of Herbs for Lotions of the Head and Feet.

Alſo an unguent may be made to anoint the Noſtrils and the temples, ſuddenly with Oyl: thus,

Take *theſe Herbs, Lettice, water Lillies, great Houſleek, Garden Night-ſhade, of each one handfull, common Oyl eight ounces*: Boyl them at a gentle fire till the moiſture be conſumed, preſs them out, and ſtrain them.

The Oyl of Violets and water Lillies of the ſhops ſerve for the ſame uſe.

All thoſe things ſerve to ſtop Fluxes, which ſtay the matter that is moved with an ill motion; by repelling it, pulling it back, intercepting it, and binds up the paſſages, therefore they belong not to this place.

Thoſe

Those things that are most proper to stay Fluxes, shall be mentioned in the Catalogue of astringents.

There remains therefore, to number up those Medicaments that drive away diseases; the use whereof is most fit after the causes that are urgent are taken away: now of diseases there are three general heads; Distemper, ill Conformation, and Unity dissolved.

Medicaments that alter a Sick distemper of the whole Body, and of the Parts.

Though there be eight sickly kinds of distempers, four that are simple, and so many Compound; yet it is not necessary to make eight sorts of altering Medicaments.

First, Because Compound distempers are cured with simples that alter, being mingled together, and so as need requireth they make a Compound quality; then because amongst simple qualities, moisture and dryness are commonly taken away with hot or cold remedies; for Excrementitious moisture is cured, both with hot things that rarefie and consume, as also by cold things that presse out, and by dry things of both kinds that stay moisture.

But sickly dryness, being it presupposeth a want of native moisture, which cannot be restored

restored with Physick, but with Nutriment, is better cured by good Diet, and some heat restored in the part that is dryed, by the benefit whereof the bloud may be drawn thither, and more easily digested. Therefore it will be sufficient to set down Medicaments that heat the parts that are over cooled, and such as cool the parts over heated: for both these being mingled together, it will be an easie matter to Compound an active, temperate remedy, and which is, amongst the passives, moist and dry, as necessity and the distemper that must be removed shall require.

Moreover, seeing there are two kinds of altering Medicaments, some are certain, by which some certain parts seem to be most affected; others are uncertain, which work indifferently upon the whole Body; it will be sufficient to propound such altering Remedies that are certain; because the distemper of the whole Body, follows the hurt of some Principal part, the Remedies whereof bring help also to the whole Body.

Certain altering Remedies take their name from the part which they help: Cephalicks, are for the Head, Ophthalmicks for the Eyes, Arthriticks for the Joynts, Neuroticks for the Nerves, Pneumonicks

for

for the parts of Breathing, Cordials for the heart, Stomachicks for the stomach, Hepaticks for the Liver, Spleneticks fos the spleen, Nephriticks for the Reins, Histericks for the Matrix.

Medicaments that alter the Head.

Hot Cephalicks, and such as are convenient for the Head that is over cooled, the most obvious are these: Southernwood, Betony, Box-wood, Calamint, Germander, Hysop, Bay-leaves and Berries, Lavender, Marjoram, Piony, Rosemary, Garden Rue, and Water-Rue, Sage, Savory, wild Time, *Stœchas*, Time, Misleto of the Oak, wild Setwal root, water of hot Baths of brimstone drank in due order.

Of these may be made Decoctions, Electuaries, and Medicinal Wines in the place of Confections and Conserves of the shops.

For Example,

Take *the Filing of Box-Wood two ounces, Misleto of the Oak cut very small, one ounce, common Water six pound.* Make infusion for fifteen hours, afterwards add, *Leaves of Betony, Calamint, Marjoram, Sage, of each one handfull: root of Piony half an ounce, Bay-berries two drams.* Make Decoction at a gentle fire, till a third part be consumed, then strain it, and give half a pound

of it at once for ſome dayes together.

The Antients, in the cure of a diſtemper that was not very new, adminiſtred their Medicaments for about four dayes together, by whoſe example we do uſually proceed now.

Example of an Electuary.

Take Betony, Calamint, Germander, Marjoram, Roſemary, Sage, of each one handfull, Savory, Hyſop, of each one pugil: Bay-berries and Frankincenſe, of each two drams, clarified Honey four times as much mingle them and make an Electuary.

Give about two drams of it for many days, either before you give the decoction, or when you go to bed.

Medicinal Wines are more commended, made of the infuſion of Roſemary and Sage.

Outwardly Lotions & droppings down, either of Brimſtony bath waters, or of the Decoctions of the Herbs before mentioned chiefly prepared in a Lixivium, to which you may add roots of reed, leaves of Aſarum, and Ivy of the wall.

Of the ſame Herbs, adding a quantity of Frankinſence, may pouders be prepared to ſtrew on the ſutures.

Alſo ſume of Time and Marjoram taken by a pipe is good, the ſame way that men take Tobacco.

Laſtly,

Lastly, Oyls may be made of the decoctions of the same hearbs, to anoint the Nostrills, the Temples, and the Sutures.

These cool what is over hot; black-Cherries, the skull of man burnt, Barly, flowers of Privet, Purslain, Roses, flowers of Willows, the tendrells of Vines, and all things that procure sleep, of which decoctions may be made.

The water of Iron baths rightly used, is excellent.

Outwardly frontalls are made of Pasca, chiefly altered with Willow leaves, Myrtills, Lettice, Violets, Night-shade.

Irrigations for the Head are made of the same decoction or of warm Milk.

Oxyrhodina are made of Oyl of Roses and Violets with a fourth part of Vineger.

Sents are provided of Roses and Violets. Vineger altered with these flowers is most usefull, adding a little Camphier.

Also Oyl made by insolation, of the flowers of Willows, for to anoint the Nostrills, and Temples, is commended.

Altering Remedies for the Eyes.

For Eyes that are overcooled, with, or without any defluxions of thick matter, these things are convenient. Great Celondine, Eye-bright, Fennel, Garden Rue,

Vervain, whereof are made Decoctions and Electuaries for neceſſary internal uſes.

The uſe of wine altered with Eye-bright is approved.

Fomentations to uſe outwardly are made of the ſaid Decoctions, to which Pimpernel may be well added, and Fenugreek well waſhed, alſo a little Saffron and *Aquavitæ*.

So a Fomentation of Sea water is good with a little Saffron in it.

This following Collyrium is ſingular to ſtrengthen the Eyes, and to diſcuſſe all clouds and ſuffuſions confirmed, alſo for all cold defluxions, what affection ſoever they have brought upon the Eyes.

Take Malligo Wine three pound, Wheat corns and Fennel ſeed, of each half a handfull, choice Cinnamon bruiſed two drams, Cloves beaten four ſcruples, Leaves of Rue and tops of Bays half a Pugil; make infuſion for a Natural day, then boyl them at a very ſoft fire till a fift part be conſumed, ſtrain it out, adde two drams of Tutty prepared; mingle them, and when you would uſe it, ſhake the Decoction and trouble it; if it be provided for a Cloud and a Pin and Web, ſet it up in a braſen veſſel, otherwiſe keep it in a Glaſſe for your uſe.

For

For Eyes overheat, Cephalick remedies for internal uses are convenient.

For outward uses a Fomentation, and frequent dropping in of warm Milk is good, wherein Frankinsence set on fire is quenched.

If the flux be very sharp add the fourth part of the white of an Egg.

When the pain is urgent and the defluxion very sharp, put in a little of the emulsion of white Poppie seed, made of the same milk.

Also make a Cataplasm of a sweet Apple boyled in Milk and bruised, which will surely help.

So Fomentations of warm river water in which Frankinsence hath been quenched sometimes, are good.

Arthritick Remedies.

For the Joynts that are over cooled, these are convenient. Chamæpytis or ground Pine, Juniper-wood and Berries, Helichryson, Mastich-wood, all kinde of Rozins, chiefly of Turpentine, Sage, and the root of pricking Bindweed.

Amongst compound Medicaments two are excellent: the first is the use of Turpentine for about fifteen daies, mingled with Groundpine and made up into Bolus. Thus,

Take

Take *Ground pine two drams, Turpentine two drams.* Mingle these, and make a *Bolus* to take at once.

If the Body be over moist, it will do well to mingle with them half a scruple of Troches of Vipers, or some of the Pouders of Vipers described; these *Boles* are given alone, or about half an hour before the taking of some convenient Decoction.

Another *Decoction* is made of the wood of the Mastick Tree, to be taken for many dayes, with a slender Diet, as necessity shall require. As for Example,

Take *Mastick wood two ounces, Juniper or Misleto of the Oke, one ounce, Fountain water six pound.* Cut the Ingredients and infuse them for a natural day: then adde *Leaves of Bettony, Herb Joy, Rosemary of each one handful.* Boyl them at a soft fire till a third part be consumed, then strain it, the Dose is seven ounces at a time.

Outwardly are convenient, *Baths* and mud of hot *Baths*, of *Brimstone* and *Alum.*

Also *Fomentations* of the best red Wine altered with Herb Ivy, Dwarf-Elder, Rosemary, Tobacco, and the leaves of Mirtils, adding a little *Salt* and Alum.

Anointings also with *Fox* Grease.

Then

Then to ſtrengthen the Joynts, the Mother of the Wine being hot, and rubbing of them with old Oyl and a fourth part of Salt is approved.

The Turks with good ſucceſſe do burn their Joynts, but it is with a gentle fire not too troubleſome, for they dip a Linnen Cloath in *Aquavitæ*, which they ſet on fire and lay it to the Joynt, and ſo extinguiſh it.

It is approved, that the pains of the Joynts though they be old, are either cured altogether by the uſe of the following *Aquavitæ*, or elſe are made far more gentle and leſſe frequent.

Take *the tops and flowers of Roſemary two parts*, Aqua vitæ *rectified three parts*. Make infuſion in a Veſſel very well ſtopt for fifty hours; then diſtil it in *Balneo*, the Veſſels being faſt luted on all ſides. Take one dram of this Water, or one ſpoonful once every week, and every morning waſh your face with it and the Joynt affected.

For the Joynts that are over hot theſe are convenient inwardly; Mens Bones burnt, mingled with other coolers, to about one dram.

Alſo the Decoction of the Wood of Maſtick tree, with Roſes and Mirtil leaves added to it.

Out-

Outwardly, *Posca* is good, chiefly with Rose-vineger and rain water Steeled, or with Smiths water, altered with Roses, Vine leaves, and Mirtils; to which with profit may be added to discuss the Humor, a part of the stone Prunella.

For to anoint, the Oyl of Roses, Mirtils and of Frogs is usefull.

Also remedies are presently made by Decoction, of the same Ingredients.

Such a Liniment will be very profitable to asswage pain proceeding from a hot and sharp defluxion.

Take *Oyl of Roses and Mirtils of each one ounce, the Mucilage of the seed of Quinses, Flea-seed and Mallows, of each two drams, Wax washed often in Fountain water, half an ounce*: mingle them, and make a Liniment.

Remedies for the Nerves.

For the Nerves over cooled, especially these are profitable, Germander, Castoreum, the brain of a Hare rosted, lesser Centory, root of St. Johns-wort, Lavender, Mirrh, Pine Kernels, Dog Fennel, Primrose, Italian Spik, Sage, and Pitch-smelling-Trefoly.

Of these things, some are compounded most effectual; but especially a Decoction, such

ſuch as is, that deſcribed for the Joynts, adding to it Germander, and Primroſes.

Alſo a Bolus of Turpentine, with about one dram of the roaſted brains of a Hare, and about one ſcruple of Caſtoreum.

Outwardly theſe have ſingular uſe; Baths and Mud of hot Baths, that are Bitumenous and of brimſtone.

Alſo Fomentations of ſtrong Wine altered with the ſaid Herbs, adding a little *Aqua vitæ.*

For Oyntments, Oyls are made of the Decoctions of the ſaid Herbs, wherein ſome quantity of Earth-worms waſhed in white Wine, hath been boiled.

Two ſingular Liniments are made for the cold affects of the ſinews, whereof the one is excellent for the Cramp that comes of Repletion, the other for the Palſey, aſtoniſhment and trembling.

The firſt is made of Stellions. Thus,

Take *Stellions*, five in number, or in the room of them green Lizards: infuſe them alive in *Oyl of Chamomel, eight ounces*, and when they are dead, let them boil in it, till their fleſh be conſumed, then preſſe all out, to which add the third part of the dripping of a roaſted Gooſe, that was filled with Frankinſence, Lard, Mirrh, and a little Saffron.

Another

Another is provided of Goose grease, thus;

Take *Leaves of Germander, Herb Ivy, Sage, Primrose, Lavender, St. Johns-wort, of each one handful, grains of Juniper half an ounce, Mirrh and Frankinsence of each three drams, Castoreum one dram and an half, Saffron half a dram.* Moisten the Herbs with *Aqua vitæ*, then bruise them, and with all these make a stuffing to stuff the Goose full withall, and stick her with small sticks of Cinnamon, then rost her on a Spit: gather the dripping up, and when no more will drop, cut up the Goose, and boil her in white Wine for an hour, take off all the fat that swims on the top, and mingle with the former dripping.

Some ascribe so much to Oyl of Earth worms washed in strong Wine and then distilled in the Sand; that they affirm a Palsey may be cured by this only.

To Sinews that are over heat the same things are convenient that were set down for the Joynts, except only burnt bones.

Remedies for the parts of Breathing.

These remedies, both hot and cold, which bring forth the matter that sticks in the passages of Respiration, were set down in the Catalogue of those things that Evacuate

cuate the breast by spittle: for the same may be fitted to correst the distempers of the Lungs, but besides those, some things are peculiarly good to heat and dry the breast.

The waters of hot Baths that proceed from brimstone, drunk.

Some Figs steeped in *Aqua vitæ*, untill they swel, eaten when the stomach is empty, and as one goes to bed.

The Decoction of *Enula Campana*, Colts foot, Hysop, Hore-hound, Lung-wort, Savory, Time.

The Decoction will be the better, if it be made with an old Cock that is stuffed with these Herbs: also full sweet Metheglin will be altered with the same very fitly for ordinary drink, or else make an Oxymel with them, and take two ounces every morning.

Also sweet Wine is excellent, if it be altered with Hysop or Time.

But the use of Brimstone exceeds them all, and of Turpentine, or some kinde of Rosin, but chiefly of the Larch or the Fir Tree.

Give daily, one dram of Brimstone, but especially that which is prepared, and brought into fine Pouder taken in a rear Egg.

Rosin

Rosin is given to two drams, which is better if it be drank hot, dissolved in two ounces of Oxymel.

Outwardly are convenient, Brimstony Baths, and to stay long about such Baths of Brimstone, in an Aire that is full of hot vapours, and that have a drying force.

Or lay Cataplasms to the breast, of Meal of Fenugreek, Melilot, Pouder of Hysop, Calamint, and some Brimstone mingled with Honey, and with white Wine and Lin-seed Oyl in a just quantity.

To a Breast that is over-heat; these do good, besides what was set down before, to expectorate salt flegm, to drink Mineral Waters that proceed from Copper and Vitriol, as also from Iron and Steel.

Use of Milk, unlesse some Distillation hinder, and the Decoction either of red Sanders, or Rose wood, especially of the Root, to be drank for many dayes with a thin dyet enclining to cold, chiefly of Barley, and the four great cold seeds.

The Decoction may be of this fashion.

Take *red Sanders, or Rose wood cut smal, five ounces, roots of Succory and Barley, of each half an ounce, Fountain water Steeled two pound*: make infusion fifteen hours, then let them boil till half be consumed, strain them to drink at twice.

By

By the use of this Decoction; hot bodies that are subject to a Consumption may be preserved from it, as also from spitting of blood that is like to follow.

Also the frequent use of Conserve of Roses at going to bed is commended, as also taken in the morning on an empty stomach, especially if some drops of tart spirits of Brimstone be put to it.

For outward cooling, it is sufficient to anoint with Oyl or Unguent, made of Violets.

Cordials.

There are many Cordials to be made of the Antidotes that are prescribed against poysons that are taken, but all that I propounded were only preservatives against malignant Feavers and the Plague; but besides these, there are some that are convenient for the heart that is over cooled, as Spices of all sorts, Pills of Oranges, sweet Angelica, Mary-golds, mountain Calamint, Clove-gelli-flowers, the Herb Cardiaca, Herb Bennet, Lillies of the Valleys, ground Ivy, Lavender, Balm, Mints, all sorts of Bazil, root of Butter Burr, Rosemary, Spik of *France* and *Italy*, Mead sweet.

Of these, Syrups may be made, Decoctions, Electuaries, also Pouders, and Spices to be strew'd on meats.

The

The beſt for this purpoſe are the Compounds ſet down before, for Poyſons taken, and ſuch as are bred in the Body and bring a malignant Feaver.

Alſo hot Remedies to refreſh the ſpirits that I alſo propounded.

So there may be a Phyſical Wine provided which is of it ſelf a great friend to the heart, for example.

Take *Herbs, Mount Calamint*, Carduus Sanctus, *Scordium, Goats Rue, Lavender, Balm, Roſemary, of each one handfull, roots of Avens, white Dictamni, Maiſter-wort, Orange Pills, of each one ounce, Mirrh, Cinnamon, Cloves, of each half an ounce, Saffron one dram.* Beat them apart into Pouder, then put them into an Hippocras bag, and pour on the Pouder, the moſt pleaſant white Wine ſix pound, five or ſix times: of this Wine you may give about two ounces at once; if you pour on *Aqua vitæ* ſo, the Remedy will be more effectual, and the Doſe will be to one ſpoonfull.

For outward Remedies, prepare bags of the ſaid Herbs, and ſpices, to be worn on the Region of the Heart.

Alſo Fomentations of ſpiced Wines altered with the ſame things, alwayes adding ſome Saffron to make them penetrate the more.

Laſtly,

Lastly, Unctions may be made with Oyls made of the Decoctions of the same simples, or spiced Oyls made the same way, and you shall find this in the Title of those things that refresh the spirits.

For the Heart overheat, those things are convenient that are more temperate, that were set down against *M*alignant Feavers, and besides those, Ivory, flowers of Willows, *M*other of Pearl prepared, *M*irtils, Water Lillies, the bone of a Stags-heart, sweet Apples, Roses, Sanders, Violets.

Of these you have some Compounds amongst the Antidotes against Pestilent Feavers.

Also the use of Conserves of Violets or Roses will be most profitable, with one scruple of the Salt of the Mother of Pearls for one Dose.

The Salt is thus made, dissolve the Mother of Pearl burnt, in hot water of *B*orrage; adding a part of Rose Vineger, then distill them by filtring, and lastly Coagulate them, making away all the moisture by Evaporating it.

Externally Epithems are made of the water of flowers of Willows, Roses, water Lillies, adding the Juyce of Citrons or Lemmons, or Rose Vineger to make them penetrate, and if Camphire can be

had

had readily, put in four or five grains of it. In ſtead of Water you may take the *Decoctions* of Borrage, *Biſtort*, Blew-bottles, Water Lillies and Violets with the ſame Juyce, with Roſe Vineger.

Stomach Remedies.

The chief heating Stomach Remedies, and eaſieſt to be got are, all ſorts of Wormwood, but eſpecially the common, and the *Sea* wormwood, the Pills of Oranges and Citrons and the ſeeds, bitter Almonds, Gentian the leſſe, Mints, Origanum, Roſemary, and all Spices, amongſt which the beſt are Zedoary, Ginger, Galangal, and Pepper.

Of Compounds, eaſie to procure, wormwood Wine and Oxymel of Wormwood are approved.

Aqua vitæ altered by ſteeping Wormwood in it that was dried in the ſhade, adding ſome Spices if you pleaſe.

The beſt Wine (ſuch as may be made, being poured through *Spices*, ſweet Seeds, or the foreſaid ſimples bruiſed) to be taken the quantity of two drams for many dayes, faſting; with one or two grains of Pepper groſely beaten.

Alſo it is good to drink the Water of hot Baths that come from Brimſtone; ſuch

an

an Oxymel is most profitable, if you give every day one spoonful, or some other.

Take *Herbs, Wormwood, Calamint, Rosemary, Mints, of each one handful, Pills of Oranges or Citrons, one ounce, Seeds of Annis and cinnamon, of each one dram, Honey, one pound, the best white Wine, half a pound.* Boyl all at a soft fire till the Honey be well clarified: to the strained Liquor, add the best Vineger half a pound, Boyl them to a Syrup; when it is cold, cast in Ginger finely poudered two drams.

Also it is singular good to take every day in a rear Egg about one dram of Mastich in Pouder, with a little Ginger of Zedoary.

Outwardly, it is profitable to drop down the Water of Baths of Brimstone, which, when those waters are wanting, may be prepared of Wine, especially the best red Wine that is altered with the said Herbs; of which also may be made Fomentations.

The common people use to make excellent Fomentations of common wormwood, Mints, Origanum, Calamint, Lavender, of each one handful, tops of Rosemary, half a handful, common Oyl and spiced Wine, of each one pound, let them boyl at a soft fire till the moisture be consumed, presse

them out, and ſtrain them, ſo keep them for uſe.

For the Stomach over heat theſe are good, the Juyce of Oranges, ſoure Grapes, Barberies, ſharp Cherries, the fruit of Cornus, Quinſes, the Juyce of ſoure Pomegranates, the flowers of the wild Vine, Hypociſtis, ſharp Apples, unripe Mulberries, ſharp Pears, wild Plums, and the Juyce of them, baſtard Corinths, Roſes, Services, the Juyce of Rhus or Somach, Sorrel, Trifoly, Gooſeberries, ſharp wine wel mingled with water.

You may give the Juyce or Decoctions of the ſaid fruit and Herbs, with an Emulſion of the four great cold ſeeds.

Alſo it is very convenient to give Aſſes or Goats Milk tempered with about a ſixt part of ſome of the ſaid Juyces, leaſt it change into a burnt ſmell.

Moreover, to drink of Bath waters that proceed from Copper, or Vitriol, or Iron, is well approved; ſuch waters as are in *Italy*, are called *Chalderianæ*, *Lucenſes*, *Niceranæ*, and the *Bleſſed Virgin in Mount Ortho.*

Outwardly, Fomentations may be uſed, and Epithems, or the Decoction of Roſes, Myrtles, flowers of wild Pomegranates, Quinces, Pomegranate Rinds, Hypociſtis, the

the wild Vine, adding to them some Rose vineger.

A most profitable Plaister may be made of the pulp of a Quince, boyled in Rain water or steeled water, sprinkled with a little pouder of Mastich and red Roses. In stead of Quinces, you may take sharp Apples.

Oyntments may be made of Oyl boiled with the said Herbs, till the moisture be consumed, alwayes adding a little Wax, washed sometimes in *Posca*, that the force of the remedy may stick the longer to the place affected.

For a dried Stomach, where there is want of inbred heat, nothing is better than milk taken for many dayes, about five or six hours before meat. You must take it by degrees from four ounces to six ounces or thereabouts, new milked, and with about a fourth part of Honey that it Wax not soure.

Outwardly, Fomentations are good made chiefly of Oyls, that are not very hot or else received into moist Wool.

Also Pications are useful, made with Pitch melted with a little Oyl of Wormwood, and laid upon the part until it wax a little red; in the mean time the Stomach must be cherished with a young Pup-

py, or your own hand, or a young Maid lying upon it all the night.

Remedies that alter the Inteſtines.

The ſame Remedies almoſt are good for the Intrals, as are for the Stomach, by reaſon of the Affinity of Parts, and Propriety of their Subſtance.

But for the Inteſtines over cooled, as it falls out often in the Collick, eſpecially theſe do profit: Cummin ſeed, Bayberries, Rue, and the Pills of Oranges; the Pouder of them may be given to one dram in ſpiced Wine, or an Emulſion of the ſeed of Citrons or Oranges.

The moſt commendable is, Wine that is made Phyſical with the long ſteeping of Orange Pills, both to cure the pains of the Collick, and to preſerve one from it, if it be dayly uſed.

Theariaca Diateſſaron, is excellent for the ſame, as it is deſcribed amongſt the Antidotes; one dram of it given alone, or with ſpiced Wine.

The ſame things may be given in Clyſters, in any of theſe forms; to which you may very well add Oyl of Nuts, the Decoction of Coloquintida, and Turpentine, or Rozin of the Fir-tree, or Larch-tree, diſſolved in Oyl.

As

As for Example:

Take *the Decoction of Chamomel, Bay-leaves, Coloquintida bound up in a skin, one pound: Oyl of Bays, or Oyl of Nuts, three ounces: Crude Honey, and Turpentine, of each two drams: common Salt, two drams*: mingle them for a Clyster.

Outwardly, Unctions of Oyl of Bays, and Rue, are principall good; as also the mud of Baths from brimstone.

For the Intestines over heat, these things are profitable: All things that cool the Stomach, and the Liver; but the chiefare Bath-waters proceeding of Copper, and Vitriol, and Iron, drank with an empty stomach.

Milk added to Clysters, and often bathing the middle *Abdomen* with *Posca*, that is something cold; with which Remedies the pains of the Intestines proceeding from thin, and most sharp choller, are easily and soon abated.

For the Liver over cooled, these are convenient; Wormwood, Agrimony, Germander, all the Gentians, Lavender, the wood and berries of Juniper, Poley, French Spike, and Italian Spike, to which add Spices, and the hotter Diureticks.

Amongst Compounds, strong Wines are most approved, made Physical with worm-

wood, and ſpices, ſuch as were ſet down for the ſtomach.

Alſo the *Decoction* of Juniper wood is excellent, adding the tops of wormwood, which will be more pleaſant if you add a quantity of clarified Honey, chiefly if it be boiled with the beſt Wine to the conſiſtence of a Syrup; for by this means, divers Decoctions may be made of hot Diureticks and Spices, alwayes adding wormwood to them.

Outwardly, Fomentations will be good, made of ſpiced Wine, altered with the foreſaid Ingredients.

Alſo the mud of Baths that come from brimſtone.

Ointments are made with Oils compounded of the ſame Simples by Decoction, ſuch as were deſcribed for the ſtomach.

Laſtly, little bags made of the ſame things put into a fine cloth, and worn upon the Region of the Liver.

But for the Liver over heat, theſe are the beſt amongſt Simples: Sorrel, Succory, the pulp and ſeeds of Gourds, Citruls, Endive, Liver-wort, Hawkweed, Barley, all ſorts of Docks, Lettice, Milk (if there be no obſtructions, nor a Feaver) chiefly that which is ſour; pulp and ſeeds of Apples, Purſlain, wild Endive, Sow-thiſtle, Dandelyon

lyon, Sorrel, Trefoyl, whey of milk alone, or with an Emulsion of the four great cold seeds.

Decoctions are made of Herbs in water or broth, or the Juyces are pressed out, which are kept till winter, both clarified and thickened: they are mingled from one ounce to two, with broth in winter time; but these from one or two drams, are either mingled, or made up into Bolus, or else are dissolved in some Liquor.

Also Herbs are eaten, boiled after the manner of Pot-herbs, in water, or flesh-broth.

A Ptisan is made of Barley, which is made the more pleasant, made white with the seed of Melones or Gourds: the use whereof is good also in a Panatella.

To all these, Natural Mineral waters may be added that proceed from Copper, Vitriol, or Iron, that were mentioned to temper the heat of the stomach; for there is nothing better to cool the Liver than the orderly drinking of these waters.

Outwardly Epithems are convenient, of Juyces, and the Decoctions, especially of Cichory, and Sow-thistle, with an eight part of Rose-vineger, or common Vineger, in which a little wormwood and Roses have boiled.

Also

Alſo an Oyl to anoint with, may be prepared of Violets and Roes, which would be more effectual, made with the Decoction of the Herbs mentioned, with common Oyl till the moiſture be conſumed.

But a bath of ſweet water is better than any Remedy, uſed for the whole body after due Evacuations, unleſſe a Feaver hinder.

For the Spleen over cooled, theſe are proper Remedies; ſeed of Agnus Caſtus, borrage, bugloſſe, roots and rinds of Cappars, ſtone-fern, Dodder, root of Fern, ſeed and bark of Aſh-tree, Fumitory, the ripe berries of Ivy of the wal, Harts-tongue, the flower and root of Hops, root of water fern, Tamarisk, Time, Teucrium. The Pouder of theſe may be drank to one dram for forty dayes in wormwood Wine, or ſteeled Wine, or Smiths water.

Of theſe may be made Decoctions ſuddenly, Phyſick wines, and Electuaries.

The Decoctions of Aſh-wood are excellent, and Tamarisk, Mountain Teucrium, and Germander, eſpecially made with water wherein new ſteel hath been quenched, or with Smiths water clarified.

Some make theſe Decoctions with Vineger, but chiefly wherein Raiſins have been, ſteeped, to diminiſh the Spleen that is grown too great: if Vineger of Squils be

at

at hand, it were good to mix it with the Decoctions, to half a spoonfull.

Wines are prepared by the infusion of the same Herbs, and they will be better if you add steel that is prepared with Brimstone, which preparation may be made suddenly, as for example.

Take *leaves of Germander, Dodder, wall Fern, Fumitory, Buglos, of each one handful, seeds of Ash, berries of Ivy of the Wall, of each two drams, Time and Wormwood of each one pugil, Steel prepared one ounce, the best white Wine three pound.* Make infusion in the Sun or some hot place for eight dayes stirring the matter alwayes once and again, then strain the Wine and take every day four ounces, fourhours before meat, and before ordinary exercise.

Electuaries may be made of the same herbs, adding prepared Steel to them, or Ammoniacum, and four times so much clarified Honey.

Some there are that ascribe a wonderful effect to Ivy berries poudered and mingled with honey to an Electuary, or drank in Wine or Broth of Chich Pease to one dram for forty dayes.

Outwardly are convenient, Fomentations of the Decoctions of Emollient herbs, adding thereto the roots of Briony and

Sow-

Sowbread, Ivy leaves, and Tobacco, dwarf-Elder, and wormwood to corroborate the parts, with ſome quantity of white Wine and Vineger, in the end of the *Decoction* to make the better penetration.

The Fume of this *Decoction* received is good, by quenching in it a piece of a fire-ſtone, or a mil-ſtone.

Alſo Fomentations made of Hemp Yarn boiled in a ſtrong Lixivium, and being laid hot and moiſt to the part, are exceeding profitable.

Alſo the mud of Bitumenous *Baths* uſed for fiften or twenty dayes, is commended.

After Fomentations, let the parts be anointed with oyls made ſuddenly, by boiling together, or elſe apart, Sowbread, *Briony*, Cappars, flowers of Broom, Tobacco, Ivy leaves, Coloquintida in common Oyl with white Wine and Vineger, till the moiſture be conſumed, adding ſome wormwood, or bitter Almonds to preſerve the ſtrength of the part.

After convenient uſe of Fomentations and Ointments, apply a Cerate to the part, as that which is uſual, made of Ammoniacum diſſolved in Vineger of Squils, or provide ſomething of the ſame faculty, of the pouders of the ſaid Simples, adding ſome little of the foreſaid Oyl, to a ſufficient

quantity

quantity of the Pine-tree Rozin, or white Pitch, and new Wax.

Also Bee-glew is commended that is yet swelling with Honey, bruised by it self to the form of a Plaister, adding a little Mastich to help the strength of the part.

To this place appertains a little bag that is stuffed with equal parts of wild Cucumer, pulp of Coloquintida and wormwood laid to the Spleen.

These cool the Spleen that is over hot, the same that were propounded for the Liver; but there must be some temperate Attenuatives added to them, by reason of the thick Juyce the Spleen is nourished with.

Such are, Strawberries, Maidenhair, Hops, Sparagus, Trichomanes, Vineger, Smiths water clarified; with which Decoctions are altered, Fomentations and Epithems, not forgetting to add some wormwood to outward Remedies, to strengthen the part.

The same things belong to the Reins and the Bladder, by reason of the community of their office, and nearness of the parts

Therefore, for these overcooled, all those hot Diureticks laid down in their proper place, are profitable.

Also Betony, Chamomel, the root of long Cyperous, added to the Decoctions and Electuaries.

But

But these are judged to be better to heat the Urinary passages; water Baths that proceed from Brimstone, drank for many dayes together fasting, to some pound weights; putting in some small quantity of Annis seed or Fennel or the like Diuretick in pouder, for the first Cup, or some Rosin of the Larch or Firr-tree, to about two drams, taken in Bolus, either by it self, or with some little pouder of some of the hotter Diureticks.

Also white Wine of the best, altered with some of the hotter Diureticks is most convenient for this businesse.

Outwardly to sit in waters of Baths, that proceed from sulphur is an approved Remedy.

Fomentations of the Decoction of hot Diureticks, with hot white Wine.

Ointments with Oyl of Bays, or some such like, prepared presently; you have an example of it amongst the Diureticks.

Cataplasms are commended, made of Onions and Garlick boiled with white Wine, and bruised, and laid on by themselves, or sprinkled with the Pouder of Cummin seed or the like.

Clysters made with the foresaid Oyl are often to be given hot, and with Wine altered with Chamomel, Bay leaves, Penniroyal,

wild

wild Time, and such like heaters that cause Urin.

Add to all these strong Motion, by riding, running, walking; whereby the Region of the Loins is heated.

But for the Reins over-heat, these things profit inwardly; Decoctions of the fruit of Alkekengi, Marsh-mallows, Sorrel, Barley, Lettice, Mallows, water Lillies, Purslain, Grasse, roots of Sowthistles, with the Emulsions of the four great cold seeds, or the Juyce of Lemmons.

Moreover clarified Whey, with the Emulsion of the four cold seeds.

Also steeled Milk unlesse some obruction of the Reins hinder it.

Drinking of sharp Mineral waters of Copper, Vitriol or Iron, such are in *Italy*, the *Lucenses*, *Noceranæ*, *Chalderianæ*, and at *Padua*, of the blessed Virgin.

Also to eat Strawberries, Lemmons, Melons, Citruls, Gourds, Barley, Lettice.

Outwardly, doth profit, a Bath to sit in of sweet waters, chiefly altered with Violets, Pellitory of the wall, Lettice, Mallows, the Decoctions whereof are also profitably given in Clysters.

In the place of Baths, Epithems are good of warm Milk, either alone, or with the Decoction of Mallows, or of the foresaid

Herbs

Hearbs, adding Juyce of Lemmons to them to make them penetrate.

When heat is urgent; add the Leaves of Housleek, Garden night-shade, and Alkekengi, and sometime of white Henbane to the Decoction.

The most effectual is the Juyce pressed out of the inward scrapings of the gourd, either alone, or laid one with other things.

Also sudden Oyntments may be prepared of Oyls, wherein are boyled the flowers or leaves of water Lillies, blew Violets, Damask Roses, green Frogs.

Upon Urgent necessity, (which falls out in an exquisite Diabetes) the seeds of white Poppy, and white Henbane, out of which also Oyls are made by expression, very effectual for the purpose.

Apply to the Reins, and the parts about, fresh leaves of water Lillies, when the party goeth to bed, and let him wear in the day time, in the place of them, a thin plate of Lead, or simple Cerate, made of Yellow Wax, often washed in Rose-water, or the said Decoctions and Oyls, which must be often taken off, least growing hot by the Cloaths upon it, it may foster the heat of the Reins.

Rene-

Remedies for the Matrix.

No cold things of themselves are kindly to the Matrix (because it is the place of generation) yet if it shall stand in need of them, when it is over heat, they are necessary for to help it, which are set down to help the Reins and the Liver; onely with this Caution that to outward Remedies, some things must be added that cherish the natural heat of it, and foster its peculiar property.

But when it is over-cooled, these principally are convenient; amongst common things, Mugwort, Angelica, Calamint, the Root of long Cyprus, Daucus, white Dictamnie, Nip, Leaves and Berries of Bays, Lavender, Fethersew, Marjoram, Balm, Garden Mints, and wild Mints, and Greek Mints, Origanum, Poly, Pennyroyal, Rosemary, Rue, Savory, Sage, wild Time, French and Italian Spik, sweet Tansey, Time, and all Spices, amongst which the best are Cinnamon, Saffron, Galinga, Mirrh, Mace and Nutmeg.

The

The Pouder of these may be given, to one dram in spiced Wine or Broth, or else Electuaries may be made of them, adding thrice as much of clarified Honey.

To this end serve all kind of Aromatical Spices, that may be had at cheap Rates, of which take one drahm in Wine.

But Decoctions and Physicall Wines are preferred before other Medicaments, because by reason of their moisture they can more easily be conveyed to the Matrix.

The best Decoctions are made of Pidgeon Broth, the Belly of the Pidgeon being stuft with the said simples, as for Example.

Take *Herbs, Calamint, Penniroyal, Balm, Mints; of each one handfull, tops of Rosemary and Lavender, of each one pugil, Bay-berries, Nutmeg and Galanga, of each one dram.* Cut the Herbs and bruise the rest grosly, and put them together within the belly of a Pidgeon; then boyl them in water sufficient at a very soft fire, untill the flesh be perfectly boyled; then presse all out strongly, and strain it: give two ounces of it, or thereabouts,

abouts, daily for many dayes.

Physick Wines are made by the Infusion of the said Ingredients, or by their pouring the wine upon the said pouders put into a long bag.

Women use to provide Wines by Decoction, and that presently, but they are not so effectual, because the thinner parts are evaporated.

Also to drink the water of *Baths* from Brimstone seasonably, doth wonderfully maintain and correct the heat of the Matrix.

Outwardly do profit, Insessions, *Bath*-waters, from Brimstone, or Baths altered with the said Herbs, putting into the Matrix a hollow Pipe, that by that, the force of the Medicament may come to it.

The same Liquors, as also Physical Wines are conveniently used, conveied by injections to the secrets.

Also *Fumigations* of Spices and sweet Herbs are good.

Pessaries are commended, such as may be presently provided. Thus,

Take *the Pouder of Bayberries and Rue, of each ane dram, Mirrh half a dram, Juyce of Fetherfew or Peniroyal, or spiced Wine one ounce.* Mingle them, and with carded Wool or Cotton make a pessary. *Or,*

Take *the best Honey one ounce*, *Juyce of Mugwort half an ounce*. Boyl them to a fit consistence, then add Pouder of Galanga, or the Spices of vulgar Aromaticks one dram: mingle them for a pessary.

Also Fomentations must be applyed to the lower part of the Belly, with Spounges pressed out with Mineral waters, or of the Decoctions of the foresaid simples, chiefly in strong Wine.

But no Fomentation is better, than the mud of hot Baths applyed to that part for some dayes.

Anoint the same place with Oyl of Spik, Bays, Rue, and other things made of the Decoction of the said simples, as for example.

Take *Herbs Calamint, Marjoram, Fetherfew, Mints, Lavender, of each one handful, Bayberries and Galinga, of each two drams*. Pound what must be pounded, and infuse all in one pound and an half of common Oyl and half a pound of Spiced Wine for six hours, then boyl them at a soft fire till the moistore be consumed.

Some ascribe a peculiar vertue to strengthen the Matrix, to *Santoline*, which *Mathiolus* makes to be Fœmale Southernwood.

And these are the most common and ready

ready Remedies to alter, whereby the distemper of every part, and of the whole body may be corrected.

Remedies of Diseases in an ill Conformation.

Due Conformation, convenient Magnitude of the Similary parts, of which the Organ consists, do make the Constitution of the Organ; also convenient and fit number to which apt connexion is referred: therefore we shall Recite four chief heads of faulty composition, namely, a Disease in conformation, in Magnitude, in Number, in Scituation.

There are four ill accidents that befall Conformation: namely, in figure, the insensible passage, being open or shut, Cavity or sensible passage being enlarged or streightened, and the superficies being smooth or rough.

A Disease in figure hath no Remedies that are proper for it, but it is either cured with the help of Chirurgery, or with Medicaments that respect other Diseases, on which it dependeth. For it is made either by faulty Conformation in the womb, or violent motion in the birth, or the unskilful swathing by Midwives, or walking when the Legs are weak, disjoyntings, and

errours of the Chirurgion, in curing Fractures and Luxations, which want the help of Chyrurgery, but of those we do not speak in this place.

But the part brought again to its due Conformation is strengthened outwardly with Fomentations and Cerates, which are made of Astringents, but chiefly those that are hot, and shall be described very shortly.

Now if the figure be spoiled by too great *Repletions*, or extream in any Emptines, or by some inclinations of one part toward another, by reason of a Palsie or Convulsion, as it falls out when the Nerves or the Tendons are cut, or from some hard Cicatrice, or great swelling; it is cured by such Remedies as empty, strengthen the Nerves, soften hardnesse, of which we spake already, also with such as refresh the part that is too empty, and such as glew dissolved unity, of which afterwards.

Rarity, or the opening of the insensible passages which men call Porosities, which in great joy poured forth, and Diaphoreticall sweatings, is often the cause of death, it is cured by Coolers, Astringents, and Emplasticks, or such as draw up the pores.

Such things as are most obvious to be applyed outwardly; are the sprinkling with cold

cold water and so much the more if it be cooled with Snow, or Ice, or first altered with cold astringents, of which we wil speak afterwards.

Anointing of the body with Oyls that are actually cold, especially of unripe Olives or altered with cold astringents, as *Roses*, Quinces and the like.

Also the coldest Ayr is best, that with the cold of the Ayr, the pores may be contracted.

If these things suffice not, lay on burnt Gip with cold water, as a crust upon the Body.

If rarity possesse the part, as when by reason of rarity of the yard, the spirits cannot be conteined in the hollow Nerve, to cause strong erection, those Astringents that shall be by and by propounded must be applyed to the place affected, especially hot, because so they strengthen the more.

For the Density or astriction of those passages, if it proceed from any matter that is impacted, hot detergents are most convenient, and such as attenuate, which shall be propounded to take away obstructions that come from thick matter that is impacted.

If it proceed from cold and dryness, things that are moderately hot and that

attenuate without drying are needful, of which there is notable use to dispose the body to necessary sweating, and to make the body transpirable, which is procured to drive away the internal corruptions of Feavers, and to take off all *Cutaneous* spots.

Such are Baths of warm water, Fomentations of water and Oyl, or warm water, chiefly altered with Dill, Chamomell, Marsh-mallows, roots of white Lillies, Linseed, the flowers of common Jasmin, and wall-flowers, Boyled, till half be consumed.

Also Unction may be made with Oyl very hot, first rubbing the part softly, or let the body be gently rubbed with the Palm of the hand, dipt in the same Oyl, or some spiced white Wine, adding one half of the Decoction of Violets and Mallows, in common water, if there be a strong Feaver present.

Also the rubbing it self with soft Cloths taketh away the thickness of the skin, and cupping Glasses do it more effectually, with or without Scarification.

Also for the Amplitude, or Laxity and Dilatations of the Cavities or sensible passages, astringents are convenient, which do so much the more forcibly thicken them, as the passages are smaller. The

The matter of astringents is of very long extent, they may be reduced to three Ranks, where the choice of every one for use may be easely found.

Some do but a little bind, the use whereof principally is to corroborate the parts, and they do bridle excretions, which are not altogether unprofitable, yet by their quantity and continuance, they may weaken the strength.

Some do moderately bind, which have a principall force to repell all Fluxes from the parts that receive them, and to stay all Fluxes that are hurtful.

Lastly, some astringents do compact the parts that are loosened, and are to be used, when by the force of the defluction, and vehemency of Evacuation, there is imminent danger; as it falls out most commonly when the matter that flowes is very thin, and comes through passages that are very much loosened with the continuance of the defluxion.

In a cold cause let such Remedies be made choice of, that bind with heat, or without any manifest coldnesse.

But in a hot cause those things will help which work by cooling.

And of all kinds of astringents, these will be most easely provided for sudden Remedies.

Upon

Upon a cold cause these bind a little; all kinds of Wormwood, but especially sea Wormwood, Egrimony, Betony, Coleworts well boiled, Coriander seed, Cummin seed torrefied, the root of long English Galingal, the hulls of Beans, Mastich wood; and Leaves, garden Mints dryed, Mastick, Rice dryed, Rosemary, Sage, common Scabious, Frankinsence, Rosin of the Larch-tree or Firr-tree boiled hard, sharp Wine, or any other Wine steeled.

The dry Pouders of those are given inwardly by themselves in sharp Wine to one dram or thereabouts and something more.

Also Decoctions of Physick Wines, amongst which, the best is wormwood Wine, or made of Mastich wood, or Mastich, or Rosemary, or Sage.

Also ordinary drink is profitably altered with the seed of Coriander and Mastich, and the said pouders are strewed upon meat.

For an inveterate Gonorrhea without any heat of Urine, the said Rosins boiled in Rain water, or steeled water, taken for many dayes fasting, are profitable, and made into Pills to one dram, with one scruple of dryed Mints or the seed of Agnus Castus.

Also one scruple of the Pouder of Mastich taken for some dayes in a rear Egg four

hours

hours before dinner, will stay the same.

The same Pouder taken the same way, if you drink a draught of wormwood Wine after it stayes an Hepatick flux properly so called, and Old fluxes of the Belly, and vomiting also that proceeds from the weakness of the stomach.

Outwardly Ointments may be made of common Oyl of unripe Olives (they call it Omphacinum) or of Oyl of ripe Olives altered with Wormwood, dry Mints, Rosemary, or Mastick wood, or Mastick.

Or Liniments made presently, such as this following is.

Take *Mastick in Pouder one dram, common Oyl one ounce, Yellow Wax, what is sufficient*: mingle them and make a Liniment.

Little bags are made of Cummin seed torrefied, and Rice dryed at the fire.

Or moist Fomentations of sharp red Wine that is altered with the said Herbs.

Or a Cataplasm of the shells of Beans, dryed Rice, the Pouder of Wormwood, Oyl and sharp Wine.

Of Mastick and Frankinsence, Cerats are made, adding to them Oyl of Wormwood and Rosin of the Pine-tree with Yellow-Wax what is sufficient.

For long continuing defluxions of the

Eyes

Eys. It is good to wash the Eyes often with the best white Wine, in which Frankinsence set on fire, hath been thrice quenched, adding a third part of River water, if the defluxion be sharp.

These bind Moderately, Bean meal heated at the fire, eaten in meats, Chesnuts, Avens, black Knapweed, the green shells of Walnuts, Lintels well boiled and the Juyce, the roots of Water-fern.

Also the Pouder of the black Grape half ripe dryed in an Oven, taken one dram for many dayes in Wine that is a little sharp, is propounded by *Septalius*, as a great secret to cure an Hepatick flux, also it cureth the flux of Women, being taken in Aromatical Wine made Physical with Rosemary, Sage, or Mints.

For the hot affections of the Jaws, this doth profit singularly, the Decoction, or the Juyce of the green Rinds of Walnuts for a Gargarism, for which purpose a Syrup is made with Honey and the Juyce clarified.

The Juyce of Lintells well boiled, taken with a little of the Pouder of Galanga, or Nutmeg in the morning, four hours before meat, cureth vomitings and scourings that proceed from the weakness of the stomach.

Avens, and the root of water Fern boiled in red Wine, or beat into Pouder, is

singu-

singular good against the falling out of the Intestines and the Matrix.

Outwardly, Mill dust added to Plaisters is good against Pissing of blood.

Earth worms in Plaisters are good for the Nerves that are wounded.

Salt and roch Allum, put into Decoctions of red Wine, are for to corroborate the parts.

Baths of Allum and Gip, (such as are in the Mountain of Grattas in the field of Padua) are good to strengthen the Limbs that are distempered by long defluxions.

The mother of the wine hot, is commended to corroborate the Joynts.

The crum of bread tosted and sprinkled with strong Wine, and with the Pouder of wormwood or Mints is good to fortifie a weak stomach.

These bind strongly, great Sanicle, garden Dropwort, especially the root, all the Cranes Bills, especially Pidgeons Foot, Herb Robin, Mouse-ear.

The Decoction of these is given, or the Pouder to one dram.

Also the Pouder of a Spunge burnt is most effectual, and the inward skin of Chestnuts.

Of the Juyce of Herbs, and the Pouder of roots mingled, bread may be made, baked

ed ſo hard as Biſquet, which being beaten into Pouder may be mingled with meats, to be taken without loathing.

Outwardly Fomentations are prepared of the Decoctions of Herbs, with ſharp Wine, adding ſome Allum to them.

The Juyce of the fruit of Guajacum of Padua, when it is half ripe preſſed forth through a Linnen cloth, or received by a Spunge, ſtayeth the moſt deſperate flowing of the Hemorrhoids, therefore it may be thickned with Allum, and be kept for uſe.

Alſo Goats-dung beaten with Vineger and laid on, ſtops all fluxes of blood.

The leaves of common Nettles beatten till the Juyce come forth, and put into the Noſtrils like a Tent, ſtayeth bleeding at the Noſe be it never ſo violent.

But in a hot cauſe theſe bind a little; Rain water, ſteeled water, water of Mineralls of Iron, ſuch as is the water of Padua of the mountain, *Ortho*.

Vineger, Poſca, root of Succory, leaves of the Cypreſs tree, dryed Strawberry leaves, Barley torrefied, of which a Ptiſan may be made with ſteeled water, ſteeled Milk, tree Moſs, Mirtills, Purſlain, the Clot Burr, ſpotted Arſ-mart, Pear tree of the Orchards, ſour Prunes, the leaves of Sloes, Pondweed, the flowers of Roſes, eſpecially

the

the red, the Seed, Down, Cups and Root, the flowers and leaves of Willows, Housleek, Mullen, the leaves and Tendrells of Vines, Venus Navil.

Of these may be provided chiefly Decoctions, amongst which against inveterate defluxions, the Decoction of the roots of Roses in some of the foresaid waters is excellent.

Also this drink, by certain experience stayeth in one day every hot excrementious bloudy Flux of the belly.

Take *the Juyce of the greater Housleek and spotted Arsmart of each three ounces.* Boyl them to the consumption of a third part, and give it in drink.

Outwardly may be prepared Fomentations, Baths, Emplaisters, Epithems, and other forms of Medicaments, as need requires.

These bind moderately, the Juyce of Oranges, Citrons, Lemmons not ripe, wilding Leaves, leaves of wild Pomegranates, Barberries, Sheppards purse, the inward Rinds of Chestnuts, Cistus, Dog tree, and the fruit of it, the fruit of the Cypress tree green or not yet ripe, flower of the Sun, Acorns and their cups, Herbs-trinity, Hypocistis, the flowers of the wild Vine, the flowers of the purple water Willow,

all

all the Sea Lavenders, the common Blood-ſtone, four Pomegranates, Quinces, Pomegranate Rinds, Noſe-bleed, unripe Mulberries, leaves of the Olive tree, Adders tongue, Plantain, wild Pear tree, the fruit of the baſtard Corinths, the leaves of Brambles, unripe Mulberries, Sow-wort, Iron-wort, Yarrow, all Medicinal Earths, the Elm, Golden Rod, and all theſe almoſt may be found in moſt places.

The dry pouders of theſe may be given to one dram, in *Bolus*, or drink, or ſome convenient liquor.

Decoctions may be made of the Herbs, but the Juyces are more effectual, the Doſe whereof is from one ounce to two ounces.

Theſe are held for ſecrets to ſtop all fluxes of blood, the flowers of purple Looſe-ſtrife to one dram, given ſeveral times in ſharp red Wine.

Alſo this Syrup; Take *the Water of Knot Graſs, or Yarrow five ounces.* Let the Blood-ſtone be ſo long in this Liquor, till the Liquor be of a colour like Blood, then add to it the Syrup of Quinces or Pomegranates one ounce, mingle them for a drink; or in the place of a Syrup put a little Sugar, to make it Penetrate, and ſome Juyce of Lemons, or ſharp Pears, or

ſome

some other that is of a pleasant taste.

To stop the Laskes of the belly and vomiting, make a great hollow in a Quince, or some sour Garden fruit, (Apples of an Iron colour are best) and fill it with white Wax, put it into a Paper and roast it in the Embers, give, a piece or two of this strewed with the pouder of unripe Mulberries, a little before meat.

For to stay pissing of Blood.

Take *the Decoction of Golden-rod in Rain or steeled water, four ounces, the water of the whites of Eggs two ounces, Juyce of Lemmons two ounces.* Mingle this to drink.

For outward Remedies, Oyls are made suddenly of the Decoction of Quinces, Cypresse Nuts, and of the Pine-tree, and other Herbs, adding Posca to it: let them be boiled till the moisture be consumed; the use of these is for Oyntments or Unguents, with which, Litharge boiled in Vineger may well be mingled.

Epithems may be made with Posca and whites of Eggs.

Fomentations and Insessions of the Decoctions of Herbs.

Defensatives for wounds, are made of Bole-Armoniack, or any other Medicinable Earth, and the common Blood-stone; being mingled

mingled and ſtirred with the whites of Eggs to the conſiſtence of a Liniment: the Sediment of a Whet-ſtone affords matter for a Plaiſter to ſtay all fluxes.

Rulandus doth frequently extoll a Plaiſter of Potters Clay burnt, and boyled with Vineger, laid hot to the part, to ſtop Bloud that forcibly runs out of any part.

For the Stomach a Plaiſter is profitable, made of a Quince, boyled in ſoure Red Wine, or adding ſome crums of breed to it ſoftned in Vineger.

Theſe bind ſtrongly, amongſt the moſt common Remedies, Grape ſtones, the Kernells of the Pomegranate dried, the flowers of purple flower-gentle, the inward skin of Wood nuts, Chervil and the root, great Comfrey, middle Comfrey or the great Daiſey, Horſtail, Galls eſpecially unripe, Rupture-wort, the root of the yellow wild Flower-deluce, the true Bloud-ſtone, common Hares-foot, wild Apples, unripe Medlars, the rind of the root of Mulberries, Money-wort, Verjuyce, Juyce of Sloes, Knot-graſſe, the root and leaves of the Oak, the Bark that is between the tree and the outward Rind, unripe Services, Sumach, male Sanicle, dead Nettles, Bloudy-rod of *Mathiolus*, or female Dog-tree.

Of

Of these, some are peculiarly commended for some fluxes, though all of them may be used generally where there is need of great astriction.

For the overflowing of the Terms, these are accounted approved, the shel of the root of the Mulberry, the root of the dead Nettle, Grape stones, and Pomegranate Kernells, the Pouders of all these are given severally to one dram with red Wine or some Liquor that is fit for it.

For spitting of blood, the Blood-stone taken with sugar of Roses to one dram, or laid in astringent potions till it look like the colour of Blood, or put into a bag, and beat into very small Pouder, and so strain Wine often through it, or any other ordinary drink.

Against vomiting and any immoderate and inveterate fluxes of the Belly, these two Electuaries are the principle. The first,

Take *of the roots of yellow wild Flower-de-luce boiled in Rain water, and passed through a Hair-sive, two parts, old sugar of Roses one part.* Make an Electuary according to Art: the Dose is from half an ounce to one ounce. In the place of sugar of Roses let the Poor take half so much clarified Honey boiled in Rain water or steeled wa-

ter, wherein the youngeſt leaves of the Oak have boiled ſome time.

The other.

Take *the roots of great Comfrey boiled in the Decoction of the root of garden Dropwort, and paſſed through a Hair ſive, two parts, old ſugar of Roſes one part, or parts alike.* Mingle them, make an Electuary, the Doſe is the ſame with the former.

If it be provided for Hepatick fluxes, (and it doth very happily ſtay them) you muſt add a fourth part of Comfrey, wormwood, or a twelfth part of wormwood, Maſtick.

For the ſame purpoſe the Decoction of the root and young leaves of the Oak is excellent, made with red Wine, adding a little wormwood to it, if it be drank daily to two ounces or thereabout, five hours before meat.

Other Remedies may be made for other uſes, as every one pleaſeth.

Outwardly, Crude Gip is convenient, mingled with Cerats and Plaiſters.

Alſo Hogs dung, and Aſſes dung, either freſh, or elſe in Pouder: by either of theſe all immoderate fluxes of Blood are preſently ſtopt, if it be laid on with the white of an Egg, and blown in.

Guainerius ſaith, that he uſed Aſſes dung inwardly,

inwardly, and Syrup of sugar prepared with the moisture of the fresh dung pressed out; as a chief Remedy to stop immoderate fluxes of the Terms, and other extraordinary Eruptions of Bloud.

Oyl of the Dog-tree, and the root of the Oak made by descent, exceeds all the rest by an astringent faculty.

Moreover, of the Decoctions of Hearbs are made Fomentations and Baths.

Cataplasms are made of unripe fruits beaten with Posca, and moderately boyled.

Also an Unguent may be prepared suddenly; but the Unguent of Chestnuts, and Comitissa may supply the place thereof.

Take *unripe Galls, Cypresse, Nuts, the Kernels of Red Grapes, Pomegranate shells, the middle Rinds of Chestnuts, Mastick, of each half an ounce, Oyl of unripe Olives, or of Roses often washed in Allum Water, one pound, white Wax three ounce.* Let the dry ingredients be beat into pouder, and steeped in the Juyce of Sloes, or unripe Services, or Verjuyce, or the Juyce of astringent Herbs, and let them be dried at a soft fire; adding thereto before they wax hard, the Oyl and the Wax, mingling all gently by stirring it.

If you had rather have it for a Cerate:

take Rosin three ounces, and Wax five ounces, to the said quantity of Oyl and the Powders.

Streightnesse and closenesse of the Passages come to passe five ways: by obstruction, constipation, compression, cleaving together, and by sinking down: whence the Differences of Diseases in streightnesse are taken; which, as they differ by generation, and variety of their causes, so are they taken away by diverse remedies.

Obstruction is properly called so, that streightnesse of the Passages that comes from things that are contained within contrary to nature, not that are united and sticking to the passages; such are Vapors and Humors that abound too much, or that are too thick and clammy, also corruption, clots of Bloud, and Milk, Thorns, and little Bones that stay in the Throat and hinder the passage, Hare stones, worms, dregs that stick to the Intestines.

Corruption shut up in Imposthumes, is taken away by opening the Imposthume; which is done with Iron or actual fire, or by a potential Cautery; of which a little after.

That which sticks to Ulcers is taken away with Sarcoticks, of which we shall speak in the cure of Ulcers.

That

That which is poured forth into other Cavities, as into the sharp Artery, is taken away with such things as cut and cleanse, Clots of Bloud are to be dissolved by Remedies that are elswhere set down and are to be evacuated by purging the Belly, also by Urin, Spittle, for the situation of the part affected, by Purgations and Diureticks, and expectorating Medicaments set down before.

Also such remedies as dissolve clotted Milk and discusse it, are evident by those things that have been said.

Things that stick in the Gullet, if they can be seen, let them be drawn out with Iron Instruments; if they remove the least from their place, by Sternutation, Coughing, or vomit provoked by putting in the Finger, or a Feather into the Throat; also by drinking plentifully, or by swallowing down some solid Gobbet not much chewed, and lastly by swallowing down a spounge, first dipt in Rozin, that the thing may stick to it, and then drawn up again by a long threed tied to it.

If Hairs and other things that come from without, appear, they must be taken out with Chirurgions Instruments; if they be hid in the Stomach and Intestins, they are driven out by vomit or purging, as the sick is inclined.

Con-

Concerning ſuch things as Purge the Belly, and drive out the excrements, and further concerning Remedies againſt ſtones and worms, and ſuch as diſcuſſe abundant and groſſe vapours, we ſpake amongſt the Remedies that take away the cauſe of the Diſeaſe.

Obſtruction from fulneſſe, or abundance of Blood, is taken away by a thin dyet that is not of the beſt and much Juyce; by ſtrong exerciſe, and much rubbing, as by Medicaments that dry the whole Body, and by ſenſible Evacuations, namely opening the Veins, Scarifications, Cupping with ſcarifying, Leeches.

Bad Humors that are many, thick and clammy, by which frequently the Meſenterium, the Liver, Spleen, Matrix, Reins, and Veins and arteries of other parts are ſtopped, require Medicaments, firſt that are cutting, attenuating, and cleanſing, laſtly Purging.

Concerning Purging Medicaments, we ſpake abundantly at the beginning; thoſe are of another kind, that are ſet down for to prepare groſſe Humors, but becauſe theſe that unſtop the paſſages are of larger extent than ſuch as prepare the Humors, and there is a very frequent uſe of them in the cure of Feavers, Hypochondriacal

driacal Melancholy, the cure of the Spleen, Jaundice, the want of the Terms; it will be worth our pains to reckon them up more distinctly, and to set them down in three ranks, namely cold, temperate and hot, that so the choice of them may be the more easy.

Cold Remedies that unstop, are convenient in the more acute Feavers, parts that are hot, and obstructed by Humors thickned by adustion; amongst which the most Obvious are, Sorrel, Juyce of Citrons and Lemmons that are sufficiently ripe, Succory, Endive, Straw-berries, roots of Grasse, Liver-wort, Hawkweed, the roots of all the Docks, seeds of Melons, Pompions, Citruls, Cucumbers, Gourds, Sow-thistle, garden Endive, Dandelion, sour Trifoyl.

Of these, are made Decoctions with water or Broth, for Syrups, which will be the better, if you add an Emulsion of the four great cold seeds.

Whey of Milk clarified is effectual by it self, but it is made most effectual by adding an Emulsion of the said seeds, or if it be altered with opening Herbs.

The clarified Juyce of Herbs is mingled with Broth for a present Syrup, to two or three ounces, the greatest use of the Juyce of Citrons or Lemmons is in meats and

Medica-

Medicaments, as alſo of the Emulſions of the ſeeds of Melons and Gourds, as alſo thoſe more Liquid Panadoes, and Ptiſans of Barley, as they are commonly called.

For ordinary drink, the Decoction of four Trifoyl is pleaſant enough, of Sorrel, Strawberries, and Graſſe, which may be made more ſharp, adding a quantity of the Juyce of Citrons or Lemmons.

But this is the thing that is moſt neceſſary, which four roots perform, to deceive the ſick withall, that one ſtill calling for drink, that they make the water ſharp, and it may be made of the colour of red Wine.

Thoſe that are moſt temperate, wherein there is no notable exceſſe of heat or cold that can be obſerved, are moſt convenient for Chronical Feavers, from the aduſtion of Humors which is grown cold: alſo for Melancholick Diſeaſes, namely for Hypochondriacal Melancholy, and ſuch as are grown hard: amongſt ſimples, ſuch are, Maiden Hair, waters of four Mineralls, Hops, Liquoris, Trichomanes, five leave Graſſe, all which are added to the Decoctions of the other cold Ingredients.

Many more Compounds may be made for every mans deſire: for cold things mingled with thoſe that are equally hot in the ſame proportion, do make temperate.

For

For this end, ſometime clarified Whey is altered, with Egrimony, roots of Aſarum, Dodder, with a little wormwood, than which, there is nothing more profitable for the affects and diſeaſes of Melancholy.

The ſame way may be given the Juyce of Succory thickned with the Juyce of Agrimony, and a little prepared ſteel to be taken in Bolus before any opening Decoction.

Alſo Honey and ſugar added to the Juyces and opening Decoctions of cold things, make temperate Remedies.

For this purpoſe eſpecially two common Syrups do ſerve, that are eaſy to be prepared, namely Oxymel Simplex, and ſimple Syrup of Vineger, which conſiſt of one part of Vineger, two parts of Honey or Sugar, and one fourth part of water.

But the three following Remedies of this rank are the beſt, and eaſy to be made.

Firſt Smiths water clarified for ordinary drink, with water is made a weaker Mulſum, adding half as much of Honey or Sugar.

The ſecond, one ſcruple of Cremor Tartar to one dram, added to opening Broths.

Thirdly: prepared ſteel, without which, Schirrous hardneſſe, and obſtinate obſtructions will hardly be removed.

The

The use of these is manifold, and so is the preparation: the most easie and the soonest made, and the best, is this.

Let steel be beaten into thin and long Rods, or little Plates: for by putting to them a roul of Brimstone they will melt, and fall into the Water that is put under them, and then they must be ground into a most fine Pouder; this Pouder is given from half a scruple to two scruples or thereabouts, either in Bolus, Electuary or Wine.

The fashion of a Bolus is this.

Take *Juyce of Egrimony, Borrage-thickned, of each one ounce, Steel prepared two scruples.* Make them for two Boluses, to be taken a little before an opening Decoction.

The Electuary is thus.

Take *the Pouder of Egrimony, Maiden-Hair, Stone-fern, Harts Tonge, Roots of Cinkfoyl, Liquoris, Steel prepared, Leaves of Senna, of each one ounce, Cinnamon one dram and an half, the pulp of Raysins boyled in white Wine, and pulped through a Hair Sive, one pound, Syrup of Apples only,* or for the Poor, *Oxymel simple, two pound.* Mingle them for an Electuary according to art, to be taken to about ounce; four hours before Dinner.

It

It is given in Wine two waies, either drinking the fine Pouder of steel mingled with Wine, or preparing steeled Wine.

This will be an excellent Pouder for one Dose.

Take *prepared steel and Cremor Tartar of each one scruple, Cinnamon half a scruple.* Mingle them for a Pouder.

Steeled Wine will be made, if in four pound of Fragrant white Wine; you put in steel prepared and leaves of Senna, of each one ounce, Cinnamon two drams, opening Herbs, and proper for the part obstructed, three handfulls, let them stand eight daies in a hot place, and stir them often; strain them for your use, and give two or three ounces to drink; also a most excellent steeled Surup may be prepared after this fashion.

Take prepared steel so much as you please, pour upon it the sharpest vineger, that it may swim above it four Fingers breadth, and let it stand in a hot place, untill it hath drawn out the tincture of the steel: then by inclining the Vessel, pour it from the grounds: add to this Sugar, or Honey clarified, the double proportion; moreover half an ounce of Raysins, and one pugil of the tops of Wormwood to every pound of Vineger, boyl them

them at a gentle fire to the consistence of a Syrup, then strain them, the Dose is one ounce, with a Decoction that is proper for the part affected.

Those things that are applied outwardly must be mingled of softners and discussers; such are the Fomentations of the Decoction of Mallows, Marsh-mallows, Melilot, Fœnugreek, Dill, Chamomell, and a quantity of Wormwood, to corroborate the part; adding about the end of the Decoction, some white Wine, and Vineger to help the Penetration.

After the Fomentation, make an Oyntment of Oyl prepared by Decoction, of things aforesaid, such as is described amongst those those that soften hardnesse.

The hoter things that unstop, are convenient for a cold temper, and a cold time, as also for long Agues; such are these common simples: Wormwood, Egrimony, Smallage, Mugwort, Asparagus, Betony, chiefly the root of Capers, the Rind, Stonefern, Germander, Dodder, common wild Carrot-seed, root of Elecampane, Fennel, Rind of Ash, Fumitory, the common and the Yellow, root of Gentian, Harts tongue, Fetherfew, white Horehound, or wilde Mints, Parsley, Penniroyal, Madder, Knee-Holm, Tamarisk, Savory, in the use where-

of,

of, those must alwaies be chosen, that are proper for the parts affected, and are propounded amongst the alteratives.

Also Syrups and Electuaries and Decoctions are made of those things we have spoken of, as the occasion shall be.

The Decoctions are made the more effectual in the broth of an old Cock or Pidgeon, if you can procure it.

Also Physick Wines are supposed to be best, as Wormwood Wine, when the weakness of the Bowels is of long continuance; and of these Wines, adding half the quantity of clarified Honey, are made Syrups that are profitable and pleasing; but the Wines are made most effectual, adding steel to them, as we shewed before.

A something full Mulsum will be the best to drink, if it be altered with the Herbs propounded: as also all compound Oxymels made with the same for a Syrup, such as is the ordinary Syrup of the Apothecaries, made with the five opening roots, Smallage, Asparagus, Fennel, Parsley, Butchers broom.

Also the use of Vineger of Squils is extolled, added to Syrups and Decoctions, to half a spoonful.

Some there are that prefer before all these, the use of the root of Cuckowpint, often

often infused in Wine, and still dryed again till it hath lost almost all its Tartnesse.

It may be also added to Electuaries, but the fine Pouder of it is oftner used, given with Wine or Broth. The fashion of it may be thus.

Take *prepared steel and Wake-Robin prepared, of each half an ounce, Cinnamon one dram and an half, Fennel seed half a dram, fine Sugar one ounce.* Mingle them.

It is made more effectual by adding to it, one dram of Salt of wormwood: make a very fine Pouder, the Dose whereof is about one dram. *Or,*

Take *Cuckowpint prepared one ounce, tops of common Wormwood (Salt of Wormwood is far better) one dram, Cinnamon one dram and an half, fine Sugar to the weight of them all.* Mingle them and make a Pouder.

By themselves mineral waters that come from Brimstone do open exceedingly, and from Nitre, drank after that the whole Body hath been purged: as also common Turpentine given in Bolus, about one dram and an half, which also may be drank, if it be stirred with a little of the Yolk of an Egg, and the water of Egrimony, or Wine be put to it, by little and a little to two or three ounces, alwayes stirring it till it be perfectly white.

Out-

Outwardly Fomentations may be used of the Decoctions of digestives and Emollients, adding about the end of the Decoction, white Wine and Vineger, not forgetting Herbs that are proper for the part affected, of which also Oyls may be made by Decoction, for Ointments.

Bucheting and droppings of Waters that proceed from *Brimstone* are the most excellent, and such as proceed from Pitch, and the mud of the same, applyed as they ought to be.

Constipation of the Cavities, is properly called streightnesse that grows from things that are bred within, and stick to the part, namely from Tumors, Flesh, a Callous, or dead Child.

Things that drive out the dead Child, were propounded amongst the Remedies of the Cause that is peccant in substance.

We shall treat of Tumors amongst the Diseases of augmented Magnitude.

Flesh and a Callous, as they are not hard to be taken away with Instruments of Irou when they may be seen, so they are taken away only with Physicks, and that with much more difficulty, when they are hid within the Body: and since Flesh is softer than a Callous is, it requireth more mild Remedies that either dry strongly, or heat very gently;

gently; but a Callous requires, either Corroders, or such as putrefie.

Therefore for flesh these are convenient, round Aristolochia roots, Antimony Calcined, roots of black Hellebore, burnt Allum, burnt Galls, the Ashes of burnt Honey, common red Lead, Ashes of roots of Gentian, Oyster shells, especially such as are burnt, Lead calcined with Brimstone, the Ashes of burnt Spunges; the Pouders of all these are mingled with Unguents, or infused in Liquors.

The following Ointment is approved for excrescences of flesh; but first of all it takes away little flesh in the urinary passages, and that without pain, if it be put on the end of a Candle, for it sticks very fast, and doth not excoriate the parts that are sound.

Take *Honey burnt to Ashes, prepared Tutty, fresh butter washed, washed Turpentine, Yellow Wax, of each half an ounce; burnt Allum half a dram.* Mingle them and make a Liniment according to Art.

This Pouder also is excellent described by Mercatus, *Lib. 2. de recto Præsidior. usu. Cap. 7.*

Take *Verdigrease, Auripigment, Vitriol and Roch-Allum, of each equal parts.* Bray them with the sharpest Vineger, and make them into fine Pouder, and set them in the

Sun

Sun in the *Dog*-dayes; the Pouder being dried, must again be made fine with Vineger poured on, and put into the Sun the second time, and this must be done for the space of ten daies; then,

Take *Litharge of Gold, poudered and sifted one part, Oyl of Roses two parts*: Boil them to the consistence of a Plaister; take an equal part of this, and mingle with the said Pouder for your use.

Also this Pouder takes away all Excrescences, by certain proof.

Take *the Shells of Walnuts, Spunges, roots of round Aristolochia, of each equal parts.* Let them be dried together in a Pot put into an Oven, that they may be beaten into Pouder; and with this Pouder strew over the part affected, first anointed with Honey.

These take away Callous matter, amongst the most common Remedies, Orpiment Spanish Green, Quick-Lime, Lees of Wine burnt, Lees of Vineger burnt, burnt Vitriol, Oyl of Brimstone and Vitriol. All these things in use are tempered with milder Remedies, sometimes in greater, some times in lesser quantity, as need requires.

An Example of them in Infusion.

Take *the Decoction of round Aristolochia, black Hellebore, Marsh-mallow roots, half a*

pound, Oyl of Brimstone or Vitriol, half a scruple. Mingle it for an Infusion.

For an Unction:

Take *burnt Vitriol, and Allum burnt, of each one dram: fresh Butter very well washed half an ounce.* Mingle them.

If you add the Pouder of white Poppy seed, or Henbane, you make a Remedy wholly without Pain.

The Pouder of *Mercatus* used by it self is most effectual.

This is exceeding good that is more easy to provide. Work Quick-Lime with Honey like a paste, and dry it in an Oven that it may be beaten to Pouder, to be strewed upon any Callous or superfluous Flesh, first anointed with Honey.

Compression of the passages, since it comes from all things that presse upon the passages, and by any intervenient thrusting either of Heavinesse or Extension, or Violent impulsion, or astriction, it hath no peculiar Remedies; for heavinesse and extension, proceed from the plenty of matter, and are taken away with such Remedies as Evacuate sensibly, or insensibly; of which we spake before.

Extension from wind is removed with discussers.

Violent impulsion frequently followes

Luxa-

Luxations, depressions, and fractures of the Bones, which are cured by Chirurgery.

Violent Astriction, follows most commonly outward causes: as bands bound too fast, which must be united.

Growing together of the passages, is made by a mutual Glewing together of the sides, when Nature fills up the wounds of them by the coming of good Blood thither; and this is cured only by an incision Knife, or Iron Instrument that can part the sides that are Glewed: but after seperation, the sides must be well fenced, that they may neither touch one the other, or grow together again; therefore the growing together of the inward parts is incurable because they cannot be cut.

The sinking down of the Cavity, if it fall out by reason of Evacuation of the matter that should be contained within it, it is cured by Nutriment only to regenerate necessary matter.

If it proceed by reason that the sides of the Cavities are contracted by overmuch dryness, or fall down by overmuch Relaxation, it is cured by moisture, or great dryers, for moistning, the more gentle emollients are convenient, and such as are properly called Anodines, propounded in their proper places; for drying digestives and

discussers are most fit, being mingled with astringents, the most forcible that were set down before.

When the superficies is too plain it is taken away with remedies that scour, and then with driers.

Things that scour, are all such that were propounded for to prepare Flegm.

To take away obstruction, by the stuffing in of grosse and clammy Humors, and to scour the skin, natural salt waters have a kind of prerogative, and artificial waters also, and Honey added to Decoctions which are principally made of bitter things, as the roots of Gentian, Elecampane, long Aristolochia, and Centory the lesse.

For drying, things that Evacuate insensibly are most fit, being mingled with the strongest astringents, of which before.

When the superficies is rough, it is cured with softners, and such as are properly called Anodines, when it proceeds from drinesse: but particularly the roughnesse of the Throat, and the top of the sharp Artery, which falls out very frequently, is cured by those things that purge the breast by spitting, which are propounded for salt matter.

But if it proceed from sharp biting matter that lightly Rakes the superficies, it is taken

taken away by such Medicaments that temper sharp Humors, both by washing them away, as also by suppling them with a tempering vertue; of which we spake amongst the Remedies that alter the cause of the Disease.

Remedies of Diseases in faulty Magnitude.

Natural Magnitude, is made faulty, either by excesse or defect, when it is augmented beyond its proportion, or elsdiminished. The kinds of *Magnitude* diminished, are reckoned to be, *Defect* of Nourishment, or leannesse of all the parts, and *Marasmus*, or a consumption of the whole body, following a Hestick Feaver, or wasting away: for leannesse of those that recover after sharp *Diseases*, scarce deserves the name of a *Disease*, because it quickly goes away, so soon as the disease on which it depended, is removed.

Of *Magnitude* increased, which men call Tumors, all the differences are taken from the cause, which in general is four fold.

The first is a solide *Body* according to substance, belonging to the soundnesse of the body, whence come grosenesse, from overmuch fat; *Hypersarcosis*, from some excrescence of flesh, Ruptures of the bowels, and the Caul, when the Guts or the

Caul

Caul fall down, which alſo makes a diſeaſe in ſcituation.

The ſecond is a Humor, or ſome thing like to a Humor, whence comes that they call *Phlegmone*, from blood, *Oedema* from Fleagm, Eryſipelus from Choller, *S*chirrus from *M*elancholy, a kind whereof is *Tophus*, and *Struma*, Cancer, from black choler, Carbuncle from burnt blood; and from a watery matter like to a Humor, *Hydrocephalus*, and the *D*ropſie of the Abdomen, and the *M*atrix.

The third, is that which comes preternaturally from the Humors, as puffing up from wind.

The fourth is, that which grows in the whole kind Preternaturally, from a various and unſpeakable corruption of the Humors, whence comes properly an Impoſtume, or little ſwelling with a little bag, namely Meliceris, from a matter like to Honey, *Steatoma* from a fat matter like to Sewet, and *Atheroma* from a matter like to Gruel.

A particular Conſumption, ſuch as falls upon thoſe parts that are held with a Palſie and Convulſions, requires firſt ſuch Remedies as can Purge out the foulneſſe of the Body by the paſſages convenient: then Nouriſhments that can make good Blood; laſtly attractives that draw blood to the

part,

part, and can ſtirr up the heat of it and ſtrengthen it.

Gentle rubbings till the part wax red, and ſwel a little, will perform all theſe.

Alſo Baths of ſweet water ſomething hot, wherein Herbs are boiled, proper for the part, to be uſed till the part ſwell a little.

Or Fomentations, and Wettings with water and Oyl, Milk, ſweet waters, altered with Mallows, Marſh-mallows, and Herbs that reſpect that part.

Laſt of all, the moſt prevalent Remedy is pication, till the part wax red and ſwell: and theſe things are to be done, after concoction, before any more meat be eaten.

In a Conſumption of the Eyes, there remains no place for pications or rubings, but only for Fomentations; the beſt whereof are made with Milk, a little Saffron, or of the ſame boiled with Mallows, Violets, Marſh-mallows, and Fennel, or with a ſweet Apple, brought to the form of a ſoft Cataplaſm, with a little Saffron.

A hot *Maraſmus* without a Conſumption, which is curable, is chiefly overcome with the uſe of Milk and Baths: Womens milk ſucked out of the breaſts, or Aſſes milk, or Goats milk new milked drank with a little Honey or Sugar, taking by degrees from three ounces to ſeven or eight ounces;

ces ; about five hours after the drinking of Milk, a Bath of sweet water is to be used, which must be kept something hot till the time the sick come forth of it, and then is he to stay a while till he is a little cold with it, for the uniting of heat, and retaining of Nourishment; or presently after the Bath, the body must be gently rubbed with the Palm of the hand, wet with Oyl of Violets and sweet Almonds, something cold. If there be a Consumption the Bath must be let alone, and the body must be rubbed only before meat, after the manner we now spake of, and he must apply himself to Milk, and he must use also such Remedies as concern the Ulcer of the Lungs. If the use of Milk be forbidden by reason of the causes set down in the 5. *Aph.* 65. He must use instead thereof a Ptisan of Barley.

Some hold this Ptisan for a secret, which is presently provided, and must be taken twice a day.

Take *Barley Meal six parts, fine Sugar one part.* Place them bed upon bed in a Glased earthen Pot, and the first and last bed must be Sugar: then making a Cover of Past, put it into the Oven after the bread is drawn forth: and it will be baked sufficiently the third time, or putting of it into the Oven.

For

For a Ptisan.

Take *of this baked Meal two ounces, Broth of wood Snails, or Snails four ounces.* Mingle them.

But for an Ulcer of the Lungs in particular this is commended. Take one dram of the Pouder of Yarrow, dayly in Broth or some convenient Decoction.

Also a Cake of dried Folefoot taken dayly made with Butter and Sewet of a Hog.

Some prefer Sugar of Roses with Bole-Armoniack, or some such Medicinal earth, and the Blood-stone used for some months together, above all other Remedies.

Grosse bodies are brought lean, after fit Evacuation of the bodie.

First, with a thin diet, and many hot and frequent rubbings of their body, then by the daily use of some attenuating and drying Remedies, amongst which, the most commended are, one dram of Ash Keys in Broth, with half an ounce of the best Vineger, or one spoonful of Vineger of Squills, in a good quantity of Broth before meat; some ascribe the same vertue to Oxymel of Squils, or the Troches of Squils.

Also the seed of Ameos, or the seed that is in Elder berries can do as much, taken to half a dram, drank in the Decoction of the Ash.

But

But the greateſt force lieth in the Pouder of Vipers to dry the body, of which we ſpake amongſt the Antidotes, if half a dram of it be taken in Broth or Wine, four hours before meat, and ſo much the more if the body be luſtily exerciſed after the taking of it.

To this place belong all things that provoke ſweat and Urin.

Thoſe Remedies take away excreſcences of fleſh, be they from a Callous or fleſh, that are Remedies of Conſtipation, of which we ſpake before.

A *Hernia* of the Caul, can be taken away by no other means than by cutting, which is full of danger, it can hardly be helped by ſtreight Ligature. But a *Hernia* of the Inteſtins is eaſily Glewed together in Children and Boys, with outward uſe of aſtringents and fit Ligature. But in people that are of years, if it be Old, it is held hitherto by Phyſitians to be incurable, without Chirurgery: yet uſe, that is the beſt maſter of things, and Judge of Remedies, hath taught us not long ſince, that the Ruptures of men of years, and that very great ones, and of long continuance, have grown together by the uſe of Medicaments only, and a convenient courſe of diet, and that within threeſcore dayes at the longeſt,

in

in manly and in Old Age, but in forty dayes in Young men, and at mans ſtature; by the help of which Remedies, Boys are cured within twenty dayes, unleſſe the falling of the Inteſtins into the Cods be very great, and almoſt grown Habitual.

And theſe Remedies may be ranked amongſt thoſe, that are eaſie to be prepared, ſince they are compounded of a few things, and thoſe, not fetcht from Forrein Countries, only one excepted,

The firſt is this: Take one dram of the Herb Two-blade, in half a Cup of red Wine boiled with the leaves of the ſame Plant, every morning five hours before dinner. And let the place affected, be daily anointed with Oyl of four Olives, wherein a whole land Hedg-Hog that is Old, hath been boiled, with his Skin and all, till the fleſh be conſumed.

The ſecond: Take for threeſcore dayes one Cup of ſtrong red Wine, altered with one ounce of Rupturewort (the whole Herb with the roots muſt be taken, and the tendereſt can be got) firſt bruiſed, and during the ſaid time, a Spunge muſt be laid to the place affected; that is firſt dipped into the ſame red Wine, and then preſſed out.

The third: Take one dram of Pouder, of equal portions, of Rupture wort, wall-

Rue

Rue and Aſparagus and Horſe-tail, in half a Cup of ſtrong red Wine, for the time ſpoken of before; and let the place be anointed twice every day with common Oyl or Oyl of St. Johns-wort, wherein live Lizards by long ſtanding of it in the Sun, are conſumed.

The fourth. Let a Cerate be laid on, made of equal parts of Bdellium and poudered Aloes with the white of an Egg; and the ſame time let the ſick take one dram of the Pouder following, in half a Cup of the beſt red Wine, five hours before dinner.

Take *roots of great Comfrey, Herb Bennet, common Hedg-Hyſop, the leſſe, Two-Blade, Horſe-tail, Coriander prepared, Juyce of Roſes, ſteel prepared with Roſe-water, of each one ounce and an half.* Mingle them, and make a fine Pouder of them all.

The preparing of the ſteel is this. That the filings of Steel or Iron, be quenched in Roſe-water, and then dried in the ſhade, and then again beſet on fire, and quenched a-freſh in the ſame water, untill it can be poudered very fine.

But in the uſe of theſe Medicaments, this rule is generally to be obſerved: that a Truſſe be conſtantly worn, and the ſick muſt take care he hold not his breath, nor uſe ſtrong exerciſe, nor eat or drink, meats or drinks that are windy. Re-

Remedies for Tumors that proceed from Humors, are manifest by what hath been said, since they must be directed to the taking away of the cause, which must be repulsed at the first: but in the augmentation, they must partly repel, and partly digest; in the state, they must digest, or if it can be, bring to suppuration: but a Tumor that is very hard, must first be acurately softned, then digested and dissolved. Therefore some few things shall here be only annexed, that are found to be proved for some Tumors, and are Remedies easie to come by.

For an Erisipulas of any part whatsoever.

Take fine Wheat flower so much as you please, put it into a bag of thin Weaving, and lay it to the part, at any time of the Defluxion.

For kibes that are Ulcerated: this is a most excellent Unguent.

Take *leaves of green Tobacco, the inward, Rind of the Elder, of each one handfull, roots of the Male Daffodil sliced, one ounce, common Oyl one pound*; Boil all at a gentle fire, till all the moisture be consumed, then presse all out strongly, *and add Frankinsence finely poudered half an ounce, yellow Wax six drams.* Mingle them for a Liniment, and anoint the part affected within: then for Fingers

that

that are pained, let it be rubbed ſtrongly on them till they grow very red and hot.

This is alſo good for fowlneſſe of the Skin and for Morphews.

Againſt the ſwelling of the Feet from wearineſſe, long Diſeaſe or contuſion.

Take *the Meal of whole Wheat* (that is not ſifted) *half a pound, pouder of Wormwood half an ounce, Roſes one ounce, ſharp red Wine what may be ſufficient.* Make a Cataplaſm at a ſoft fire: adding about the end, compleat *Oyl of Roſes one ounce and an half.* Make an Unguent.

Lay it one twice a day.

For hard ſwellings not Ulcerated, a ſingular Remedy after due purging of the Body: give for four dayes together one dram of the Pouder of common Gladiol, which groweth moſt frequently amongſt Corn, and take it in Broth altered with the root of Pilewort, four hours before meat.

And lay upon the part a Plaiſter of bruiſed new Wax, not yet purified from the Bees and the Honey: but if you cannot have it, then lay this Cerate.

Take *the Pouder of Lizards dryed in an Oven, one dram and an half, Juyce of Tobacco, yellow Wax and Burgundy Pitch, of each half an ounce.* Mingle them and make

a Cerate,

a Cerate, in the place of Burgundy Pitch, which is rare in Italy, take *Colophonia.*

For a Cancer not Ulcerated, that is not yet come to any notable Magnitude; nothing is better than the long using of the Plaister of Aquapendente, after a sufficient purging of the Body.

Take *Meal of Millet one pound, Oyl of Roses* (worked in a Morter of Lead with a Leaden Pestle, till it become of the colour of Lead) *five ounces, sweet Wine four ounces.* Make them to a Plaister, with a sufficient quantity of the Decoction of garden Night-shade, Sowthistle, and Golden-Rod of each alike, made in pure Water.

For watery and windy Tumors, Remedies propounded amongst things that discusse, are proper.

An Impostume with a little bag, is not cured by Physical means only, but the whole Bag must be drawn forth, or if that cannot be done, after the Tumor is opened, it is to be consumed, partly with putrefying Remedies, partly with eating Causticks; of which we have spoken already.

Remedies for Diseases in Number.

Since that a Disease in number wanting, is made to be according to the defect of something belonging to the complement of

of the Living, a Diſeaſe in number augmented muſt properly be conſidered, according to the addition of ſome natural thing, that is Redundant in number. Yet by uſe and abuſe of names, Stones, Worms; a Pin and Web are referred alſo to Diſeaſes in number.

Remedies for Worms and Stones are to be found amongſt theſe things, which reſpect the cauſe from the whole ſubſtance.

For a Pin and Web, theſe amongſt Remedies eaſie to come by, are the moſt convenient, being applyed warm to the Eye, but eſpecially by the help of an Ocular Cupping Glaſſe; that the Remedy may work longer and ſtronger.

Take *Herbs, Celondine, Fennel, Vervain, Rue, of each one handful, Honey of Roſes half a pound, of Rape roots bruiſed two ounces.* Stamp the Herbs and ſet all mingled together in the Sun, and let them be ſtirred daily; after fourty daies preſſe out the Juyce, to be kept for uſe in a Braſen Veſſel, and drop it into the Eye by it ſelf, or mingle it with more gentle Eye-Salves.

Another, Take fine poudered Sugar, boiled in a Glaſſe Diſh upon Aſhes, till it wax red, likewiſe Vitriol purged from the dregs, and expoſed to the Sun till it wax white

white, of each equal parts; with this pouder fill the hollow of an Egg boiled till it be hard, then binding both parts of the Egg fast together, steep it four dayes in water of the Eye-bright, or white Wine that is something sweet, wherein Eye-bright hath first been boiled, or seeds of Fennel or *Siler Montanum*, keep the Liquor pressed out in a Glasse for your use.

Another. Take *white Wine somewhat sweet very wel purged and clarified, one pound Fennel seed three drams*, Indian *Cloves one dram and an half.* Steep them for twenty four hours, then strain them: to which add *afterwards* Aqua-vitæ *two ounces, Antimony once melted, with an equal quantity of Salt Peter, two drams*; then infuse them again for two dayes, then keep them for your use in a Glasse Vessel.

Another. Take the Juyce of Onions, drop it in by it self, or else allaied with a little sweet white Wine. It is a most excellent Eye-Salve and which wonderfully takes away the inflammation of the Eye, when there is any.

Also there is a singular Collyrium described amongst the Remedies for the Eys, which when need is, may be made more effectual, by mingling some kind of Gall with it, or of the second Collyrium that was

propounded, or the Juyce of a white Onion lightly boiled with Milk.

But a Diſeaſe that is properly in number augmented, which followeth abundance of matter, and the ſtrength of the Plaſtick faculty is better cured by burning and cutting, than by conſuming Medicaments.

A Diſeaſe in number deficient, if it be natural, is altogether incurable, becauſe it proceeds from want of matter, and the weakneſſe of the forming force, alſo an accidental deficient, if it fall out in a Spermatical part, it is incurable; but in a fleſhy part ſometime it admits of cure. It requires the ſame Remedies that an hollow Ulcer doth, or a Compound wound, becauſe the part is wanting by the ſame cauſes, namely, cutting, burning, Corroding, putrefaction, and the like.

Remedies of Diſeaſes in Situation and Connexion.

A Diſeaſe in Situation and Connexion, is either Connatural, and it comes to paſſe when the matter is taken away in the time of forming, or it is accidental, and falls out uſually by reaſon of three kind of cauſes, from Laxation, or disjoynting of the Continent parts, from ſolution of unity, and Violent extenſion from too much Repletion, or drivers.

The

The fault of the Plastick quantity admits of no cure.

The other three causes require the same Remedies that a Disease in figure doth, which doth necessarily accompany a Disease in situation.

Remedies of Diseases in dissolved Unity.

Of dissolved unity there may be assigned two chief kinds, an Ulcer, and a Wound.

That comes from an eating cause, and so must necessarily have joyned with it, losse of substance.

A wound, is all other kinds of dissolved unity, without an eating cause; whether it be a simple solution of unity, or with losse of substance, as in a Compound wound.

And though for the diversity of parts, often times all these things are changed (for an Ulcer in the bone is called rottennesse, a wound fracture, when the Nerves are broke, it is called Convulsion, when they are pricked, Puncture, and when the flesh is bruised, men call it Contusion) yet still they hold the same nature, so they differ not in generation; for whatsoever Ulcer proceeds from a sharp and corroding matter, such as are the Humors, & sharp bloody matter, harsh Poysons, and Medicaments that are putrefactive, and causticks, actual

fire, corruption, moiſture, into which the ſubſtance corrupted is diſſolved, as in a Gangrene; all other cauſes that diſſolve the continnity, by cutting, breaking, knocking, contuſion, they make a wound only taken in a large ſence.

A ſimple wound, or ſolution of continuity without loſſe of ſubſtance, is cured by Glutinative Medicaments, which by drying, binding, ſticking, force the lips of the wound together and bind them faſt: which union cannot be made immediatlie in the bones, becauſe of their hardneſſe, but it is made by the means of a Callous, the matter whereof, glewing nouriſhments afford.

But fractures are faſtened and confirmed by the ſame glewing Remedies, of which there are two ranks, ſuch as are moderate, and ſuch as are forcible: thoſe belong to a part and conſtitution that are moiſt, theſe belong to parts and conſtitutions that are more dry, and to a bloudie wound.

Moderate Glutinatives; the moſt obvious are, the white of an Egg, St. Peters-wort, Tutſane, Yarrow, Shepheards-purſe, the fruit of Creeping-Balſam, new Cheeſe, and Glew made of it, Horſe-tail, Herb-Bennet, Ciſtus, Flower of the Sun, the

Graſſe

Grasse *Ischæmon*, Plum-tree Gum, ground Ivy, The Herb *Siciliana*, Herb Trinity, St. Johns-wort, Adders tongue, Yarrow, leaves of Medlars, *Ophris*, Plantain, wilde Pears, Damask Roses, the Bramble, the Male Sanicle, Germander, Scabious, Veronica, Golden-rod, leaves of Elms.

Of these may be made vulnerary drinks: also they may be given inwardly in other forms.

They are laid on outwardly either bruised, or strewed on in Pouders, or pressed out and dropped in, or boiled, chiefly in sharp red Wine, and their operation is helped by Ligature, by which the lips of the wound united are held together.

There are some other things, whereby wounds that are simple and new, are presently joyned together, applied by themselves and bound on; namely Rosin of the Larch or the Fir-tree, Pellitory of the Wall bruised, the bruised leaves of Tobacco, dry Pitch, spotted Arsmart, beaten Oyl made by insolation, or the leaves of Adders tongue, or the fruit of the Balsam Apple.

But the chief of all, and like to a west Indian Balsam, (than which to knit wounds together, there is nothing better) is the Oyl that is drawn out of the flowers of

St. Johns

St. Johns-wort, ſhut into a Glaſſe, and made by the heat of the Sun beams, by deſcent. Alſo Earth Worms waſhed in Black Wine and beaten, are good: alſo amongſt eaſie to be provided, may be ſet down that they call *Oleum Hiſpanum*, deſcribed in the five Books of Chirurgery of *Aquapendente*; by which in twentie four hours time, wounds are ſaid to be healed.

Theſe glew together violently; Lions-foot, the flowers of flower-gentle, middle Comfrey, the leſſe Comfrey, unripe Galls, all the Cranes Bills, but chiefly Pidgeons Foot, Hypociſtis, Hares-foot, Rindes of Pomegranates, leaves of the Olive, chiefly the wood Olive tree, Mouſe-ear, Knot-graſſe, Juyce of Sloes, the tender leaves of Oaks, Stone-comfrey of Lobelius, Dog-berry tree.

The way of diſpenſing of all theſe is the ſame with the former.

Outwardly, the flew of a Bare burnt, Aſſes dung, burnt Spunges, and brought to pouder, and Honey Suckles uſed what way ſoever.

But if the part be only contuſed, without any ſenſible ſolution: corroboratives are convenient, mixt with digeſters and anodines: of this kinde is Lead beaten

with

with Wormwood, Wormwood heated on a Tile and sprinkled with Vineger, bean Meal with sweet Wine made into the form of a Cataplasm; also flower of Wheat together, with black Wine, pouder of Roses, Wormwood and Oyl of Roses for a Cataplasm.

Arsmart bruised and sprinkled with hot Wine, Fomentations of hot Water, especially Sea water altered with Wormwood.

Moreover this Liniment is the best of all to heal all contusions, which wonderfully also asswageth the pain of the swoln Hemroids, and takes away the pain of the Teeth, being softly rubbed on the Gums.

Take *common Oyl one pound, the Marrow of an Ox Leg, Yellow Wax, Rosin of the Fir-tree, or Pitch* (vulgarly called Rose,) *of each three ounces, fresh Butter four ounces.*

Let them all melt at a soft fire, and when the Marrow is melted take them off.

An Ulcer is either superficial, or deeper.

That is, either actually so, when the top of the skin is wanting, as the frettings in children; or is potential, that by the force of an external cause quickly comes to be so,

so, unlesse it be hindered, as is burning, which if it be presently helped there followeth no Ulcer.

A superficial Ulcer is cured with the more mild inducers of a Cicatrize: burnings are cured with the same when the Bladders are broken.

But you may keep the part unhurt, if you lay on these things that follow, in time: namely writing Ink, Liquid Vernish applied with a very soft cloth, a whole Egg with Oyl of Roses, or stirred together by it self: Oyl made by Decoction of the middle Rind of Elders, white of an Egg very well beaten with Vineger, adding a little raw Allum to it.

These two following Unguents are the most excellent with the former, of which the parts being anointed, you may handle fire without any harm.

Take *the Juyce pressed out of the Marshmallows, roots and all six ounces: Oyl of Elder four ounces, Crude, rock Allum one ounce.* Boil them at a gentle fire to a mean consistence, add *new Wax one ounce and an half*, mingle them.

The second. Take *common Oyl, three ounces, new Wax one ounce and an half, Yolks of Eggs rosted under the Ashes, in number two.* Dissolve them and mingle them

them, till they become like an Unguent, spread it on a Cloth, and renew it twice a day.

Also an Unguent of Ising-glasse is much commended, and of Allum *Plumbeum*, mingled with Vineger in equal quantities.

Also Juyce of Marsh-mallows, wrought with the white of an Egg.

A deep wound must first be filled with flesh, with Remedies called Sarcoticks, which do scour away the thick excrements of the part, and consume the thin; then we must bring it to Cicatrize with Epuloticks, which by their great drying, do not only consume the excrements, but the Blood also, and do harden the upper Superficies of the Ulcer, and do as it were turn it into Skin.

Sarcoticks, or Remedies that fill up the Ulcer, are as large as there be differences of hollow Ulcers.

For an Ulcer that is very moist, requires Remedies that are very great driers, so that such Remedies as are convenient to Skin a plain Ulcer, are necessary to fill a hollow Ulcer that is over-moist, but an Ulcer that is very foul requires strong cleansers.

But this is principally to be observed, that astringents be not mingled with great driers

driers and ſcourers, for they will faſten the excrement to the Ulcer, and ſo make it more deep and ſpreading.

Therefore there may be ſet two degrees of Sarcoticks; the mean, that belong to a ſoft part, and to an Ulcer that is not overmoiſt and foul: and the Violent, which agree to a drier part, and are fit for an Ulcer that is very moiſt and foul.

Moreover there is no hopes to fill up an Ulcer by the help of Sarcoticks, unleſſe thoſe Impediments be firſt taken away, which hinder the Regeneration of the ſubſtance that was loſt, as the Flux of any matter that is ptenan in overmuch plenty, or ill quality, the diſtemper of the Ulcerated part, a callous bred in the Ulcer, or Rottenneſſe of the Bone, corruption or diſtemper.

Theſe things take away the Flux, namely ſuch as evacuate; make revulſion, repel, intercept, contemperate, and corroborate the parts affected, by the faultineſſe whereof the Excrements are renewed, of which we ſpake before in the Remedies of the cauſes, and Diſeaſes of the ſimilary parts.

The diſtemper of the ulcerated part, is corrected by contraries, of which we ſpake alſo: but in a Gangreen there is ſo great Humidity of the part and diſſolution of the inbred

inbred heat, that there is need of an actual or a Potential fire; but of the two, the first works quicker, and strengthens the part more.

For a Gangrene in beginning, or where there is danger thereof, as in great blows from great Guns, there is nothing better than the following Balsom, if Lint be dipt into it and laid to the wound, with which also all foul Ulcers, if there be malignity in them, are happily cured.

Take *flowers of Brimstone three ounces, compleat Oyl of Roses half a pound, the best red Wine four ounces.* Let them infuse for eight dayes at a gentle fire, alwayes stirring it till the Wine be consumed, then strain it, and dissolve therein two ounces of the best Turpentine: mingle them, and keep it for your use.

Also for Ulcers that proceed from thin Choller, as small Blisters, or such as eat not deep, and for an Ulcerate Erisipelex, when the Humidity of the part Joyned with Acrimony causeth great trouble in the cure; the following Unguent of Elders profits exceedingly, for with it not only Ulcers of the similary parts, but burnings of all kinds, and almost all foulness of the Skin are cured.

Take *common Salt and the best red Wine of each three ounces, dissolve the Salt in the Wine,*

Wine, then add of the middle Rind of the Elder half a pound, infuse them for two hours, then add *compleat Oyl of Roses one pound and an half.* Boil all at a gentle fire, till the moisture be almost consumed: then to the residue of the rind add further, *compound Oyl of Roses half a pound, Salt dissolved in Wine as before, half an ounce.* Boil them strongly till all the moisture be consumed, that the rind become dry and crumble, with this Oyl diligently pressed out, boil Litharge of Gold prepared and sifted two ounces, to which being exactly boiled, add the foresaid Oyl, and let them Wax hot, last of all put in the following Ingredients pulped through a Hair five together, namely, *of the best Ceruss one ounce, Lead burnt with Brimstone and not washed, seven ounces and an half, yellow Wax what is sufficient to make an Unguent.*

A Callous is taken off most safely with a pair of Nippers, or with actual fire where it may be done; if it cannot, then it may be taken off with corroding Remedies described amongst the means of thickning the Cavity: by the reason of this Impediment there do often remain incurable Fistulaes, which cannot be cut nor handled fitly every way by necessary Medicaments; for these the following Balsom is convenient,

ent, wherby the deep Fistulaes of the Anus and the Testicles have been often cured.

It is thus easily prepared.

Take *Cranes Bill, or Pidgeons Foot cut, two ounces, root of Flower-de-luce very well washed three drams, root of black Hellebore prepared two drams, Wheat Corns one handfull, bruise them grossely*, and infuse them for one day in one pound of sharp red Wine; then add *Oyl of St. Johns-wort and Mirtills of each three ounces.* Let them boil at a gentle fire till the moisture be consumed: make expression and strain them, then add *Bitumen, and Mirrh of each one dram and an half*, let them stand at a soft heat till they be perfectly melted, then add *of Rosin of the Larch-tree, and Fir-tree*, (and if you can get it of occidental Balsam) *of each one ounce.* Mingle them at an easie fire and make a Balsom to be dropt into a Fistula, and to be put in with Tents.

To take away Spungy Flesh that abounds in an Ulcer, use the Remedies described for a Disease in constipation by Flesh and a Callous.

Yet to these add the following Pouder to make an Escar, whereby Malignant Ulcers (as Malignant Scrophalous matter, and ulcerated Cancers) if they be small, and new are happily cured.

Take

Take the root of great Serpentine, gathered in *June*, and cut in pieces and dried in the ſhade, and of white Arſnick of each one ounce, pouder them and mingle them, and ſet them in the Sun till the beginning of *October*, in a great bellied Glaſſe well ſtopt, and ſhake them often, then keep the Pouder for this uſe: namely waſh the Ulcer often, and foment it with a wet Linnen Cloth with Water of Water Lillies, or the Decoction of the ſame; the next day after ſtrew on the Pouder, making a defenſative, for the ſame parts with ſome Cerate, leaſt the Pouder ſpread further than it ſhould, the eſcar will fall out of its own accord in twelve daies, and the cure muſt be accompliſhed with the ſtrongeſt Sarcoticks.

The Bone that is under the Ulcer being bare, muſt be corroborated by the ſtrowing on of Pouders, that Fleſh may grow upon it.

And theſe are made of equal parts of the root of Dog-Fennel, round Ariſtolochia, Flower-deluce, Mirrh and Frankinſence.

And if it have already contracted any blackneſſe, there is need of an Iron to ſcrape it off, and of actual fire; then the powder muſt be ſtrewed on.

If

If the Bone be rotten, it must be taken away by Instruments of Iron and an actual Cautory.

Yet sometimes it falls out by reason of the narrownesse of the Ulcer, and the windings in it, that the Bone underneath cannot be touched by Iron Instruments, or fire, and can hardly be perceived by the probe, in which case some sharp and drying Remedy must be poured in for some daies that the rottennesse may be taken away: of this sort easie to prepare, are the Decoctions of Aristolochia, Gentian, Wake-Robin, poured upon calcined Tartar shut up in a *Bag*.

The Spirit of Tartar is more laborious which is chiefly commended for this purpose, if it be tempered with some convenient Liquor. The impediments being taken away, the use of Sarcoticks will be afterwards profitable, or of such as fill up the Ulcer, a Catalogue whereof now followeth.

For an Ulcer that is not over moist and foul, and for a part that is very soft; mean Sarcoticks are convenient, namely Salt and Nitrous Mineral Waters, Betony, Gentian root, Mints, Flowerdeluce, Honey suckles, boiled Honey, the Clot-burr, all kinde of Rosins, Scordium, Wheat, Frankinsence.

Of

Of Herbs, Decoctions may be made, for washings and infusion; also Unguents may be made suddenly, making Oyl first by Decoction, then adding a quantity of Wax, and if you please some Honey also and Rosin, or Pouders, which are especially provided of Roots and Frankinsence.

Also a simple Pouder of Herbs may be strewed upon the Ulcer.

For outward Remedies add Tobacco and the lesser Centory.

The form of an outward Unguent may be of this kind.

Take *leaves of Betony one handful, Tobacco half a handful, common Oyl four ounces.* Cut the Herbs and boyl them in Oyl, till all the moisture be consumed; then add common Rosin one ounce, new Wax half an ounce, Pouder of the root of Flower-de-Luce or Frankinsence two drams, mingle them and make an Unguent.

The more forcible, and such as are proper for a sordid Ulcer, and a part that is more hard, these are convenient: round Aristolochia roots, good Henry, *Colus Jovis*, Horehound, raw Honey, Mirrh, root of Dog Fennel.

In outward Remedies, Chimney Soot, Blacking of Pitch, Lime very well washed,

dry

dry Pitch, Liquid Pitch mingled with Honey, the shels of Periwinkles, and the shells of all Sea Fish Burnt, and the Ashes of all Sarcotick Herbs.

These may be made of divers forms, as in Liniments, Unguents, Pouders, Juyces and Decoctions.

Also the leaves of good Henry, and *Colus Jovis* lightly bruised, and laid on with the back side, cure all Ulcers that are hard to be cured.

To these belong the Balsam of Brimstone discribed, which wonderfully fils up hollow Ulcers; *Rulandus* makes an Unguent of it, that is very much commended for all rebellious Ulcers, As,

Take *the Balsam of Brimstone three ounces new Wax half an ounce, Colophonia three drams, Mirrh, the wait of them all.* Let the Mirrh finely poudered be strewed in by degrees to all the rest when they are melted and well mingled: and let them be boiled at a soft fire, alwayes stirring them with a Spatula, untill they are singular well mixt, which commonly fals out in a quarter of an hour: then take it from the fire, and let them cool easily.

Yet the Plaister of *Theophrastus* gives place neither to this Remedy nor to any other, and it is easie to be provided, where-

by old rotten ſtinking Ulcers, that are very hollow and foul are wonderfully cured, and it may be laid to all hollow Ulcers, if for Ulcers that are troubled with a ſharp Defluxion and very tender, it be tempered with the Unguent of Elder deſcribed beſore for St. Anthonies fire, adding a greater or leſſer quantity, as the ſence of the part is more quick, and the neceſſity of regenerating fleſh be more or leſſe.

The Plaiſter is this,

Take *ten yolks of Eggs, clear Turpentine half a pound.* Mingle them with a wooden Spatula to an ointment in the ſame veſſel they muſt be boiled, and this wil be done in half a quarter of an hour, then add Honey to the weight of them all, ſtir them ſtrongly and quickly that they clotter not: then boil them at an eaſie Coal fire, moving them conſtantly, then increaſing the fire, till they become of a browniſh dark colour, more like to Black, then Yellow or Reddiſh.

An Ulcer and a wound, that is filled up to make an equal ſuperficies with the ſound part, is healed with Epuloticks, or ſuch as cauſe it to Cicatrize, whereof ſome are milder, and more convenient for ſoft parts, ſome are for parts and conſtitutions that are harder.

The

The more violent ſhould they be made uſe of in a ſoft part, they will make a Cicatrize but ſo hard and Callous that it may hinder the motion of the Joynt.

The meaner that are moſt Obvious are theſe: Potters Earth, or white Chalk, Horſe-Tail, the flowers of both Pomegranats, Ceruſs, Cotton burnt, the Aſhes of Lint, Penny wort, Scuttle Bone, burnt Spunge, flew of a Hare burnt, root of Tormentill, all Medicinal Earth, Litharge, and all cold things that are moderately aſtringent; alſo the cold Air of it ſelf wil make a Cicatrize; dry forms work more ſtrongly than the moiſt do, therefore Pouders applyed with Lint are good.

But to avoid the inequality of a Cicatrize and hardners in a conſpicuous part, it ſufficeth to uſe Liniments or Unguents.

The moſt excellent is the Unguent of Elder already propounded againſt Herpes or the Wolf.

Other Remedies may ſuddenly be provided of Ceruſs, or Litharge, with a fourth part of Oyl of Roſes, or the like, and a little Wax: mingle therewith the Pouders that are more drying if need require.

The more Violent are all cold Remedies that dry forceably, propounded elſewhere, to which you may add minerall waters,

ters, of Allum and Gip, ſuch as is that of Padua, of the mountain of the Sick, the Calx of Antimony very well waſhed, common Lime well waſhed, the Calx of Vitriol, Gip, the filings of Iron often ſprinkled with Roſe water or Plantain or the like, and dried that it may be poudered: the Scales and droſſe of Iron waſhed, Lead burnt alone and waſhed, the ſhels of any Creatures burnt and waſhed, all which (except Iron and other aſtringents propounded) are applyed outwardly either in the form of a Pouder, or mingled with other more mild Unguents Hot Baths ſerve for bathings and to ſit in.

And theſe are moſt of them Medicaments that are eaſie to provide, with which, in any part of the world, and without the help of Apothecaries, any kind of Diſeaſe may be cured.

The way, where there is need to mingle theſe things readily without great proviſion of Inſtruments, is not dark to be underſtood, and collected out of what hath been ſaid, and is ſcattered here and there through the whole Book.

FINIS.

The Contents.

Strong

Medi-

Medica-

FINIS.

HEALTH
FOR THE
RICH and POOR,
BY
DYET,
Without
PHYSICK.

By *Nich. Culpeper*, Student in Physick and Astrologie.

EDINBURGH,
Printed by a Society of *Stationers*, 1665.

To the Reader.

EXcellent and true was that speech of Galen; plnres Gula periere quam Gladio, the Throat destroyes more than the Sword doth, excesse in either meat or drink causeth Crudities; Crudities sicknesse, and sicknesse Death, and this is the absolute and indeed undeniable reason, (unlesse to such as will carp at every thing) why so many are taken away in the prime of their youth, viz. Because they keep not a temperate Diet.

But this argument of the mischiefes intemperancy doth, though it be great, yet is it not the greatest, for then Death were the greatest of evils, but intemperancy not only causeth both a short and sickly life here, but also by Crudities choakes the intellectual and Angelicall part of man, whereby his Brains are made so muddy, that he is pro tempore made incapable of the understanding of what great things God in his two Books, the Book of the Scripture, and the Book of the Creatures hath left for him to know, and study after, all which may be remedied by a temperate Diet, or at the lowest a temperate Diet will bring him into a way of remedying of, or a capability

lity of ſtudying a remedy for himſelf, for ſobriety brings ſingular benefits both to the Bodies and minds of men. If it give a quiet Serene Body in reſpect of health, it muſt needs by conſequence conduce to the attainment of Wiſdom by contemplation, If it ſtrengthen one part of man, it muſt needs ſtrengthen all by the ſame rule, then look how much difference there is in purity, between Water which is cleer, and Water which is muddy, ſo much and more too is there in a man, who keeps a temperate Diet, and one who obſtructs his Brains by Crudities, life and health, ſtrength of Body and mind, Vertue the beſt of all wealth is that I here treat of, and not Toyes and Trifles, nor Prieſt-like, to tire out my thoghts and your Brains with a tale of a Cock and a Bull.

The reaſon of my pitching upon this Subject and laying by other weighty ſtudy which groan for a deliverance, is my own want of health at preſent writing hereof, If my want come through intemperancy which I am half afraid of, and it alſo make me unfit for ſtudy; Oh what a ſtudent would temperance make me, I confeſſe I am only ambitious that way, and if I have done ſo much being intemperate. Oh! what may I do. If I now turn temperate.

Temperance is then a vertue and of this vertue I write, and that I may write in order,

you

you shall find my discourse Marshalled into Chapters and treated of in this order.

1. *What is meant by a sober Life.*
2. *Rules to finde out the fit measure of meat and drink.*
3. *Objections Answered.*
4. *A temperate Diet frees from Diseases.*
5. *Arms the Body against accidents.*
6. *Resists Epidemical Diseases.*
7. *It makes mens Bodies fit for any Employment.*
8. *It makes Men live long.*
9. *It makes Men die without pain.*
10. *It maintains the sences in Vigor.*
11. *It mitigates passions and affections.*
12. *It preserves the memory.*
13. *It quickens the understanding.*
14. *It allayeth the heat of Lust.*

These be the benefits to be discoursed of and the Lord assisting practised by.

Nich. Culpeper.

COme hither friend and learn to hate
Luxury; ere't be too late,
If temperate, you nere need take
Physick, but what Cooks do make,
With long life you shall be blest,
And in knowledge much encreast
Such a sober soul can tell
How to wear her Garment well,
Be but temperate a while
Thou shall see December *smile,*
Deckt with Flowers with Roses Crownd,
And throughout the world renownd,
Then shall old Age unto thee
A pleasure, and no burden be,
Hark how the Devil is disturb'd
To see thy Lusts and passions curb'd,
Hark how the glorious Angels Sing,
Infolding thee in silver Wings,
How they rejoyce and Sing, to see
Thee tending temperate to be,
Yea God himself from Heaven above
Will Showr down blessings, grace and love
Upon thy Head and thou shalt be
Upon the Earth the only He,
And at last when this life ends
Thy Corps and Spirit part like friends.
This same Book makes an Essay
To lead thee in this lovely way

Ita Dixit

Nich. Culpeper.

To the Reader.

ALL those that were famous in the Art of Physick, and by taking care of the health of Man gained to themselves great Honor, may be supposed to have laid the first foundation of all their glory in the Cottages of poor Men. For since two things chiefly commend a Physitian; skill to cure the sick, and great charity to the Poor, without which there can hardly be so much sence of anothers misery that can invite one carefully to lend his utmost help. These two are so united, that a Physitian can hardly be approved amongst Rich Men and Princes, unlesse he hath shewed himself to be such a one by his frequent Practice amongst the Poor: For they that abound with all those things, the want whereof makes life to others not so desirable, will suspect the skill of such as begin, but now to Practice; and who have not been eminent by many experiments, and famous Cures, that are digested by the Testimony of the common People. And the Physitian alone shall not easily perswade great Men, to whom he may be called, that he hath seriously taken for the disease, but rather for his own gain and profit, who hath not sometimes

done

done his best endevours to help poor distressed Men, and by such a Custome, learned to deal gently with those that are sick. And this is the Cause, that, those who begin to study Physick, and by the profession of it, seek for renown and much profit, must in the first place make it their greatest care, that when by study they have learned the preceps of Physick, they may know how to apply it to Men of mean fortunes that are sick; and from thence they may happily begin their first Practice. In which busines, a small estate is no little hindrance to the endeavors of the Physitian, when oftentimes not only fit Nourishments cannot be afforded to sustain the strength of nature, but also fit remedies for the Cure; much dear and costly Physick fetched out of the Apothecaries Shops, would undo the Poor and so make a new addition of more misery to the former. Nature is liberal to provide for the necessities of the Poor, and hath sent forth many matters for Medicaments, that may be found almost every where, and with little Art may be prepared for every use. In which a Physitian ought to be as wel skilled, as he shuld be in Medicaments that are for the Rich, as Galen *writes*, 6. de Comp. Medicam. Per Loca. Cap. 1. *Especially since these Obious Remedies are not onely profitable for the Poor, but as necessary for the Rich, when they*

are

are upon a Journey, if perchance they should fall sick, when they are far from Cities, and Apothecaries Shops. This Treatise therefore shall be concerning such Remedies as are easie to be procured. Thus far I have followed in this Epistle the Expressions of the Famous aud Learned Doctor, John Prevotius.

My intent in Publishing Books of Physick in English is not to make Fools Physitians: But to help those that are Ingenious, Rational and Industrious, though they have not that knowledg of Tongues that were to be desired. I have and shal in my Books of Physick follow the most Honest and Learned in that Art; But let me warn thee now (as I have often before) That there is great danger in Physick if they be not rightly prepared and given in their due quantities. And alwaies remember, thou shall give an account to God for all thy actions done in the Flesh; Therefore when thou hast to do in what concerns the lives of Men; do nothing but what thou wouldest do, if thou were sure the great and dreadful day of Judgment were to begin the next hour.

I shall say no more but this; I am resolved not to give over, until I have Published in English whatsoever shall be necessary to make an Industrious, Diligent, Rational Man a knowing Physitian. This is the aim and indevor of

Nich. Culpeper.

Mris. Culpepers Information,

Vindication, and Testimony, concerning her Husbands Books to be Published after his Death.

SO great are the Afflictions wherewith our Heavenly Father hath been pleased to exercise me his poor Hand-maid, that I have not only lived to see my *dear Husband*, (the Stay and Solace of my life) taken from me: but it hath been my hard hap also to see his Reputation, and Memory (which will be dear to all his Posterity, for the Works he hath written for the Common Good of this Nation) blemished and Eclipsed, by the covetous and unjust Forgeries of one. Who though he calls himself *Nathaniel*, is far from being *an Israelite in whom there is no guile*, who was not content to publish a Hodgpodge of undigested Collections, and Observations of my dear Husband deceased, under the Title of *Culpeper's last Legacy*; but to make the Deceit more taking, he steeled his Forehead so far, and brased it so hard, as not to be ashamed to forge two Epistles, one in mine, and the other in my Husbands Name; of the penning of which, he nor I, never so much as dream'd: And yet he impudently affirmeth in my Name, that my Husband *Laid a severe Injunction on me to publish them for the general Good, after his Decease; and that they are his last Experiences in Physick and Chyurgery.* And in the Title of his Book, he said, *They are the choycest, and most profitable Secrets, resolved never to be published till after his Death.* All which Expressions in the Title and Epistles, are as false as the Father of Lyes; and every word in them, forged

forged and feigned. And he knew well enough, that no discreet, honest Man, that was a friend to my Husband, or to me, would ever have agreed to such infamous and dishonest Practices; And therefore I desire all Courteous Readers of the Writings of my Husband, to take notice of this *Deceit*, and to assure themselves that it never entered into his Head, to publish such an undigested *Gallimofery*, under the promising and solemn Name of his *Last Legacy*, and that *whereby he gained his Reputation in the World*, as the Imposter makes him speak in his forged Epistle. And I desire any indifferent Reader, that hath observed my Husbands lofty, and masculine manner of expressing himself in his Prefaces, and Epistles Dedicatory, whether in case he had been minded or disposed to take so solemn a farewell of the World, as the *Forger* makes him to do; whether I say, he would have done it in such a *whining fashion*, and so in a stile of a *Ballad-maker*, as to say, *And now, if it please Heaven to put a period to my Life and Studies, that I must bid all things under the Sun farewell: Farewell to my dear Wife and Childe, farewel Arts and Sciences, farewell all worldly Glories, adieu Readers.* Certainly my Husband would have been far more serious, and material, in such a case, as any discreet man shall judge. Neither can it be thought that in such a solemn *Valediction*, he could possibly forget his wonted respects to the *Colledge of Doctors*, to whom he did so frequently address himself, in divers of his VVritings.

Courteous Reader, I shall say no more touching the abuse of the Book-seller, only to prevent (as much as concerns me) they being abused for future, know that my Husband left seventy-nine Books of his own making,

making, or Translating, in my hand, and I have deposited them into the hands of his, and my much Honoured Friend, Mr. *Peter Cole*, Bookseller, at the *Printing Presse*, neer the *Royal Exchange* (for the good of my Childe) from whom thou mayest expect to receive in Print, such of them as shall be thought fit to serve thee in due season, without any Disguises or Forgeries, unto which I do hereby give my Attestation. Also my Husband left seventeen Books compleatly perfected, in the hands of the said Mr. *Cole*, for which he paid my Husband in his life-time: And Mr. *Cole* is ready and willing (on any good occasion) to shew any of the said seventy-nine Books, or the seventeen, to such as doubt thereof.

And if any Person shall question the truth of any part of this Vindication, or Epistle; if they will take pains to come to me, I will face to face, justifie the truth of every word thereof, as I have subscribed my Hand thereunto in the presence of many Witnesses.

I professe in the Presence of the great God, the Searcher of all hearts, before whom Mr. *Brooks* and I must one day give an account of all our actions; That I have not published this Epistle or Vindication, out of any disrespect to Mr. *Brooks* (for I much respect the man, and would be glad to serve him to my power) but only to cleer my Husband from the folly and weaknesse cast upon him by the means above expressed. And out of tendernesse to Mr. *Brooks*, I first tried other means of keeping, and afterwards of reparing my Husbands Credit, and then stayed long to see if he would repair (in any measure) the wrong done to my Husband, and my self. I desire to be

From my House, next door to the Red Lyon in Spittlefields, October, 18. 1655.

Your Servant (in, and for the Truth)

Alice Culpeper.

Mrs. Culpeper *did the* 18. *of* October, *subscribe this Epistle in Vindication of her Husbands* Reputation, *before Ten Witnesses, as she had done another Epistle on the ninth of* October *almost in the same words with this, except neer the Conclusion*

HEALTH FOR THE RICH and POOR, BY DYET, Without PHYSICK.

CHAP. I.

What is meant by a ſober Life.

1.

BY a ſober Life, I intend ſuch an exact quantity of meat and drink, as the conſtitution of the Body allows of, in reference to the Services of the mind.

2.

I add [in reference to the Services of the Mind] because such as lead a studious life, ought not to eat so much, as such as lead a laborious life, their digestion being not so good, therefore their meat ought to be lesse in quantity, and light of digestion.

3.

This exact proportion being found out both according to quantity and quality, is to be kept in a constant measure.

4.

Although the Matter of this sober Life, or *Diet*, be mainly conversant about Meat and Drink; yet it forbids excesse in all the other things, called, not Natural.

5.

This Measure in respect of Quantity, is not the same to all sorts of People, but very different, and that two waies.

1. In divers People.
2. In divers Ages.

6.

In divers People it is different, according to the Diversities of Complexions.

7.

It must be varied in one, and the same man two waies,

1. According to Age.
2. According to strength.

8. For

8.

For Youth and Age require a different quantity; and so do such as are sick, and such as are in health.

9.

One quantity is not convenient for Bodies of contrary Complexions; for that which is too much for a Flegmatick man, is not sufficient for one that is Chollerick; and the reason is, because the temper of the stomach is different in all these cases. Now then to come a little closer home to the Point.

10.

The measure of Food ought to be (as much as possible may be) exactly proportionable to the quality and condition of the stomach, because it is the Office of the stomach to digest it.

11.

And that quantity is exactly proportionable to the Stomach, which the stomach is able perfectly to concoct and digest, and withal sufficeth the due nourishment of the Body differently, according to the employment either of body or mind.

12.

Hence then it appears, that a greater quantity of some meats is to be taken, than of other some, and that with regard to the person

perſon eating them alſo: for ſome meats are more appropriated to one ſtomach than to another; and ſome meats are lighter of digeſtion than others are.

13.

In ſuch as exerciſe bodily labors, the Faculties of the Body, are chiefly exerciſed, and a greater meaſure is requiſite for them than for ſuch as only live ſtudious lives, and exerciſe the Faculties of the mind only.

14.

The Reaſon is cleer as the Sun; for the exerciſes, and employments of the mind, hinder concoction, becauſe they call up the whole power of the ſpirits to ſuccour the Brain and Underſtanding.

15.

If Reaſon will not ſerve the turn, let us ſee what Experience will do. A man that is intent upon his ſtudy, regards neither what he ſees nor hears, no, nor what his deareſt Friends ſay to him; but anſwers either not at all, or not to the purpoſe.

16.

Therefore a little Food ſerves the turn of ſuch as ſtudy, far leſſe than for ſuch a one as applies himſelf to bodily exerciſes, thogh equality of Age and temper might otherwiſe happily require equality of Diet.

17. The

17.

The difficulty then lies, in finding out this exact measure; and the ground of this difficulty lies in Pleasure, which knows not the bounds of Necessity; for Lust knows not where Necessity ends.

18.

I shall conclude this Chapter with this Aphorism: He that desires a long Life, a healthful Body, a vigorous Mind, and to be acquainted with the wonderfull Works of God in the Creation of the World; let him labor in the first place, to bring his Appetite into subjection to Reason.

CHAP. II.

Rules to find out the fit measure of Meat and Drink.

RULE, I.

1.

IF thou takest so much Food at Meals as makes thee unfit for Study, and other Duties of the Mind, it is evident thou exceedest the due measure thou oughtest in Reason to keep.

2.

For both Nature and Reason teach, That the

the Vegetable part of man, which is that part upon which growth and conſervation conſiſts, ſhould be ſo ordered, that it ſhould give no offence, nor bring any damage to the Animal, and Reaſonable part; for the one is ordained for the Service, not the deſtruction of the other.

3.

Now this is cleer, That all the offence that proceeds to the Brain (by way of Food I mean) ariſeth from the abundance of Vapors that are ſent up to the head; which either would not be at all, or elſe be pure, and not crude, if exceſs in Diet were avoided.

4.

Neither are thoſe Vapors only, and immediately ſent up from the ſtomach, which if that were all, it were bad enough; but alſo from the Liver and Spleen, which being overcloyed, in Concoction ſend up abundance of fuliginous ſooty vapors to the head.

5.

On the contrary (for Phyloſophers know that Contraries beſt diſcover one another) a ſober Diet doth by little and little, diminiſh theſe Vapors, and in ſhort time reduceth them to their due proportion, both in quantity, and in quality.

6. For

6.

For when Nature is not burdened, she governs the Body perfectly, and so wisely orders and dispenseth all things, that neither Diseases arise in the Body, nor impediments in the Mind.

RULE, III.

1.

If thou find a dulnesse, heavinesse, and wearinesse after meat, it is a sign thou hast exceeded the due measure.

2.

For meat and drink ought to refresh the Body, and make it more cheerfull, and not to dull and oppresse it.

3.

If then thou findest these ill Symptomes, consider diligently whether it come throgh superabundance of meat or drink, or both, and substract accordingly: and do this by degrees also, till by little and little thou findest no longer any such inconveniences.

4.

For these Symptomes proceed not from defect of Nourishment, as many Fools think; but from abundance of ill Humors.

5.

Videtur quod sic. Ill Humors stop the Muscles and Nerves, by which the spirits

have their paſſage; ſo that the Animal ſpirits cannot govern and order the body as they would, and ought to do: Hence comes the body to be dull and lumpiſh, becauſe the ſpirits are intercepted in their paſſage by the exceſs of ill humors.

RULE, III.

1.

We muſt not paſſe immediately from a diſordered kind of life, to a ſtrict and preciſe life, but ſubſtract from the exceſſe by little and little.

2.

Videtur quod ſic. All ſudden changes bring prejudice to Nature, though they be from bad to good; becauſe Cuſtom hath got ſtrong poſſeſſion over Nature, and muſt be outed by degrees.

3.

For as ill cuſtom came on ſtep by ſtep, ſo muſt it be left off ſtep by ſtep, that being not perceived in the progreſſe, it may not be difficult in the performance.

RULE IV.

1.

Touching the quality of the Food, there is no great care to be had, ſo that the body be of a healthfull Conſtitution, and find the meat he eats do him no harm.

2. For

2.

For almost all sorts of meats agree with healthfull Constitutions, if the right quantity be kept.

3.

All sorts of Foods must be avoided, wherby the Eater doth afterwards find prejudice, though they please his taste never so much.

4.

It is best for Students to use a good quantity of bread with their meat, for the damage it brings may thereby in a great part be avoided; and indeed to have a great care of all meats which they find to offend, for such cause Crudities, and by Crudities, cloudinesse, and dizzinesse of the Brain, Catarrhs, and distillations on the Lungs, Wind, Gripings, Gnawings, and Frettings of the Guts; and what a mad thing is it to buy these vile and fading pleasures of Gluttony, at the rate of so many, so great Inconveniences; and to please a liquorish appetite, enter into such a thraldom with Gluttony, as spols both Spirit, Soul, and Body.

5.

Only take this Caution: When I say, Students ought carefully to avoid all meats that offend, I do not intend, but that they may

may now and then eat a little of any meats they desire; for oftentimes that which offends Nature, being taken in large quantities, benefits Nature, being taken in lesse proportions.

6.

Also take notice, That after this Diet is exactly obtained, Appetite will be so subserviant to reason that it will require nothing but what Nature hath need of, it will desire as Nature desires.

7.

For ancient People, *Panada* made with bread and flesh broth, is most singular food, and very light of Digestion; and now and then an Egg would not do amisse, and that for these Reasons,

1. They do not easily putrifie in the stomach.
2. They breed very good blood.

RULE V.

1.

Beware of variety of Meats, and such as are curiously and daintily dressed.

2.

Because they prolong the Appetite beyond the satisfaction of hunger and thirst, so that three or four times as much as would suffice Nature, is thrust in by liquorishness.

3. Diffa-

3.

Different Meats have different Natures, and several tempers, sometimes contrary; some are sooner digested, some later; whence ensue wonderful Crudities to the Stomach, nay, the whole Digestion is depraved.

RULE VI.

1.

Keep as much as may be from the view of dainty Feasts and Banquets.

2.

The difficulty of keeping a just measure in Diet, proceeds from Appetite, and Appetite proceeds from Apprehension of the Fancy, which conceives Meats to be delightful and pleasant; which Fancy is stirred up by their sight and smell: the presence of every Object doth move the Fancy to what pertaineth to it self; so vain a thing is man.

3.

It is far more difficult to restrain the Appetite from good chear when it is present, than from the desire of it when it is away. The like may be seen in the Objects of all the other Sences.

RULE VII.

1.

Imagine the things whereunto Gluttony allures

allures us, not to be as outwardly they appear, *viz.* Good, Pleasant, Savory, and lightfull; but filthy, sordid, evil savored, and detestable, as indeed a little time after they will appear.

2.

All things when they are resolved into Principles, shew themselves in their colors, what indeed they are, which before lay disguised under a gallant vail.

3.

The more any thing is delectable to Gluttony, the more abominable it proves, when 'tis concocted, and yeelds the more noisome smell, and this is the reason why such as fare hard, and work hard, have sweeter and pleasant bodies than such as live idly, and fare deliciously, the perfume of their Garments excepted.

CHAP. III.

Certain Objections Answered.

Object. 1.

WHether this Measure and stint being once found out, ought to be altered, or not?

Answ. 1.

Winter requires something a larger quantity of meat than Summer.

2.

2.

Hot and dry Meats agree best with Winter, cold and moist with Summer.

3.

All this requires no such great scrupulosity; for 'tis an easie matter in Summer, to substract a little from your Meat, and add to your Drink; and in Winter to substract from your Drink, and add to your Meat.

4.

Besides: If such extraordinary curiosity were required, a man must alter his Diet, according as the Air alters in drinesse and moisture, which such as please may.

Object. 2.

Whether the dayly Measure ought to be taken at one, or more times?

Answ. 1.

The Antients, who lived in hot Countries, took it all together, and that about three of the clock in the afternoon.

2.

Weak Persons, and aged People, had better take it at twice, because small quantities suit best with weak digestions.

3.

Custom and Complexion must be heeded in this particular.

Object. 3.

This Stint, or set Measure, hath been condemned by many excellent Physitians.

Answ. 1.

Perhaps because it made the lesse work for them. 2.

It may be they quarrel only at the strictnesse of the Diet; which if that be all, we confesse a man may casually sometimes exceed when he hath so, it's but fasting the next Meal, and all will be well again, provided it be not constant: what a piece of matter is it, when one hath eaten too much at Dinner, to forbear eating any Supper? or if too much at Supper, to avoid Dinner next day?

3.

We intend not such a small quantity as is insufficient to maintain Nature; but such as is most convenient and agreeable to the Stomach, and best conducing to health; and if this displease the Physitians, I shall not seek to please them.

CHAP. IV.

A Temperate Diet frees from Diseases.

1.

IT prevents Crudities, which is the Mother of Diseases. 2. It

2.

It so tempers the Humors (if there be such things in the Body of a healthful Man) and maintains them in equal proportion, that they offend not in quantity nor quality.

3.

Where there is an agreeable proportionablenesse amongst those things which are commonly called Humors, there is no matter for a sicknesse to work upon; for the ground of Health lies in this, That the Humors be rightly and proportionably tempered in the Body.

4.

Experience teacheth, that such as keep a sober Diet, are very seldom, or never molested with Diseases; and if at any time they are surprized with a sickness, they bear it better, and recover it sooner then such whole Bodies are as full of ill Humors, as an Egg is full of Meat.

5.

The Reason is, Because all Diseases have their original from Repletion, *viz.* Taking more Meat and Drink than Nature requires or the Stomach can well concoct.

6.

Excellently then said the wise man, *Eccles.* 37. *Many have perished by Surfeits, but he that is temperate, shall prolong his life*; and

a little before, *Be not greedy upon every dainty, and pour out thy self upon every meat, for in many meats there will be sickneſſe.* Now a ſober Diet prevents Crudities, and by conſequence takes away the root of Diſeaſes.

7.

That which we call Crudities, is the imperfect concoction of Food.

8.

When the Stomach, either through the over great quantity of Meats, or their malignant quality, or of the variety of them taken at one time, or not a due ſpace taken between Meals, that the firſt may be concocted, ere you take in more: the Chyle made of ſuch Meats muſt needs be crude, which cauſeth many Inconveniences, as,

1. It fils the Brain with Chollerick and Flegmatick Excrements.

2. It breeds Obſtructions.

3. It corrupts the temper of the whole Body.

4. It fils the veins with putrified humors.

9.

If the Stomach make a corruption inſtead of a concoction, the Liver cannot turn that bad Chyle into good blood; for the ſecond concoction cannot amend the faults committed in the firſt; nor the third, thoſe in the ſecond.

10. Then

10.

Then from corrupted blood, must needs proceed corrupted flesh; but by little and little, it putrefies and breeds, first, Diseases; secondly, Death.

11.

Now then, a sober Diet causeth a good Chyle, such a one as is agreeable to Nature; from good Chyle, good Blood is bred; and from good Blood, proceedeth good Nourishment, and a good temper throughout the whole Body.

12.

Neither is this all the benefit of a sober Diet, (which if it were, it were worth the embracing) but also it consumeth the superfluous Humors that are already in the Body; and that more safely, more effectually, than bodily exercise doth, or can do.

13.

For Exercise confusedly stirs the body, and that many times without perturbation of the Humors, with much heat and hazard of sicknesse, with much pain and grief; but abstinence doth with ease and equality make a general evacuation.

14.

For it extenuates what is over thickened opens what is closed, consumes what is superfluous, opens the passages of the Spirits,

and makes the Spirits cleer, and that without disturbance of the humors, without fluxes and pain, without heating the Body, and hazard of Diseases, without expense of time, or neglect of other Employments.

15.

We deny not but Exercise may, nay, ought to be used in due time, and in due measure, a quarter of an hour before Meals, or so, to swing a weight, or swing your Arms about with a small weight in each hand, to leap, or the like; for this stirs the Muscles of the Breast.

CHAP. V.

A temperate Diet arms the Body against external Accidents.

1.

THose that have their Bodies free, and untainted, and the Humors well concocted, are not so easily hurt by heat, cold, or labor, and other the like inconveniences; as those whose Bodies are full of ill humors.

2.

If at any time they are thereby prejudiced, they are much sooner and as much easier cured.

3.

Also in wounds, dislocations and bruises, they

they are soon cured, because there are no ill Humors to flow to the place afflicted.

4.

For in all such cases, tis the Flux of Humors that causeth pain, corruption and inflamation, &c. which are the things that hinder cure.

CHAP. VI.

A Temperate Diet resists Epidemical Diseases.

1.

ALl Epidemical Diseases, as such as are real Physitians know; proceed from the Air corrupted by planetary influence.

2.

The ill of the influence of the Planets, lies not in the Planets, but in our own Bodies, if there be no tinder there, you may knock the Flint and Steel together, till your Heart akes, before you can get the fire to take.

3.

If then your Bodies be kept clear from corruption, by a temperate Diet, there is nothing for the Disease to work upon.

CHAP.

CHAP. VII.

A ſober Diet makes mens Bodies fit for any Employment.

1.

IT makes the Body lightſome, freſh and Expedite to all the motions thereunto appertaining.

2.

For, heavineſſe, dulneſſe, and the like oppreſſions of nature, proceed from ill Humors, and ill Humors from ill Diet, whereby the Joynts and Ventricles of the Body are filled full of ſuperfluous moiſture.

3.

Alſo that a ſober Diet Cheers, and cleers the mind, is perſpicuous; for ill Diet cauſeth ill humors ſtop the paſſages of the Spirits, which a ſober Diet in a ſmall time Remedies.

4.

Hence it is clear, that in him that keeps a ſober Diet, the concoction is perfect, good blood bred; and of good blood, good Spirits, free, lightſome and cleer: ſo that both agillity of Body and vigor of mind is thereby acquired.

CHAP

CHAP. VIII.

A sober Diet makes Men live long.

1.

A Sober Diet, not only brings health of Body, and vigor of mind, both which are very desireable things, worth more than pence a piece: but also it gives long life to them that follow it, and glorifie God by it.

2.

Infinite examples might be brought of this, I shall only quote one, which is *Galen*, who by keeping an orderly Diet, lived one hundred and twenty years, which in that hot Country, where he lived, was as great a wonder, as if he had lived two hundred years here.

3.

As for the influences of the Planets and their *Anareta*, they may go shake their Ears; this life is something above their influence, for their influence is only upon the sensual part of man: but this life is rational and far above the pitch of sensuality.

4.

We might clear this a little further thus: we all know that there is a starry part within our Bodies, as well as without, which mixing

mixing evil influence with that without, causeth Diseases; so that if the internal, celestial part were kept pure, there could be no mixture with any external *(quo ad nos)* evil influence, than is between Oyl and Water.

5.

This is the reason, such of old that led sober lives, were vertuous men and lived long; as *Socrates*, *Hippocrates*, *Paulus Æmilius*, *Augustus Cæsar*, *&c.* But such as were haters of a sober life, were sworn enemies to vertue, as *Caligula*, *Heliogabalus*, *Geta*, *Vitellius*, &c.

6.

If any question a Cœlestial motion within us, answerable to the motion of the Heavens, let him but consider, that man is an exact Epitome of the Creation, and he is answered.

7.

Thus you see a sober life mitigates evil influences of the Planets; and if so, then by the very same rules, it as much increaseth the good; and this is a terrestial Paradise to him that useth it, far exceeding *Parkinsons* Garden of delight.

8.

Lastly, that this long life comes by the power of nature in a natural way, and not by

by any supernatural gift of God is cleer; because the Turkish Priests who stick close to temperance live very long.

9.

I have a caution or two to give, and an Objection to answer, before I conclude this Chapter.

10.

Capital Offenders, Murtherers and the like although they keep never so exact a Diet, seldom live long, because vengeance prosecuteth them, yet die they not by corruption of Body, but outward Violence.

11.

People extreamly addicted to lust, are seldom long lived, because nothing so exhausteth the Spirits, and best Juyce of the Body, as lust doth, nor more weakens and overthrows nature; yet this as we shall shew hereafter is much mitigated by a sober Diet.

12.

But some will say, there are in the world which live to extream old age, yet keep no such Diet, but stuff themselves every day to the ful with meat & drink. To this I answer.

13.

1. This is rare: most Gluttons die before their time. And one Swallow makes not a Summer.

2. If

14.

2. If irregnlar eaters and drinkers would obſerve a moderation, they would queſtionleſs live much longer and in better health.

15.

3. Their mind ſuffers for it, though their Bodies do not, the whol force of Nature is, muſt needs be Enthralled to the concoction and digeſtion of meats, from which, if it be drawn to the duty of contemplation, they either make but wooden work at that, or elſe their digeſtion fails them, and then Crudities of neceſſity follow.

16.

Their Heads by ill Diet, are full fraught with Vapours, which cloud the mind, ſo that if they exerciſe their thoughts much, about any deep ſtudy, it cauſeth pain and grief, ſo that although they do live long in Body, they live but little in underſtanding. And what is this more than to make thy ſoul a ſlave to the fleſh, a ſervant to his vaſſal.

17.

Conſider how ill ſuch a life ſuits with Nature, much leſſe with Chriſtianity, whoſe happineſs conſiſts in mortifying the ſences, and exerciſing the mind which is the better part of man.

18.

They that are of weakly Conſtitutions, if they

they live temperatly & more secure touching health and prolonging of their lives, than those of the strongest constitutions are or can be, if they live intemperately.

19.

For the former have no ill moisture in their Bodies, or at least, not in such quantity as to breed Diseases, but the latter in some few years, must of necessity have their Bodies cloyed with ill Humors; which by little and little putrefying, do sooner or later break out into great and dangerous Diseases.

20.

I shall add but two Aphorisms from *Galen* and so conclude this Chapter.

They (saith he) who are weakly complexioned from their Mothers Womb, may by the help of that art, which prescribes the course of Diet, attain to extream old Age, and that without diminution of Sences, or sicknesse of Body.

21.

The last he quotes of himself.

As for my part (saith he) though I never had a healthful constitution of body from my very birth, yet by using a good Diet after the 28. year of my age, I never fell into the least sicknes, unles now and then, into an one-day Feaver taken by overmuch wearines.

CHAP.

CHAP. IX.

A ſober Diet makes Men die without pain.

1.

LEt it not ſeem a miracle, that Spirit and Body ſhould part friends and without pain or grief, for it may, by a ſober life be brought to paſſe: which is our task in this Chapter to prove.

2.

For in ſuch, the bond that unites them is unlooſed, not by any violence uſed to Nature, but by a ſimple Reſolution, and Conſumption of Radical moiſture.

3.

For as a burning Lamp may three waies be extinguiſhed.

1. By outward violence, when it is blown out, or the like.
2. By pouring in ſo much water, whereby the Oyl is drowned.
3. When the Oyl it ſelf is ſpent and conſumed.

Even ſo mans life, which in this particular, much reſembles a Lamp, is three waies extinguiſhed.

1. By external Violence, as the Sword, Bullet, Gallows or the like.

2. By

2. By aboundance of ill Humors, whereby Radical moisture is first oppressed, Secondly overthrown.
3. When the Radical Humors by long space of time is quite consumed.

4.

In the first and second kinds of these deaths, there is much disturbance of Nature, and so by consequence much grief and pain must needs ensue; in regard, Radical moisture which is the bond of Nature is violently assaulted and overthrown.

5.

In the third, must needs be very little pain or none at all, in regard the bond of life is quite wasted and dissolved by little and little: for as Radical moisture wasteth by little and little, so natural heat abateth in like manner, and the moisture being spent, the heat is extinguished as we see in Lamps.

6.

Now then to the purpose: by a temperate Diet, evil Humors are prevented, neither is Radical moisture overpressed, but Man lives till Radical moisture and natural heat be both by tract of time insensibly consumed, and Mans will to live, dies when his Spirit departs.

CHAP.

CHAP. X.

A ſober Diet maintains the ſences in Vigour.

1.

HAving ſhewed what benefits it brings to the body, let us now riſe a little higher, and ſhew ſome advantages, it brings to the mind.

2.

It adminiſtreth ſoundneſſe and vigour to the outward ſenſes.

An example would not do amiſſe.

3.

The ſight in antient Men is chiefly clouded, becauſe the Optick Nerves are clouded with ſuperfluous Humors and Vapors, whereby the Animal Spirits, which are ſubſervient to the ſight, are either darkned or choaked in their progreſſe.

4.

This impediment is taken away by ſobriety in Diet, and avoiding ſuch things as fill the head with fumes, ſtrong Wines, thick Beer, &c.

5.

The like we may ſay of hearing, by groſs Vapors that fall down to the Timpanum, or elſe fill the Nerve that is ſubſervient to hearing,

hearing, which is remedied by the same means, the former is especially, if some Topical Remedies be used, of which I commend a little black Wool dipped in *Aquavitæ* and wrung out hard, and the ear stopped with it.

6.

But I shall make this chiefly appear in the sence of tasting, which is chiefly afflicted by ill Humors, for if Chollerick or Salt Humors possess the Pallat, (whether they proceed from the Head or Stomach it matters not) all things taste bitter or salt, then it is ill Humors afflict the sence, and may (as we have abundantly already proved) be remedies by a sober Diet.

7.

Also that a sober Diet mends the taste exceedingly, is thus proved, ordinary food, yea dry bread it self hath a better taste when real hunger calls for it, than the daintiest fare that can be imagined hath, when Gluttony calls for it.

8.

For it is evil Juyces that afflict the organ gan of the taste, that breed loathsomnesse of good and wholsome food, which being taken away, then appetite is, as it should be, and not till then.

9.

We will grant, Old Age may abate the Vigor of the ſences, eſpecially of the Eyes and Ears, as Radical moiſture is by little and little conſumed, but no otherwiſe, if the Diet be temperate.

CHAP. XI.

A ſober Diet Mitigates the Violence of Paſſions and Affections.

1.

IT is a ſhameful thing for a Man to be angry at the wagging of a Straw, to be a ſlave to Melancholly cares and fears, to make a God of ones Belly and a trade of Concupiſcence.

2.

Neither is it only ſhameful (though one would think that were motive enough to make one leave it) but it is alſo,

1. An enemy to Vertue.
2. Contrary to health.
3. Opprobrious to good Men.

3.

A ſober Diet with much eaſe Remedies all thoſe miſchiefs, partly by correcting, and partly by ſubſtracting the Humors that cauſe them, and that evil Humors in the Body cauſe them, we ſhall eaſily prove.

5. Such

5.

Such as are full of Chollerick Humors, are alwaies angry and rash; those that are full of Melancholly humors, are sad, pensive, full of griefs and fears, and if these Humors putrifie in the Brain; there follows frenzies and madnesse, therefore the fault lies in the Humors.

6.

The affection of the mind follows the apprehension of the fancy; the apprehension of the fancy is conformable to the disposition of the Body, and the predominate Humors therein; and although Dr. *Primrose* himself could scarse carp at such an Aphorism as this is, yet we will for Illustration sake, clear it in the next. Therefore consider.

7.

1. Cholerick men dream of Fire, Burning, Fighting, Killing, &c.

2. Melancholly men dream of Darknesse, Fear, Funerals, evil Spirits, what ever they dream of, be sure Fear is at one end.

3. Flegmatick men dream of Rains, great Waters, Drownings, Shipwrack, &c.

4. Sanguine Men dream of flying, Banqueting, Songs and love matters.

8.

Dreams are nothing but the apprehensions of the Fancy, when the sences are asleep;

ſo that it follows; that in waking, as well as ſleeping, the Fancy apprehends things according to the predominate Humors, till it be concocted or otherwiſe directed by reaſon.

9.

You ſee then, that the exceſſe of evil humors perverts the natural condition and apprehenſion of the fancy, we ſhall ſhew you in a word or two, how it doth it.

10.

Choller in as much as it is extreme Bitter and therefore contrary to Nature, cauſeth other mens words or Deeds to ſeem to proceed from bitterneſs of Spirit againſt him; as though whatſoever was ſaid or done was intended againſt him with deſpite and injury.

11.

Becauſe Choller is fiery and Impetuous, it makes the Apprehenſion ſwift and violent, and drives a man to a ſpeedy revenge of the evil, which he doth but ſuppoſe was done againſt him.

12.

The Melancholly Humor is heavy, cold and dry, Lumpiſh and ſour, and alwaies (if abounding) Obnoxious to the heart: now by reaſon of its coldneſſe and heavineſſe, it cannot incite a man to the repulſe of evil, as Choller doth, which is light and active, but poſſeſſeth a man with fear and care, and deſire of revenge.

13. It

13.

It were in vain to speak of the other complexions: a man of any Brain may see it true in them also, let us see a little the evils they do to Men, and how they pervert the mind from vertue.

14.

Choller abounding makes *Men* angry; Rash, hasty, bold, quarrelsome, peevish, swearers, cursers, brawlers: hence comes fighting, killing wounding one another,&c. For drunken fraies come from the fury of Choller inflamed and set on fire by the Wine.

15.

Melancholly makes men sad, faint-hearted Solitary, fearful, subject to despair, and Madnesse, if it possesse the Brain, and sends up such filthy vapours from the Hypochondria the Brain, that it unfits a man for any businesse.

16.

Flegm makes Men slow, sleepy, fearful, forgetful, unfit for any manner of consequence: for although this humor be not so hurtful to the Body as Choller and Malancholly; yet is it more hurtful to the mind; for it duls the vigor of the Spirits, by its moisture cloying the Brain and stopping their passages.

17.

Now a sober Diet doth in great part Re-

medy all these evils, abating them by little and little; Nature either consuming them within, or driving them out by degrees; especially if she be helped a little by some proper Medicine.

18.

Besides all this, the whole temper of the Body is much corrected, there being a suply of pure and well tempered blood without any crudities, or superfluous Humors, so that such as keep a sober Diet are calm, affable, courteous, cheerful, and moderate in all things; for the benign Nourishment, which Nature works upon, causeth benign affections throughout the Body.

19.

Besides all this, evil Humors do not only stir up passions and set them a work, but also themselves are set on fire and strengthned by the passions, and being thus kindled they add new strength to the passions and encrease them, for example,

20.

A Chollerick man when he is angry, at a supposed injury, his anger so enflames the Humor, and the Humors so encreaseth the anger that he wil not suffer a friend to speak to him, thogh he loved him never so deerly.

21.

And in sighing, which by depression of the heart

heart, emptieth it self of vital spirits, and hastens Consumption, the more a man sigheth, the more he desires to sigh.

CHAP. XII.

A sober Diet preserveth the Memory.

1.

THere is scarce any thing more desireable to a student than a good memory.

2.

Memory is most commonly impeached by a cold Humor possessing the Brain, stopping the narrow passages of the Spirits, benumbing the Spirits themselves, whereby they become slow, weak and inconstant, and oftentimes fail a man in the middest of his discourse; so that he knows not what he said last, nor what he intended to say, but is fain to ask the standers by what the matter treated about was.

3.

This is caused three wayes.

1. Because the animal Spirit, which the Fansie makes use of in remembring actions, is suddainly intercepted in her course, by some Flegmatick Humor, by which interception, apprehension ceaseth and consequently all remembrance.

2. In that the apprehension was feeble and

and without Reflexion, by reason of the poorness and unaptness of the Spirits; now apprehension without Reflexion cannot make any print for remembrance; for all remembrance is immediatly conversant about our own actions, and but mediately about discourse.

3. From the unaptness of the Spirits: for though there be a print or Foot-step of what was said or done, left sufficient on its own part, yet are the Spirits so poor or impure, or hot, that we cannot make use of them to find it out.

4.

Now this great and apparent evil is wonderfully both prevented before it come, and cured when it is come, by a sober and temperate Diet.

5.

Let such as are so troubled, avoid excess of hot drinks and Wines which send up unwholsome Vapors to the Brain, or if the coldness of their Stomachs require them, let them drink them in small quantities and presently after meals.

6.

For although the Wine it self be hot yet it breeds cold Diseases, *viz.* Distillations on the Lungs, Coughs, Appoplexies, Palsies, &c. And the reason is, because it fils

the

the head with Vapors which the Brain cools and congeals into cold Flegm, which is the cause of these evils.

7.

Let such, as much as may be, keep themselves to a dry Diet, and avoid moist meats for so moist Humors wil not be bred, or being bred, will in short time be consumed, and the passages of the Spirits made free, and the Brain reduced to its natural temper.

CHAP. XIII.

A sober Diet helps the Understanding.

1.

O Yes! every one that delight in Vigor of wit, in studying, reasoning, finding out, and judging of things, as also to Lead such a life, as he may be fit for communication with holy Angels, let him read diligently this Chapter.

2.

Would you be watchfull, provident, circumspect, of a good forecast, of a sound Judgment, able to give good counsel, able to comprehend any study, to grow excellent in what you undertake; come hither, this is the way.

3.

By this means the holy men of Old came

to

to be familiar with God, were adorned with the gifts of prophesie and wrought miracles, and became admirable to the world.

4.

For by a sober Diet, clensing their Bodies from impurities, and having alwayes their minds lifted up to God, admiring him in his works, God vouchsafed to come down to them, illuminating them wonderfully according to *Psal.* 34. They had an Eye unto him and were enlightned.

5.

Such it is that God makes partakers of his secrets, and instruments of his marvailous works, to the Sons of men, that so the world may know, how acceptable such a kind of life is to God.

6.

Let me not be mistaken, I do not say a sober Diet causeth these wonderfull revelations of God to the sons of men, but this I say, and am able to prove it, when I have done, It removeth the impediments that hinder.

7.

For a spiritual progresse depends much upon the use of the understanding, we cannot love any good thing nor profit in the love of it, nor hate any evil thing nor encrease in the hatred of it, unlesse it be proposed to be good or evil by the understanding,

ing, that so it may move the affections, so that corruption of the understanding is many times the reason why men call good evil, and evil good, at all times the reason of mistaking an apparent good for a real.

8.

By all which it appears, that thsoe things which hinder the functions of the mind or obscure them, or make them difficult & irksome, are, the things which in deed & truth debars us, not only from attaining any great perfection in all naturall Arts; but also from spiritualizing those we have.

9.

All these which we have already, often shewed before, proceed from natural afflictions of the Brain, and may be remedied by a set and sober Diet.

10.

Neither doth a sober Diet only take away the impediments of speculation, but also administers very many necessary helps to it, *viz.*

1. Good Blood.
2. Pure and well tempered Spirits.
3. An equal and well tempered Brain.

11.

Then consider the benefits this sober Diet brings to a man, are so great and of so high a Nature, that I am not able to con-

ceive

ceive them in my mind, much lesse to express them by writing. I must be contented at present to give you only a glimps of them

1. Even in old Age the mind is cheery, expedite and vigorous in all the employments thereof.

2. By long experience of a fore past Age, the vanity of the world the more appears, and by appearing, becomes the more contemptible.

3. Heavenly matters relish better, when earthly are despised.

4. Eternity which hangs over our heads, is alwayes before our Eyes, and cals upon us to make preparation for it.

5. We reap the sweet fruit of all the good we have gotten from our youth up till that time.

6. Divine meditations are pleasant, because affections and perturbations of the mind are calmed.

7. Their minds are fit to receive divine inspirations and revelations & alwayes so fit.

12.

A long life is little worth and of small advantage, if it be spent in the service of the world, such as live like beasts in this world, when they are dead, their names shall be written in the Earth.

CHAP.

CHAP. XIV.

A sober Diet allayeth the heat of Lust.

1.

LUst is the Mother of sin, the Devil the father, and mans heart the Womb, in which it is conceived.

2.

A man may easily perceive in himself a Lust to sin, before it break forth into act, and I once thought it the highest Pitch of Christianity, or at least the greatest strength of a Christian in this world to anticipate between the Lust to the act and the acting of the thing lusted after.

3.

But now the Eyes of my understanding growing purer. I see the lusting after sin may be much quelled though not quite allayed, so long as we bear this Body of sin about us.

4.

That this may be methodically shewed I shall instance in one Lust, which is not a little destructive to Nature; and leave that as an example for all the rest, It is Concupiscence.

5.

A sober Diet much allayes the temptations of the flesh, and brings much tranquillity both to flesh and Spirit.

Sine

Sine Cecere & libero friget Venus.
Stuff not your Guts with Flesh and Wine;
And lustfull *Venus* soon will pine.

6.

Sobriety takes away not only the matter it self, but also the impulsive and exciting causes to venery.

7.

The matter of lust is the abundance of Seed. The impulsive cause, is store of animal Spirits whereby the Seed is expelled.

The exciting cause is the imagination of lustful matters.

8.

This imagination first stirs up the Concupiscence and that straight waies stirs up the Spirits to expulsion, which presently accomplish the thing, except the will restrain it, under this combate do they chiefly lie, who are in the Flower of their Age, and strength of Nature, though sometimes the Proverb be true, Old Rats love Cheese.

9.

Now a sober Diet doth substract both from the matter and from the impulsive cause, for it maketh an abatement by degrees both of the quantity and heat of the Seed, and diminisheth the store and firiness of the Spirits, and when the Seed & Spirits are abated and tempered, lustful imaginations cease of their own accord, or if they do rise, they are easily quelled.

10.

10.

It is in vain to object to me what lustful thoughts either to this or any other sin, the Devil may cast into the heart, for if there be no corruption in the Body answerable to his temptation, he had as good be quiet and keep his breath to cool his pottage.

11.

As for lustful imaginations they spring from the mind by a kind of simpathy which it hath with the disposition of the Body, by reason of the predominant humors therein contained, as we have at large shewed before

12.

For proof of this: if so cleer a thing need proof, that such as have followed sobriety, have for the most part been freed from such imaginations or temptations, let none go about to disprove it without a years experience.

13.

If there be not store of these causes laid up before hand in the Body, sobriety easily preventeth their growth, because he eats and drinks no more than Nature requires to sustain the Body, and to be sure she will look to that in the first place.

14. The way then to measure the quantity aright is to measure it by reason, not by appetite, for appetite is deceitful, and I shall tell you why,

15. Appe-

15. Appetite doth not only desire those thing which are fit for conservation of the Body, but also for procreation, and is so intent upon it that it desires more than is fit for that also.

16. But reason tels you, that so much the more as you are incited to venery, so much the more substract from your meat & drink for Seed is bred of that superfluity of nourishment, which is more than is sufficient for the sustentation of the Body, so then you may if you please have just so much Seed in your Body as is requried, and you have occasion to expend, and neither more nor less, by keeping a Diet accordingly.

17. Yet once more let me acquaint you with this truth: much expence of Seed, causeth much exhausting of the Spirits, and therefore of necessity duls the mind much.

18. Another reason and as good too, why appetite is alwaies deceitful, unless when it is subservient to reason, is this: because it is many times caused through ill disposition of the Stomach, as when its afflicted by Choller and Melancholly.

19. Abstinence plucks up the cause of all these by the roots, and by degrees reduceth the natural temper to a mediocrity; a happy remedy for all such as are vexed with lust or lustful thoughts.

FINIS.

transgressions.

When Queen Anne was afflicted with a depression of spirits, *spleen vapours, or hyp*, were the *rage* in high life, and nothing else could go down. About forty years ago people had no idea that they had *nerves*.—when a Treatise on nervous diseases was published by an ingenious professor at Edinburgh—hyp, vapours and spleen, were no longer heard of, and "*Madam you are nervous!*" was all the *ton*. After this a treatise on biliary concretions, by Dr Coe kick'd the *nerves* out of doors, and it would have been extremely unfashionable not to have been *bilious*. The *influenza* started in high life, but, unfortunately getting among low trades folks and mean mechanics, soon became *vulgar*, and lost its *credit* and its *name*.