

Stanhope, Philip: volume 1

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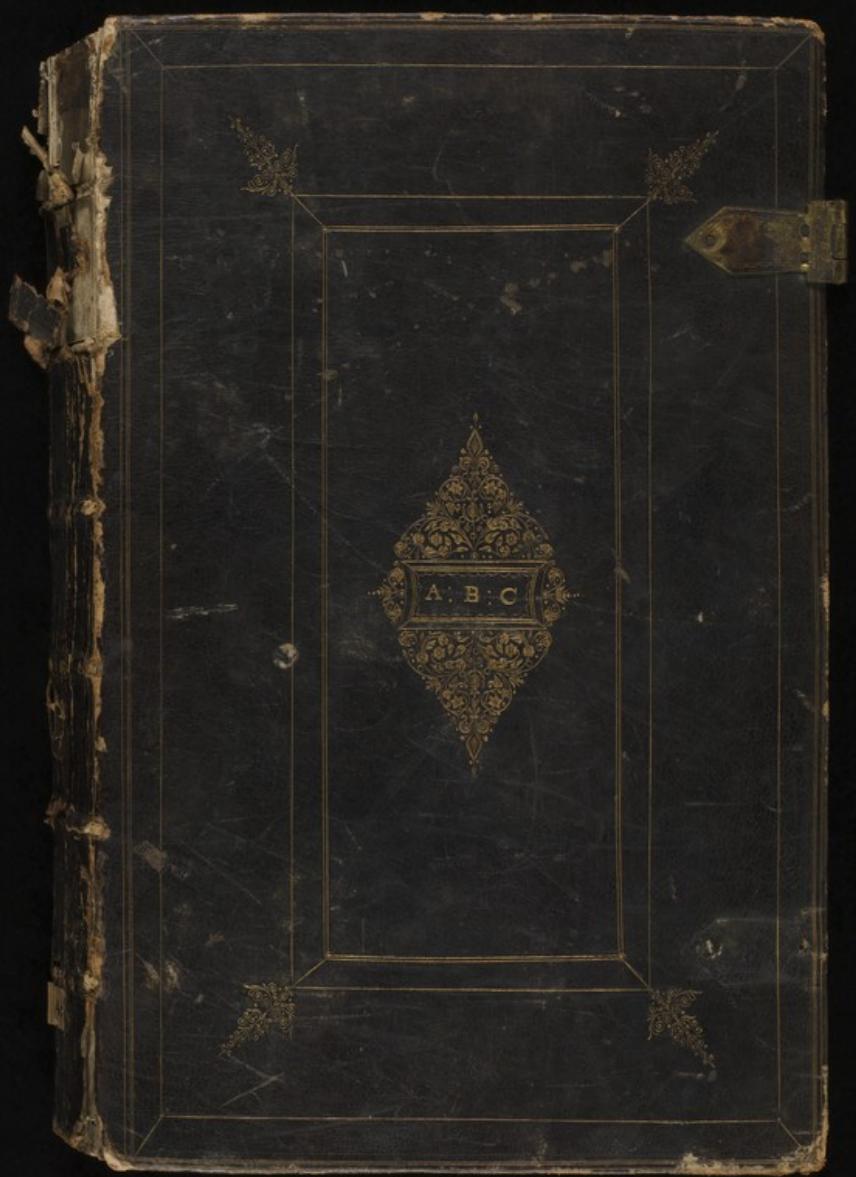
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356
421

*Very curious
+ unique*

STANHOPE (Philip) 1st Earl of Chesterfield
[1584 - 1656]

A Booke of severall receipts
[A-C]

[c. 1635]

MS. No. 761, ~~100~~



ACCESSION NUMBER
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Manuscript

*V. 10
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24010

E 2. My own child Roxton Stanhope!

G 7^v. Col. John Cromwell

G 12^v My daughter Dony

A 2 Sister BODEN

A 3 K. Chesterfield

A 4 'My sonne Ferdinande's wife'

B 1 My brother George HASTINGS.

B 8 My cousin Washington

B 11. BANCROFT. Bishop. of Oxfld.

C 2 My son MOUNTNORRIS

STR. MU. 13

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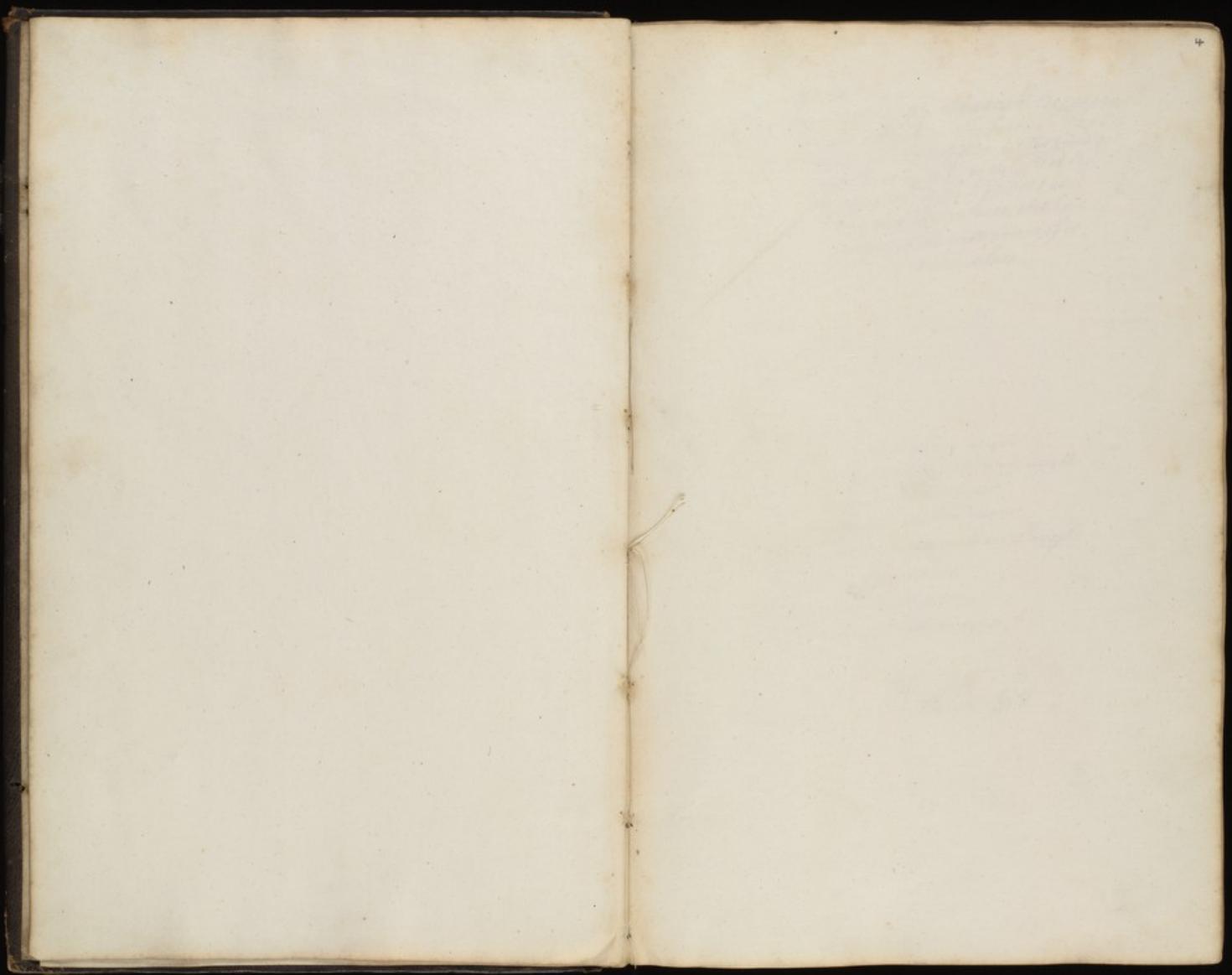
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^{2.}
: A : B : C :



A Booke of severall receipts
for severall infirmities both in Man and
Woman and most of them ryther tried by
my selfe or my wife, or my Mother,
or appoynted to such persons as I
dare giue creditt unto, that haue
knowen the experiment of it
themselves.

A dragonet is eight penny weight
A drupp is two penny halfe minny weight
Eight dragonets make one drupp
And three drupp make a dragni
Twenty wonder tornes make one drupp
A dragni is sixty grainis
A drupp is hanty grainis
Four dragnis is half an ounce /

8 ℥ 24 d
Antimonium. Silver. Steele. Gold.

A

6
A Water good for the quæstion aque, or any disease
in the Stomache, taking is before the fed come, and
the bed come to distill it in May. Mr. Mathew.

Take galengali, & longi, & longi, gingi, cardamomi, mace, nutmeggs
of each one drachm, in very fine powder, take so much of the juice of
elandini as will suffice them all well together, then cast them into a
point of aqua vitæ, and three points of good white wine, let it boare
all night in a glasse or earthen potte, next moring distill & collect
an equal partie, take all that will runne and mingle it together, to
make it all of a strength, in Sommer to boone spoonfull after
feareing once a week, & in winter two spoonfulls, this helpe of
a pess in vertue; it doeth much to the heart without greefe, if the
Pangs be great, or occidens, or contrefact, it helpe and comforte
thine. It softens not the blood iorutified, but the same magnetis
it much aday, for as he shall not neede to bee at bloud & herte
not the hard to bee burnt. Nor yet melancholy nor dragon
to bee left about Nature, It cōsolleth. Rhum much profiteth
the Stomache maruis laetiss, It profiteth youth in sterren
obstac, ingendris a good tolour, removeth the dysponent and
memoria, provoketh the Palpice of the temples, cureth brushe from
Palpice. If this same wchil be given to one that is vexed with
one poorefull reloueth him of all soadnes therer is none. Better
than this, nor more abstrakte /

Aqua mirabilis the first
Take three quarters of white wine, one quart of aqua vitæ, one
point of the juice of elandini, one great handfull of Mr. Mathew
flowes small flowers, & subtle stellall galengali, graine, nutmeggs,
& longi, gingi, mace, of each the weight of twelve ounes, canamonth
weight of two shillings, bruse all this, & spise straight thine, and all
that in the bottom of a glasse pot, and let them stand for this in
fusion, one whole night, next day distill it wchil a gentle fire in Calore
drawe on, & in of the pot, & on combe of the hand then draw
two waters more together wchil a good for consumption, the example
is a pess good cordiall, but Otesse aqua vitæ is ordene in this
taste to som: fine and daintie, & allake it is better to take the same
quentity of rich spirit of calke, and to leave out the aqua vitæ, so
it is no pess cordiall and better /

To make aqua mirabilis the second way
Cardamomi one drachm, cubili one drachm, galengali, a drachm
mittelal & one drachm, nutmeggs one drachm, & longi a drachm
gingi a drachm, mace a drachm, all these soule & beaten may
bee infusid over night in this quantity of white wine, one combe

M If you have a few coins of the purest of silver and a
large dish then in a glass fill it with a moderate fire, put a
little hard sugar into the glass which is funny as well runn-
a little like the salt glands by its softness and when you lay it up
on a little paper over it.

This way to make aqua mirabilis given me by the
Lady Abercane & the vertues therof the third way
Take gallengale, rubbie, cardemomis, & mnt blake stam' v. nut-
meggs, mace, ginger and clouts, of each one drachm. Then take
all these ayerds into sciss frise powder. Then take of the yew of
strand and comyns of aqua vitell and comyns, and of which comyn-
heit comyns poure all this into the bottome of your glasse phialles
and let them stope togidher one night and in the morning you
may begin to distill it so a gentle fire and out it op in bowls
and therof is for your use.

The vertues of this water are these following
This water is of a fritte nature; it dissolueth the Tonge with
out any grievance, which being either wounded or not, is helpe-
infallible and conserueth them; it softens not the Bloud nor ou-
triseth; for as one shall not need at any time to bee let Bloud
and it in great quantitye, into both blouds, it softenth not
the heart to bee burde, nor melancholy nor pleague to have
dominion above naturall; it exsolleth Rheume and comforteth
the stomach marvellously, it cureth colic in his own shal-
lownesse, and by it selfe, and by no other way, it removeth the
visage, and the morrow; and is speciall against the calorific. If
this water bee given to men or women that are pstram-
sulfe, it helpe them very much, of all artificall waters
there is none better. In Summer take one pouer full drunke
twise in winter too.

The best making of aqua Composita the first way
Take three gallons and a quart of strong ale; of liquorish
a quarter of a pound; an hundred thousandth part of a pound
of a sugar one ounce; of nutmegges, cloves, and mace, each
an ounce; three spoonfulls of Juniperall seeds all bruised &
boiled together.

To make a special Aqua Composita to drink for a
surfeit or colds, &c. Boil, the second day
Take a handfull of Rose water, a good root of Chamomile, one
handfull of Violets, half a handfull of Vines, a handfull of fine
herbs, a handfull of Rose, two good roots of wormes, as also of
young Violets, half a handfull of Chamomile, two roots of Cham-
omile, two ounces of liquorish well boyle fift, and of much annis-
fords, then take these gallions of night strong ale, and put them
all together in a brasse pan, and set it upon the fire till they
beginne to boyle, then take the fire from the pan, and set you
Pimberlites over it, and boyle it slop in softe or clay, add for
fist, or with a soft foyl, and let the foyl be layd in cold
water.

For an Ague. I Ha-
Take a rod of broken Oats & Boiled until thin, as much as will
go about the size of a finger, Intoxic the Copper and the Broad-
beans and it will draw away the Ague.

to prevent appetite and cause sleep. & is safe for a
woman with child or lying in. - Hastings.
Take a pint of strong milk, and not much stronger, also a tea
milk, a large slice of bacon, take of this rind, and root into the
strong drink, heat it, a morning, then strain, then leave of adders
benedictus, with a little grain bread, and form sugar candy as he
wallnuts, then all this together, by the pretty while together, then take
the yolk of an egg, well beaten, & put into it stirring it, will make
you half a pint of the first which may be in half a quarter of an
hour, and when you have eat in the egg, if it be not sweet enough
put in more sugar candy as you like, and so drink it warm
when you go to bed. It is the morning following.

A Spec'lel medicine for an Alge: Take Boden
Take as much allom: in fine powder as a walnutt, and a
quarter of a Shrimpg: in fine powder, put it into a pint of oil:
and let it stand till toward att night, in the morning quicke
the coalest an hour before his Alge come: let him drinck it all
or as much as he can, it will take away the Alge by Romme or
Wort or both; /

A drink to cure any Ague or feaver. Take a pint of Juniper water & twelve good Raisins and two good Lemmons, cut in quarters. Boil them in a strong linnen cloth into a floure pouder, or other pouder, and put it into the furnibery water, then sweeten it with a quarter of a pound of fine white sugar, and let the

A

The great Turkes cure for an ague one day next another
Day it is given by a Turk (the Turkie Physician) to a friend of his
Take one white nutmeg; the weight of it is in Oyleme. Boate them
fourrely betwix hem, mingle them togidher and add them into thise
small water, upon your wylle and drinke one of these waters in a
spoonfull of Draygots meane, or Draygots flowers steeped in
Vinegar eight and forty hours; after it keepe a spoonfull of the
same vinger ale to wash it downe; and drinke it again. If yo
 finde your selfe apt to vomite, take a spoonfull or two of an
Apose; and it will stay it. Thus take the other two waters upon yo
next two wylle dayes one after another, and it will turne you if
the first doe not. Robatum est.

For an Ague most certaine approued, my daughter in
lance taught me. Mr Phillips taught it her.
Take a quicke Pulse and a little before the fit comes cut open
his bellye, and take out his heart which is but a swiche litell meat and
put it into whitewine; and drinke and scalloni it downe as soon
as it comes out of the wylle bellye; if it doe profitles whilist it is
warme; and it will turne you off his Ague.

A Medicine for an Ague Mr Bolney
Let the sick early before the fit comes an houre; take fiftene
Spriggs of Rue and putt nine thereof in his shooe. Upon the fit
of his righte foote shooe, & butte fadon Spriggs in the lefte foote shooe
Upon the shooe; and set coat on his shooe, and walk up and downe
an houre or more. Let the sick be alwey and about three or four hours
after that let him throwe away his spriggs out of his shooe, and
after that let him throwe away his spriggs out of his shooe, and
in houre doing this he wilbe certaintly turned of his Ague. Robatum in
hour

For a Quartidian, Tertian, and quartaine Ague approued
by Mr Bolney.

Let the sick walke an houre before his fit comes upon hem, pace,
or talke to be heard, all his fingers, Thumbe, and toes, as neare as
as ruffes as his tan, & take all these ruffes that are heard, and pull
them ope in a little ball of red waxe, and the same nighte after in the
nighte hirne, or whiche it is dark, that none can see them, that
doth this, lay any two leaft that maye fall in the ruffes and geve
to any hand or doore ademyng, & berte the ball upon that hand or
doore, and be sure then also to lay this wondre following. Hable it
and drieing in a quicke fire Ague for a tertian Ague, and for a
quartaine Ague. Drieglasse thereupon he whiche walke therewarde
shall wil go out any moris fire. Item of that daye whiche the ball was berte
shall haue it.

N

For aches & swellings of the knee. Rx
Take a quark of Malmesye, and a handfull of hem; boile them welle
togeather and out in a good reuer of Earth, boyle it forme a gaude to a
Pomme, and bath your knee therin at your going to bed and wth a
cloth thrice or four times double therin and lay it as hot as can be
vpon them, vpon this but stauen nigher and it will cure you
Robatum.

Aqua recta compote to make
Take one wound of the life hempe, aqua vita four handfulls distilled one
roundell & a halfe, lignum aloes three drachms, gummie; Boake two
Drachms, Radmeggs, galanga, nere Galiste, & gnamen Maras-
tows, purbards of each three drachms, Myrtle, & the Rapholepanis-
na, Ambergrease of each one drachm. Let all this in his greate
braule and out in the full Earthen pot to drie for eight daies in
hot sunnes, then distill them in Balme Maria vpon a gentle fire
Thus you shall drawe of the pure compound aqua vita.

For Women in childbed to bringe away the after-
birth Rx

It is very good for a woman in childbed to drinke gnamen and
a colde Alehouse, & if she after birth come not easly away then an
eame her bellye wth the oyle of lilles to warme it.

An approued Medicine for an ach
Take oyle of wafers, and vinyage of wafers, mingle them wth a handfull
of annointing the grained plantes, then a poultice alfor so it /

For a great Ach

Take wortes vngreene and her wortines, and tyme togidher and when
it is tolde, take his powder of laundre wortes, and pur sharto, pers
them togidher make a poultice therof and lay it to the Ach.

For a great Ach

Take of wormwood, summen flos of baye one handfull, braule
them a Alehouse a Mortier then syre them wth honey, and lay them both
on the Ach and it will ease it.

An excellent elision for an Ague & may be giuen
on the wylle day, or cather but two howles
before the fit comes Doctor

Take halfe a wark of vnew wch is drunke, put into it the
water of his ayre vnew wch is drunke, and four handfulls
of a Syruppe of Vnctus and for giuing it warme /

A

*A Medicine to take away a quartaine Ague
which my selfe have strown R. Chesterfield*
Take a shooing hornes grass so much of the inner side of it as
will be taken up by a hand over all his rents; take it at going to bed in a
spoonfull or two of beer; this night before the first course, and so
much againe in the Morning before the last course an hour or
the last night after at going to bed and the next morning againe
lasing, and all these fewe times lay fresh barberry bark upon both
wrists, & by it selfe, and if they first fitt doe not continue
dot it againe the second and third time, and by Gods help it will
not falle to take it backe away.

A Successeigne Medicine for any Ach.

Take a quart of Malmsey or Muscadine one spoonfull of halfe
solt of oriental rottlinge leevell one handful of red wort finely beaten
one ouer, both all these together till they be fiftie. Then spread
them upon a leathet, and lay therupon a swyng pointed plaine fl

A Mordaine for any Ach.

Take one spoonfull of graind from the Brookbarrett, beat them
so conder, then take halfe an ouer of Marke halfe and put the grain
into it and bole them together and helpe an houre before the first
course, let the patient go to bed, and drinke it as hot as he can, &
stew it, or at least lyg on his bed syx or eight hours, greate
heat doynge it.

A Medicine that hath often helpe the

Quartaine Ague. M. Powys
Take a Nutmegge & beat it small, set much allom: in quantity
in fine powder, mix: both together, then boile it into three parts
and take durius morning together lasing on: part, in fourteene spoon
fulls of white wine. & if it make you ryght is the better, but
then haue ready some wypewell leathet where in halfe dozen
boyle the hours of fyre in it.

*Here an Ague an approued Medicine. W. Colme**Taking M. Rockell*

Take a quantity of pibbanum & of the puriss bet armeniast with an fine
ouer, & mixt to the couer with buringing so much as will make
one handfull of a plaste, and make two plasters for each wrynt, one about
the breadth of three fingers, and apply them to the wrynts
half an houre before the first course, & although the fist course not
get they may be worn three daies togather after, and this
Medicine is for any Ague wheres ther is a fitt fitt.

A

To take away a settled Ach or paine in the Joints or
either parts.

Take two handfulls of drawell half in the shire & the other
half without shire, put to them one handfull of bay salt by
them up in a cōvē of thin vancas, and hang them for that shire
may drye unto a drie, and with this salt which must be drye
in a glasse annoone the shart same hōur or thirē a day agayn
the first, and thin lay a wette cloth upon it, and it will cure
in a verit shert tyme.

For a Quartaine Ague approued M. P. Cooke

Take the bared bone of a fish called Buttle Bone, and boile
beaten to deereow giue 4 drachmes in any liquer beer, or wine, it
must be taken before the cold flur come, if it god not away at
the first taking, take it againe at the next fitt day, when it
will helpe if God plese!

For an Ague and hath provede verie effectuall
Take one handfull of Shephards wrynt frome handfull of
groundefol, one handfull of tylamint, boale all together in a
moult, and apply some of it to both the wrynts and fast six
hours after.

For a Receipt against the Ague a gentle Woman in Heng
Take one spoonfull of live honey and three spoonfulls fulls of water
lubermore, boale them well together with a spoon, and let the
party drinke it fasting, then take of London weare one ouer, of
Mithridate, five drachmes, mix: them well together and put them
upon a barley tab, Apply them to the belly of the party about y
handfull, & let the rale bee as hot as the party can abide, hat
the rale sufficient.

*A Maister for an Ague taught me by my Sonne
Ferdinandes wife, sevorne or neare fithing*

Take a piece of shooing leather the bignes of a chifff wreath, and
run it round, then spread it all ouer with quanckin frise upon thi
rough Part of the leather & purpos it round thi wrynt with a weare of
piper, that it may stick to the leathet, then spread upon the back
mitten, about a spoonfull of Wine, Turne about thin lay it upon
the back two hōurs before the fist course, and let it ly: on ~
till it falle off of it selfe, the patient must fast vix: hours
after it is layd on /

A Medicine to Lay to the Wrinkles, & approued for the Ague
Take of the Root tobacco, putt for as to take in a pipe, but powdered, then
run a ffigg through his mids & roafe it heate, then let it bee dryed
in the Tobacco, and for take up as much as he can, and for him lay it to
both the wrinkles, and lett it not bee remoued in four or fiue dayes, to
one whitene ffigg.

Another to Lay to the Wrinkles Mr. Bront.
Take one handfull of red madder, as much bay salt, as much cobble
boyle all in water, & tell it goo for thick to spred it to a plaster
and for lay it to both wrinkles, then,

Another to Lay to the Wrinkles for an Ague
Spreade Turquintine upon leather, & apply it to both wrinkles

Another to Lay to the Wrinkles for the Ague
Take briony rootes and one crowne worth of long Ryngellion, &
boale them well together, & for apply them to the wrinkles

A safe drink for the Ague
Take two good handfulls of violet leaves, to a quart of yerbe
drinke, and boyle them a wretly while boylle, and in the
beginning of the cold fitte drinke of it warme, for as soon
as both with some grasse oder powder, as much as they will in the
houfe without sorrow.

Another Plaster for the Wrinkles
Take currants and wash them and boale them till they will
soften like a wolle fyber, & then lay some saffron upon them and
lett apply it.

Another safe drinke for an Ague.
Take violets, and the herbe dandilion, boyle them
of it, & sett them in a chalice al; and for drinke it heate
in the cold fit, and then lay them platters to soord if they can
asswage the ffigges and the tobacco to the wrinkle.

Another to take in the cold fit
Take Carduine roots and boale it, parid fyber, and then let it
through a parowd, and after the roots fit come, take somwhat
as will lyde on a grasse with a littell sugar three mornings
together /

Another for an Ague
Take one handfull of rosmery leaves, and shred them small, take
half a handfull of ruci, and shred it small, boile them very well
in new milke, with that milke make a cookeit with Olie, and
drinke that cookeit drinke as how as you can, iefe when the cold
fit beginnes, and as often after as you drinke drinke, drink the same
not leeting it more, iei if you can to soote, and drinke no other
drinke during the fit.

A verie good medicine for an Ague to apply to the wrinkles.
Take one good handfull of Chamomill, and boale it drine fine, then take
a wretly handfull of bay salt, & a good large handfull of sweete wt marsh
& clover from Spadon, and boale them both wets well together with the
Chamomill, then take two ounces of Vnited Turquintine, & boale it, wets well
with the rest of the thinges, then one houre before the fit come, spread
too much upon a linnet cloth to cover the inde of the wrinkle and
see lete it lyde till the time of the next fit, & then an houre before y^e
fit come lay it on as before, and that in three times it shal com milke
to take the Ague away, asswaging fower, but in safte it do mylke
than anythe of ffeit hond.

Doctor Burges his receipt for the water called aqua Maria.
Take Camry, Jacke halfe a pint, of red or ramme Rye broake, a quarter
of a pint, and of ffeit sugar one pound, boale this to boare, then mix
ther with two pintis of aqua nat, & boale which you may buy cheape
at the druggers in London, mix them wettly together by other halving them
as the druggers in London mix them, & chace eighte or graines
then take of which my Dr. St. Anthonys 2 of each eighte or graines
stalloun lessonne graines, of cintre or pale lavender in small flours
two dragine, or at least one dragine ha halfe, and cast all this four
laf names into a porsonne bagge tynd op, and hang it in your leuer
now and thencefore sing it with your fingers, that the liquor may have
all the vertue out of them.

An Ointment for Aches.
Take witt, and sage three handfulls, bay leaves and wormwood
each one handfull & a halfe, shoppes fennel clean boile, the weight
of all the herbes, oile olive one pint & a halfe, all your Barkes and
leaves must be frammed wettly smale alayeth, and for les them
boale lefft, contrarie the parte of heade, and then boile it
with a ffeit fire allwayes, stirring it till the barkes beginnes
to march, then braine it and tyfe it /

A

For Ach or Sciatice.

Gather in the Summer a good quantity of the roots of roots: twigs, and break them well nolt, and mix them with some oys gracie; & beat them very well together in a Morter, until they come both into one body and keep it for your use: fit it for a woman anointing the solar plexus two hours, & during this entment open it, if it be for a man four hours, then wrap it up ready to put into a bath, and then let him get into bath, and being well bathed, put a good drall of oys to a little wine, anointing the disease, next therewith, and after the solar is cleane, & the face swelled away, cover it with warme wolle, & fasten saffifine probatum.

To make the true balsme of Amber.
You must take your distilled water of wine, so you may always have ready to wash the hands from the distillers, then you can make it your selfe to a quart therof you must take four drams of the roots of Ambergrise, which you must grind or break small with three or four graines of fine myrtle, then pour it into the puer of wine, pouing it off with regard that it lets no bent, which you must let stand in warme balsme for as it may continue twelve moneths the space of a month, in which time the puer of wine will grow the full strength, never, & stink of the Amber, and in faire other manner, then if it were possible to distill them together you may if you alasse make use of your winter refresher still, in stink of a balsme, filling it with fables, or after making a fire under only with small coales.

Aqua.

Ten graines of the tail of goats, pair, quin in doyleys also, of the feete is comminge at hore or threies taking with the fingers.

To make aqua berberitica or the bezar water
very cordiall.

Take the leaves and roots of a lantana well washed, three handfulls and a halfe, of red one handfull of Sordium, that is water grommonds two handfulls, & decoctany of Roots, of broad Conduetus, of daschons handfull & a halfe, of Myrocks of Dasy & Angelica, of dasch thid dragonet, of Cydon wills, Clemmon & os, of dasch two dragnes & a halfe of the flowers of clew yellow flowers and roset, of dasch two dragnes, of Cynamon &

A

well maled, and when it will on the fire lefft it runnout, till it bee all thick & melle, then take one gallon of water via faine except by a fance with few a shaines, and boile it ouer the water and for shame is Warden than lefft it cool, and take oyle & May butter and shubbe it on your bader, that it stick not to your hande, & set make it dry into forty keiles & portabit for vs as you haue occasion to use it.

A cire for an ach L. II. proued by the Lord North

and how to use it.

Take two handfulls of tamenill, as much of green sage, as much of South bendone, as much of wormwood, some leedes of laurel, two handfulls of red wylt leedes, yet all these with a gallon of beaten oyle: these must stand minne daies a score three, & be strained out in the morning, & after minne daies boile them Open ambois two hours and strain them, set aside when they haue boiled two hours, and when it hath boiled two hours a quantity of aqua composita, & when it is cold, set it into a straine & stronge to stich, and when it is cold, set it into a glasse; all these herbes must be gathered in May when the dewes are not upon them the tamenill, sage, and South bendone roots my selfe of an equall night, the herbes must bo all out small before they boe put into the oyle, you must haue halfe a pint of aqua composita and by a little, & a little, once in a quartre of an hour, whiche is enough, it must boe out into the softe bands & launders my selfe daulcets to cut, before they boe out into this oyle, This oyle must boe stratified with a warme hand, either before the fire, or a little warmed when you use it.

A vire for reuelles for any sore or an ague in it L. II.

Take one handfull of Maynard, one handfull of ribwort, one handfull of jessies Mallows, one handfull of hollyhock leaves, one handfull of sharp priming roses and a handfull of red sage, boile them in two milles of water being left shred, until they be very tender, then thicken it with great endimale well beaten, and for lay it as a conuent to the sore, If you boe on a fire, set it by on a night and a day otherwise but a night only.

A Intinct for an ach L. II.

Take one quart of sream, & a good drall of rosemary, thred small, boile them to an entment, straine it out and boode it for your use.

Another for the same L. II.

Boile spruce bens to a salve, spread it on brathor and let it ly on the place affected as long as you please.

To a tertian ague L Hu.
Take a third part of a pint of white wine; and the quantity of a great nutmegg of Pidon tree; let it be set out on endors to recover a gentle warmth for these heates, but without boiling, untill half a quarter of an hour before it be taken up, and then it shalbe well gently, for it is the nature milde warme the night before the fit, and it is the bane if his sleeves open, for that hee take no cold through a gentle fit, and if this out it not away at the first time taking, at the second time taking it will assuredly doo it.

Another for the same.
Put a quicke spide and cut it into a mallnut shell, and bind the shell woorke with thred, then sonie it in a little bogge, and let the water runne it about his necke.

To make vise of hemides.
Take two boundes of Hemides and bruff them in a morter and cast them in four gallons of water and poure it in a crock over your limberde as you doe for aquapite, relassing your selfe therin, lefft burning a hote fire under it, heate then soule doe for aquapite, being sure to breake the heads of your hemides vise red the fire that comes of her with the fire, poure your water into breake mouthed glasse or vespells and let it stande all night, & in the morning with a spoone made of our pyppe take of your vise and cut it into little small glasse.

*To make sores or braises, an approued
medicine deauised by one M^r West a Geueren*
Take a great quantity of fresh Mallomets, boile them in broken bone or else galle, brads, and all, cut them in a good quantity of boone grasse, and a pint of Sallott oil, boile those together in a compote bottell with a litle fire the space of halfe hours or as you shall think good, then take of the approued West for that it moste convenient, and keepe it cleane in a small gallie potte of earth, or in a glasse, and answere this druff or ark with this vintinent, as hot as you can, and you shall finde good ease, after you haue taken away the vintinent, you myle them the wye through a brancon cloth, whch is not so good as the other, yet is very good and aduantageable.

12
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To an Ague
Take a Cunings^t and halfe as much allome, and boile them well together, and couer it into a rounde of swonge ale, and let them stande twelue houres, and when the fit is commynge let the party drinke it of.

Another for the same
Take bay saltis and bruffe it frise, and cut to it a worthy quantity of Scott, and mixe them well together with the yelde of an egg, and portred it on a chester, and lay it to the parties three houres before the fit, doe this thirt houres and it will helpe.

To the Ague.
Give the partie a large draughte of roste wine which you boile a handfull of grounde bruffe in an ouer of unwashetherrant the leaves of horseris, nettles, foyard and a yarde of liquorish, lefft warme in the brasse lay to the sole of his feete vayled for all with bay salt^t as warme as he can endure. & in his brasse water where in you boile liquorish, cinnamon, saffron, brull, or mace.

To the Vise to lay to them in an ague
Lay to his wiper turndes, newe lopps, wall gelly flowers, and plantain, boale with sharp ledges, a little vintage.
To make amber of the whelle of eggs, the powder whereof put into your purpos or misseis the spanely of his pece will cure them neare to make one vise, her grise the partie.

To make vise of hemides.
Take the whelle of hemides, and mixe out all the white chacke and swelle of white, then poure them into a clam bladdre, and boile it up, and hang it in a chinnery, but not too neare the fire, & sometime burne the bladdre, that both may take the heat of the fire and this will growe to be a softe hearte ambe, and of this take busas much as two weyts whch shall be cut into fine vender, and when you take any wryght or Midwifre which are growing out of the bodye a Midwifre shall not graue or make you sick at all approued by Walter Rawleigh.

To make ambe cakes and the virtus
Take one pound of fine sugar and boile it to a rady, brighte, & then cut into whitole sprongfulls of oyle of amber, & newe this into litle cakes.
The virtus
This is verie good for paine in the sides against the wind in the stomake, is helpe conterre hearte and wister, & to ease the mother, it quencheth druff and quencheth wister to women in their labour, they cōfesse to be helpe by smelt into the extremitie of a fasson, it protracteth the fit, and perpendicular to halfe longe dwyng in this partie.

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To make these cakes another way
You must take one pound of sugar and beat it and分数 it, and drop
into it in several places of the sugar twenty or thirty drops of amber
then cut this into a good spoonfull of quondragon distilled in yester
and pour all white together and work it in your hands until it comes to
be a stiff paste, then break it into cakes as bigges as bones and roll
them round and garnish them as a Rose, then set them in the furnace or
by a fire until they be dry, for out them dry and boare them for
your self.

M^r Holland his direction for an evening ale
Wiske in the morning & at midday if you please

I will send you a Morter or a sort of stony grafe and two handfulls of
womewood, and sticke a boarfe radish root into thyme plants, and all
this into a mitt or bagge, and a myle of ten or twelve gallons of ale, as
soon as it is binned, & keepe it warme, when it is benedict the drink
of it as you drage.

A vere good medicine for an ague fallen into the
teytes or other place of the boies

Take a myle of new milke, & the yelde of two new laid eggs, and
beat them well together, then draw therin lenyon cleaseth doubled
and lay upon the solarie where the Ague is, as fayre as may be, byrings
les warme habitation, and lay in fresh till the heat be abated, then
hale done: a receture by Dr. Rijster.

An approved remedie for the ague in old or young
Take two good handfulls of grey leaues, bewiche them and boile them
in good ale from a quarte to a myle strain it and then take a good
spoonfull of graines and a little suger and drinke it, an houre
before the fit come, and go to bed warme, and if you cannot
soothe him three bladders and fill them with hot water and lay
the mouth of the bladder, and under each arme out on, and
the ferte the other, and when he hath slept two hours and feare
it hat cannot longer endure, take warme cloathes and drye him
and out on drye cloathes, and if it be a quarte land I haue dranke
with the best success longe yeyer, and round, and granses and a
little boarfe.

A receture for a certaine ague
Take of thre herbs, hartstonge, fumiferis, ffavor, marshay, dog
endive, borrage, leucin, and rammill of each a handfull, of the
roote of fennell, marshay, fumiferis, liquorish, godfreye of the oak

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of bark a small deale of annet, fennell, fennel, and a handfull
of bark a greenfull, halfe an ouer of brachis of the furne, the
Stone taken out, and two or three dammable stones, wash all this
and boole them in a recepte of cleare running water till it come
to a quart, then take this into halfe an ouer of greenes Alexandrina,
boole for it both a littel more, and after drawne it very strongly, &
give the boole to drinke first & last with a littel suger warme
just sayre as the realiste boole for his fit, and at the least
set this boole on or hould houres betwix the receipt of the
poore, & the coming of the fit. alexandrina is the harkes
alexandrinus.

A speciall oyle for an aek
Take wort flowers &c wher you haue pluckid the floweres from y^e
Shalots, cut the floweres into the oyle, & all the oyle you can get,
in a glasse, & strain it in the furne, and when it hath stood four
or five daies, strain the oyle from the floweres, & put forth
floweres into the oyle, & let it in the furne four or five dayes
then straine out the floweres, and set in fresh against and ha
it stand in the furne a moneth or five yere, & let them
boone it till you haue tang by hit.

A poore drink to be quene in an Ague or Feaver
both cooling and comfortable Doctor Riddley
Take a quarte of milke, when it boileth cast into it somethinge
more then halfe a myle of white wine, take of the white then poure
into the drinke this quarte of thre Oranges, & one lommon, gather
it to your kyng, if you giue it in a fauer you in the quarte of sic
longes and two lommons,

A Medicine for an aek.
Take an eddye fawndre & pluck hem drye hem, but wash hem
not, then take a quarte of blake frument, and a myle of browned floures
Straine them all in the fawndre belly, & reafe hem as long as hit
will drinke, and poure it into a wort Peperatum et.

To take away the barking heate of an ague or
Feaver to makeable bye Salath
Boile Portine in boone or Ale, and drinke the liquour in the
houre fit, gather the herbe upon Midsummer day before sun
rising, & rend this bole for yf.

To make an ointment to cure aches in the body taught
by Doctor Franke to the Lady Verord of Brandenburg

Take new, raw, small wormwood, and an handful of bark of them two
goods great handfulls, and first bruise them together, lay them & bark
in three weeks of May, lay the wine & boil away one, then run
in the Harbor distilled, full fallen oyle and bery grasse, of each a pint &
as much of Peppermint oyle, Nutmegges, Marjoram, and ane ounce
of each of these halfe an ounce Cinnamon, so for set them to the fire -
boiling it stand for half an houre, minnig, and ready to use then
take it off, and set it after till the next morning, then the next morning
put it to the fire as before, and you is too ready to stich as aforsaid,
but too carefull you pierce it all the while, if you will, and after
you take it from the fire lay it cold an d in this sort may use it
for nine mornings together, and the ninth morning lay it cold for
halfe an houre, then pierce it all the while, then take
it from the fire and strain it in a lennon cloth that is foun what
this boyle hard, then pierce it well till it is oyle cold, and for few
days for your aches.

An excellent ointment for all Maches and lameenes

Approved by Mother Gillian

Take lawndr leather few great Basteys Johns wort, Smalleg
leaves from the bath, and roundle wrie small in a paster, then take
May butter and bincatit in the Harbor, then let it stand and soak
two or three dayes, then straine it forth and let it stand till it is oyle
then take it up and mix it with a litle bery grasse and use it.

To cure a burning ague

Take a pennyworth of camphire, as much liquorish & as much of
gentille roots, the hilt of dill rods, vintory a halfe wormwood,
rasions of the sunne a pennyworth the flowers being taken from
them a handfull of Rose leaves all this, and take therre conyngham
rootes water, and brise them all in it, let it be helle syphed, then
strain it, and quare to the patient syrop full in the morning,
and as much at night till he hath drunke all,

To cure ague store or Sodding that commeth of
it selfe, preised by the late Suffeson

Take a wound of yellos wane, and two handfulls of bery grasse
and halfe an ounce of camphire, brise all these and straine them, let
they bee incorporated togidher, then take two spoonfulls of the
camphire water, and putt into a ale stock to see retted.

Aches made by Doctor Blacksmith

Tale of the necke of a fowle, greamen, a paragus, & fumery, of each -
three draynes, boyle conyngham halfe a handfull of the leaves of smallle
violet, halfe bery grasse, a handfull, therre liquerish and dragonet -
boile all these in three weekes of faire water to a poule, then
take the weight of a pence (Crown) of each of the great royle, hode, &
boale them with a few almonds, and white royle mace and sugar and
soe make aleman milke.

An ointment for all Kinde of aches to be made in May

Catchay: leaves, 4 oz of each one round wormwood and bay leaves
of each halfe a pound, cutte them smale in the blake of the day, on -
washeth, set them sodde one boale them in a Mortier, then take ther
round of rose flower sweete roome, it small and cutt it to the
 Harbor, and straine them togidher, till the sweete boale not seeme out
 of the paine colour of the Harbor, then cutt it forth into a shene Calpe
 out therre one soule of sweete alumme, and seale the oyle to go
 hand into the Harbor, till it be all of one fistule, then coat it into
 an darkke wolle roure is 16oz, for let it stand eighte dayes, then
forth it in a faire brazenwark, with a soft fire, untill the strength
of the Harbor be gone, in which you may prouesse by the degree of
the Harbor, and straine it of the ointment, then strain it into an
darkke cleane wolle, and out therre three ouens of oyle of spelsay a
warminge cloth to laye for when you haue ached, & then change
not the cloth for a fresh by my meint.

For an Ague.

Take a good handfull of Smalleg, one Spoonfull of Bay salt, one
Spoonfull of frankincense, boale them togidher, and drie & then mix
toys wort, this & then to the wort and the bowle of the same to
the great paine of her hearte before the fit comes.

Another for the same.

Take a spoonfull of the roots of Ingelies, brise it to powder
putt into a spoonfull of warme wort drinke, quare it at the
beginning of the fit and a good draught of warme wort drinke
after it, to the patient sweat open it.

To cure a Quartaine Ague

Take a wolle & a brone ale two handfulls of yewtree leaves &
rootes, boile them till it is come to a quart, then strain it and putt
to the patient two handfulls of Jeanes weare, and one spoonfull of
salt Chrentnark, and let it boyle a litle more, let the patient

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take an hour before his fits, and spoonfulls, a quarter after that drinck more, a quarter after that fitte cometh, and a quarter after that drinck more, for that all thre spoonfulls be taken in the hour before his fit, it will cure carbunculum.

For hether caudex of cold humors,

Take Volum, also Daniswort, & marron blode Roast, & betwix two dishes, let the heame of it come to the earth ground, then lay on the heart, is best how to the color, you may also broile it in the fire broath, and anoint the heart with the fat thereof, and the skinnes of hennet hens in the fire broath, & roste them.

For an Aque.

Take four spoonfulls of the juice of sage Marrowe wort of which wine, put it on the fits to smoothe, but not broile, and let the party take it when the fits are come, & leane him selfe warred. P.

For an Aque.

Take a like handfull of sage, a spoonfull of broth, and soft marron broath, & bayall as the quantity of two handfulls, stamp these together, so the yolkes of eggs, and apply it to both the wrists, open a sleath before the fit cometh.

To make the corse of antimony M² Rust.

Take of rigules of Antimony clear & splintered, one ounce, full poter purifid, three ounces, vintards, three hennet heads together, and one hennet in an oven than com or trubell, which a laist upon a reasonable heat, for of chrysotyl, which augment by degrees until the all be turned to liquid, & hath communiate it Sulphur intrinsecally into this liquor, and thus being well burnt together your matter will be excretarie, white, which poure into halfe a pint of farr a fender, water, & your matter will fall to the bottom in forme of starch, pure & white, then poure off this water, and dry the matter after it hath beene well delisted with faire handkerches, after removide that at last your water will bee rynched, so is a signe that your water is well delisted.

For an Elix^r Aque or any other Aque L² Hu.

Take the powdered root of the wallnut tree bark, & putt it in fass vassies, then beat it to powder, pour to it white wine dringate, and coverd, and boyle it not too drye, over thred into two hennet bags, and bind them to each wrist an hour before the fit comes, these must bee worn nine dayes, and not shewed, this is hard

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Another for an Elix^r Aque or any other Aque L² Hu
Take the left lobana bark & into a fine powder, & mixe it to Baronye grasse being full of white floures, work it with a knife well together, till it bee like a salve, then take vnew sheepes leather, & make it full of holes in a bruse, & spreade it to the bignesse of the axelone of your hand, lay to this axme, open the brusing of the scaines and hentes before the fit comes, binding it with bandes, lay this partie into a scabie, & so booke, & when till the fits be over, & quare bon sage suffice to drenthe, or any other, this is to beddem them, and the rotasters against the thred, few maye lye on nine dayes, if this doth not cure you, that is before which never failles.

To make Turnalls of Soparicke.

Take them warred & poured, & putt in a dish, and putt them upon the fire, stirring them and retarding them, till they be drye, for the next day putt them on a quicke fire, as soon as they booke, blow on the sugar by degrees till they haue had the full weight, and when the sugar is whote, take up a like amount, & putt it on the Soparicke where they are in glases.

Receipt to preserve Apricotes.

Take and rare them in vnglasses, and poure them, & weigh them, & lay them all night in fine sugar, in halfe this weight at least, & the next day putt them on a quicke fire, as soon as they booke, blow on the sugar by degrees till they haue had the full weight, and when the sugar is whote, take up a like amount, & putt it on the Soparicke where they are in glases.

An excellent rule for cold aches.

Take the roots of Card diode, run the roots in little pieces, and of the berries & gummie of Liver of earth a like weight, putt them be out in an earthen pyp, & boord through in the Centrum, in the middle of these vlasses, and then lay another row, the first vlass is in the earth, layynge the bottome of the upper vlass to the mouth of the lower vlass, with clay or wafle, and the upper with much sande, lay a crow the grounde, then make a fire on herdes fire, and the old wod digged blacke, into this vlass boord, this vlass to be foyr all oyle healthly grosse of the joints, of a red rauish, This is accounted to be the stille notable oyle in this easte, Regardles former to be the stille hard oyle as apparent in Egypcius.

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A Notable and excellent Aqua vita, water cordiall,
And restorative and much approved.

Tale galengali, Cibet, ginger, Nutmegges, Sauter, Cinnamon of ourie and
an ourie, forth leys fourtoun, water that is distilled twice out
of roses and good wine: ten ouries, beat them all together and let them
ferment for in a day or twoe three dayes, then distill the same
and stop: that that is distilled in a stant and a half yefull, who
should drinke a mull full of this water a day, it will restore
their bodis marvellously & prevent them from many diseases, and
bring them to old age. It is said that Dr Falloys physician to
Charles the Emperour, usyd this water and lived an hundred and
fourteene years. I aplyed it myself this water.

To the Aqua vita me by M Barfette

Take myrre poore of garras non gatherit and cutt them in corner &
roule them in a saffron bagge, and hang them about the patient
wurke: that they may bee open the mouth of his stomach, and that
they may remaine a moneth and this is a wortfoot cure for the Aye.

The Duke of Saxony his boster for an Apyoplexy.

Tale lilly rentally on wound & a halfe, laundre halfe a wound
lyntons, fletch, cady, bray, and powder of each two ouries, primrose
Aristolochia longa of each an ourie, mifcellot of an eale, horseradish
root, tuberis, of each one ourie. After, whiles roarde of each
halfe an ourie and roul this all together and leau them stand
in infusion one whole month in hys pouer of Remy wine:
then distill it in Balme Maria.

Another for the same purpose.

Tale of Rosemary, betony, of dark halfe an ourie flowers, of
Mangold, Saladiades of Arabia, hys leaves of horseradish, primrose
of laundre of each one dragee, fletch of Muscardis of eale, of each
one ourie, of fennell and Mountaines wylde of each one dragee, of pink
Borrelli, of Juniper berries, of each halfe an ourie, red rose root, one
ouerie, Squill which is Spaconix, Cinnams, gallanges, Cibet, ginger,
plantes, Nutmegges, of each halfe dragee, saffron one poudre mifcellot
of the eale to halfe an ourie, mace one dragee, Spacioy, Diambot,
Diambos humdolle of each halfe an ourie, confectio[n] a certaine bott
an ouerie, Muscardis eight roundes, less three bee quicke and
infused for three dayes, and then distill'd.

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Re aqua vita to make

Tale the best Cinnamon six ouries, ginger, gallanges, of back halfe an
ouerie amifled two ouries, cloves, redamans, meat, of back halfe an
ouerie, red sanders two ouries, bee sugar three pounds, spirit of wine
eight gallons, infuse them for three daies, then strain them & Boyle it
& let it steep for your use.

A Balsome to cure an Apyoplexy

Tale oile of nutmegges by xxvij poudres oueries, An ingredient & mifcellot
of each two dragees, & a halfe bee mafles one dragee and a halfe,
tale of laundre of Marlezane of each halfe a dragee, Chamomile
four dragees, of Cynamon half a scrupule, of cloves, hys dragee, mixt them
together.

A aqua vita made with Cinnamon cordiall

Tale the best spirit of back halfe gownes, in which in fact for her daies
are to be had in objects, let them bee drayled in a glasse limberle in
Balme Maria, then straine it with the Salp of Rose.

The true spirit of white Ambet.

Tale white Ambet one pound, vynegar enough to make it into a
paste of which make little round balls, and distill them on a Stork:
and thus yea shall have an excellent spiritall which is a verie great
jewell in the plague, or Apyoplexy. This Doce is glue or haue nidepp
in white wine or Mus Padine.

A lacun potable or potable gold, a verie great cordiall

Tale first the Magistrie of Tinctur as much as you please and mixt
with it an equal quantity of spirit of Cambray, then taking more gold
lacune gold in the floris of Cambray, than talkeing more gold
with the Magistrie of Tinctur, out them in digestion in a beſſell
vessel, untill the gold bid exalt and become of the colour
of rubis then leau them bid exfilled in a glasse limberle in
Balme Maria.

Doctor Hartman his tructure of hys tinctur for all obſtructions of the
Splicen, & certaine Aiges & such like, the doce is one dragee in
Cherry or Tamariske water.

The felienges of Steel. Eight ouries, power upon their leauen ouries of the
Steel, white wine vynegar one ouerie, put it upon a boile gentle fire
and boise it, then take of the froth, then oures of the liquor into another
glasse, then out more wine & boise, as before to the first, doe this four
times ouere lastly putt all your liquor in this frothe being adde to
it leau to the fire, and boile all to the consistence of hency, and this
is an excellent remedie as about written.

In Men will be fit comfortable for the heart & temperate
Take a small Thirteene or fourteene of a rabbit or warthog, or the same of
a wolder or a boar, a scote of fols running under flowers of savages of
bushes, of brestes of chachereis of each hath a handfull boile this together
till you haue drawen out the strength of the flower, then boile alwaies an
ounce of blanch'd almonds, and a scote of large Marke gins a leafe
Jewellie with sugar as you thinke the forme, & put into it if youe lacke
a quarter of a pouinfull of camomyle yef meale.

Another day for the triture of sterte god for a Quartaine
Ague

Take floures of sterte, as much as you please, put into it somuch
spirit of late as you like, then haue this floures drie, let the hand thine
for fourre and shortely haue this exer of your spirit, then add thereto
a truelle then grinde it, leau this be drie over one more, in this same
manner with more fresh spirit as before, then drye it and grinde
it into a fine powder, then couise some spirit of wine upon it
and leau it stande fourteene dayes, then drawe off the beches
of fresh spirit of wine, and it will be a perfect kinche of sterte if
you finde that ther remayneth any more hinkie in the first, after
you haue drawen off the first liquor, you may do it ouer with more
fresh spirit of wine againe, that of the same, perbute with Lode
Hartmane bishope.

The Orence of a man's skull for the falling sickness,

Appelle Palus and such like disease of the braine

Take the shewing of the skull of a man, that was neare our age but
dyed in his life, a much of you plase, dig it in a much spirit of
wine with bayes, as will cover it and haue it drie, then haue
leftone daies, then exhill it in a potter as you doe aqua fortis,
when you haue drawn of the liquor, pour it against ther skull
and leau it drie another leftone daies, then distill it as before, do
it againe a third time, then take all three distilled liquors and impo
shyn and drinke them for other sixe daies, then draw of the spirit of
wine in a Gimballe, and ther will remaine in the bottome a vialle
of one of the distilled liquors or Marke gins in the vialle of the Gimballe
and this will helpe most certaintly the patient above written.

The Receipt of a French ale

Take three rootes of dragonet nativitatis lignum a leafe of each be
dragone, Galanga, Canem of each Staudn dragonet, a brach, common
full leafe dragonet, cleare two dragonet, make them all into a vender
and make therewith about two gallons of Ale, and when it is
boiled drinke thereof.

Take Vyne, 12 Sennet Bay in vntill the boyle, and apply it to thy pates
or else as a plaster

For any Ach or Swelling to be made in May

Take Capt, an oblong of each one pouing of wormwood, 3 Bay leaves
of each leaf a moneth stamp them well, then take this plasters boile and
shred it, & shall it out againe in a Morter, untill no whit of the
salt be seen, then mix them in a faire vessele covered with a leathir
put thereto a poule of sallet, oiles and mix them together, and
stolon the boyle to boile in the ayre and for that it is to boile
a foote depe in the ground for eighte or nine dayes, then take it up
and putt it vnde a faire garrett, & let it boile a quarte of an hour, then
drawe it in a faire braune, and keepe it in an earthen vessele
covered and couerte this pott with before the fire, the
quantity to boile at one time is as much as a halfe neck, and keepe
it porcys warme.

A greene eyment for a spraine, old aich, ague, swellings,

Catch backe a rounde of balm, Bay leaves, wormwood, juniper, Rose
mary, of each backe a poule, set them therevpon salt-walke
one quart, one of full three ounces, make boile like three quarts, —
shred your handes vnde fine, & throw the salt, & take them vpon
shred in a Morter, then putt them in a great gally pan in the oyle
and bath them vnde dayes & nightes, and stirre it about one
hour, & the bath day, & the bath day putt all together in a pouer, & boile it
one hour, or putt it vnde a faire embrocement, then strain
it into a gally pottle againe, then cut in there vpon fourtēne
spoonfulls, and drinke it alleyn into an embrocement.

hot or aque bole.

Take the juice of plantaines, white bread and milke boile to
gether with a halfe salted oile.

A lace cloth for aches, rednes, burninges, soothings,

Brasses, preuered rednes, as he is in the French
Take a vialle of Salbolent oile, one pouint of red lead, two graines
of Salbolent oile, as much resins as will seale well, boile all these
in a potter and strain them often and when it beginnes to be san
guine blacke, distill it in a Morter, & it cometh blacke, open the straekyn
take it proffitely from the straekyn and drinke it with a halfe a pinte
to make aqua rotunda by distilling boile as once.

Pare your peppermint and薄荷 in small pieces, putt to them a much water
as will conteyn them, then boile them vntill they sinke on the water, then
drawe the thinnes liquour from them, & to drawe parts of this liquour
put backe a goodlye of sugar, & the thinnest liquour is the aqua rotunda, and
the thicknes part is quendeling it selfe.

To make Angelica water.
Take Angelica half a yard long, & cut it into small pieces, half of her leaves, and aniseed, & sweet mace, small roses, & a dozen grapes, bruise them, and steep them for four, and twenty hours, then strain it, & boil it而又 over a weak fire, one cork, and a half of this, to one pound of sugar, and a little rosewater, will make a good water
to drink.

To make any Artificial fritter, as Prangier, Bremont,

Cucumber, Radish, Horseradish, spirit, water or materials
etc. & stable for moulds made in these forms, take two of the pieces
together, gather them with an hand or two, then take a much sugar
as will fit your moulds, & roll it to the bigness of maned Crust, so
your is quickly into your moulds, and sett them so, let it cool, &
then take it out.

To make butter with water with the Receipt,

Take a gallon and a half of butter welle now turned strawberrie
leaves, spring onions, water Cane, endive, fennel, carrots, cabbages
kale, turnips, lettuce, & turnip roots and all, sowthistles
and all fennel roots, of each of these take a handful, wash and
dry them with skin out them all into a pot, and you may draw a
full wch of good butter, this is good to be drunk in a great
drouthe, or in the fles of a hot ague.

If you would have Ambergrise either to perfume yourself
or meat, or to perfume clothes taught me by Dr. B.

Take two grains of Ambergrise, and it make a white roote and leaveth
some juice of common mire, and make wine about four of shewards
times the quantity, and here it stony with a felice, broken in the
comer of a chife, then as the wine is to be spoyfull of the graine of any
roasted ffe, smoketh, or other meat, you would perfume, the same
to putt burning it a fore said, and drawing most graine on to it
until you have as many spoons full thereof, as will suffice to perfume
so muche of cleane, if you draw the spoons full thereof, will
serve for the fasson of any one dish, and if you would have any
maner of wine, then cast in to the same in place of the graine in
to the dish, in Ambergrise with the wine, & temper it in this a
certaine or conninger upon the fire forward.

A certaine and never failing remedie to cure an Ague
taught me by Dr. Roger Palmer which cured him when Physicians
could not.

Take a good handfull of Sassafras, & a leafe with a brige, then

round or brise it a little, and lay it upon a tile, and coat some boistreous
pond in, & as the water runneth, soone ague will open the Laine to expell it, &
this doth no harme whatmire, and then as howe you can endes it, lay it upon
two cloathes, and lay out open eare betwix your feete, and with the
Laine on or out sette vpon your feete to heat them, and this must be done
an houre or two, or more before the fire cometh, and lie on two or three hours
as long, and in houre doing it will cure you.

To make spirit of Ambigruce, o

Take of the oil of Ambigruce one ounce, muske and dragon, spirit of
Turke halfe a scruple, or as much as will roun the ingredients, two or three
fingers blanke, put all in a bold head, or a glass bottle with a bold head,
sewe it in new hose, drawing the space of ten or twelve daies, then putt it
into a glasse & poure off gently your spirit of wine, & you will finde of a yestern
evening, & except it in a glasse cloe, shott the next morrow spirit on your
Ambergrease that remaynes, and except it in his morning before, for
long tyme often repeated, as it will yield any tincture then poure it off
and burne it as you did the first, the longer it is kept the better it groweth
and burneth, somewhat more yesternight the Ambergrease that is left
yesterday will loose for eyther y^e or n^e

To make spirit of ambergrise, another and better way, so

Take four ounces of the oil of gray Amber, and ground a rose small
on a Marbles, with twenty grains of the oil of Sweet Mustard, & in a pot
it into a bold head, & put to it twelve ounces of spirit of wine, & let this
soften, then the bold head haue a very long necke, and when the spirit
of wine, & Amber art in it, then it will boyle then at the glasse
house, let the Boisifer doe not get tooe ther, that the spirit may not
incorporate, then the bold head into the furnaces of a yesterdaie in faire
water, with a moderate fire, made onely of the small peyne sole, let
it boyle this in eight and forty hours, then take it out & see if it
is foynt, this in eight and forty hours, then it is to be
in new hose, for the space of fiftene dayes, and then it may be
taken out, and when it hath stood two or thre dayes, to þis you may
add water, & addreke it with good wine, or this dayes, to þis you may
wearie of gong from the sculment, and þis is for your use, þis
cure of this will go farther in curing the Aromaticall hys of
Amber to any thinge you art in, then two ounces of Amber grise
in substance.

To make aqua caryophylata Lovers water.

Take ten gallons of strong proof spirit of turke, & when boyle four
ounces, one of roses, mullergage, yett clow sandre, Romanes of each two
ounces, liquorum Racionum, saffron, Rose, & Coniamen, of each one a
ounce, Angelica rootes, three ounces, Romanes yew, & green, eight ounces
Succot, fennell, fennel, to annys, of each one round, cloves one
ounce in a greate, Romanes yew, & green, and mint, & card, of each
three handfulls, Stachys florula & red roses of each, four handfulls

In two Maritome, Coaline, garnet, & iron all drye of each huse handfull Alberniis berries two ounces, bruise them that are to be bruised, infuse them into proesse spirit & distill it with spirit this maner. Infuse huse four ounces, white sugar two ounces, boil it to the height of a straw. Then print it and pour it on the fire again, and add thereto the Confecche of Alberniis four ounces, purrured of gillyflower ten ounces. Ambergrease distilled in rosewater and engorge and let it lea shife. Boile a little till the boce incorporated to the former, and for three dayes for your use.

To make the first aqua vitae of aqua vita & to enrich them
600.

- 1 Take ten gallons of strong wroote spirit of sark. Annis ^{bouquet} ~~leaves~~ ^{leaves} two ounces Distill them into the strong wroote spirit according to this
The second part of aqua vita
- 2 Take ten gallons of strong wroote spirit of sark. Annis ^{bouquet} ~~leaves~~ ^{leaves} two ounces, Grindid, and caraway each a quarter of a pound, distill them into the strong wroote according to this.

To enrich these two waters

Take two griffoniers red saffron, betewix, and red sandell, or any of them, boyle all a sufficient quantity, and infuse them in the aqua vita or wroote spirit, till the number be deagreed out, and after it hath infused two or three daies, draw off your spirit, & soe boile the left boce for your selfe and when you haue occasion to use it take half a pint thereof to about fouroun semis and a halfe of aqua vita, and that will give it a sufficient taste, or you may takemore as pleases without any inconuenient.

To make aniseed water

Take ten gallons of strong wroote spirit of sark. Annis ^{bouquet} ~~leaves~~ ^{leaves} two ounces, distill them into strong wroote spirit according to this, bruise them, with white sugar five leavens, and to enrich a you may add more Annis ^{bouquet} ~~leaves~~ ^{leaves} and sugar according to the discretion

To make Angelica water another way

Take ten gallons of strong wroote spirit of sark. Angelina roots one ounce and a halfe, Angelina the herb betwix, fenton, fenton, round, end a halfe, Annis ^{bouquet} ~~leaves~~ ^{leaves} two ounces, or bruise them, and the fother, distill them in the strong wroote spirit of sark, and distill it with white sugar, and for enriching & colouring this Angelina water, you may add of both caraway and corande, fother of each three ounces, Allmyne, ^{or} aromaticus, ^{or} carrie, of each four ounces, Annis ^{bouquet} ~~leaves~~ ^{leaves} two leavens of each eight ounces, Angelina roots eight ounces, or heartie Angelina twelvounes, of white Sugar two ounces with a halfe, or more if you deale aboue /

To make Pastilles of Ambergrease

Cake out roundes of double wroote sugar fine gylded, take a quarter of an ounce of Ambergrease, and halfe a drachme of mylkes grounde both in the sugar, then despolte gummred dragon with Orange flower water and red water, and make it up therewith into little cakes, and set them to drye on a roaster

To make aqua Maria

Take fairest of petale four gallons at least, boyle this gallon and infuse in it of that which is fairest, goeth without any other bloud, all the fairest spicer, Fiambr, diambr, diambr, dials, and Aromaticum, & saluum of each two ounces, yellow fancies that is very beaten howe ever, fassion gently with bole for the first in a double panier and beaten to powder one ounce when the boles haue infused in a great barchin vesse well glased, boyle four dayes, draw off the wort and stirre it with a halfe boyle day, then put to it a quart of boone mylkes wort water, a quart of Oranges flower water and as much of fassion water as will maketh of a mediacall bole then to a gallon and a wountre add a halfe of sugar eighte grains of Muske, and sixtysixtye booke grounde in a Marbl, with four ounces of red sugar and after it hath stood two or three dayes longer it may bee cleare for your use.

To make aqua Maria another way as it is in Phorma specie Take white Sugar one ounce, Canary daile, Red vintall, soft wort four ounces, and make a syroux well boyled, to which add howe ever, two quarts of wort, Ambergrease and mylkes of each eightoun grain, and fassion ^{or} grains of Saffron, yellow fancies two drachmes infused in the aqua vita, and let it there bee made cleare from its fassion

To make aqua (flete) as it is in Phorma specie

Take fiambr an ounce, ginger hellebore, an ounce, all the wort of pecten wood of each two drachmes, siver, galigall, nutmegges, of each two drachmes and a halfe, Mar, ^{or} vintall, of each one drachme, ^{or} Aromaticum both fother, somer, Malibath of each three drachmes, ^{or} Zedoarie halfe an ounce, Annis ^{bouquet} ~~leaves~~ ^{leaves} two drachmes, red roses or wort wort, ^{or} Bals, ^{or} Rosins of each two drachmes, Sweete fennell, wild roses, & Corall, ^{or} Cattley, ^{or} Laven, ^{or} Camomille, three drachmes, Bruise them that are to be bruised, & let them infuse the space of fifteen daies, in twelve vnts of good spirit of wine, or a glasse spirit vnt, well stont, afterward distill them in Galato marie according to this rule, take the distilled water spirit diambr, aromaticum, zelatum, diambr dulced, diu margardi syred, diu ardeoun, Ibas olbutarium, de gomme, of each three drachmes, yellow fancies two drachmes, muske, & ambergrease, each one drachme bounde upon a thin robe of sarcenet, Julyson, ^{or} claryoun one pounds, let them be shake by ones, roll together that

13

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The Indians may be well incorporated with the whites, when taught the
moral law by the gospel, with labor and watchfulness, and so hopefull till it is
clear.

To make aqua Cordialis, Doctor Monfort's water

Take the bonye of Anglerie with a wearey raduee Concreste leauers, two
ounces, and halfe of each fourt ounce, Anglerie fleshe halfe ounce, a
halfe pouell fleshe meate, the Harbor to burne, and the fleshe to
the meane halfe yarde beaten, thereto therofe divers Aromatices roots Gabriele,
and Markeable, halfe of each one drame and a halfe at all to maner together
and enroule them the sparc of two dayes in her and thirty pouells of Spanish
wine, and leau them to drye by hande vpon the Ale, with a gentle fire, and
reheat her vnto of stronge water, to which after her drieing add one round
and a halfe of sugar dissolved upon the fire on one rounde and a halfe of
red watre, and from the pess may bee drawne to vnto or more of
miller watre, which maye bee farmede to vnto or more of

To make your Asturian, proper mulivets Mori, affectionately
In Brian's bottle, four round, ears of Marigold and mugwort of each
Two round dried leaves of the bracken fern, three handfuls, motherwort,
Almond regal, never admitt of each two handfulls, the leaves of Basil,
And Scented of each one handfull and a half; the leaves of Penny-
Yellion and fresh green cunis, Myrrh two ounces,辰夙own one ounce, the
best Savory some heliotrope seeds, then them all right together, the spirit of
four days in a few weeks, and then distill them in Calico Marris &
by constraint of distillation, His tincture or extract is made
Mirabilis, the best way will be no distilled

To make aqua Mucobolis the best way
is to mix it with water.

Take three quarters of white wine; one quart of aqua vitae & a quart
of the mixed red wine, then take of lobelia, cardamom, galangal, &c.
muddled flowers, ginger, nutmegs, rice wine and manna; of each two drams
break them into fine pieces, then coat them into his nose, and let him
drink all night. Then it will draw a glasse full with a temperate fire
Drawn from it about bacon or eight weight of sugar, & with double
quantity of sugar, & so fluxes it for your use, hanging in a little vessel
In either a box or a jar.

But my own conceit is, that the taste and smell of aqua vitae is often far to be so fine, (or rather I could say, the taste in all the several varieties of this water, as there is many,) it tastes much better to take the same quantity of rich spirit of tobacco, which will be as cordial and less obnoxious than the aqua vita is.

To make Doctor Morris aqua ardorica
Take a white ant of Parfley water & back a pint & a half of distilled
Malmsey wine & a wine glass full of brandy spirit & mix them
well together & add a small quantity of white sugar
and let them stand a week & strain them & add a few drops of
Sassafras oil & a few drops of Rose water & strain again & it is
done & will keep a long time.

20

16

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and take a spoon full or two at a time of it, and to enrich it add two
Gallons water and gillflower water of each a quart of mint; Cinnamon
and Cloves water of each the bigness of a pint; and a quart of a
ground of sugar, with a little sprig of Nutmeg root.

To make aqua Imperialis an excellent cornual water
in *Phormia regina*:

ex Pharmacopœia

Take common and Virgin wills Nutmeggs, Cloves, Cinnamon, of each two ounces, the heart salt with galangal, of cloves, Galamus aromaticus, of each an ounce, 2 Dozells galangale ginger of each half an ounce, the tops of lavender and Bergamot, of each two handfuls, the flowers of bay tree, Marjoram, 100g, Camomile mint, sage, tyme & black one handful, fresh white of a bulb a handful, Rose water, four pints white wine a gallon, beat those things that are to be beaten, & let them infuse four and twenty hours in a glass lumber & open the lumber, & after removing all the liquor add to it Cloves, Cinnamon, Coriander, & Bergamot, come a good water for those that

To make aqua Antiepileptica, being a good water for those that
are troubled with sounding convolution fits & the like disease
of that nature.

Tall Tellis flowers three handfulls, Petrum convallium fruit handfull -
young leaves bruise half an ounce; let them infuse big red dates or few
leaves of white wormwood & then a full glass in Calms Maries with a gentle
fire; and afterward late before night flower half a handfull thrice
flowers one handfull, but one handfull Betonis half a handfull
flowers of Spanish or Arabic Iris handfull, the rootes of violets that
fragments half, Dittamoni all two drams, little preparati vnt
Sea onions as warts one drams to a halfe water coriander half a
drams, the summe of a whole two drams this is to burne and drame
Gubbe & Decanomie, of each one sprigge Must Half a drams, strew
two sprigges, Butmegg one sprigge all being rune and laid upon
infused in the distillation of water, let them bee againe distilled with
a gentle fire in Calms Maries & then steep it twice with tops on a
glasse; with one & the same labour is extracted this is an Antiphlegmatis
ether an Auge or feare the Duke of Northumberlande ponder
the same in a glass vialle to the Lord Edward Pavett

Take an ounce of Ammonium; by cutting off all the roots & repeating a process of a new broken poplin to fit it a foot wide & a certain width, the which doth long as will serve; then take the Ammonium & rotted straw, & no danger to take it, & keep it by itself; then take Harmonie & leather to cover it, & make a double or triple thickness; then take a piece of white poplin, then take a chaffing of fine rags to put on the first form; & when it is dry, & over the same, then take the Ammonium, till the Harmonie change colour than it is - no danger to take it, & keep it by itself; then take Tartar & chalk it to small pieces, & keep it by itself & when you goe to it, take eight graines of Ammonium, & of Tartar, & few drops of Harmonie, and all together in a little white mince; & it pricks like corn with gently

A certaine Receipt for an ague or feaver which in thrice taking of it
be punctually cōsidered according to the directions hereafter following
both cure the same, it also cures a Taudie, drospes, Scurvies, and most
diseases that are caus'd by obstrusion, and gives commonly eight
or ten shillings, and workes verie gently without any offence or gruunge
at all, and is much better than the old before this, which hath
Antimerie in it and is harsh and burlesch in operation and removeth
too violently, but this doth not soe and taught me by Mr Jones
the Apothecary, and by him often approved by Dr. Gervis maner
take two ounces of the pow'rs hand and most reuisional panacord
add as least knowynge of the best spirit of verke then distill it over a
gentle fire of charcole, & when it is come to a scyphre by distillation strain
it through a thred henn in saucer into a chalice of cold water, & let work
vixit cast fayre on the change of spirit's matter, as you would do a
druse of cheynelles wax, and that it will come to an indifferent white
wax, the fayre and inwardnes of the panacord being off in the panace
which doth much to the lightnes of the Remedy, in respect therof therof and sheweth
rarely of greeves and concrestions of the gutt, and when you have had
therof you remoue it by your patient use of a strong stoor and -
conseruacion your quantity that you give him may be sixtene grains
at a time, or by drinke, or sikketh, or confection, or bawme, according
to the strenght of the patient, observing to often thinke grains of the
former Tarter to suffice two grains that you lay on the poynted -
panacord, this receipt is thus following

Take twenty grains of the pow'ry panacord thirty grains of the
former Tarter and two drachmes of comfres of wort, for all manner
therof into a chale and give it to the patient about halfe an hour before
the coming of the fit which ofteyn giues eight or ten shillings and workes
verie gently without any offence or gruunge, and remoue fayre on their
giving of it be continuallly observed to be taken full an hour before
the fit comes and to take after some warme breake about two hours
after the taking of this Remedy.

A Receipt of a Medicine to cure any ague or feaver given
me by Dr. Peter Jeffery, & by him approved by Dr. Gervis maner
never failing in any, how to doe it, and the dose to be given to
stronger or weaker constitutions

Take of the old panacord as much as you please, pound it greate and
extremitie over a chare of brone waxe, shaking in a chale with a shalpe
rite of verke through fresh cloth of red cambric end hold the same
paper ouer them for tyme as till the panacord begin to distill, and
adher to the paper, then immedately remoue it from the fire for
if it stay any longer, you losse the whole energie of the Remedy.

Take of the old Antimonye as much as you please salt poynt three times a good
bowl both together shalpe, put them into a chale and set it over a pan
of burning coale, but set not the fire too hotlye, for the Antimonye
will melt a nob, but I say shalpe, alorne as they doone take out the Antimonye
to put it into a Morter & booke it greate again then put it again into the
Chale, addinge hit as much salt poynt as you did at the first, & calme it
again and do so the third time, stirring it without intermission, that
the fire may equal poynt hit all round whiche you shall distill to the
toller, for if it do equallye explayne the colour, with somwhat whit or
a litte yellowish, and if now for them against open the fire, they will neither
make any noise nor send forth any fume, and you shall haue the same
weight you had before if not an oversay.

Take of white Tarter, finely pulv'red one pound, clarifie it by frequent
obstaculacions till it become yellowish, & of bright or transparent put it into an
earthens bell with glasse, pour upon it a sprinch fountain, make it well
cover the herbe Soc' fonges ouer, brise it for the space of two hours, then
set the bell into a coole chale, by which shall haue a chalme, & remoue
it which you must take up with a perforated spoon, after you haue
made hit the obstrukcion & cōtrarie the chalme in the bell and perforce
it is for off, and any of those concrestions is a very good Medicin, & is
oftt diuininge for the fayre of the fayre and concrestions, but they being all
vixit & pulv'red with ether, and concrestions according to the iust broken
of the earthes is most excellente & all fayre and fayre of what
lands further, it is alwaies approved in respect and true for other
diseases.

The chalme is from halfe a scruple to a drage, according to the age &
strength of the world giuen in a convenient liuour or any other con-
seruacion, You may giue a drage of this remedy to a man or a woman
as a chale halfe a drachme or a drachme as you please, it is to be admittēd
in fayre, or white wine, or in Hysop, and if the drage preuent from
Inlawes, you are to giue more of the Antimonye then of the panacord
but if preuent from Pister then mose of the panacord.

A good receipt for all manner of aches, bruses, & the like to
the ague, & concrestion of bone and cartilages, often approved
Take out the world need of each one ground young toppe of hays, & sage
of each half a pound, chape all these verie small, but with them not thin
take this powder of them set it ouer of the chale, then poure the brushe
to hit & stamp them together in a Morter till it be like a salce then take a
quarter of the left side of chalyx, a quarte of Mealy leach, & set them to all
well comprest together, then put hit upon a chale, with this poure, & chape
till he be set in a chale & upon fine verke, then for the space of eight dayes
then put it into a Morter & brise it upon a chale, for the space of two hours
then put into it fewe ounces of the left side of chalyx, & set it continuing still
boiling for herte foyre hours, & poure of it poynted to foyre, then dipping
of it upon the bottom of a fayre to foyre when it is poring gone, and

17

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Heat this water to be enough, then strain it through a Cane cloth covering
the water hand, for put it on in gall water, and it grows white and
agreable the greater part thereof will.

To make Aqua florum, water of flowers.
Take two gallons of strong ardent spirit of Clarke & put it into a wide
mouthed pot or other vessel, keep aside close, then take there about flowers
falling in either season, & being clean wash them to the fire in
your best convenient way, then take flowers of all these parts namely
and myrtle roses, sweet briar flowers, clow gilly flowers, bellum convallia
gelsema, Rose, Bergamot flowers or pink double billy flowers, garden roses
violet flowers, lavender, Marigold, Hammomelis, Quince leaf, Rose flowers
of each eight ounces, being garnish with all your flowers as abovesaid,
when you would distill them add to them Almond oil, two pounds, Rosewater
sudor the second, brush the pot, and it will boil by itself to all the flowers
as now beat them into small pieces, then strain them to the distilled water
distill them into the first & small spirit then add to the distilled water
double roses, clow gilly flowers and violet flowers of each one pound and
one half, then distill infusion it may be drawn up, when salified it
with ten pounds of white Sugar, & strong fume may be drawn off
with ten pounds of white Sugar.

To make Clove water called Aqua cloophilorum
Take two gallons of the best ardent spirit of Clarke, of the best roses ten ounces
of Violets, ten ounces distilled them in strong ardent spirit, & salified it
with five pounds of fine white sugar.

To make aqua floridaria, water of flowers/
Take two gallons of strong ardent spirit of Clarke, Turnip root, beaten four
pounds, quince roses, & orange peeling dry'd of each two pounds, Lemon
and Rut up with dry'd of each one pound, Turnip root four pounds, &
Chamomile two pounds, clove two pounds, distill them into ardent spirit
according to this, and add to the spirit roses, Turnip root bruised of
each fine pounds, mix them well together, & after ten days draw
there may be drawn off, this salification is with strong fume of
in the receipt of aqua cloophilata, the fume water in the 14th folio
of this book.

A

Folio's 22r to 173v are blank
Some pages have been included to show those with ruling

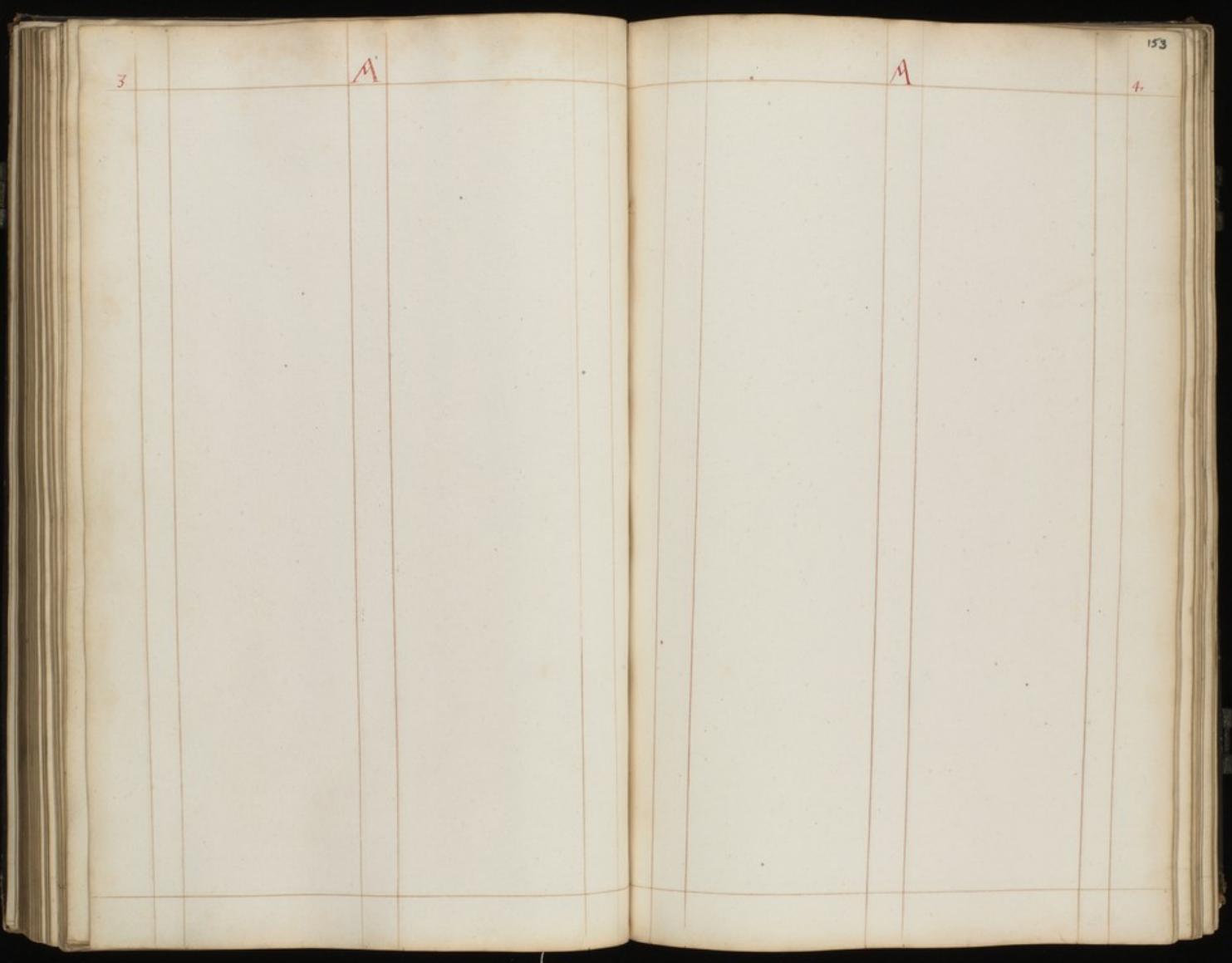
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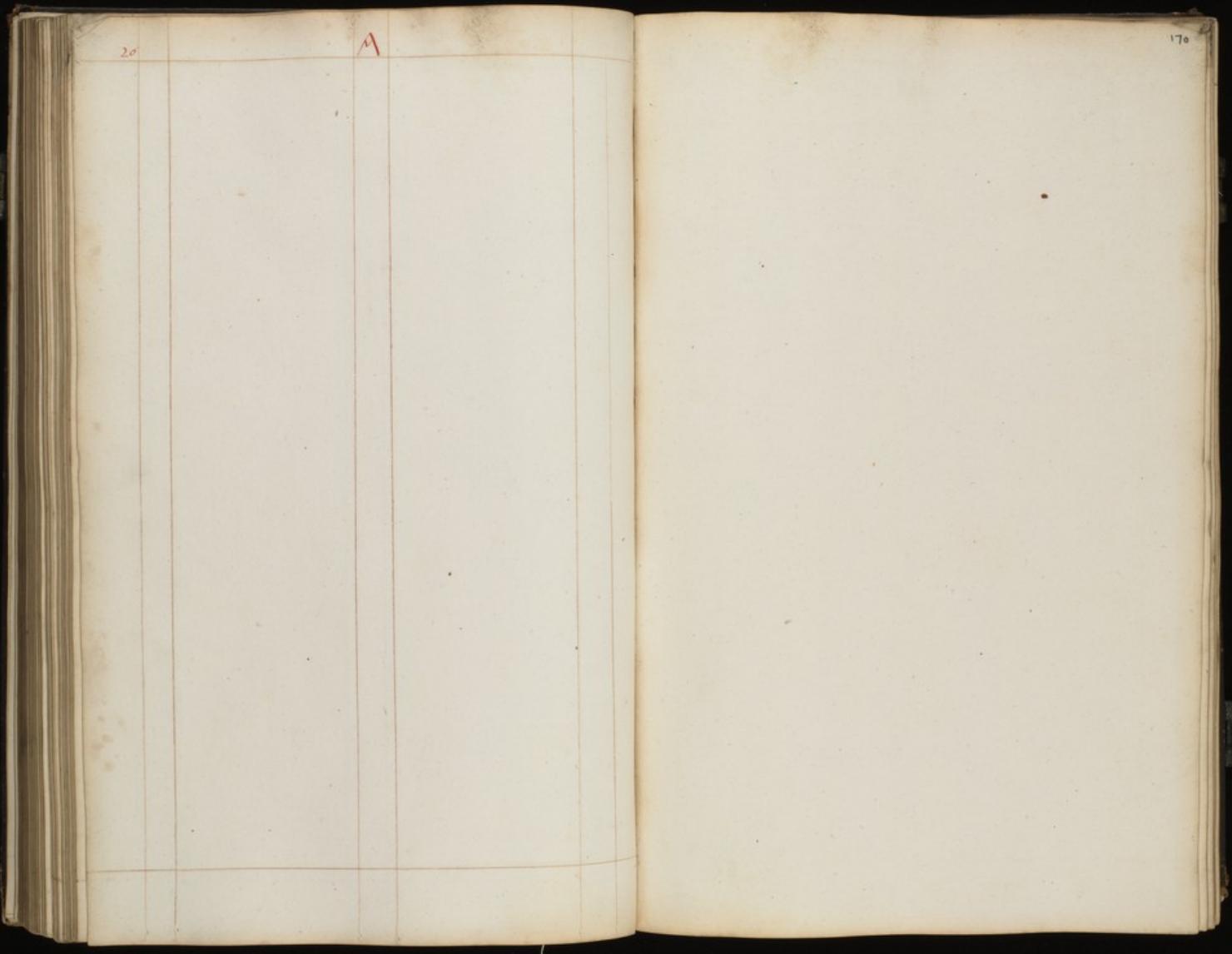
A

A

23

19





B

174

A Glycer to allay paines & gripings in the belly
Vorit safe to Dr. Doctor Mayorne.

Take oil of Camomile of pwt, 3 of Bayes for much as halfe a vint of
all the blw's oyle together, mixe them with halfe a pint of Jack, or
Myrtaine which is bens, and for fwe it hanys.

For a burne with Tanponde L. Au.

Take linseed oyle and soap: scoupe into it, & annoint the part wch.
For a burne L. Nu.

Boyle snow, water, and salte wth oil together wch, wch, & bath
the party untill all the idem sic be gone quicke, then annoint the place
with Linseedly his Balsome,

A most excellente Balsome for wounds aches or any Sores
and hath borne admirale force upon sore breake, when the
Chirurgons haue given thoners. My Brother George.
Hastings taughte it me. /

Take a pint & a halfe of the best Saluer oyle: & put a quartre of a
pound of yellowe waxe being cut small into it, then take a handfull of
bay leaves, a handfull of hempe, a handfull of angelica, a handfull of
baulme, cut all these herbs small wth your knyf, & put them both
oyle and waxe in a pipkin & before you put in the barkes, melt the
wax on the fire to the oyle, then let the Harbor oyle, and waxes be
together halfe a quartre of an houre, then take storax liquida, two
ounions, & wash it in this: You shall make of plantain, then take
halfe a pound of Venus turpentine, and wash it in redde wine
and soe put the turpentine to the storax liquida, and beat them both
together wth a lebbet plantain, and soe wash them not all out aqua
of a comb of sooth, then let all these beke together as agone for a
quartre of an houre that is lookt quicke then take it from the fire &
put into thonounis of red sanders in fine powder, herise it well
together then stearne it into a befer, or any other thing, that will
holde it, and when it is colde, wth your knyf or spetulae to the
bottome, & pour out all the water from it, then poure on the fire
again, and when it is all redde, poure into it one quartre of an
ounion of dragons blood, & halfe an ounion of Mummie, being cold
in fine powder, let all bothe against a quartre of an houre, continually
stirring it, then take it from the fire, and let it bothe through a
thick strainer before it growe cold, then bring the same poure it again
into the pipkin by sete it on the fire too hot, but it must not bothe
then take it from the fire, and poure into it four ounions of the oyle
of Rosemary, & ffeare dragons oyle right balsome, for it contyneth
that it may minge sporte full it be almyght to the yowles it ent
into pottes and keape it for your yef.

B

An Excellent Balsme made by a Spanish Physician called
the wound oile with the vertues, and how to use it.

Take leaves or pools of various Benders, four drams; roots of Valerian four; dragon's flowers of land. Liverwort four or five drams; oil of cinque foar drams; Sweet Marjoram two drams; finely rub the dragon's root over the fence hill the morning; let gone out of it four drams; lay all this in steep in white wine for four & twenty hours at the least; the longer the better; then let the thorn in a jar - earthy root, & havinge sufficiently brok it downe, press it out into the jar with the wine, of the best and clearest white oil that can be gotten; and for less than twelue hours the wine will be corrupted; then take the oil remaining, then take the best Bergamot, frankincense and Myrrh of each three drams being beaten into fine powder and strain them into the oil by holes and let it sit; but let not the oil boil long; on the fire; after you have set them in because they will make thick and heady; and in the morning; strain it not and Myrrh when it is cold; the fire and stirr them continually with a stick; until they be quite melted; and then eat in six drams of the best Bonai Sumpion; before it be too cold; and for four; all together; untill it be quite cold; then put it into glasse with a few flowers of land; then cover it with the bottom; and let it stand festooned in a hot sun day at the least; before you use it; then it will bee good; perfect Note that when you would keale any wound with this oile; you -

Note that when you make a hole any wound with this oil, you must first wash the wound with white wine before applying it; then pour a little of the salve into the wound, rub it in, then lay a linen cloth over the white wine over the wine, rub it again, and bind them together, that they fall not off one from the other, and in a few days it will be healed; you shall not need to lay any binds to it.

A Powder to Anoint Bleeding especially in a wound
and may safely be Snuffed up in the Nose.

Take dragons blood and coh. frankincense as much of each as a
walnut of Mastic bath, so much as of either of them, beat
them into fine fine powder and pour them, take out it into
a box and when you use it, put some of into the wound and it
will speedily stop the bleeding and then apply what salves or
oile you will for the healing of it.

A Powder to Banish Blood of a wound, Meine or other wise that is call
Take a pair of broad Cloths, Burne it in the fire on a gridiron, until
it may be beaten to powder, then take an ounce of that powder ~

B

halfe an ounce of Myrrhe, halfe an ounce of Cete and nerke, halfe
an ounce of whitee sarsaparilla, all in pure fine powder, mix them all
together. And when you ge this powder streare some of it upon the
wound, then take a little more of arnemilk and mix it with the white
spar egg, till it bee like a plaster, then spread some of it upon a
fleath and lay it to the wound, it will both draw the heatlesse
bruse.

A verie good Medicine for any inward Troubles.
Take oneulus Lanci, so is the bone in the head of a gray fish, take a
dragnet of this bone in fine powder, put it into a glass of Wine, and let it stand
a quarter of a week, of which wine ring, and let it stand till it is cold
working this twice it antiqueth the patient to drink, probatum
soothing.

A Balsamum to cure many diseases & desperate wounds in
four or twenty hours.

Take of white Kapotica, spikenard, liquid dragon's frankincense, Mummos, Copapanox, balsamum, asperbalatum, ammoniacum, Sarcocolla, Saffron, madder, gum arabick &c. A dramme liquid of each of all these two dramsme of the juice of St John's wort, two dramsme of mustard and dragon's or turpentine. The weight of all these powder the things that will powdered & mixt them well with the turpentine then poure all into a limberk. Soe fill it with a fleshy gentle fir, take this liquid ointment & poure it into a soft glasse, and keep it for your use, and last following as the vertues of this balsamum.

God, before announced his wrath will not corrupt nor putrefy it
to forth period decay'd bones that are fallen away, keepes fresh & new
water, and a remouer from the necke to the bone, shall stell away the
shaking of Agnes, of one hour before the fire cometh you command the
backe bone therewith warme; Causing it to open a lenient cleane &
sounder it easie wch the left side, To anoint the backe bone ther
with for lefe of sprinch lay a little thereof under the tongue. In a grotto
of the Materie, in the falling hill-slope, and in many other places
upon roughish ground you may find these deeper bushes in some white stone,
It comforteth the heart, and for faintlying perfidit that are
fair weak and torpid, for such temper it with oyle of roses and
anoint the Materie about the shoul'd or the backe bone, distill
in a bath if you please; or out of alabat by a fire. To anoint the
backe bone therewith, and the nape of the necke from whence all
the frenzied diseases, prolonger life. It comforteth all the long
it turnes the gallic trembling & creeping of the heart, there is
also no better Ointment to give instant comfort to the heart
and to assuage the sorrowfull lamentation.

B

The true making of my Brother George his Balsome
which hath many vertues & he found by his
owne experience it hath helped divers Diseases
much led in all their paines & Diseases following

To the running of the sinewes to the Joints as much as a mule, this is in all
fourteene dayes together, for any number of divers diseases following
both inwardly with it outwardly and take of it inwardly for paine in the
head amonst the temples, & with in the Nephritis, for an oyle pot or a green
wound being anointed it warms for any windes in the Nephritis fallen
inwardly, to overcome the fire of a pother burne anoint it with it, & then on
any evill conuerted not found in me to excellent for sore Breake Brest
swellings, & flowing in the Nephritis amonst the solar affected and
falls it inwardly by place it is verie good to anoint them, I
have given the quantity of a drachme at a time inwardly, third if no
leare of to brest too much, it is verie good to mixt it a drachme with two
drachmes after, & have therewith helped divers of such coughes as they
thought to losse the cōfē of the lungs, & one that had it almoſt
seventy yeares.

The way to make this Balsome
Take fiftiounce wchch is fiftiounce of the left & fiftiounce of the right
Turpentine, and halfe aounce of the left & cleane yeller
wax, eight ouunce of the left red Sassafras, sevene countreys sp. in a saucer
by poſe in fine powder, halfe aounce of red sandre, the is Oyle on the fire till the
waxe wchch is good conuent, then take of the fire, & let it stande
is hale deme bleeding, then cut it into thinne roapes and lay vpon whiche
must bee thinne careare, with the waxe in thinne sheet, with the Turpentine
in a quarter of winter of red ruff water, and brake it till it be碎碎, & then
horsue the waxe and Turpentine together, & boing well emboled, put them
into the tile, and for tow all daye, by thise a quarter shan haue them
out in all the standers ouer, a fourounce, wchch giveth, for making roomes
over, continually stirring them, then let it boile another quarter of an
hour, then strain it through a nete santes & leath vpon washd and
set out it by into a coner or corner, as you will ale and boone it for gone
wchch it is boile to take it off the fire when you put it in your standes, till
it doo all haue dyed well in the oil, least it haue ouer, and therfor be
sure that you boile it in a thinge boile enough.

A present cure for one that haue made bloudy water

Fourteene years P. Rich. Haddinge
Take the yelle of a newt ha. 800, an ounce of good roome tarpau-
tine, & washd wchch is one ounce of this in a drachme, incapse all these
well together and this will helpe for divers, you must take it two
or three mornings together dafing almoſt two hours after, and
this lately approved upon my quide P. Rich. Haddinge.

B

To a brach bleeding at the Nose or of a cut vaine. Ba.
Take the Mose of a dead man full and apply it to the place, and
it will immediately haue the bleeding, as was lately approued upon the
Lord Cottington at Oxford.

To helpe a braking brach that commeth from the Stomach Ba.
Take two handfulls of Camomille roots into fine powder, then ſet this
in a coallie of which vaine in a quart, this giveth the patient therof a
good draught firſt and laſt, & how as they bee ſuffered and ſtirred
vpon dayes it will good to ſtirre.

To Hredding at the Nose. Ba.

The three vornies bone that is founther the hinder part of a pigs
head neare unto his necke broken ſmall and blowne up into the
Nose doth eſſenſely stay bleeding.

Another Ba.
Let the narby that bloodth shewe the rootis of a Nettle in his
mouth, and Swallow it not downe in any eafe, and the bleeding
will iſſenſely ſtanch.

Another.

Frindre leuys pampions and layd to the place that bloodth
will ſtanch the bleeding.

Another care approued receipt, To approue to brach bleeding
If a spider bee put into a lenen cloth, & a little bruce ſeede to
the place that bloodth, but not touch the ſeafchirt with but onely
ſome ſte to it the bloodth will ſufficiently ſtanch and bleed no more at
that time, often answereing & never failing any.

An approued Medicin for shortnes of brach to be taken
Three hours before supper, & againe about midnighe. Ba:

Take of Manna granata, two ouunces, the yelle of a dogge newt drawn
halfe an ouunce, ſixtys three ouunces, the leaue of a foxe, ſixtys breake
intwoone hundreth, make the ſte that are to be conuerted into powder
and then mixt all together, and make þerof a ſtarchie with the
ſirrupp of Geppi, or you may haue it made at the Apothecarie /

Another for the ſame. Ba.

Take the rootis of Holde dyed in the ſtarke, one ſounde made in fine
powder, & clarified honey ſixtys ſecond ſet them together till they
be in forme of an ſhortnake, &c. Piercyn it and therof let the
patient take of ſon, and it shall helpe him. This is an approued
ſorett.

To a borrelling & loſe brach of a woman. Ba.
Take a handfull or moris of ſippes, ſtrange them till the ſeafchirt or
ſeafchirt be broken, then temper them a little with ſwinys grasse

B

and for colerickish heat to the fire or hot heat scalding heat. As how as may the colerick heat and the scalding heat being there, and if it be redid to breake, it will breake or ease the heat there, this of my owne knowledge is my best and answere ready.

An excellent medicine for a bone ake & sore approued. But Aniseed the root, yew wood, yew tree, cinquefoyle to the fire & let the same drinke in, for this three or fourt daisies, and whiche is worn upon the wondres of oldanum, to sooth a strok of the bone & let by on three or fourt daisies, and God willing it will helpe therin as hath beene often exerected.

A Speciall Medicine for a bone ake as ever was knowne. But take a galdrone wort of gentiana vire, & another of cold & dry mingled them together, & anoint the place where therewith, not by the fire but only over the ordination at the fire, and then after this the place will be dryed, & rounct is warme.

To paint in the backe. But
Egimone, mugwort, & betony, both leaves & rootes, Samp in old Swines grete & trunke, & applyed as a salve for the round backe will painte red away the paints and grise thicke in there or fourt daisies avred haue.

For a Bruise
Take egimone, betony, sag, valentines, their leaves, rootes, & floweres together and mixt with red wine, & quen to be nearly & often dranke will avred two as hath beene often exerected.

To paintes and weaknesse of the backe. But
Take a quart of Malvaviscus, of balsam, mace wood, called of somedays fennell, of each one handfull, saue the balsam well de staint them into the Malvaviscus, or out the Malvaviscus into them in the stamping, & staine them and drinke a good draught therin in the morning fasting, & at night going to bed, for three or fourt daisies together and God willing you will perfectly cure the weaknesse.

A Speciall Medicine to strengthen the backe. But
Take a quart of white wine, the with that runneth along in an oys backe, halfe a quart of powdered date, of Margotier, plantain, - boone, - backe, of parfayre rootes & fennell rootes of each two handfulls boile all this together till the wine be halfe consumed away. Then straine it deable min or ten spoonfulls therof, but re maine fasting, & water druning for nine or ten daisies together & it will helpe you marvellously as hath beene often approued upon many that have tried it.

B

To cleanse the bladder mightly of slime. Both by grauel. But Take three or fourt hours of garlick, with a handfull of mallows with the roots, fennel, and fowden in a quart of white wine well strummets & strained, quenching thereto two ouches of sugar, and drink this strok both only halfe cleane to the bladder.

To a Bruise by a fall. But
The wonder of stone with Raunch in small drinke once daily for the space of fours or five regis, is a verie good remedie for those that are bruised with a fall or otherwise.

An excellent Lotion for the Backe. But

Take a quart of good halfe Ale, keele a handfull of gernonnes, a handfull of clay, and a handfull of onces. Then to a handfull of onces vime, a branch of worme, a good quantite of English pepper, a dish of fresh & fowle butter, a good quantite of sugar, then keele hem all together, till the onces be consumed, then strain it & let the beaten late of it, both morning & evening, & it will doe thin much good prolation.

Against the Aching, fretting, or griping of the Belly. But
Take peane or min of the long red deer bonies, full ripe, bay the same well & give therof to the patient to drinke with old wine, but if hit haue an aquer shynge to fawke, & give it three daies together & you will finde it verie good apperent.

An excellent diet drinke for shortnesse of breath.
Fishes in health

Take the roots of polypodium of the oak two handfulls, haue by and wash them ouers of liquore, straine them & then add one ouer of long roosome a quarter of an ouer, reach the same to a handfull of a sande, keele them in these quarters of small Ale to a mortall, then lay it cool and poure it in an aschen vialle, & coure it tighte drinke it as soon as morning, bin the medde of the day after, & a verie reme when that dont make more expes in the fall of the day.

A Salomon and the vertues thereof. Both brant
Take a quart of either old or newe brant, both of egges, bay, and fowles Margotier, of each one handfull, then the brant and fowles beare small & scald them half an houre, then bin them well & fyll in a quart of yellow wine, take halfe a mortall and poure into the wine & hardly boile therin, then poure in fourt ouers of Court Marpeling by ale and little lefft it to boile ouer, then poule it in the fire & poure into hym halfe an ouer of Sanguis Dracunculi, and a Musch marminia in yester

B

Then next in four ounces of oil of S. Johns wort, one ounce of natural Calpe help a quarter of a pint of Rosewater, and a stomach relishing water thereto in a glass three ounces of Rose liquid. But first take them of the herba, then pour in the Rose liquid by a little at a time, stirring the oil. Let it remaine oute and then strain it in a muslin strainer as shall colour it to your liking.

The Virtues

Treath it good to rub any wound outward or inward, being moderately hot the wound warmes if it be warme, and if outward then woulde it with fewe kinds of humours, assouthing all their parts therabout with it, and it doth not only sooth it from rednes but from inflammation also, and drayeth forth beaten boles, or any other matter that might swelle or fester, and of the breast or inward partes as heart gultts & flaire, but not toucheth it, yet healeth it in soote or faine hentes. Note that no other Medicines or things doe woulde therabout. It helpeth all manner of paine that is caused by both inward feare by aches or the like, annoyning the inward parte with it warme. It healeth all burnings and scaldings by fire, water or other rayne what soevre annoyning the skinnes therewith. It is good against wooner Herpes, one ounce of it being taken with some salt warme. It healeth the blisters of Herpes, make a pouder or the like being labour warme with some milke, to the quantity of one ounce. To heale all such poise, Ulcers, carbuncles, lachrymes, lachrymē by anointing them with this Salve, and then applying a fine lenon cloth onto it.

Chor. Stoppinge of Breath through oblong continuance and aggrasfe of Breathing.

Take the powder of sanguine or full wort, that is light and smooth, by last a yellow colour and doth not easily fall or fly into water, but is much labour of dissouding, and is not full of small holes. Take therof with barley water, or of it with meale, a new bread and for binding to outward partes spread sanguine powder over the loyn, and drinke this same with powder of myrris in ale and drake you like.

For the Astrenge or shortnese of Breath.

Take the iarie of leuernish which is made in balls, with the wine of 3 grifons, of it ston and it will helpe that infirmite.

A good Poule is for a Crouse.

Take Magdale two ounces, the Marrowe with in the shankes of dredges, bout one ounce, byring way as much as an egge yelk of Cedars two ounces, Moll them an bothe, and when it is almost tolde forwarde on a lenon cloth, lay it to the ground to drye.

For him that pisseth blood.

Take the iarie of woodworts, drinke it to red wine, or ale or milke warme and the conserue is everie day fresh, let it be a red Singuler poule ministracion & will on a short time helpe as hath beene of hennys approued upon the 20th. 39

B

I drinke for the biting of a Mad dogge Dr. Radciffe
Take hony the Ale Yeare, of each one Peacocke, of galibet two ounces, folys of hony two ounces, comfit treacle three ounces, Malmsme or gentians, sixe Cowherbs, boile them together in a chafe cookekin, till a quart be made, straine the liquor, and giue our selfe dayly twice four drachmes of this for eight or nine daies together. Happie the Doctor, he gathereth to the towne the best man or both that she hast. It is a fast and diuine, and had a tryall done after they haue begunne to bee mad.

A Wine to procure and increase Blood Doctor Bass.
Take two quarts of Saunderines, two quarters of Turnips, with Turneps and an hundred quarters of Turneps. steep them fowre or five daies together, then lette four or five spoonfulls of this wine, Turneps and Turneps at once, twise a day, and it will restore bloud wonderfullie,

A Medicine to stay bleeding in any parte and for a wound
in which the arterie was cutt and was approued in the
Landes when nothing else woulde. Dr. Radcliffe
To Radcliffe when nothing else woulde. Dr. Radcliffe
Take this spoonfull of Griggs in March, hele it out of the rootes
take this spoonfull of Griggs in March, hele it out of the rootes
a fwe, that nothing remayne, but the spoonfull is left, then take that
spoonfull in an ordinarie pell and set a lenon cloth vpon
you off the distill'd water, warme a bale of it in a spoon, & to dropp
it into the wound.

To Radcliff bleeding in any parte of the Body Dr. Mathias
Take red Nettles, pick with retorsions, and hang them by the plant, and it will haue the bloud; vnde
of a wound or any other way.

Another to Radcliff bleeding Dr. Mathias.
Take Alabaster burnt in the fire, bout 4 or 5 pess is good foyne.
Then take whiter of eggs, then take white of eggs and beat them to
oyle, take that out and set much of the Alabaster for powder, and mix
them together to bee of the thicke of a celerie, then straine some of it
vpon a cleane antise of the bleeding soule at the hole there by the wch
open the foyne, and if it bee by wounds or in any sorte for a wound
lay it open it and set it in a syng, lay it a foyne lighter, vndraw mes
remable on either.

For the Heding at the nose a mett certaintie approued
Medicin.

Take a Draplin wch is in cold water, and then lay it to the foyne
wch is either of man or woman, and when that foyne beginnes to
swelle then take another.

Another to Radcliff bleeding at the nose proved most
effectual by Dr. Mathias.

Take the whiter of two eggs, put into it for much attorney in fine wch

B

ad two nutmegs, beat them well together till it come to a white mass. Then take
three ounces of linnen cleath, two of them cut fin for the temples, and the third
for the Brain of the Nerve, spread the rest over them and set by them vntill
to the next abouement.

A Medicine to be applyed to Holes that are boren with a mad dogge
but it must be given presently after the borage, or within a few daies
at the least.

Take one ounce of burnt fennel, six ounces of good saffron, quarter of a pound of
goode saffron, quarter of a pound of Saffron & hennys foot, a spoonfull, cut
all these things together in a pot, with three quarters of a pound strong ale
boore his wort boore off, then set it in a pot of water, and let it
water boile there aboute with a gentle fire, then take out the yow, and
beam the liquor, and give this to those that are boren, three, five, or
nine spoonfulls, nine mornings together fasting.

For a stich in the Breast
Take of fennel mint and wormwood of each one handfull, beat them small
and to them a pint of ale for to let them stand all night, in the morning boile
it a while, and for drinke of it warme.

For a strinking breath
Take two handfulls of Chamomile, & boile it in a quart of white
wines, untill it doe somwhat more than a pint, which will cure three
timber drinking, and it may bee dranke two min ells together, and
it will helpe.

For those that bee stopped in the Breast.

Take Mutterwortes and how boundys of each one handfull, boile
them in a quart of water, till it come to a pint, drinke it warme now
dayes together fasting.

A Recipe for a Bile both to breake and heale it, &
take any other meane Oyle or Oyn.

Take the yester of an egg, halfe a spoonfull of honey, for much
whats flower as being well beaten together will make it like a fel
not ouer thick, apply it to the bile hill in the brake and burne, and see
whether whiche will soon bee after the first remouing of the bile
healed with in the Morning, and at four a clocke in the afternoon.

An excellent Medicine for weaknesse in the Brake.

Take one ounce of overall pice finely beaten, & as much coriander seed
damasked finely beaten, & beaten, mix them both together, and take as
much of this powder as will ly aboute upon a grasse cold mince, in
a spoonfull of weth or Chayre weth, let it be founde in the Mornings
together, or enoy as you finde easie, and when you must shewe
your selfe, take what quantity you perte of them, and let them

B

Another way of making Lucellay the Italian Oyle or Salernit.
The vertues thereof given me by the Lord Salney the second.

Take Salteron oyle one quarte yellow waxye, halfe a round Venise turpentine
quarts of a pounds liquid flaxseed oyle, oil of hyssopon one ounce,
Natural Calfeone one ounce yow water, & a lanthorn made of calfeone
red leather, the yellow waxye dragons blood by weight twelve, marmalade
red wine, fiftynight, fiftynight, fiftynight, fiftynight, fiftynight, fiftynight
leath a handfull of the Marigome a handfull, and the Barke, the dragons
blood, the yellow waxye marmalade, marmalade, into a solution together and set by
theron a Pitt fire, let them melt and boile, then hard byt theron, then take the
Salteron oyle, fiftynight, fiftynight, oil of hyssopon, fiftynight, fiftynight, fiftynight
and a quarte of calfeone water, and with them make another solution and set
theron a Pitt fire, and let them boile a quarter of an houre, then take it
of the fire, and set theron natrall Calfeone and fiftynight and fiftynight
theron a boile and set theron theron into an earthen panne, & let it stand
set it do with the salte the water from it most is against the fire, set it up
theron, & let it for your selfe.

The vertues are these following.

The said oyle is good to heal any wounds long inward or outward being
applied to them, & to drawe away the heat, being applyed with fine lemons
burning alio these parts thererabout it not onely talthe away the
heat, but draweth it from inflammations, and draweth forth all the
badde bonds or any thing else that might adstricke or tyke, for that
the oyle removeth such bonds, & toucheth it, it will helpe in sever
the braine, & head, and cure bee not touched, it will helpe in sever
the braine, & head, for that no other thinge can helpe theron, et alio
healeth any burning or talding either by water or any other meane
it healeth any briste or cut, being lie a amonition with the oyle, & a
cater of linnen cleath dippe therin the oyle warmeth and healeth the
cater, not letting any brasye remaine, it healeth away any seame or
graft that might grow by reason of cold moisture, charre, naked
in the bones in summers, first encroaching the parts for offendes
with the said oyle, heateth, and warme thererabout to help the
the headach early encroaching the temples and the brest, & so
it is good against the wodes, & worts, or gettes in the daies, especially
Herbales warme wold ha shalder, fourtynight toghether, and ther
driid maner a quarte of an ounce, it is also good against wosten &
bollock a purfle haling the quarte of an ounce in a Pitt for to warme
it downe, & then of the purfle or hallock being dranke or warmes

Another way of making Mattheon Lucellay the Italian Oyle
or Salerne them is in all perfection good to cure these disorder
corriden infirmitie with many other vertues not mentioned, given
me by my Quide Washington the third.

Take one pound of Venise turpentine three pintes of oyle clear

Balfe a round of yellow wax, of Natural Balsoni one ounce, of the oil of
This wood, one ounce, of red fadous powdered one ounce, two spoon-
fulls of the left salt cut the wax; and melt it on the fire, and then a Caffe
is shoulde catch fire & burn over, take it off and pour in the balsomini being
three times weight, in dammable soft vases, and having mingled the oil
plus with the Salt, pour the oil alfor to them, and putt them all in the fire
burning them till they begin to Cille, but if they dole much they will run
over speedily, then let them stand to cool for a night or more, till the
wax be worn out to the bottom, then make one hole in the puffs
that the water may come out of it, which going downe, heale it with the fire again
putting to it this balsomini drie vesse of 3. Tring wood, & when it is out this
out the puffs, so it that it may spissitate, & when it first beginnes to
burne take it off, & here is his bookefull till it doth growne therde, then kepe
it as enelye cordene for your use. It will keape well and good twentie
yeare, you may sett it opene, and then sett it on ambientyle by day & cauied
The Vessels of this oile or Balsome see those following

It is good to keele round inward or outward, being warme ministred to the
inward wound, and outwardly applyed to the outward wound, with four leves
to leaven, anointing also the warts about the nose, thermost and it is
only take away the scasse. But be wary from inflammation, & scorne
forth alfor all bloud, boile, or any other extraction that may putrefie
or leffer the wound, for that the bloud, boile, gelly or lye, do not
cure, and then it will rune in foyre or fiftene dayes bring therewith
for that no other Medecine or extraction but this doth good.

It healeth any burne, or scald or Crise, or cutt being first anointed therew
with, & a poinc of fine Linen cloth or lende diuerted in the same teame and
laid to the scald, it speedily withdraweth any paine in the place.

It helpeith the Leache, and specially by anointing the temples, & the bridle region
It is good against the wind, colike, or pitch in the head, being anointed ther
therabouts with henn cleafer, four mornings together, and thrid morning
a quarter of an ounce of it taken inward is good against colike, & leache, &
fumfet alfor, by taking a quarter of an ounce therof in warme fable
It is good to the biting of a Mad dogge, or any other beast by anointing the
place therewith

It is good against the plague, by anointing only the nostrils and
nostrils therewith in the Morning.

It healeth fysiles or stote in any part of the body, being wold by an
anointing and covering a linnen cloth or lende theron, and laying the
same warme thereto ther

It is good against worms and Cankers, applyed as to a Cut and is
with a litle longer in healing.

It is good for any infested with the wortles, plague, or Moyses
or the like, for as it is verayly taken in warme breath, the
quantity of a quarter of an ounce, four mornings together & fumfet
therofter.

It helpeith the right hand anointing the Throat and Stomach therewithal
going to bed

It healeth bleeding in many grosse wounds, making a roaster of lenth-
with some of that open the brinde, & binding it hard thereto.
It healeth a cold and burning in the eye, and removeth the weight of
a Pidomey therefrom, taking it, and layng it right, and being taken in the
same manner it is alfor good for a consumption.

Another way of making Balsome and the
virtues therof the fourth

Melt four ounces of drapo, wryng wane, pou to it one round of a halffish
the marsh oile, olive, beaten with a vialle of Canary Ileke, and putt into a
stilleke upon the fire, & being stille to boile out into it, one ounce and
a halff of red fadous in powder, and two ounces of Natural Balsoni
for 2. ouces of the oil, alfor John woode sustentate bath, anointing
therofter, poures Bony, four ounces, every day, and þer. When alfor ther
is made, poures Bony, four ounces, every day, and þer. When alfor ther
that they may be well incorporated, þat they are boyleng, and let by pou
into it one round of Bony, four ounces, þat hath beene beaten, and next
in purched dammable salt waters, pouill it þer, and white, then boile þem
all a longe time, & take off þer ears of þem not over, then take a þe
þeasins it into a plaine bason or gallie dove, & when it is to be telle a þe
of it downe to the same bason, & poure out all the water, & boile it
in a glasse bottle, for it is good to wash a wounde, soðalle, and then poule
þis balsome agayne on þe fire, & poure it out into the same bottle, & þe
you maked to boyle it in /

These following are the virtutes
It curseth the Bradach, by molting it & shaping it into the temperate
Daneiting the midde of the Radellis therewithal

It curseth the biting of a Mad dogge, the left Ear, & fable, being
takke away, It turges þem woundes, burns, briske, reuens, & backes.

It curseth bones or sinewes or any wains, & great running of serueys
by molting it & anointing the wainall outer with þe þeasins
to þe þeasins and þe þeasins all over the þe þe, & boile it
for onceday for woundes & bites, & soðalam af.

It is good against windes, colike, or pitch or the like, applyed
þereunto, with henn cleafer, four mornings together, one
quarter of an hour together

It helpeith the health, þere & fable, compouned þe ðeasins
in any part of the þe, being thereto applyed

It is good for any infested with the plague, Moyses, wortles,
or þe, verayly taken in warme breath, a quarter of an
ounce four mornings together, fumfeting þen open is

It is good against scrofula, and leprosy. If you take one ounce of it
in warme or hot water
If you have it burning in grass or wounds, taking flax, or long & long &
doutring into it, and so by hand cover it.
It is good against scrofula & leprosy & leprosy
It has been by anointing the scrofula and leprosy thereon
at going to bed, keeping it warme before the fire
It is good both the scrotum, being spread cold upon bathers &
anointed to the scrotum.
It healeth the biting of a mad dogg & venomous beasts, being
both outwardly & inwardly applied
For a wound with a bulletto warme it with heat and pour it
into the wound, and cover it over with lime dressed with it and it
will cure it in a short time & keepe the fowndry from threding
It is good for a scrotum & burning, being applied thereto both as hot as
one doth desire. It will cure it without any feare.
A poultice of a hearth brode and cold, and is good also for a conlump-
tion, the weight of a Centurion & taken syph and lapp, and -
Swallow'd downe!

For spitting blood.

Take a young roiall bole and make it into fine powder, mixe it
with a poultice of this plantain with halfe a poultice of violets, and
so salt that quantity once morning fasting for the next two dayes

For paine in the Backe most approved. Bro: Ies

Take two good handfulls of yarrow, boile it in three quarts of yow
smalle ones point away, drinke of it a woorke together for the
morning & night, for it is answere to help them that
have yfe, but when they are in bed.

Agnes way to Aller or Leafe taught me by Dr Welsch.
Take the flowers & rootes of Leafe boile it & lay it in pouynge
water three daies, the firste day it is carried away, the last day contraynted of
the leafe water, and when you take it out let it stande these hours
then putt it almy to the backe in Aller, then couer it a yarke of chayre
drappe Aller O'leane, and remoue it in Barret or myle Allere ther-
fore alwayes with ioyntes to be had and loose the bole lay it out &
lay them into the bole for seafon it with cloues, Marjoram, mace-
wrome and lime, when you make it in Aller the innythe shewfife
& the elder tree open it, bring with you fowle water when this is hase no
taste, then put it into a stone potte that is bigger then the vesse of bole,
pour a pint of fowle water in it & haue a mind to ministrant for a sypp
of leste maner & a poultice thereto, lay it two hours on an ouene of bole
as hinc with a leape if the greate bole is out & breake it drye, as long as you
pleas, and this is the best day to roller bole, /

Untill all this workes be dryed out then braine it & out a poultice
white or yellowe bole yow, & so to make it an ointment to smoothe
the greatest ulcer, often ground.

For a burnell or dead often ground
Salte into yester may boile in faire water, & being tolde frument
it from the water, is very good.

An oyement for a bole ake or braine

Take the Bayes water & the herbe Jasmin and left which grows upon
the flower bines, and is by a lawe boole till thee mount of the
leafes of the Baye which must be threes small, and beaten, that left
Jasmin may bole out, and you may rule the Jasmin for the leke
say is that the strength of the bole lies in the Jasmin which
may boile to the space of four hours or there aboutes than it must be ground
and after it is tolde tolle of the graine and work it on a bole, & on a bole
a bole, what ther comenant no water, it will boole the bole.

The burnell ointment.

Take four handfulls of Jay that groweth upon the wall, or that
which crostes on the yew tree boole it small then boile it with a boole
of yallowe bole till it boole green, a quarter of an hour, boile it
enough, then put in a fresh yallowe bole as a wallenut, for Jasmin
boole it for your bole warme is when you want, and with a
leather leane round the bole, and if you can gett large camomiles
leaves, lay them on the bole where the Jasmin is off, that it may
leauy, lay them on the bole where the Jasmin is off, that it may
not stick to the bole. If you cannot gett leaves take the Jasmin
growis about the late of a Maymon, and boile that next day, and it will
heale any burning without any paine.

A good Balome for aches and paines in the jointes, and
to bee taken inwardly warme for inward diseases, & good
to heale aches or new sores or wounds.

Take three quarts of the bole fallen rible and heat or be ground
of the bole fable mingling them well together on a calme, with
a round of the bole turpentine, methi in red ryall water boile
out in two pounds of the round gallone, bole way, then boile sum
together in the same gallone, with a temperate fire for an hour
and a halfe then set in one ouene of the bole wth fables, and
let it boole against vntell it come to an endment, then boyle
twentie weales in the ground, with an earthen pot covered over
with a cloake of bole.

For the paine in the Backe.

Take Camomile & Myslef leare both roote and leavye, haue of them
well with Boles greift and lay it to the backe or answerte the
Backe therewith, with a warme hand, or before the fire.

B

For any grieu or soorneage in a man's Backe.
Take the rootes to confit them, & mixt with some good Ale
in Chafford, then couer the hole of a newe Pasteare & lyme ganters -
Put mygge i[n] i[n] an sev[er]al[ly] backe in the Morning fastynge, and falle one
houre after it, and this will make you well.

For the heate of the Backe.

Take young plantain leves, gather and straine them, mixt the juice
of them with wome[m] milk, and bathe the backe therewith
and leue it drye in sp[ec]iall fleshe if it bee for a man the milke of a woman
that hath a man child, if for a woman the milke of a woman that hath
a woman child.

For bleeding at the nose.

Take cordwainer of best wine and a much fette myngled thereto &
soak it with the nose and the blood will haue thinnesse than make a white
with the white of an egg, & shredde it verry smale, & the powder of both
armeable & lay it to the temples of the head, and it will stay it.

To stop bleeding L'He taught her by M^r Cyder.
Dipp[ing] a cloth in wine bringer, & apply it to the boones of the
belly, warme it, and it will stoppe it.

For a stinking breath proceeding from the head

L'He taught her by the Lady Br.

Spryng up your owne water storrie morning into your bath, and wash
and cleane it worte, & this will cure you in a short tyme.

For a stroake in the backe L'He taught her by the La Br.
Take rai[n]es of the sunne from them, and beat them in a Morter to
a pulie then couer them in silk over the fire, and couer some viles of
ruffe to them, bire them well together, and spread it vpon backe
and apply it warme to the backe & it will helpe.

For any brest the L'He taught her by Mr. Heron.

Take ale brest a good quantite, wash it and boile it tendre in running
water, then take it off, drawe it from the water, heat it with Barren
herbes grasse and boile it together, and make a poultice of it and
apply it to the brest, shiffig it evry two houres and it will
goodly heal it.

Another for the same L'He.

If the brest be not broden dipp[ing] a cloth in aqua, putt and appy
it to the brest.

Another for the same L'He.

Anointe the wort with leaves of the thornes bee not broden, and
that will doo it.

B

Another for the same L'He:

Take the inner gill of blom, and lay it in running water and bath
the burnt places with it, and it will take out the fleshe.

An Approved Medicinal for an aque in the brest, or a
Sore brest L'He quen her by Dr. Herbert & tryed

Upon many and approved,

Take one ounce of yeller box waxe, add to it two spoonfulls of
English honky, one good spoonfull of May Butter, two spoonfulls
of oyle of Chamomilla Rerufa, and the honky waxe & butter first
and then out in the oyle of wifer, stirre them well together, and
then dippe in Roasteth into it when it is porre heat, burne them
vixle to day & warme them gently when you lay them on, & when
the vixle is gone out of them dippe again,

A verie good Pultis for a sore brest given and approved

by the Lady B. L'He.

Take one quart of milke, & put the same one handfull of brok-
loun, one handfull of camomill, a sprigge of redges, red shrews,
shrews, violets, small, with two or three spoonfulls of linseed, boil
them all together welle, and then threden it with whiche flowers &
boile it welle after, and when you take it of from the fire, put
one handfull of mutton fat in the threden, & then
giving it vixle a day, it will cure the brest.

To take away gripinges and paines of the belly

L'He taught her by the La. Winward.

Take a good thick loape of wickerback bread & portred it
with ordinarie cappe as you would butter or tafte, apply this to the
Navel of her as you can drawe it, it will giue present eas.

To ease one that is bladded L'He quen her by the L.B.
Take oyle of plandam & annointe the place, there with it
will certeynly kepe it.

To stopp bleeding the wound, or at the nose L'He.

Teache her by Bessy Bishop of Bystote

Take a honest cloath wash it in white wome[m] sanguine, then drye
it, wash it for a sp[ec]iall sond day & kearde & make thereto
of it, sprigge this in a lea or wound, & it will certeynly stanck
fopp[ing] bleeding at the nose. The juice of the herbe remayning
dippe it with a fine ragge in the next pouche the same effect
for bloudish dolphynnes or pynches, & set it therewith a pegge
or with lincte.

B

12.

Another for bleeding at the Nose taught me by S. Jo. Weston
Take a piper in a piece of lawn, & put it up into your Nostril & it
will stanch bleeding at the Nose.

Another for bleeding at the Nose taught me by S. Jo. Weston
Take the leaves of a Rue bothy point, & put it up into the nostril
and it will haue bleeding.

A yet triall for strengthening the backe god against
windes. Contumacy, shame, malcontent of Neare
La. A queen her by Doctor Leyton doff by him approved
Take the brennells of phisickie roots, two ounces, and those of
Sweet fennel & ffe of each one ounce and a halfe, of coriander
seeds warden, & Carraway. boiles of each halfe an ounce. Boile
those all to fine cōmōt, & with a sufficente quantity of good
whetstone flowers, make two dozen of bolla of bread & thereof eat
continually at your vespere or meat, the other bread.

For a bruis L. Hu taught by Dr. Coke
Take a vulture of charr & wine and 3斧es of Butad, eggs
as he to the galis, & it will giue comforte after

Another for a bruis L. Hu taught by Dr. Coke
Take one ounce of oil of oyle, bruis it with the white of an egg
till it come to an inguent & annoint the galis therewhile, it is
a excellall cure but remidy your

Against the swelling of thy bruis by reason of the
curling of milke in women's Breasts L. Hu

Take four or five handfuls of white mint, recoverd in an
earthen ware, or Botanye her distill, Happily it hale ender the arms
witt, and betwixt the two breasts

A Balsome to the vertues thereof L. Hu

Take a quarter of a pound of waps, cut it small, & put it under
a vnde of blake ente an earthen ware, melt it and thin labbe of the
fire, then out to it halfe a pound of Unis turgentia melt it on two
water, and a pinte and a halfe of blake ente boile these together
with a full fire, untill they be incorporated then take it of the
fire and let it cool throughly, then take the rame and melle it
against, when it is melted put it in one corner of the bsp wod-
pannes, and þere it continually till it be cold.
þe portuor are these.

B

13.

In every greene wound, being melde in a spoon & applied to
them.

It curet burning & scalding being theron annointed.

It cures outward bruis by being outwardly applied to them.

It cures all inward bruis by being taken warme in Salt or
þoþer drinke so much as the quantity of an hairell nutt

A present Remedy for any sore Breast off
approved L. Hu

Take eggs þe on the best you can get, boile it small &
put it into boile then warme it a little & þeir is a þeir the
wärd drinke therof þree times a day, and eat apid þeate
to the brift if it be not þaw.

A present Remedy for any sore Breast L. Hu
Take a queen her by the Lady Rilegrew, mad propper
þeare for such a sore Breast as comes by milke

Take a Chaype heade cleane and washed, throw away the Braines
boile it in a convenient quantity of water, let it boile four
or fiue hours, then take of the þaſt of that boole, Receipt
in it þeir of Vire as will make it of þeir þre þyngs of a
youth, which don't add to it þeir yolkes of two eggs, þake a
þragme of Saffron in þeir powder, and two ounces of oil of
Camomill, þpirat this on a þeath, & set aronly it, ſhifting it
out a day, þet it be moderably warme.

How to make blanch-mange

Take a younge rason or waller, & take the ringer, & branies &
all þe white flesh, þeir is no white meat, when it is well boile
out it in a cleane þame, and boale it till it be þeir small and
þeir left þeath, then take halfe a pound of almon, blanchy, &
boale them in a medier, then þeine them with þeir rebant:
then take a pound of Cire, with out all that is blacke, & boole it
on diversf water, bring þeir cleane out it in a þeelin & hang
it neare þe fire boile þeir þeath, boale it in a þeelin till
it be floures, then Scær it, and take þeir floures, the raper,
þeir next floures, the þeam & þeir almones strained, & boile
them in a þeelin till it be þeir thick, when you think
þeir ready to take of the fire, þet in þeir floures of
þeining þeath, and þeir floures of milke, þeir best if you ſeale it

B

The Amber and Musk mafinatic, or Brandy flower water, and sweeten it with sugar, like by to your own taste, set out it in a dish and when it is colde out of it, a little quantity is a great restorative.

A Singuler Water which is call'd the water of
Balme, or oyle of Balme and the Virtue. It was
S^r Walter Rawleight.

Tak of the left Venerie Cupidines, four rounde of frankincense
of the firste two ounces, of alsoe Catriinae by Taduanum of Galium
of Salis pome, of the rootes of Sennia, of ironstone the fifth, of all these
one ounce, make them all into a greate powder, and put them with
the Cupidines into a Linckes of glasse, & so distill them in
Sand with a soft fire, the first water shall be drawne at the water
of a springe, the second water shall be yellow, & somwhat above
the other in the receipt, the third shall be redde & saffron, and
when it beginneth to bee red and thick as honey, then beginneth
the thrid water, the first water is calle'd the mother of Balme, the
second the oyle of Balme, the third Olfacient Balme. Some
tak it the outwardes of Balme, for it is stronger then
Balme, the first water burneth like a candle, the second water
twelveth minuti of ayre out a dropp of the third water with
a drayle into a glasse of faire water, it will go down
to the bottome without mixynge with the water, and within an
hour after it will mount to the toppe: a true Balme doth, the
singling good, the fourth is better, the third is best.

It hath the vertue following.

Fist if you wash your face with it twice or thrise a day, and
twise the Noctually, it with a phume distounding from the
braine & pacifeth the sight, and if you rubbe the hinder
parte of the head with it, it comforteth the Memorie, and
sharpenth the Spittre, if you put some of it into a vesse, with
Spunge with odoriferous warkes, & spittre, & so set it
Stand sixt dayes, it will drawe the vertue of the said warkes
or spittre into it, set that you may at any tyme by putting
three droppes into a glasse of wine, make your roote herte go

B

the said warkes or spittre, strong enough of that where with it was
mingled, it indueth appeteit, comforteth the Memorie, Pacifyeth
Stragni, if you take a little of it with a draught of wine, it removeth
the fainting breath, if you put a leperon or a Card in a clout
wett therin, it will drye inwardes, & it hath like power
against all Concoctours as true Balme hath, & it is like in spe-
cification to fent Ciatole, it consummeth all Impetuum, Head-
Aphylacte, New Blings, eyglasses, Drawd, Emphyse, Drawfinge, Bo-
andit, & reuolueynge of all cold humord, deprivatioun & con-
sumptioun, If you wash your tooth with it twice or thrise being
fore and acainted, it will munderly strengthen them, it
healeth alsoe the eye wulf, and forst forth all the Otembles, it is
good considering that if one droppeth the out into the hand, it will
pouere cleane through without harkyngh thereto, In swelling
of the legges or footes, or paines of the ioynts, if you wash the
vulnes therin with it, bind them up with a horne cloath drye
therin it will cure all such a conning of extomach, or
rotten clouts, Finally it is a singuler remedie for Summers
drawne together, if you bath them therin four times there
with the thrid water, which hath the colour of bloud, is of
such vertue that if a Leperon man wch therof bathed daily
he shal a spouefull dureing morning, his shal be heale, probatum
it alsoe doth swifte growth if you take a little therof dureing
morning with a drayle of wheate and a spouefull of borage
water.

The making of the water called the Mother of
Balme, & the vertue, It was S^r Walter Rawleight
Water calle'd the Mother of Balme is thus compoundinge of
Cupidines two rounde of Frankincense, two ounces of
Lignum alox one ounce of Majestie, Cloues, Gellangel, Gymnon
Palmeys and Cedars, an ounce & halfe, Gum ammon, two ounces
a much good aqua recte as the quantity of the aforesaid is, —
Grappe the thinges together and aut them in a Billatory and
after minde dayes distill them with a glasse, and the water that shall
come forth is calle'd the Mother of Balme
The use & vertue of this mother of Balme is as followeth

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The first mesf clear water is good to drawe for the farr; nor by painting & drawing a Counterfeite glasse upon the face, but by taking away all such things as doth annoy the skinne as hats, windes, Marrowbones, or any other thinge that is amiss; if you wash therewith once a day it batheth away all wrinkles & draweth the white Effrosie, if one drappeth a little of it in a wounde whereth it is fresh and newe and lay a linen cloth vpon the skinne Open it, it draweth speedily of the wounde, but not Marrow, it healeth all other parts as flesh, etc, rengre, Nolone tangere cur. Post them two washes in this white robe made and they shall be healed in a few daies; one drappeth draweth him a Cublunck quenteth thid in three hours, if an aile cometh thereto with blouding to the vni & vni, or the earthe, or any fowle & earnestly bath Open it draweth and draweth of the mesf clear water Open it twice this day, and within nine daies it shall be made white if it be curable; a quarter of a spoonfull of it drunk in a glass whitew wine or shewis wine, breaketh the frenche in the pionnes or Bladder, it alio greate the excrest of Veine. Being drappeth in any other place and distreth from the greife and that in the part of two hours, it is good for the Bladder in the belly or Stomach, drunke in a little good wine or brewh, it will helpe any falle, bruise or blotes that comes by fall, or any ach or hurt in the head, it is good for the shrinkinge of the membris, if they set glon batheth therewith. The mesf water which is purmaded by holly is good to drinke in vertue that if one drinke half a spoonfull of it in a morning fasting for fifteen daies together in the morn or yevre wch of Juniperis hot shallbe twise of the same for if it were not from the earthe, & his Saint Mother the Salme also receteth the Report, or relation, the shortnesse of breath is also helpefull to cure the heat forth of excretion which is called Alesacea, that all the body & flesch by reason of the water that diffordeth it felleth & tuggeth the flesch and also minneth it selfe with the bloud through all the points of the body, this farr of drawinge say is cured by the only part of this mesf water, it also curreth the wealpe and frictiou, whiche is the goute in the Ruckle bone both in men & women, aff the soundinge & panting of

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the heart, the droppinge on the eyen calleth the point goute the con-
summing feaver, the Strangurie, It recouereth yonge to old men
and women not by pacifying of their goutes, but by the making
of them lefy and stronge: a man that hath speech left out
of all hope of the Physicians it recouereth againe within to health
or at least to his speech of a like of it he put into his mouth & he
swalloweth for that it come to his heart.

A Medicine for a sore Breast & how to use it

Take a legge leuse, pointe tall them, woodes, they are gray in colour, &
will roll them blisse sounde lette easie take out of them & buse fit in a
Spoon with one drapp of blode, then fill up the Spoon with water and
drinke it on the next day take two of them drawing them as before &
adding two Spoonfulls of leuse and drinke it on the third day drawe of
them with three Spoonfulls of leuse the fourth day drawe of them in
four Spoonfulls of blode, the fifth day sixe of them with five Spoon
fulls of blode, the sixth day sixe of them with sixe Spoonfulls of blode
the seventh day sevene of them with sevene Spoonfulls of blode
the eighth day eighte of them with eighte Spoonfulls of blode the ninth
day nine of them with nine Spoonfulls of blode, the tenth day
ten of them with ten Spoonfulls of blode, the eleuenthe day eleven
of them with eleven Spoonfulls of blode, and so backward from
eleven to ten, from ten to nine, from nine to eight, from eight to
seven, from seven to sixe, from sixe to five, from five to four
from four to three, from three to two, from two to one,
this Medecine was answere to a friend of mine who coulde
not helpe her selfe in her breake & if shee coulde not helpe her
it with white wine and nothing else.

A most Singuler Balme which cureth the disease following paine
in the Fynt or Bone, a present helpe for the goute for the fynnes
& for any manner of bruises in man or woman to be applied by
anointing with a flesch, by the space of one quarter of an houre
open the place where you are mad or all gruelid, seeke to twice
to day kill you bee well, which shallbe with three or four times
dressing, a composition of the particular Balme the manner how
to make it

Take a quartre of the soft white wine that can be got, three quarters
of oil olive, then take these herbes following, halfe a pounde

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of St John's wort, a quarter of a ounce of Carduus Constrictus, as much Sage of that take the bark and flowers if it bee possible, then boil them and steep them in the said wine twenty hours then boil them in a brass pankin on a soft fire for an hour & a half & strain it stirring it with a spoon then take it from the fire and strain it through a cloth so hard as you can till all the liquor be out, then stir it to the fire againe in the same pankin & add to it one ounce of Dianthus hyssopinus, one weight of Chamomilla a quarter of a ounce herba cuncta of Grecia & the Hieracium & by this ffolde then take it from the fire & let it stand till it be cold then mixt it in a glasse vessele and let it stand ten dayes before you use it the first time & if it be stronge distill it downe as you did before taking of the onions & garlicke, & yett you did take them before you were greate.

A Poultice for a sore Breast

Take oats meal then boyle it first & scald it with milke, take broths from Collyworts & mixt small then take lindred & beat it, & put it to your milke and make milke & when it is well boyled take horserowes & cast them to the pottage let it boile a halfe houre.

For all aches in the Bone & Joints & for the Goue.
Take one ounce of French gromme, otherwise called Angelica, one ounce of Myrrh, & one ounce of Ligusters, garnish them smale to consider, then take two or three eggs whote & fette & beat them well in a Morter, & cast them to the consider with a quantity of oile olie, and sett it over the fire in an earthen ware to reball & warme it a halfe hille till it melt like wax, then lay it to the sou and with three or foure spoonefulls cast it milke whole.

A Poultice for a sore Breast in six dayes.

Take such tailles as hang upon hereticks, and the sides of red docthe, dry them & let the patient drinke the consider therewarin Alas or otherwaise and let them be whole.

For a Sore Breast

Take a roome of the common bagges that is dyed in the Hempen & boyle it in water till it bee soft & then lay it on the Breast & let it rest vselue if it bee not faire weare it with breake it & drawe it, it must bee wiped hewe a day & lay on againe, it will right it & heale it borobabum.

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For Women's Breasts.

Take whatsoe veranne, & boile it in the juice of peare & lay it upon the boaste that is breedynge and it will helpe it.

For one that hath his Boaste bone out of syght
Take oile of swallontay & annoint the place where it is out of the said day then take a Burnebase & quylle it open a cloth with it in the said oile, & strow a halfe spoonful of Autumegg & open it, & poure it to the oile with a trumper or other deuyse to helpe it bee well, you must anoint this often in the day and when you wear the oile, this helpest the Boaste bone.

A Balsome to cure any cut or greate wound.

Take leaves of plantain, Angelica, red marigold, St John's wort, & such a halfe full, boile all these together in three pintes of threes running water, untill halfe the water be consumed then putt onto them halfe a pintke of the oile of green onions olace, called oleum Amphimedon of olace & briche the wormes, foure earens of frankincense, & finely consider one bunch of yellow mace & one ounce & a halfe, boile all these together a small space & with a gentle fire, then strain out the aquear, & when it is cold cast it onto a gallie soap, & beweare it as a fearefull arme till it be drye, & boole it as a poultice at neede this Balsome will helpe spiridly helpefully curie any cut or greate wound how deeppe soevir it bee, or any ulcer being cleane fed.

For A hurt wraig to bee made in May or June & of Distiles
Take of the juice of Turneps, radium, for gather the water when the stems are creasted of Yere round & a halfe of plantain, the same quantity of the green leavys of elder brother the gray being strayed of the like proportion, boile all these in three pintes of oillett oile till the boile beare wondre geene, adding when it is almost boiled three or foure spoonfulls of strong white wine, ginger & two earens of new white wryce.

This poultice which art have following thermy offered
Being burnet take a flaxwood boast & anoint it with the ointment, putt it on the achtys, incising it hewe a day and it will helpe out the fire & cure the burns wryce quickly with out leauing markes or scars, If the leare be diffused with heate only anointe the region of the herte & it will coolle it effectually, it mollifie the bones & rooteth them.

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and dry the roses with a cloth, if one apply roses dipped in it to the hand being full of blisters and will be by reason of heat in the hand shall run in less than a day, & singe it. It is good for little children galls, & between the fingers. It is good for sore Eyes, so they be not candlesticks. Upon my own experience it will be away with much pain. In the Singing of wags for loss, & leaves the mark from -
Kneeling as in form it is decent to do.

A most rare & excellent Balsome.

Take one quart of Sallet oil & yellow wax halfe a pound. Minis Turpentine a quarter of a pound, liquid Rose six ounces, oil of Hyppoxylon halfe an oysce of Rabbat Balme the like of ear water & plantain water, two shadys, dragon's blood, Mummie - Rosemary, Bayr, Sweet Marigrome, & such one hadfull - take the Turpentine & wash it in water three times, but let the last time be in rose water, take your oil & wax with a halfe of faire water, boile them by themselves halfe a quart of an hour or an houre which is well boyled, then melt your wax by it selfe, and putt your wax & Turpentine to the other, take your Barberes and mix them very small with the Mummie, and bruite them on the Rose and Plantain water, in an earthen pot by themselves and braine it, and then mingle all these things about named together and then boile them all againe, sett it a boiling & when it is boyled the water from it, & melt it againe of Rose too. Boile on it you may strain it againe, and then sett it up, you may seeke the water that comfeth from it, for it is verie vertuous to wash ther.

A Remedy to stoppe the bleeding of a wound
Take onshadys lime and scrape in it, but this Medicin is
to be bid but in syphunculus for the heat of it will stort up
the wound.

To comfort the Braine & ease the paine
in the head & ears. D. Day

Take Sage, Camomill, Sweet Marigrome, & Rosemary of
each a like quantity, and dry them & then stirre Oylonggo
among them, and cut all into little bagges, & apply them sou
to the warts.

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For a Burne Billaines or Rabes.
Take halfe a pound of Sheep's lard, and make that to a good fat
full of gill running to the ground and almske of the inner tend
ons of deer, and a fowle. Choose tritely, boyle it well for halfe a
quarte of an houre, then strain it & add to it a little May butter,
or oyle of Chamomile, & so shape it for your use; when you use it for
a burne lay on a thinne leane, & anoint it through the leane.

To stanch Spitt Blood.

Take the Juic of Bremes & temper it with good milke, boyle
it about three daies and it will help hem.

To Stanch Bleeding.

Take the fleggs, Jelley or Pavon, and draine it in a faire lard
put it into a fone & sette, & temper it right, and bury it in the ground
between daies then take it out and drye it stably in it, this may
sett bronest, Diaper is the best, and hang them aboute Diaphones
day till they be through drye, and when you sette it, either frapp
some of it & putt it on linte, or if the wound be shalow, lay a
part of the flesch upon it, and it will stanch it.

To any wickendesse or paine in the Backe.

Take a Bunch hornes the number you can get, & break it smalle
a Smith, & scissell and boile it in two quarts of water till it
will be a foye Jelley, then anoint the Backe with it Causse
before the fire, Morning & Evening, & rubbe it well in, then putt
a flesch in it too in this double, and lay it to the Backe how
long it vs.

Pills for the Backe.

Take a quartier of a pint of the best Venerie Turpentine, &
wash it three or four times with plantain water, and boile
it with as much water as will suffice, then boale the water about
out of it, and au it on Embow till it be perisht hot, but not
booke, and when it is cold enough roste it into pills.

To make Turpentine Pills.

You must take the yewtree & Bay Willow Turpentine, you can

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gett, and wash it full with white wine water, stirring it together, and keeping the water till the Turne of the year, then wash it well with red rose water, & sett it on embers a while, & so yello it up in vials.

To Pender to celle these Pillis, or take it of it selfe for the weaknesse of the Backe.

Take of Camfrey & Lervyn peper, of each half an ounce, white Sennet, white Corall, Cinnamon of each a quarter of an ounce, Sugar Candy white two ounces, beaten & sauteed, then all toise small, & so is for either, this powder must be beaten to powder.

To the Reines of the Backe.

Take hony as R. Hammet, Strains, & Dinges a fynne linnen cloath mit, lay this to the sides of the backe, then is shall easie you.

To Cale the Backe.

Syrurie de Achaea to take one spoonfull in a little aquaet, also one spoonfull of this body will cleare it,

To Strengthen the Backe.

Take a good quantity of white Turne root, & boyle it in Brownie water, and so lay it vntill backe on the prints, but lay it low enough.

To the weaknesse of a wemens Backe.

Take the folia called Doctor Stars or leister, & soad it on a leather about the breadth of two hands, & a quarter of a yard long, & set two strunges to it to swing about the body, lay the leather to the pectorall of the backe, & let it cleave to the backe, let it not be removed night nor day till within a Month after that be brought to bed.

To Strengthen the Backe

Take red rose water & Sugar, and boile it till it be ready to saute, then sett in Archangell flowers, so take it off from the fire & divideth it into little tables like maner Christies, eat them at any time;

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A Medicine to Laste the Backe.

Take the white of an egg, layt now by, putt this to boyle a spoonfull of red rose water, & boile it together, and for drink it for three mornings together, setting an hour after.

To Large and Pester the Blood in Summer.

Take fourt wine quarts of faire water, either springe or running water, a rounde of Corrants, boile them together till one quart be consumed, then add to it Rose, Bayle, Rosemary leaves, Strongs & hertes, violet leaves, Cowpea folies of each of this a great handfull, & then boile them till one quart be consumed more, then let it stande, then add a poole of white wine to it, & boile them till another quart be consumed, then let it stande vntill it be cold, & strain it hard and then drinke it in the Morning, at fourt a clocke in the afternoon, and at night a good draught.

A Drinke for the same in Winter.

Take a poule of white wine & a poule of Corrants, boile them tog: then till a quart be consumed, take two or three spoonfulls of this Corrants, and drinke a spoonfull or two of this wine after it in the Morning enimy.

To make one have a sweete Breath

Take Rosemary, Sage, violette, & Cintzleyed syred & beaten to powder of each a little quantity, mixt well together, putt a spoonfull in Mustardine or some other drinke, take this in a Morning fasting as often as you see cause.

To a Burring or Itching

Take two handfulls, chiken wids one handfull, groundfull one handfull, Sallett viles one venninworth driggs grased on, venninworth fresh hogges grease as much as you think good, yeller wap as much as you think good, white henn dung a handfull or two, therow: all your hair be small and boile all this together, & then strain them through a fine cloth, & drinke it for your cure.

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For a Shaking Breast

Take one ounce of the powder of log; three ounces of the flowers of Aspernaria; five drams of stones, a dragon & a half of beaten Camomile; half a dragon of beaten Galangal; & a grain of Pepper; then take a small hen's egg shalbes neid full, & stonge them all together, & w^t to make the quantity of a nutt. Morning & Evening.

A Receipt to strengthen the weakness of the Breake
Take a pint of Mustard; the yester of two or three eggs, long
well beaten, a quartre of a pound of sugar, halfe a quartre of
ounces of large Mar, onchelle muttonge beaten to powder, put
all this together & set them on the fire & let it boile
till it be ready to boile, then take it off & drink it in the
Morning & Night for two or three mornings together.

Another for the same re.

Take a pint of water with one spoonfull of red pepper
& when they be ready to boile out threto, two new
boiled eggs, long well beaten, a quartre of a pound of sugar, halfe
a quartre of an ounce of Cinnamon beaten, the sugar must bee
scorred with the Scour, & drunke late waring for two or
three nights after.

An Approved Medicine for a Sore Breast.

Take a handfull or two of red peper, beaten, & a quartre
heate the same upon a Chafing dish, or Retinent hottoles, & so
sprinkle it with red water and Vinegar, & till it be through
hot, and so lay it to the Breast as hot as that can suffer it.

A Receipt to strengthen the Breake.

Take halfe a pint of Red, & two quartres of water & Cinnamon,
one ounce of red Sandre, one spoonfull of clay water, halfe a
handfull of Mous: da: var: a handfull of Candy, halfe a
handfull of galandine, halfe a handfull of Cyp, halfe a hand-
full of Torrage, halfe a handfull of Dates, a quartre of a pound
of Saffron, a handfull of fildred, two nutmegges, scollie all this together
thoroughly, then boile them, & strain them, & le^t them
drink them first & last.

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A Balme and the Vertues,

Take a pint of oyle of Carpenterie, & an Ounce & halfe of Syrup
of Birchtree, & out therin an Arnall of glasse, in lass in a thicken
set them boile two or three hours till they become myddle colour
then take it off, let it cool downe or more thereto as a time in the
evening, & then mixt the same & bark, or any such thinge as the
body, it is good for any chuse, or fall being shadde into the place
grindid, before the fire, a little of it warmyd in a spoon, & thereto
poured in is good for the place inward or outward, but especially
for the lungs, & may be farrmed well with a spitte while it is
boiling.

An Electuarie for the Breast and
to make a man well wondred.

Take a pint of clarified honey & out it in a blunt Bessell, & then
set out an easie fire, & set it boileth thereon it will melt with a feather
& when it is booleid enough you shall know in this wise: take a
spoon & out it into the hole, & take a drouce of the honey & pour
it on the bottom of a Savoir, & if it doth not at once by many
parts then it is well, then take this & set out the honey theron
& to a minuti of honey roote an ouer of finger, & wonder of annised
asfum, & a pip abouy weight of fenny grecle, & the oddyn weight
of Cloves, and Cardamome, & a pip abouy weight of Nutmegge
weight of a wey of Liquorish, then mingle all this wonder
together, & out them in the aforesaid hole, & when you may suffer
your finger therin, then pierce it w^t a needle it w^t hard, then
take it & out it in a steeple boxe & drie it day & night & then take
the quantity of a Bram, two or three times & heel it in thy mouth
till it is too molten & then let it get downe, & forsw^t the box
soe that none cliv^e com theron corbatum &c.

An Approved Medicine for one that is burned
with gunpowder though their mouthes after.

Take the shauings of leather to Roome, & cut out the
shew into a cann with water, & set them over the fire till
they be dry, & the first summe array, & stear the next
set which is the Cinnamon & the place that is burned therin
if by Gods grace it shall helpe, & will keape good a year, or two

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A Medicine to strengthen the Backe.

Take a comb of Myrrhe; & half a handfull of Raisins in Summer; and the roote in winter, a good quantite of the marrow or with of an Oxe backe, and beat the Rauis & with together small in Mors, and searne them with a little myffadine, and theron it with the yolke of two new laid eggs, a little Cynamon, Sugar, & Nutmegges, hot it may bee like a Pudding, and drinke of it twentie spoonfulls, this hath beene approued & founde verie foyraine good.

For a Woman newly deliuere, feeling her selfe sore bruised or sick.

Take Ioup, Mint, Dime, yonnegyall, Sagi, & yar ffroode, bothe them in a vynke of watre, or as much white wine, then braine it & cut saffron to sugar to it, & drinke it morning & euening.

An excellent approued medicine for a breast.

Take a good quantite of Mallonis, & other thinges in small, take the grounde of stronge Oile, & a good quantite of yowt breake and a goodde deale of Horserowt shewre very small, Corkall theroytgher with the drugges of Oile, & white wine, puttynge some falleyn oile theron before it bath, let them all boile together, until they come to a ffe boylunge, then take white wine and bath the breast, (youe alio the breast) as hot as the warty can suffre it, & let lay on the poultice, & neuer use any other medicin, but this poultice, for long as there is any hardnesse in the breast.

An approued Medicine for a Bruise.

Take a thickete skin helle from the thicke of herte, & lay the fleshe side open the greift, as broad as you can, & let it lie for four or five hours, if the bruis be great then change the skinne, & lay another in like sorte, let the patient bee warme & sweat, and giue him drinke stony water with malmsey, & grained radueyng, this drinke he shal keepe quarelling.

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him at first, and afterwards if you can get the garden balm, & mixt it in with ali; but it be stronge of the balm, then let the liquor venus from the balm, & cut into it fowle butter, yegrat, & nutmegges, & let the same be drinke therof Morning & euening, or as oft as he may in this day for it will rayse the bruis, & make leprodie away, also if you want a floume you may drawe the balmes for foyrnes as aforesaid to the bruis, & it will doe it much good.

To recovere Bloud lost by the greate SICKNesse.

Take halfe a pound of Coriander, and lay them in yorke in malpece till they haue booke, by all the Malpece & daturall euening take a spoonfull of the curande, & cut the wonder of nutmegges, & the wonder of pameir, and the wonder of saffron on it, Boake them evenynge next morning.

A verie good medicine for one Blotted as also for the youth, or Inants, or newe catt.

Take a poule of the best sallet rib, one pintke of yowt of yowt, halfe a pounte of Onions turmentine, 6 quartes of a poune of frankincense, one handfull of horserowt, as muche chervil, one handfull of radue, a quarter of a muste pomeir, & halfe a quarter of betonyt, boile them all together in a vynke of yowt, & except the turmentine, which you my be wolt not when you take the rest of the fyre, & allwaies poure it lefft & forbide the yowt, letting it stande halfe an houre, then braine it, as hot as you can, then poure it into a ffe catt, & laye it vpon yowt, untill it be boile, then poure it in whiche you will, the older it is the better, but the yowt in whiche it is in May, you may not soule it in ffe, & you mye braine it with radue, not with yowt, & and you mye lay this medicin on a cold yowt, & stiffe helle, but on all other infirmities you shall lay it enwythe.

An Excellent Balm for a bruis, spraine, ake, & any swelling, Mary Stinice.

Take a pintke of lallow yowt, & cut it into a briske mordred glasse and poure it in the Sunne, and vnto the yowt laye flowers as they shall come in their blod, fayre her handfull of flowers

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In Colindine, then three handfulls of red roses leaves distilled, two handfulls of bugleher flowers, that grow in fine Medowes and is commonly called Red Heale, take a handfull of the flowers of Camomile, three great handfulls of the flowers of Gerion, called St Johns wort, and two handfulls of the flowers of Gentian, out to those one ounce of your good Carpenterian, let all these boyle in the Sunne all the Summer, & in December warme your glasse with Nymphaea warme water, & strain it & pour it for your use. If you would make more quantitie of this Balsome, double your oyle and the rest of your herbes, Boyle your flowers that come out of this Balsome when you have strained them for they are not then good.

An Excellent Medicina for the Sinking Breast.

whether it proceed from the heate braine or mouth.
Take conifer of 23 amberis, roses, & violetts, & of each two ounces
the water of camomile, then boyle of bugles half a pint of raw
water by growing fieldes of Ambigulus three graine of madder
graines, your Ambigulus & madder being first grounde small in
a little cold water, with a blithe spoon in a faire porcellane dish, then
mixe therewith a quart of salt & strong old white wine, take these
spoonfulls first & last your mouth being first colde, then
with Vinger & Salte & rubbed with a dry cloth, & soe, & after
& bath your temples & arrets & hands with the same.

An approved Medicine for a Burne

Take salte & oyle & Snow water, & beat them well together, and
then answere the sore till the scurffing be out of it, then take some
butter that is but little salted, & in wrought way, boyle them
well together and take of the poume & cutt it, letting it
stande untill it be cold, then take shewes & spread it vpon fine
open a fine linenn cloth, & lay it all over the greife, and change
it out in four or five hours, untill it be well remoued
such as the painted Oyl is good to take away the fire, answering
the place grounde with a feather, and take the shewes that
are on the toppe of the wounde, & lay it upon the burne, & leau it by
untill you answere it againe, & then lay it on againe & take a
potte of fine bosome leaved on the chard & dippe it in galues oyle and
burne water, & lay it upon the burne, & stabs not thy selfe, but not in the

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bet full on.

To make a Balsome.

Take one pint of oyle chalke, and pour it into a glasse with a wide
mouth, and add thereto the floweres of St Johns wort, or of mullein
two or three handfulls, and set in the sunne the space of a moneth,
now & then changing the floweres till the oyle be well ad clarer & white
and then add to it of Chaffinch & frankincense, two ounces.

A Medicine for a Sore Breast

Take a handfull of Savarts, & a handfull of bugleher of the woodnes
or wel garson as much Camomile, as much grounde worme, sett the morning
and drawe them vnde vane, but not wash them, then temper them
all together & strain them with Ale or ale sake boyle, & let the
coold drinkes it first & last.

For a Sore Breast

Take warme roots, Mallows, & Linseed beaten and boyle
them in Milke.

To heale a Sore Breast

Take sallet oyle & oyle of bayes, surpontine, vone & rosen, &
soyle them all together, & strain it & rebolatum.

A Medicine for a Sore Breast.

Take whorter flower, the yolle of two new lay eggs, horis, &
fresh butter, melt and temper them boyle vpon together.

A Drinke for a Sore Breast.

Take a good handfull of dafie rootes, & temper them vpon
fine, & strain them with a little drinke, & pour it a little
flower & soe drinke it.

For a Sore Breast

Take a quantity of Wallnuts, a quantity of strong ale & Whipp
Jewes, Sallett oyle, ry bread brumb, & white wine, boyle all
these together, wash the sore with white wine warme on the
place as often as you drinke it.

For a Burne, scald, or inflammation

Take four ounces of the finest white woorde of lead, white lead,
and rounde of hony pitch, and boyle them vpon dredging well
together, & apply the drieled bark to any scalding humor
in any part, it will helpe inflammation of the vies or any other
part.

B*An Excellent Poultice for a sore Breast.*

Take Mallowes, Heathbushes, ground ffe, and keep them of each a little quantity, boyle them in milke when they are tender take them out & minne them very small, & cut them into the same milke againe, ad boyle them a good while with some whitish malle, then strain them, till it bee thick enough for a poultice, then coat them with salt, and when the poultice is made lay it over the sore, coat that wch salt with it, and when the poultice is made lay it from the sore, & soe daid it on a rath, & lay it over the rath if the rath heat hote, lay a coaguler of Flea Eggumentorum upon them & lay the poultice ouer it.

For a Stinking Breath

Take two good Branches of Rosemary, and a pretty quantity of large marie flarmes & brains them with a little Wine, drink two mornings ad draught of this hote ther, & once a month after it will cure.

For a sore Breast.

Take a white manchet grained boyle it in milke & make a poultice add to it a little saffron & betwixt, lay it hot upon the breast that is sore, & forth outre night & morning, if continued it will certainly cure.

Another for the same though the Breast be broken

Take ground ffe, Marigold leaves, Angelica, & lavender, of each one handful, the bignesse of an egg of boist geese two new lay eggs, & two spoonfulls of hennies braine all these together with a small whitish flower as will make it a salister, & be aware it oyle to the brachys or lobatum.

For a Burne or Scald.

Take the leadey or inward end of an onions & cut it into oblonge water, and boale them together till the water runneth, & look like the white of an egg then dinge laye bands on it & lay them houres a day fresh to the scald, till it be whole, you may mixe a little fallen oile with it.

For a Burne or Scald

Take a good quantity of gall gunn by ground called Juniperine it is ofte small, & put it into a Helling full of creame & boil them han edis Grains in into a gallie pot, & let it boile then straine.

B*For a Bruise a good remedie*

Take in a spoonfull of whet wyt or much Irish slate as will lie upon a groat, it is a most certaine and effectuall reme. this slate maye be seyned to wonderfull synges.

*A most diuine Balsome for wounds**Scalds and Burnings*

Take an earthen pot and boile a hole in the bottome of it, & stowp it with waxe, and a ffeeler of the best Salles oyle into the hole, and a quarter of water to wash the oyle, boile almoast halfe a quarter of an houre, melt empounde the halfe of yellow waxe in a brasie Skillet over the fire, set to it one rounde of Venise Duruenturini, mathched three or four times in faire wate, and then in ffeuerwater till it boile as white as ffeuer water, and then in ffeuerwater till it boile as white as ffeuer water, and then taking it from the fire when your waxe is thicke cold, then taking it from the fire stowp it with a spoonfull till it boile well mixed, then pull the parson out of the earthen pot, and lay out the wachs into ffeuer water, and out the oyle into the waxe and Duruenturini, and ffeuer water, and stirre it well, and out it into another pot that is may not hote of the brasie, and when it is through cold, boile a hole in the mede of it, and let out the water, if any remaine in the bosome then set it againe on the fire till it boile thoroughly melted and stirre it well it is a most excellent balsome.

The Vertues.

It is Soudraigne to stell any wound inwardly being squind into the wounde skinne, or outwardly about the skinne with heat annoyncting the place about the helle, it stellit it from inflamation, and draweth forth all broken bones, or any conuictioun, if no vitall part be hurt, it will cure in three or four weekes dryning, It healeth all burnings, scaldings, bruisings or cuts, being first annoyncted with this, and a certeyn quantity of fine diape in it, and lay warme to the place, It cureth all paine of colde or myght humours, tabasse, aches in the bones or fumeys annoyncting it ffeare and laying a warme cloth vpon it, It dryneth the windes collidid, or stiches in the side.

shaping it into the forme a quarter of an houre fourt morninges together with warme brachis. It helpe the headach annoyncting the temples and foreheds; one ounce taken with a little butter warme & good against a coifer, and agaynt a仲inous biting of serpentes drank with warme milke against the colique annoyncting the lippes and chevilles before you go to bed. If you have pleases vulture, myngeworme, or Cancrie applye it as for a cut, the warmer annoyncting the somache nebulit at bed tyme the colique small cocke or meafalls, a quarter of an ounce taken drye & warme breake, and soe continuall fourt morninges together and break after it.

To ease a bruise or spraine.

Take vinger & ryg bread and make a poultice spread it on a steketh and parboile it with aqua vite & lay it loose to the bruyse.

To a burning or scalding

Take an Oyle stridlye & swarve of the outside, and take of the greatest kinde one handfull, and as much brachis and rawnd them togēther, then coat on a swint of sallet or else three spoonfulls of Vintge, and as much Vint, boile all this together till a quarter of it be conuentiall add to thēre vallantines & other bawys of dark leafe a handfull, two ounces of yellow wax and one ounce of sheweballen, when you haue it fyrst annoynct the place with a feather after spread it upon a white paper & applye and put a steketh upon it.

To stay the bleeding of a wound.

Take myngeworme yestart hennet, & fracte it into the woundes, or newe higged dungs, & spread it on a steketh, & lay it on the wounde.

To a Burne.

Take or nine rootis, & a handfull of Comfrey, a handfull of dasies rootis, Samp them all togēther then straine out the juice and poure it on a draught of beer or ale, take warme; and give it to the creature to drinke the morning two or three daies

To make Bread for a sick person.

Boile a chichen or two or three peecys of a racke of mutton, with a fewe frankenries leaves herba date, a spoonfull of reburred, a Tablespoon, the Juicē of lemons & watercress, of bark a spoonfull, and a little white leades on a choute when the flesh is well boyled and the liuour is settēn to an ale wort, take it from the fire, and when it is cold take of the fat, this will serue for three tyme,

To anyague in a Romane Bread.

Take red marie boile in running water, stroyn, let to the bread over the flame, as long while the bread is warme after.

To any aching in the Breast.

Take woodworts grounde small, mixt with fitchy graft, and lay it cold upon the breast for doe hit is drye with.

Against the biting of mad doggs.

Take fetherous mat fletton, yarrow, night shade, red sage and the leaves of white bellis of bark a like quantity, debill them in a tolly pell, give the quantitie of four spoonfulls of this water mingled with half a spoonfull of brachis, to man or beast that is bitten with vi minde daisies after and it will not faint, but if it faint with vi minde daisies after and it will not faint, but it is better if it be done care foltly. If you haue not this water take the iury of the brachis mingled with heare, and to bespry the foyr foyr rankling, take betony, agrimonie, ynglysshe, saxon, betony, sheweballen, and lay it to the sore & ulceration off.

Heres followeth the description of a most excellent rule of Balme, found in the Lodey of Cleam in Leiceshshire
At times tryed and approved.

Take one pound of Darpenbint, put it into a potte of glasse & warne it at a fyre and safte fire, till it wax liquid, then couer it by late, and take with mixinge of burninges of the excrements of a frankenrye, fine drageys, of lignum aloë, mafick, plants, gallegalls, Chamom, marron, cubell, of bark and drageys, all well powdered togēther, gummēd of a fyre late the drageys likewise made in powder, and all mixt togēther, then mixe them all

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with the said Currentine made liquid as a mortuary, and when they bee well intermingle together, sh on the head of the Symboyle, and take all the leaves of the same wort, and for in other, and yet, under it an east fire, when it beginnes to diuell let it come away a litel for the first drayre or late wort, then putt the rest into the Poynt of the Symboyle, sterte, and late them well together, that no fire you forth, for then the water of it will goe away, then draw at the syde will come forth a white and cleare water, which boyle by it selfe, then will come forth your broun water, which is water of a heare, and Ayrie colour, which boyle by it selfe, then putt into the third water, which is left, which will be yellow and thick like honey, boyle this alſo by it selfe, the first of these is called the water of nature, the second the eye of saltem, the third is called balm, his weighte all examinations is, that if you take a drayre of the same, and let it bee putt in a chaff full of faire water, as you do of naturall balm, the said drayre will goe to the bottome of the water, and will stand there while as if it were your balm, this is veray balm and of great vertues being called by some the Mother of balm. The first vertue therof is that it burnes, the second is that if you wash your face and necke with it, thirteyn day it cure and helpe the phume, & easeth the fyle and it comforteth the sinewes, if you wash the hinde partes of the heade therewith it comforteth the memorie, and all the vertue of the minde, this doth purifie bothe flesh and flesch, and if they bee defiled or corrupt, what soever is corrupt and defiled therof, it takes and conuertit away, and it healeth that which is good and sound, so that you may rade them as though they were new and fresh. It helpe agaist an appettite, it comforteth the stomake, and if you late thereof morning & evyning it consumes the flegme in the stomake. It helpe or curst a shaking creast as wel coming of the flegme as the braine. If you take fourd a fide drayre of it oute in a day in a chaffe, to take conuentional things may come neare you as flepper, Dodde, Sprouts, & Sprouts, if a tooth drayt in the same comynge a Dode or Sowmet, they will drye though

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they touch it not, and fit it both in all kinds of ulcers, as the biting of a Deale, or Sowmet, for it helpe if you wash therewith the greifted place, and if you wash an egg & theron it will boone from a wher in any boiling water. It healeth and dryteth any kind of scalle or leuer, if you wash it therewith twice or thrice in day, if you wash here or have drayre of this on the same, and suffer it there as long as you may, it helpe abundantly all Ulcer and woundes of the wort. If you mixe with this an equal proportion of the Sowmet of Hermann, and putt therof into his wort three or four drayres four times in a day it helpe and cures all drayres of what rafle for use it comys, washing tides and Cleare dier it doth cure, clarifying againe, and confort if you wash them therewith twice or thrice alle Impesfum, Ulcer, and all other flesch flacter it doth graunt tare and pockes, and it is a thinge wonderfull and conuenient against all rothe humors, all cankers in the teeth and running humours doth helpe againe and fortifies, and it maketh the teeth white, if therewith you wash the rootes of the teeth, All woundes in the heade though they bee drye and curst with this same will if you therewith wash it twice or thrise a day, you though the braine wanne be boole for that the braine doth not hurt, It healeth all flesch flacter, Cancer, Coli, and tanger, Rengs durt and durtis other durtis, soe, if you wash the same therewith twice or thrise a day, It healeth and cures all kindes of genty, if you wash or anoint them therewith soe that they come of a rothe rafle, and laying albe handen straight in it, from the grounde therewer, It helpe al flesch flacter with flesch or other twyllings, by fally or otherwise, if you anoint the greifted or twylling with theron, & healeth theron confortly and well, It helpe the Emides and the Sun-dancant that goes forth and makes it tarry in his place, if you anoint the same therewith, It helpe the ydelnes, all contynentis of the members doth strengthen them selfes anoint the same therewith, know that it is most hot, and it shall penetrate and heat, that if you putt one drayre therof in your hand, by and by it conserueth the hand without any

Purt, and you shall not feele any fowling of the boggie, or feckie, or any
gaine of the boome if you walle or anointe the same therewith, and
it will helpe it if you drage a boone deale theron wherefore it
shoulde, and therby if you will geve it to your selfe, hounds, and curres
all togeyther, and all roote up a shompe of arables, rauyns of flaynes
or of carkefis or corrupt flesh, and bloudie. It helpeþ many other
parties herre affilte, and it is called the Doctor of Balme, though it
is better than Balme in many of his Auctors, and if that you will geue
that it doth helpe Balme, take a shiken the feathers whiche off, and the
guts taken away, and þis that it doth well whethir an dene made at
þeane as can be, and drye the same at a soft fire as long as you
may it helpe it in your hand, then anointe the same shiken
well, both within and without with the said balme before, hoise or ther
þen afterward lay the Shiken in the sunne for the space of
two houres, suffring it a little to drye, and afterward lay þe
shiken wher you will, for it will vnde conuict no person
any Excuracion so long as she wille, shalbe dñe, And þis
further that this Balme hath eightorne other vertues, which
are not here set down.

Another vertue excellent Balme.

Taste of Our saviour one pound, and a halfe of galbanum -
two ounces, aloë juniperine, mastic, Rose, galangale, cynamon
nutmeg melle, of sauid of them one ounce, gummre of Sylph -
halfe an ounce, when all is beaten minc hem together, and
distill them in a glasse with a flow ferre, first, and drawe
þe first water by a glasse, then inrige þe ferre nowt and
an oile will come of a þe rollout, reuenie that as long as you
will come you must change þe ferre therin, this oile hath
all the vertues of þis balme, for it burneth on the water and
welath melle by and by, for if on dredges of it, warme þe
oile in a rente of melle, it will forth with become treddes, þe
first liquor is called the water of balme, the second oile of
balme, þis third balme artificiaall, þis firþ is profitabell

against running of þe ears, if two drams thereof be burninge
þe oile into þe ears, it will remoue þe blacknesse, and
conuent to þe ears, it doth marably remoue þe yong floures
humours, in any partie of þe body, it remoueth þe toothache
of þey þey wistþe therewith, and þis with þe vertues of þis
þeare on þem, þis third liquor will þeare no þeare, it is an
oile diuine to Segments and Spidder, þis or þird drams.

þere of being laid upon any conuict biting doth make it whole
straight, if you drave a stiche with this liquor, þeal a pinnes
þeal therin, it will geve þis pache then comþ out of þe to þis
þeal to þoth all the þame things that healeþ doth, but all
things more effectually, being couert or cast upon any þeare þe
þeare in nine daies healeþ them, and therby to a þeal þe oile
never to dwelle, and alwaþe deliue朗ue. It diþeþ add of
flaynes and tolde humours it healeþ. If a boone deale
beþ dryed in it, & laid upon þe place wher þe graefis
is þeal away therby þe þeal, and all trembling
of þe members, is strengthned and to þeal þe jointes, it
is hotter then þe fire or þe þeare of a man þeal a dropp
of it in þe hand, it scorcheth þe skin without hirng grewe, to
tendred it doþ many other things, and all diþeþ rising from
a tolle þeal is healeþ if it doþ ofteþ right.

A Receipte to make þe oile or Balme of Sulphur
according to Raledus, which is the cheife ingredient of
making Sulphuris Raledus Mr. Rale.

Taste of Sulphur aboute or sublimed, on ounce, camphire in fine
powder two drams, oile of sweete almondes four ounces, þeal all
þis together in a long rounde glasse, which þeal upon a furnace
of þeal with a gentle fire of þe fire deale, which is a þeal
about a naturall þeal, and þis þeal is þeal for þeal for þeal
twenty hours, or þeal all þis incorporated into one day, -
red & transparent, þis done take þeal glasse from þe furnace
and pour your oile into a glazed earthen þeare, which

place upon the same former; and with the same degree of fire, draw
of a third part of your oil; and the rest burn in a glasse left open
for yest're.

The Virtus:

It curseth all sorts of wounds and myf'ul sores; it is admirable for
all sortes of Ulcers as well old as new; it curseth burnings the smot'
and all maladies in the fundament; it also curseth Cancer, chancre
Noli me tangere, fistulae, ynguinal fable. It is also admirable against
all dolours in the bosome, and curseth all foyntes fumans & Ulcers in them.
It softens rickets, draweth fumuratus, ministereth inwardes, and
cureth all sortes of Inuolentia. It is also admirable against the
gout; and all conuentions, it draweth forth the fragments of bones and
quicke siluer from them that haue beene pollid with it in the cure
of the gout. It curseth the hardnesse in women's breast, and alſo all
fackson, and ulcers in the same. It curseth the biting of venomous
beasts, it curseth the extraction of Merkit, the paralytic and all
Ulcers in the Mouth.

An excellent Balsome almost like Lucyte Myrra
Balsome, but differeth a little from me by my Friend Harris

Take of oile olive one pound, Rose Oyle halfe a pound of Rose
bark, two ounces, of Storax liquida & Resinatis, of ike -
Pyxopiron halfe an ounce, of Mummia halfe an ounce, of wh
Cedars one ounce, and a halfe of Sanguid draconis, res water &
plantaines water, of each an ounce of roſmarin, bals, and
Marigolds of each a handfull. In the making of it we
Shew of forbearance, boyle your roſmarin bals & Marigold
in a quartre of Conduitt water to a point; then take it off the fyre
poure out the water from the Barber into a pot, then distill the
Sanguid draconis, the other way & Mummia into another; the
Sanguid draconis & Mummia myſt bee beaten to powder, &
the way cut ſmall and ſett them upon a ſoft fyre, and lea
them boile boſſard, then ſett into another vialle the oile
olei, Storax liquida, & Pyxopiron, and the oile -
pyxopiron, & the water in which the roſmarin was boyled

and ſett it on the fyre to boile a quartre of an houre, then take it
off the fyre, to them the Cataplasm ſoluble, and to be cleane, thring
them well together, then cut them all into the fyre againe, and
boile it on the fyre to boile againe a houre, thring them well, and
when they boile not ouer, then ſtraine them altogether -
through a cloth into an earthen vesse; let them ſtand there boile
ther, then take the water from it, and ſet it up in yore or glasse
for your use.

A Balsome given me by Dr. Dryer for Strikings
bruises, strains, alchen in the Synts, and to ease paines
of the gout, applied with a tender poſſon curd, made only
with Rabbs Currie and to cure the piles applied to the part
alſo to be taken inwardly for many infirmities, and how
to use it ſpeak ſeverall occasions.

Take three quarts of the best and most ſtandar oyle beaten
together in halfe a pint of cold ſtale water, and ſet it open the
fyre, put to it fourtēen ſpoonfulls of the best red sanders, and a ſpoon
full of white virgin wool ſtately threded and let it boile to a ſilky
ſteaming of it, and ſtraining it of thowſe be rafles, and when it
hath boiled a whilte, then put in ſixe ſpoonfulls of the best Denie
Turpentine beaten together in a quartre of a yarde of plantaines
water, and if you would ſirve it well, and if it bee not boiled
enough to a good ſufficiency before the turpentine be put in, then
boile it againe a little more, untill it be well and of a good
tolour, then take it up, roile it a little then strain it ſtand it into
gally pottes, rounded cloſe with rearees and hylles on the toppe
of them, then ſet them at boile three quarters of a yarde ſope in
the earth, and cover them with earth, and ſet them ſtand for
halfe a year or thirtēen quarters of a year, ſtirring it up ſcarce below
you boile it, but you may boile it if it goe to colde a ſhorte time as it is
made, or after it hath ſtood in the earth but one month, but
the ſtanding of it in the earth doth much merid to the vertues of
it, and make bath it much ſmaller to be addid to any ſoup, and
ſet boile it ſhorte ſeepes in the full potterie ſearthen ſpatar or

more, take thereof as much as a nutmeg in a little Pewter dish or a soft drachm, two or three morning & evening, and it helpeth the Cough, Soluble, bringeth downe the monthly course, poure the burning of the pains in a short time, in this manner, and it cureth any inward, evill, for soe it curseth a feuer, let labor, you may also give it inwardly to a child for any of their infirmities but in a sufficient quantity, for taken alio it is good against Melancholy, it curseth a Burne or Stalke or greene wound, being therewith anointed without any farrer, it curseth also one that is curseth in the foote or ear, being applied thereto, Alio it setteth a Spleen, being first lanced upon & then laid to the fire.

The wonderfull oyle of Balsome doing most wonderfull
and admirable things.

Take oyle of Juniperine one pound, oyle of bayes two ounces, myrrh in together, then take Galbanum, gum Benoin, of each six
ounces, gum of Dr. Robanum, lignum aloës of each two ounces,
myrrh two ounces, Myrrh, Rose, Roseation, Sandarum, peruing
Oyle of dark two ounces, let all these be made into a powder and
mixt with the oyle of Juniperine and oyle of bayes, then
let them stand for three daies, then take Galanga, aloës,
Cynamon of dark halfe an ounce, Nutmegges, & carduis, melle
of dark halfe an ounce, white Doptamni, the greater Comfit, of
each three ounces, bruise all these and cast them in a panne
the boyle aquabath and mix all of them, then put them in a
glasse Lymberk, breake well Apples and open a gentle fire, and
continually stirre them well distilled, & first here with some
of a water which is called the Balsome water, then a yellow
liqueur in the forme of an oyle, which take of, this is called the
Mother of Balsome, and afterwards a blacke oyle which may
be performed by a fest, and this is the vertuous Balsome, so
all these hew liquours bee perfumed, & incall'd Saint Anthony
slight made up with wax, the vertues of saidnesse of this is
also, This liqueur or Balsome, two ouz or twene, upon-

the Browne and Breast, with the ydolfe, it leauisheth any wriste
either in Armes, foot, or hand, or any knavery, and onely by ministracion

The Decentall Balsome of Cynamon.

Take the best Cynamon, the Oyle of hawks bane of darkle fourtounes
Sal Stromark helle an ouze, Sal Alabat Red dragon, Spots of
Sark, roth fishe, one pound and a half, make of all this a strong too
in which you my steepe your Cynamon, for some few daies, then
fill it, and with Alabat water, overmantle it, into the bottom, then
separate it according to the manner, take helle dragon of his tunsture
oile of Calomine by separation and cause by a thick oyle of cynamon
helle dragon, then you shall have the true Balsome of Cynamon and
that you may drawe a Ballome out of any drugg or herbe what
you will, in stead of the other of herbes yf you may take Camor
Jartari.

The Balsome of life.

Take floures of Brimstone one pound, Myrrh three ounces, also
the best two ounces, Saffron two drachmes, make hereof by a galyna
according to Art.

Another Balsome of Cynamon.

Take the best Cynamon finely powdred, & dragon, putt it into
a glasse Bill talke, overmantle, and add to it two ounces of the oyle of
Sweete almondes new drawn, let them stand in a warm place
till rounde for fourt and twenty hours, then boyle them in a
Balme Barre, for an hower spate, then make an eelent
strongly working it out, repeat this twice more, and to the
last putt as much virginall wax as sufficient, being first well
washed in Cynamon water, then boile them as before, & strongly
wash them, and make it in the forme of a Crake to
which you my putt one drachme of oyle of Cynamon, yf filled
and that you shall have a most delectable sentis & excellent
Balsome of Cynamon.

A Syruppe to binding Powder.

Take rootes of Lovemill, of Myrtle, Gumme, & garnet, Simum
straderb, and Mistletoe of each halfe an ounce, red roses all piped
one drachme, Tuckeher of Alchamall, and oyle of Amber of dark

one dragee.

A Syrupe or Binding powder.

Take roots of Cornemill of Bifort, Gummi Sagapenthi, Gum Arabic, and Mastic of each half an ounce; red roses all prepared, one dragee, Spondiun, terra Hydrate, and harts horn prepared, of each two dragees, 2 drs of pearl of our land, of plantain of each one dragee, Sinaeagus flowers, Bellonians, Butomus, of each half a dragee. Extract of cinnamone and dragon's; Sugar one ounce make all these into a fine powder, the best is one dragee or four frequently.

A Powder to Stay Rading.

Take Corus Martin fine & powdered, five dragees, extract of Vitrioll five dragees, Virginian scallions half an ounce, bark of Sassafras, Atomies of each two dragees, make all these into a fine powder.

A Creepsome for Breasts that are breed with engorged milk.

Take boane flowers, brooklime in powder of each one ounce Myrrhe and saffron of each one dragee, oil of white lilly one ounce, goats milk eight ounces, saffron two ounces, make all these according to this into a poultice fine.

Another for the same purpose.

Take burnesse of pyre bread, powder of Alchor rootis, of each two ounces, and infuse them in goats milk and add saffron and myrrhe of each one dragee, & a half, oil of roses and lillyes of each one ounce, and make them up into a Catapole.

A Playster for any putrefied parte or Cancer upon the Breast

Take oile of Mullen, of rost, Harts feet of each two dragees Vervain two ounces, red roses three or four with the Mastic, Bellonum, of each two dragees, Camphire of each one dragee, Oyle of Balsamick two dragees, make all these into a playster according to art, and apply it to the Breast.

A Playster to Releve any round or flat, upon the Breast.

Take home in which hath beeneayled plantain leaves, and confrey rootes three ounces, boane Semilla two ounces, lepidotum two dragees, and with Virginian one ounce and a halfe, Bellonum two dragees, Galbanum and Ammonium, of each half an ounce, boane flour six dragees, make these into an angles, & apply it to the Breast especially, and卧softly rase to the boone.

To Stay Bleeding at the Nose.

Take dragons blood, juice of Hippophae of Arabia of each one drachm, the hairie of a law caron half a scrupule, make this up into a liniment, with the whole of an egg, and with this a pessette of lead make it up to put into the nose hole.

An Excellent water for colds and diseases of the Brain.

Take Sage, Rype, haworthia organa, Helichrysum, byssus, spindewell, of each one ounce, and a halfe, rootes of Annis, of fennel of each one dragee, and a halfe, rootes of Cleyamps and fennel of each one dragee, 2 drs of florons, liquorish, Juniper, bray Calamus Aromaticus, 2 drs of florons, liquorish, Juniper, bray of each two ounces, and a halfe, salys, Celandine of each two ounces, flax of each two ounces and a halfe, bark of Chen flax, calyxes of each half an ounce, and a halfe, saffron one scrupule, Marjoram, Gynanem, of each half an ounce, claffron one scrupule, Apia vita, sprig gallant, infill all these into soft and spongeable

A rostition or a bindinge playster

Take roots of Cornemill of bitter, Cefus of Bifort, of grisea Confrey, of Alkanet, of each one ramius Date tree, plantains yellow and chebulas of each two scruples, Oynpe nutt, Galles ne Horne, Bark of Flouret, rats, seeds of Myrtill, of Boscawen, of purslane, plantasse, of Gunnach, of coroll of each one dragee, Blood stones prepared one dragee, hellebore and horsetail of each half a dragee, Balsamick, Murrin, dragons blood, red sanders, Hippophae, terra Sigillata of each one dragee, Mastic, Bellonum, Myrrhe of each two scruples, Amber, Gummi Traquacum, Gumme, fine, glister of each one dragee, juice of Lomogramme, Extract of Sponium, of Terra Sigillata of each one dragee, & a halfe, Oyle of Episciuus, Receipt of each half an ounce, Camphire, Saffron of each a scrupule yellow soap & one ounce a halfe, Honey one ounce, Turpentine halfe an ounce make all these into a playster.

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A Defunctional Plaster

Salt-Diachylon simplex one pound, Oyle of Mint half a pound, Oyle of fennel, of Bayes, each an ounce, yellow rore nine ounces, powder of Frise of florur, of Frane flower of each three ounces, liquid Storax, pepper of each half an ounce, Amomumianum three drams, make up all these into a plaster.

A good Drawinge plaster

Salt-Litharge of Goules one pound & half, Oyle Mint one pound, & half, Vnited Vnions eight ounces, powder of both kinds of Aristochia, of Goates heare of each one ounce, Vnion halfe a pound Turpentine one ounce, Oyle of Bayes, three drams, & make all up into an Engiplaster.

A Balsome of Mans blood with the Virtuies

Oyle six ounces of mans blood spirit of Galls one ounce after 3 days digestion of them distill them by a digester, leane aquines in Horse dung for those months, then distill of the water, which is excellent for the fallings sickness, against yron for it healeth the linage, old and new the blood, healeth the bloody flux, cures the frenche, yron, yron, and rheumatick, the raze is from six drops to halfe a scrupule in Spiritu of Galls.

A Bezoar powder to provoke Urinate.

Take lac Sulphuris one ounce, byg Saphron halfe a drague Minke, Zuccory, of each one drague, sugar of Rose, two ounces, Oyle of Angelica four draps, make all into a pouder.

A powder to stay Blouding.

Take Aristochia rotunda, Libanum, each an Ounce dragons blood one ounce, halfe Goates blood and Ounces mans blood one drague, make all into powder.

The grete blouding Electuary.

Take roots of tormentill of Distort, of Siccampus of each two ounces, of greater comfrey one ounce and a halfe of winter Lilles or dragonet, of gallins, of stornes, of endive, good, of

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myrtilles of Lettice of each an Ounce, and halfe of levanne prepared, of Barberis, of Sarsaparilla, of Lentills, of each six dragues, of Agimony, of Bergamot, of Mints, of each three handfulls and a halfe, Dale-stones, halfe Goules of Myrrabolans, of each halfe an ounce Water-lilles one handfull & halfe, pigeons & Geese dung & dryed Haste-hornes of each six dragues, the mire pipe of a Turk, the herbs Cynara galli, of each Spauen dragues lecke neale three ounces, long grasse Rindes Mistletoes of each two ounces, Red and Green, horns Sheep in borinic and dryed one ounce, Bolecamminic, Myrtle, Sassafras, Lignum Alors, Hippocrate, Libanum, Ambre, red Sanders Confection of each halfe an Ounce, Hidde Honye flesh dried four ounces Galbanum two ounces Calton tarragona — Mummia three Ounces, tylings of frise one Ounce and halfe, Leadstone prepared two Ounces, ffringelast two Ounces & a halfe, Gumme Fracatant, of each Six dragues the testicles of a Hare burnt six dragues, the blads of a Grined Burnet one ounce, red Corall prepared six dragues of a Thrys head burnet three Ounces, Sarsaparilla, Polanthus, & one Ounce, Goules of plantanus, of Sylphordis purp of each two dragues, of poppete, six dragues, before halfe an Ounce & ffryngellast two handfulls, Chaymills halfe an Ounce, peatick two dragues, Bladstone, Tora Sigillata, of each Six dragues — Methiodes, Skiria, ffronvache of each one ounce, testicles of Epidium, of Tore Sigillata of each Six dragues, make all into an Electuary with Egypius of Water-lilles as much as sufficient the Dose is two dragues at a time, Mornings and Evenings.

Frochets to be hole under the tongue to strengthen y Braine Take extract of lignum floss fine grases, white Amber prepared one scrupule, Oyle of Nutmeggs by expression halfe a scrupule, Beniamin three grained Musk three grained — Ambergrise fine graine, frise of flored roots halfe a scrupule, Confertio Alburnus, two drapples best sugar two ounces and halfe, make all into Frochets with the mullage of Gumme Fracatant extracted in Lavender Water.

The Majistre of Bezoar Stone.

Take as much Bezoar stone as you please, & ground upon it some Egypius of Honey, and Vintainer, which draw off and there

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will contain the Magistry, in his manner you may make
the Magistry of Terra Sigillata.

Afowres of Brimstone Sublimed with Alubarbe
Excellent for kindynes.

Take flowers of Brimstone two ouzors, Sprouts of Alubarbe one
ouzer and halfe, Oyle of Cinnamon two scruples lett all
be sublimed accordinge to arte.

The Thirties or Vintes of Brimstone with the virtus
Take Spirill of Sacke flower poured distill it as much
As will suffice as it will drinke up, then poure this Spirill of
Sacke, upon one pound of flower of Brimstone, and digest it
for eight dayes space in Balneo Maria then distill it in the still
Quarbita, an excellent medicin for Diseases of the Lungs ~
Remember that when you haue distilled off one halfe of spirill
that you poure it on againe, and repeat this over somer tyme ~
at last distill of all y misterie, then the less that remains in
the bottome you must put into a Retort, and distill it in same
and thus you shall haue a cleare liquor, whiche as Melte, in
curset all diseases of y brest, as the piffele & many others /
So stay Bloddynge of a Wound.

Take the root of Ashen tree gathered when the Sunne entereth
into the Signe Taurus, it must be of that parte of it which
is neare to the earth, this made into powder & applyed with
hant or wett clothes doth immedately stay bloddynge of a wound.

The Groatinge Mercurie of Brasse a most certaine
Mercuriall Medicin in the syne and blisnesse contained
in the plaques, if youe immediatly after the infestacion
doe Boyle is one ground or tow in any proper water as
Cerous or Balme.

Take one ouzor of the skins of Brasse, Mercury sublimed two
ouzors, Sal Armoniacke two ouzors chalke ground them and
putt them into a strong glasse in hott sande until they melt
like wax, then whilst y glasse is very hott, cast it into water ~
water, and the glasse will end only breake in pieces, and the ~
Mercurie will summet in the water of a darke ground & close
which putt into a Retort boyle first drye then poure on Spirill
of Sulphur, or Wittrall and digest it for breakey and fance ~
hances, then distill it, then roash it with cordiall water of ~
Borage, or Bugloss three or fourte times ouer, and this is a

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most excellent Groatinge Medicin in the pox ~
with other the vertues before, whiche are most infallible true
and certaine /

The Compound Balsome of Sulphur Excellent for all ~
Diseases of the Lungs as Coughs, Infractiuns, Catarrhs
in the like /

Take flowers of Brimstone two ouzors, Camphire one ouzor
Oyle of Turpentine four Ounces, lett the flowers & the ~
Camphire be grounde, leare them putt it into a Glasse
with a narrow mouth & poure the Oyle into it, lett it be drye
drye, and putt yd glasse into sande, lett it stande in a ymple
boute for two hours, then increase yd glasse that it may beginne
to boyle, And thus it will al haue a good Balsome of the
substance of an Oyle, this is Excellent for all y diseases above
mention /

The Simple Spirill of mans blood Excellent for the
falling SICKNES, and cold digestes of the BRAINE /

Take two pounds of the distilled roaster next under mentioned
tunage in it one pound and halfe of Laundre flowers, distill
them in Balneo Maria until you haue drawn off the two
halfe, therad two Ounces of the best Spirill of Sacke, and ~
loop it for ydrie in a glasse boute close boyle, and this is ~
Excellent good against the falling SICKNES in Confect of
Rosemary or Laundre.

The Water and Oyle of Mans Blood which will haue
instead of a Balsome to cure all greene wounes.

Take of a young mans blood taken in the Springe as much
as you please, Spirill of Rose Wine thidde quantity, ~
lett them stande to drye in a drye dunge for somer dayes then ~
distill it in an Alumbre on hott ashes, therid will come off
with the roaster a pure oyle whiche you must Separat in a ~
Retort, And thus you shall haue the yore Oyle and water of
mans blood whiche hath the vertue aboue written.

A great scruff of mans blood for the renewinge the blood
throughout the whole body, and good in a drostyng and other

Draffs * praeceas from the description of the blood /
Take two pounds of fresh blood lett it stande in a wooden vessel
untill all the thidde falle to y bottome then poure off the waterishnes
then poure on it so strangled excrements of the Spirill of Sacke
and mincte it with the blood, and Digest in Balneo Maria, and
then it hath the vertue aboue written /

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*The Spirit of Wine with Tarter or the foundation
of true Balsome/*

Take yourself Tarter half a pound, best Spiritt of Sacke one quart
and three Ounces both these mixt together for vnyd Dragee in a
bottell very cleane. Stop them up full them in bottell.

*Spiritus Recocorum or the Spiritt of man's blood
to renew or styrke Strength of the berge/*

Take man's blood as much as you please putt it into a retort
and distill it in Sand on a gentle heate and mill the watry parts
be drawne off them with a stronger heate until the whole Spiritt be
drawne off them take it and filter it through a paper then
distill it againe in Balme Marie, this is an Excellent
restorative remoues the Strength, and youth of the body/

An Excellent Balsome made by a Spanish Physician
Called the Second Oyle with the workers and how to make it/
Take leaves or roots of Coriander Binardot four drachmes, roots of
Valerian four drachmes, flowers of St John's wort four or fift
drachmes, of Comfrey two drachmes, Sweet Marjoram two handfull
which dryed in an oven, & against the Sunne, till the
moistnes be gone out of it, four drachmes, lay all these in drachms
in white wine for four and twenty hours at the least the
longer the better, then boyle them in a new earthen pott, and
having sufficiently boyled them, press out the ryme of the
herbs with the same boyleynge y' hands, then putt into the
same y' sugar, three pound of the best and clearest Saffron Oyle that
can be gotten, and so lett them boyle, untill the wine be conuent
and only the Oyle remayneth, then take the best Myrrhe,
Frankincense and Myrtle of each three drachmes boyle them
into fine powder, and then them into hys Oyle by little and
little, but lett not the Oyle boyle long on the fire, after you have
putt them in, because they will wax thick and hard, putt in the
Myrrhe, Frankincense, and Myrtle, when it is off the fire, and stirre
them continually with a stick untill they be quite melted and then
putt in six drachmes of the best venice Turnepowder before it be
boole, and so stirre all together untill it be quite boole, then putt
it into glasse with a few flowers of St John's wort in the bottoms
and lett it stand fiftene, or sixtene dayes at the least before you
use it, and then it will be good and perfect/

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To make French Bisket/

Take halfe yarde of floures, four eggs, halfe a pint of Ale yeast,
one Ounce and halfe of Amigado, make all these into a leafe ~
somethings longer, cutt it in your shels like a straw
and when it is two dayes oule, rubb it with powder ginger, and lay
it in a warme stone, and lett it drye, and you may drye it over
with sugar two, or thre bindes, and so let it drye for y' selfe/

To make Naples Bisket/

Take sixtene eggs, one pound of flour, and two pound of sugar
finely powdered, then brake y' eggs well, before y' flour, sugar
is added, then brake it together for at least two hours, then
putt it up in y' chaffins, and bake it, and so the Naples Bisket
is made/

If your Breath be never so sweete a water to make
it moisteneth/

Take Sage, Sweet Marjoram, winter Savorye, Cloves, and Mace,
and Nutmegges, of each a little quantite, a little Muste stamped
in pieces of Lemmons, and white wine, make all these into ~
powder, and drinke a spoonfull of it at a time, duringnes and
morninges, with a littel of the juice of Lemmons added to it/

For Sores inflamed Breast, for Pleuris, & scabbed hands/

Take a convenient quantite of fresh Cow dung, and heat
it in a panne or pipkin with fresh butter, lett a poule's liver be
made, & lay booke herbs on the breast, then putt on a fresh untill
all the Maligany of the Disease be extracted, then if it breake the
breast, ryghte of butter yf Mutton fat, and this poule will keele
as fast as it dren before, it hath alle curid solerous and scabbed ~
hands. A never failing Medicine to cure the bloodinges of the
Ridengs taught me by my selfe, and est approved/

Take of Serra linnia, as much as will lyg upon a six pinte
shale very smal, and putt into three spoonfull of Mow Ale
and drinke it three mornings, leave it three mornings
and drinke it three mornings, and so doe untill you haue
taken it nine times, in which time, it solerous or scabbed
tailes, to cure the bloodinges of the Ridengs, but you must be
sure to be lett blou, either in the Liver wine, or Spleene
wine, the day before you beginne to drinke it, and nott all ~
Sometymes take the pulpe of Catisf, and the cornells of ~
quintes, where them, and broallend downe the frise, which is
a grete healer/

To make Balme water Liquor incipia /
Take three Gallons of strong proof Spirituall of Sacke, brand Balme
Weigh three pounds, Armigordone one pound, distill them in the strong
proof Spirituall of Sacke, and Dilute it with a sufficient quantity
of white Liquor, and to make of a rich naturall, add to it Sylvestre
Pimentoall of each three handfull, Cardamom two Ounces, —
Aniseedes and Sweet Hennell Lmonds of each eight Ounces, Balme
Weigh one pound, Nutmegs, Ginger, Cinnamon, Frumentarius, Hollangle
and Cinnamon of each four Ounces. /

To make Boxer water, with the Seawall virtus Chemistrie /
Take the greenish Root of Carduo Carduus, Scordium, Angelica, Balme
Marigold toppe with the flower, Rosemary toppe, of each of these three
handfull, Cardamom, and Stachys three Ounces, which is to be had by
from the Apothecarie, Scabious, pimentoall, and Rue, of each two handfull
Sage toppe, melle Synt, Ergemone, and Softort, of each one handfull
an green, Redens, tormentill, Gentian, French Hollangle, French Mandrake
Angellike, and Cinnamon Aromaticas, of each of their roots, one Ounce
Carduus, Cinnamon, Coriander, Sweet fennell, and Peauas of each of these
Roots one Ounce, Brandy, Hartsbroot, and George, of each three Ounces
capp'd, Camphire Mors, Vells an Ounce, Metherdale one pound, —
Dianthus eight Ounces, Linden twelue four Ounces, Cinnamon
two Ounces, all these ingredients being prepared distill them in
one Gallon of Aqua Vitae, at three chililinges four pences the
Gallon, and draw from it eight Gallons, or anough as it will yeld,
of an indifferent strength, and in this water distill infuse there
rich Ingredients following, Eremocodium Rosatum; Dianthe
Dianethia dulcis, Dragalanga, Dianthus Euthalum, Birchden Blots
of each of these Spices, without Mapple, or Aniseedesse half a
Ounce, Metherdale eight Ounces, Boxer sten twenty grases, Cinnamon
and Nutmegges of each two Ounces, Saffron half an Ounce, Cloves
and Mace of each halfe an Ounce, Cinnamon, Sweet fennell, Coriander,
and Aniseedes of each of these Goods beaten and strained, one Pound
red and yellow Sunders of each an Ounce, then lett all these powders and
Spices stand tenui or twelve dayes in the distilled water, if there be
no soft harsch, the longer the better, then distill it with a poun of
Sugar, to every Gallon, the Boxer water is to be of a Moderate temper
by adding some Sweete water according to y^e Distillation, and
this followinge in the rite and operation of it, one Spoonfull thereof
being mixt in an indifferent draught of Boore, and drunke

the moring lastinge, is approved good to prevent all congeining
distempers, as the plague purples, Small pox, Measles and the like
Let to this infolded there good Spoonfull, mixt with halfe of Carduus, or
Angelica water, that is distilled Col, only of the heart, and for
want of these waters, in a Boxes perfect drinke, which by provyd
a moderate Lervate, will in part the Maladyngs of the Malairie
the patient bringe kept temperate manner, it is likewise an excellent
cure for a violent Earill, and when the Stomach is oppressed
with wine, cold flaynes, or any Engrymushys, it is effectually a
dissipative, and easie to be drunke of it selfe, when there is a
vapour, ther good Spoonfull, without any other mixtare. /

Another Boxer water ex Pharia Cypria Londonensis.
Take Colaudine with the roots wchch these handfull, and a halfe
hundre Grace one handfull, Scordium two handfull, Dictamni cre-
tensis in English garden Ginger, or Dianthus one handfull, Carduus
Benedictus one handfull the rootes of Coriaria and Angelica of each
these drachmes, the rindes of Cytrons and Lemmons of each two
drachmes and a halfe, the floweres of Rose, and Gillyfloures of each two
drachmes, Cynamon and Cloves of each drachme and a halfe,
Thrianae Cardomachis three Ounces (Metherdale) one Ounce and a halfe
Camphire two drachmes, Treacle of Dijons, mace of each one drachme
and halfe, Sanguine fleur de lys, yellow Sunders and drachmes
and halfe, Conygre of Gillyfloures two Ounces, Carduus Benedicti
seeds one Ounce, Species Elecharis libanotis first Grapes, Dianthus
or Hartsbroot chand one drachme and halfe, bruse them that are
to be brayed, and lett them in full the space of thredayes in
ther good Spirituall of mint, and Malmyng, of each three grases binger
of Gillyfloures halfe a pinte, lett them be distilled in Balme or
Maria, according to arte with a gentle fyre. /

For the length of breake that is givene sherte Doctor Bulles. /
Take one pinte of Ale, one Spoonfull of Emula Campana sherd
a thime, one quarter of a poun, or more of Sugar, six Spoonfull of
Aqua Vitae, and infuse them altogether, and lett it stand twelue
houres, then shake it, and then drinke six Spoonfull of it in
the morning, and so much also in the evenynge. /

For a hole in the back.
Take a flat panne of lead, putt a stringe into it, and hange it
so, as it may ly in the hollow of y^e back, probatum est. /

36

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A Medicina for one that is hard bound in the belly /
Take the frise of Souldins root and anoynt the belly well therewith
and it will give present ease /

203

B

37

Folio's 203r to 262r are blank
Some pages have been included to show those with ruling

37

B

204

B

303

B

96

263

1800
C

Folio's 263v to 280v are blank
Some pages have been included to show those with ruling

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267

7

4

B

277

C

water is Bill'd mixt together the first, running unto the left, that the first
part of it may be all one draught of it two spoonfulls at a time, in
the morning fasting, and one hour before supper, you must allwaies drin-
ke the glass, when you drinke it, take the forepart of the water, you may put
in if you will, but three graines of camomile powder.

A water for the Cough in the Mouth or for the Strangling
of the alernt my Master:

Take an egg: open it at the toppe: as when you take it, scot out the yolk-
yoke which then fill up the shell with Springs made & cut into a few
much allone in fine vynner, well beaten, so that all run, then shall
then be it on hot coles, & let it boyle well, when you have sufficient
to it, let it bee warmed if it be a Cable in the potte, sett a saffron in
it, & pull him ouer with it, and let it bo in the threwe-papple wch
and if it bee in the gummie, besides washinge or rubbing it with
this or any other kind of water, to wat it spredily & safely, lay
upon the solar pander heale. & a litte ginger in a vessell full
pendent, allwaies after the boylng at 10 dayes let it stande 2 dayes.

A receipt for a Consumption approved by my
Sister Mante Norris.

Take three quarters of two tunces mill'd, out therin one handfull
of Long glasse, one crosse of fine brooches, of the biggest for cha-
ppillings, cut into small & thinne pieces, one handfull of new
& lean wortle and wortle currants, one handfull of raisins clean
& cleane, the stones not taken out, boile them togidher at a gentle
fire, till one third part be consumed away then set into it two
ounces of fine sugar, & let it boile a little longer, and drink one
draught of it in the morning fasting another at nighte when you
go to bed, and this doth brede much confort and strenghten
Nature, as by experiance on manye it hath been founde!

Approved for the Chapped

Take a branch of rosemary, & wet it about your toe when you
go to bed if it bee not hould stony, you may wet it in the day-
time also, and it will much easie for that infirmtie

Spiritu of Asturium to make and the virtud thereof
Take Asturium two ounces, yefemary flowers, lavender, and sage, &
each a good handfull Juniper berries, by divers of each one ounce
Cynamor bark an ounce flowers, mace & the yellow bark of an
Orange wch, of each a quarter of an ounce, bloud & wounds all
the ingredients grinde, then sett them to boyle with two quartes
of the boylde aqua vitae, you can sett, in a glasse wch stands in the
Sunne for 10 dayes, then distill them and drinke the water

C

To make a cordial water or Syrup of Blache cherries
given me by the Dr Ray Faringham, & by his Doctor self
approved.

Take four mace cherries as being ripest, and strained will make a
gallon of the juice, and then pour the same around the sides of the poynt
white sugar, and affome other sugar it is believed will be done, bottle it up &
boore it right, but mind by commandement that it will not keepe any time
that may, and therfore I was foynt to have it settouner, but for long
as it will boore without botteling, it is much more keepeing comfortable
than it is after it is dipt.

For a feare and conuention that hath with Gods blessing
cure vpon Doctors hand given them over. Easy New herball
Take old rampant yew leafe, yew, liquorish annis, borage, fennel, oynons
of the broadwaist, ragwort, all in herbes fine powder & þærred
out is all þis þemuch leue honie as þing will refreue will make it
like Marmalade, but boile it not, take þis much of it in the morning
fasting, and at night leue when you get to þis, as a walnutt, if you
 finde good by it assyndly you will, make more of it as you like and
take it in this manner.

A verry fine drinke to cale the Head, either for children
or for others. Noþer Radishes.

Take Sandalwan or melleys, fennel, and wood brastell of each a hand
full, boile them in þis way of vnyon drink, made of buttermilk
which is best, or other drinke if you haue not þat, that is meies
milk, and when eny þank is boile away þake it from the fire and
drinke it cold in the morning, fasting, but any other time when you
þoþest.

These things following Doctor Basterde did preserue
for Dr Gostling his forme Francis being not yett
old for entration þus and looptinge of his Doctor
and by Gods bleffing in þis yere.

A glasse mett with a large handfull of cordelite of the small boyld
þis glasse mett with a large handfull of cordelite of the small boyld
in a þinke of wylde myrtle, tell þat he may of it, was vnfumid, &
in a þinke of wylde myrtle, tell þat he may of it, was vnfumid, &
in a þinke of wylde myrtle, tell þat he may of it, was vnfumid, &

C

Another for the same. Ba.

Six or seven of garlick, þamet & þainie in a draught of Alemanish
wine, & for Druncle is a þoth þord, þomale for the afferie þem and
þrangurie, if you tolle a þow or þat dayes as hath beene often approued

þer on that is couine. Ba.

Seeth Mallows and wortweller, þoghter in faire water, and
þer þen þat is refred þer left ouer the Saint þe þrewe þis queare
þere of into þis fundamente, and þis shall þorþly haue the
bonis of Nature, by going to steele.

For the Niche þpcion. Ba.

Take annis, fennel, alfaender, coriander, lespagie, and red
fennel of each a þis quantity, make þonder therof þate a þale
þale of þis þer day, in þis yong, & it will þorþly þeþe þe
Calle.

Another for the colicke þpcion. Ba.

Take aradoish root, þars, cleane & minne, & with the rammes of
þous þowes equal þuanties, þay them in a þorder, make a þolle þer
þerof, & lay þe on a þeþt, & þis is about þe þeþt þeþt, þat
lay a linnen cloth betwixt or two doble þeþt, wher þis þis good.

A þuggeation to aeece. Ba.

Take halfe an oynon of a þis waye drawn, a dragon of good
rhubarbe in þader a night with wine water, with a þale þeþlone
þan oynon of yewnes of þis þis, mixe all þis things together
with þis oynon of yewne or why þis is alþi warme.

An approued receipt to þe kill a þache in the mouth.

Ba. Ge:

Take white þaste and drye it, þere allorne and white approued, þate
them all to þeþt, þere vnder, and þake of each a þis quantity, þe
mixing all together, þe with a quill cutt even at both ends, þe not þe
þe þe into þe quill, & for þeþt to open the þeþt place, þe
þis is much approued þe without any danger in þis þis.

Spirit of Catorium to make and the vertues thereof. Dr. Bate

Take Catorium two oynons, þeferny flowers, lavender, and sage, &
each a good handfull, Juniper berries, þay berries of each one oynon
Cynamon halfe an oynon, Rose, marie & the yellow bark of an
orange with of each a quarter of an oynon, þis, & þis are all
þe þeþt greffe, þis þeþt þem to þeþt with two quarters
þe þeþt aqua vnde you can get, in a glasse with þeþt flowers on þe
þeþt, for þis dayes, then diþt þem and þeþt þeþt water

C 5^o and the following are the divers and approved vertues of it
The Ointment.

It is good for male and griseys of the Brain & membris; it is good
to anoint the head & brain to two ends in a malaise; lethargie or
Acrebation; if you rubbe this temperie, & Boile & couoke the ointment
till it be a spowfull or hundreth part, it is verie good in fleshe of the
Mouth, and many distyles of women, if it be gyd as above directed, &
verie good to bring downe membris fleshe.

For the Ulke.

Take a quartie of sacke and savy wort of long Pepper, boil them
well by this and drinke it at least as you rad, I tell you to this and
nothing else.

For a faire spent Endemotone.

Take a shewre of sacke and more than halfe roafit theyn roundes
in a Morter boare and all togidher as smale as ouer you can
then beaint it through a schryne cleane & drye herde, & geue as
much may bren as you can, then set it in a
plated dish, & set it ouer a chafing dish of coales, when it burneth
as longe as any summe wylle arte & when it is perfectly bren
booke it shirlyng, & let the fyr therin late helpe a spowfull of it
in the Mornynge lastynge and by syce thredynge gyd a strong
aleration, if it doth so helpe, he may cutt with it a little larger and
with a little Ambergrease beaten together with syre coower, it
may aleron. too soon warme.

Spirite of Cham pille, and the pictures thereto Dr. Be.

Take half a rounde of the yelbowe roake of Burnessy, or feruens
of them of lemen wylle, the minnes whiche are of the wylle myght be
parst away, untill you come to the yelbowe, then them finly after
burne them togidher with a good handfull of white galley flowers
in shewre roake of the yelbowe wylle or Angelion roake, you rangue
in a chafe glasse foyl or flatte foyl, then to gylle the water out, and
leave the yelbowe by it selfe roaking thereto helpe a sond of
good restorative powre, ouer one of Chamb. sugar candy, & then spowfull
of the iuyce of Cham, or Burnessy, hang theron alfor fyd in a chafe
glasse, take the weight of twelve denars of Englysh silver, & if you
pleaſe a little Ambergreis & Chaff.

The Purvies.

It is a longevigne Adiuall to comforte the heart, head & stomach
It helpeth fainting, fainting by lacke of the heart, paxsons of the

Mother, breaketh wind, draweth away indigestion, and easeth of the fomes
and Petholes & fifteth the phlegm, and all conuent, a fowre fyld or two may
be gien either alone of the selfe or in what soevir, or with a like vnfaste
determire.

A decoction to reape a Cough Doctor Bate and to cure it.
Take rayns of the sunne fownd in ouer yond feldes, & for many foyles
bladz, two fyldes of French barley, halfe an ouer of liquorish
bladz of Indian haye, Soppe, seabord, & dyer foyles of earth, & sandfull
boile them in three quarts of water untill halfe the compynge therin
and foyce it eighte houre, and in the houre of thre or fourre pouenfulls
drinke two hours untill the fough be reade.

Another to cure a Cough Doctor Bate.

Take two fyldes of wormwood of the wylle, and rayns rayalls of each
halfe a handfull, boile them togidher in the quantity of running
water, boyle one houre rayfynge fram it, and booke it with sugar &
drinke thereof a quarell of a pinte at onys tyme, & it will helpe
the other and alfor to bring downe womeyns fyfe.

A Syrrage against a cold coghe Doctor Bate.
Take halfe an ouer of liquorish bladz, halfe an ouer of amylodes
two ouers of turne and a quarter of an ouer of Horseraint roake, a foyle
of Angelica, sixe Souges of costermare, & all these thinges boile the water
in a chafe of aqua vitæ, then out therewyght of the chafe roake of Cham
Herbe, and stelle them in a chafe while they ther, then beaint forth all the
liquore, strengly, then coat the foyles or in fleshe theron forth vniuing
the hem poudre, foyle them over the fire agayne, and when they begin to
boile then begin to roast in sugar candy, & roote in the sugar candy by chafe
and alfor to boile fowre ouers be roasting, and all the while the it booke
boiling it contynually, then out the flame, & laye it aside, and take
a foyle or reſer of this foyle out of it, & take the same, Open a hole of
a foyle, & you will alforly finde it one of the best Medicines to remoue
coughs & cold coghes, that ever was found out, for foyling by the chafe
Why stand of this tyme, & allerate with Englysh gods, & hayys
yourf, to thos that loke for lame.

A Sincle milke for a breakener & a Colentyn Dr. Bate
Take gray yerd in fraide ion or hotte ion, wash them wylle halfe
daye tyme, in faire water then in a chafe foyle if you pleas, drye them well
then beaint them, & after boile them in a quarte of a millde of endys
water halfe a pinte bee wylle then beaint it out & roat a chafe sugar
candy theron, the spowfull or two fyldes restorative, and to take halfe a
pint of this in the Mornynge, the other helpe at evynynge, both hant to be
continuel alfor twey dayes together, & this an ayfe but an aduertisement
for such as are in a Coughynge, or boileng womeyn may drinke for ~

6

C

Syrup of Camomile to make which is this comfortable, Helps such as you to sleep too much, or have Blood Stomach, or women countail too violently. Doctor Bate.

Take few grains of cinnamon and 2d. Sassafras in a quart of vinegar, wine
or water, boil down in the sun; in a white jar let it stand two hours,
and all the liquor will be strong, take a round spoonful of this, Sassafras, Boil it
down over the fire, till it comes to the consistency of a sirup; Boil it
and hang it over a cold chimney-pot, and cover, and stir it often.
Spoonfull or two in a stimulating water, or cold water will often
cure any old rheum, or skin complaint, or bath of the legs.
Dr. Wm. Jackson.

Take two new, wash them & dry them with a clean cloth & put them into a well beaten white cloth or the leaves of a willow with oak leaf hanging from bout into it. Boil or force down the large leaves for the water in an earthen pot with bay leaves, bread and butter & stand till you can stir it easily, then take the tea leaves out all the juice & to a pint of this juice add a pound of sugar and a little lemon in fine powder, let it boil slowly the sugar at first is come to a high syrup & the leaves full thereof & sufficient to be taken at one time not exceeding it all together but by two or three jugs it may be taken at any time but when the cough is coming on - help, and if you make four or five pints of the boiled water of turnips this agreeable say much better, as each lesson often tingly and open this man's well anorected.

~~anarachist~~ for the Almire position

Take overall amber, & cut it dark like the quencher of a Nutmeggs; in this fine powder, then like a nutmeggs; & break it with them, let the Amber stick and cover all the small m weight and take keesing of morning & evening when you feel the sun coming, the way he of the grains as much as you can take it at once open a great hole in a spoon full of Honey, break warme and drink a little mess break after it and keep this powder in a fine bottle.

For the wife and son Mathias.

For those that are troubled come unto me.

Take one grain of clarified butter, enough salt, white pepper, mace, nutmeg, cardamom, ginger, four cloves, cinnamon, all of them together about two handfuls, break them very well, open the ghee, then pour them through a poring-sieve, so good is this in the morning fasting.

clarified what got buried, tongue got buried, tongue got buried, all those together about

C

234

To disperse the or Roaringgo.

Take one handfull of garlicke, sautee in Malmsey, and when
it is tender strain it & make a poultice of it, & lay it upon your
breast, also garlicke boiles, and make a beaten ewe to the same /
in a Cynamont for the same.

A Synt meat for the Lamb

Take three handfulls of permarie, privet, downewardes, stamp
it well, & boile it with your owne selfe, soone after it is
boyle great thing, stirre it, & put thereto halfe an ounce of
finer powder of mace, and annardine, your fomache & Stolles
will be styngh & moring, & you shall bee well fudainly /

To break fits,
Poppy, Sow-thistle roots, fennel root, aniseed, &c, formic
Fistula, both add this in ale, strain it and digest it in a cloth
in cold water, or wash it with cold ale, or extract ale, with good sugar
and dry it for distillation.

A Drugg wher good for Collier and Melancholy
Take a wowl of mith for it on the fire & when it boiles
up & have posid in a fanner, two spoonfulls either of
Onions or Lomen, & cover it into the mith, and when it is
boile of that roud, & take a quart of the other therape of Col-
leit with the white of an egg & Cing thereto boile it on
full of furnierit, of Eagleboe hath a handfull great carfors
halfe a handfull tea at this boile together a litle more then half
a quarter of an hour; then straine them 8 out to the liquour
which is colled vinn of the calce brusell, & of ginger of each
a drach. Sugar two ounces, couz all thre left together, and
to the fire againe and set it boile halfe an hour; think
of and let it stand till next morning, then straine it & drin-
ke it a moringe, & you will haue great comfort by it.

For Cough and shortness of breath.

Take one gallon of ale and cut this into one evening mouthfuls of
liquorish Sarsaparilla half a penny worth of annis seeds, and a little
Liquorice and a handful of Lovell and as much common royal
+ Least water'd and let them stand to five o'clock, and drink
three or four Mornings & Evenings.

Adrink to proouen good colour, and is also good
against the wormes, good for the sight The

Stomache the liver an

Take juice of Dept. warm & drink it fasting.

A Restorative Ointment.

Take a cold chicken, boil him in a potful of clear, 2

water, & put there to harbor that become fortably.

C

bugle, fennell root, and roses flowers of the June, & a handfull to all these boil together till it come to a winte & half, among the skulen bones & all vies small, with this herbe, roots and frutes, and set straine the aque then take three spoonfulls of strainer, & four spoonfulls of aqua and boile theron, but not vrie theron to give the patient to drinke heoreof fift and left.

A receipt for convolution litter in children.

and men & women.

A receipt as you pretius haue coming upon the fift, you must giue it this quantity of the leafes of Chamfer in a spoonfull of Malaga water and for evry day beaten the haire tablett her or hem of this child for fift & sixt dayes, then giue it fift graine thongh & if the child be grete leare to haue giue it fowre graine in two or three spoonfulls of the same water of eleven years or so forward then giue it nine graine, but to a man or woman giue seauen graine in a wine glasse full of the same water when you combine the fift combyning brable alle silvers rodded drinke with ale & boyle there in a certeyn quantity of singule roone roots & fift & sixt Brandy, and a bruch fowre fowndell fodes bruyed to two or three spicke of ammoniacke boile all these together in the certeyn drinke a certeyn while then straine it & poure therin some fowre or fift of ale as will fasson it, & by the waite affter dinner to theron, as oft as they drinke and if it bee a childe that doth haue the chylde shytte drinke theron and make a brantlett of the same water and haue them about the childe wristes, make also a chaine of the same water & hang them about his or her necke that they may smelle of it and for odore give them some blacke thyme water, or march with this quantity of muske to a white shirt, swetned with fayre of Rose, pectilatum in mache for the winte chylde & paine that flies vp into the heade by reason thereof.

Take red sage, leevyng, sweet marigrome & rosmery leaves of each one handfull, dry them in an oven powder them, and poure theron a little greate conuoyce, & sugar, & drink a quanthy thereof fastynge on night, & fift an houre after.

For a consumption to strengthen the haire & cure the teatire.

Take fift great marrowe roots of their heads & stalks, & alle them & scald them in chylde water, but draw their fat in them, & therewhem in which wch then take a leche or whelk, & a roote of Sennar & a roote of Coriander & a roote of bugloss, & leoneys of a fennell root & twenty vassells of the same bone, three spoonfulls of urine bound up just in a lemons bagge, & theron being well boiled & mincione to a strangu-

C

bread is drawn, and lett it stand four and twenty hourz then take it out and if you can gete out your bread, if not break your pot varefullly, & set take it out, & boale the bread on a Morter, and giue it in milke or on barley brewh or what you like best, to a man giue two spoonfulls at a time, and to a wome one spoonfull at a time.

Another for a consumpcion given by the L.R.

Take one gallon of new ale wort, when the Ale is out boyle it in your oven, when it boyle summe poore meat, when the meat is boyled, set it to a galley oven when it is done, vnder a vane gentle fire, put it into a galley oven when it is done, and drinke it vpon a branche of a booke, & it may haue longe in boiling & not too thorowly from a branche of a booke, it is made too thorowly in boiling & haue then a branche of a booke in the mouth & haue drinke her.

by the daye an houre and by her appetites.

Take hempe and clarifie it, then take a vesse of certe ale, & making a paire of tonges to haue, and holding the Aleone in the tonges, taking it vnes into the haire, stirring it together, haue the hand enough, and haniente therewith the other astreight to haire or therin a day, eighte or ten dayes haue down in the thred, let the party swallow some of it down, It is good to clarifie the hode in an swallowe somme of it down, It is good to clarifie the hode in an egg shell, because it would breake boore for, and for a young childe that booke is woulde breake boore for, and for a young childe put this mede between the tonges and on herte a day, and it will perfectly cure & helpe it.

A receipt for the winte chylde.

Sale one ounce of sweet fennell flower, finely boale, & giarde in a fine boare, and take a muckle shord, as will ly, open his arm with the like quantity of fower sugar candy, smale beaten, and therwith the like quantity of egges of sweete almonys, to make all these together, make them in boiles, and take two or three therof and you will finde you flat resse.

Another for the deme.

Take smallage and broken vides of each one handfull, & take leuds in wonder halfe a handfull, white bread summe thre spoonfulls, boyle these in halfe a pint of new milke till they be boyled, & then boale them well together, & vnto the boyle add lilles, and vnde of ammoniacke of dark entwene and a halfe leg this twice a day temporally warme to the vaine & heart first anointing it with a creame of the same boyle.

C

An Excellent Medicine for one farr spent in a Consumption
given over by Physician, yet havorth perfectly recovered in ten
days tried upon the Lady Robert and her of her children who
met all their perfectly recovered & alive. To be made in June about
two gallons and doe kept the whole year till you are a.

In June take the heads commoner which bears the red flower, and
peel it as good red water, and when you are to use it boil a quart
of it at a time and no more; because it will not be good when
the water is in it in the second water, when you doe use much -
The sugar is either with white Sugar Candy or fine Sugar, & boil it
fewe or ffeud walmar after the sugar Candy or sugar is in it and then
the ffeud or roasting tap or small which is in the water will
genu take thereof fruit or fewe spoonfulls in the Morning fasting as
foure of the clockes in the afternoon and when you goe to bed
bed and take it in fourtene daies together, and then take it as
longe and if ther be rayfe left it in like manner againe, and to
desygn it that you may not know what it is, you may put in fewe
Pomber grante to it to alter the taste.

For a tickling cough L Hu.

Take synamon water and couet to it for much red flunders as
will followe it and when you goe to bed wate a lounce of fine
Sugar in this water & wate it into your mouth to make by degrees
and it will stay it perfectly.

For the Consumption in a Child L Hu. taught
her by M. de la.

Give the child in the morning four spoonfulls of synamon
water, if the child loseth his breath or hit body heatnously with sugar
of roses, if otherwise stredd it with Manad Pich.

Against Consumption fits L Hu.

Take sodynam water and fine gold & corall & rotarli & Corazone
and Amber of each a like quantity, Boile them to condens & give
it Morning & Evening in Corian water, as much as will by upon a
graine, & the early greene myl wate a mordre less & lasteth 48 h.
Another for the same L Hu for a child

Take a quarte mouth bratt of the bratt of 48 h. let it blodd into a spoonfull
and let this affeit & wate it in what place might wate ale or bors
or Balsomy water if it may be had when yo report the fit to come upon
him.

C

To the follicle
Take a furunce and prafir it wate, and let it as hot as may be
suffred, lay it to the Bawll, & let the patient ly downe & laye
him warme?

A cordiall water god for a Consumption

Take three brackes, plantain, three blades of grass, long grass, or
whise comfrey or the Chelangot, and Cut of each a good handfull
peice & then in a round of Muscadine, cut the two gods of
shephe doggs, and of the earth of aged cleane earth from the same
good quantity, & take halfe a round & quarter of a pound of
Sugar Candy, boome all these in your my handes, pour therin
hours, and boil them the next day with a Cleane fire, drink a
nine spoonfulls of this water at a time in muscadine, during
morning for a quarter of a yare, and vs no doubtes by no
means, this may bee done in boore or starte yere, or any other
drinke you ge.

A Medicine for a Consumption prooued

Take a round of sweete mortis of the first punning, a handfull of lant
wort, and another of harts tongue, & halfe a handfull of comfrey, put
them into the mortis, and boile them all together untill they boale
more than axord, then boaine them into an earthen pot, and when it
is boole it will be a jelly, then take a spoonfull thereof, and when
it is opene coule in a jarrie, and giue it to the patient evvy day or in
the night as often as hee dyng, one spoonfull at a time and the other
the potter.

A Reatorium where a Consumption is feare

Dribe oftentimes for breakfast, milke from the Cowe, with
Sugar in it.

Against a Consumption

Distill new milke with old foot, dinner & leaute, luitwort &
Jerusalem roopworts, leauw the son, and fume Allemi, with either
of which make him Chinc Broth in this forme, wherof take a
large draught in the morning & about four in the afternoon: a lige
the night as often as hee dyng, one spoonfull at a time and the other

A Reatorium where a Consumption is feare

Candyd Enula campana Root, beaten often in 13 day caught the
good digestion, comforter a weak stomake, & doest the liver,

To helpe a consumption and they bee never to make

Take halfe a work of turnips, & wate them & stand them out
them in an earthen pot, and boile them in an oven with breake then

C

tab: them out and strain them, in a vesse faire steinre, then put
to them a quarter of a scruple of bls ffigg, and a quarter of a pound
of currants a quarter of a pound & take a quarter of a pound of -
baesing of the heart. We boyle them out, the remenant of amissives
and ordynary wort of liquorish brwke boyle all thos together with
a soft ffei; in the liquor of the burnet, and then strain it, and in
a short time the water shall be white. By helpe of ffei and soft -

ffee the sets in your head.

Take a quicke and lay it to the wounde of your head, with a pce -
whiche brwne taken with clean from the mouth and ringe it with
the corddes of sage & sweet Marjoram. By this soft brwe all in -
sonder, and ffei and nutmeg. It wold do you much good if you roues
douce to wear i day & night.

For a ffle.

Take a spoonfull of oile of sweete almonds, & temper it wth
Sugar candy well condit, till it be thicke, then take a spoonfull
of it in the mornynge.

A Medicine for the cough & Itch.

Take a quart of Malmeys or amissives, & on fire. Take of each
one hundredd a liquorish brwke or two brwkes, & halfe a teaspone
of butter, boile all this together till it be thicke, and then
take it & spread it on bread & let it dry. Lay it in ffei boinen clothe
to the stomake as hot as may be fforfeid, but if you fyfe is on
for a pitch the butter myf be left out.

A Sirupe for a cold.

Take turner roote, & boile them wth fforde in water, then take
them up & plie them, and bruef them. Let them hanckles till all
the juice be out, and out some sugar to the size of the roote &
boile it till it be a thinne syryper, and so take a spoonfull
at a time;

For a Cough a verie good medicine

Take a quantite of Garlick & bruef it & boile it in malte
and fforde it on ffei brwke, & lay it to the stomake, and lay
a warme cloth on it, and so do this three or four nightes together.

The use and vertues of the Magistery of small apes

Is reblandis and pent with the bloud on ffei brwke wth in
a short time it takes away the heat of the ffei and infirmitie
procuring from the corruption of bloud. It refreſhes the chearefull
soul and former health. It stayeth all minmoderate fluyt
of wormes, taken in voluntarie water. It stoppeth all fluyt of

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the belly. It holoth all fluyt, & vomiting of bloud & bleeding of
the womb. It bindeth and taketh the bloud being taken in -
waste of fumbers or purhore. It stayeth purifications, strengtheneth
the heart, and helpe fforfei and refredeth the heart from the ex-
fection of cozon, & refreſhes the heart from the purmache
natural heat. It taketh away all obſtructions of the lungs.
Splenē and leſs & fforde. It taketh away cluttere or congea-
led bloud. In most redious ffei of the Mother give it in the water
of Muggeworke balm, & running reall. In the Drappe, Cam-
pfer water falling lotus. Or give it in Chamomile water, continuing
it a good while. Against the bone give it in the water of milki
chillies. In the Jaundie give it in Mart ale, or fforde water.

A Coling drinke.

Take a handfull of riotous, two handfulls of wood ferns, a -
quarter of an ounce of Chamomile, as much liquorish, boile it
in a vessel of water wth a gentle fire, and when it is conſerv'd
let it boile then clere it, then coul thereto four ouzins of -
Sugar candy, and the wine of a Chamomile. Boile it again ſtrun-
ching it till a quarter of a pint be gotten.

For the mnde Aliske.

Take one gottle of white wine, liquorish, amissives, coriander
ſeed, fforde, fforde, fforde on ffei brwke, brwke, and on handfull
of cammomile flowers, and coul all this into a bottle wth the
white wine, and boile them together, then laue them two mon-
thys, and go out into the liquor, putt it in a box, then take
it out and cut it into a Chamomile leath. & lay the bottone ther-
on the wauſe of the wauſe, and whiche that geth on brake the
other in like manner, & anoyly is lebendy, and do this as long
as the liquor will leſs, then lay the wauſe of the wauſe on
four or two, as ably wth verbrut.

A Speciell cure for Enulement.

Take green coriander & make wreathes of it, cut it about
the head neck, wſte, arme, shighe, and leggs wth the wauſe,
and take the breadth of two wauſes of the wauſe that grows about
a horse backe, drye it & brake it to powder and giue it with a -
spoonfull of the juic of ranunculus, to the party to drinke.

Against fforde.

Take radens & fforde, & then boile them in white wine or fforde
till they be plump; then take them out & eat morning fasting, eat four
or ffei of them, & fast one hour after them.

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For a Fadumption

Take nine booke of mutton, & pare out all the fat and take out all the grissin in the middle with all the blottcher out then make small sucri roasts, that they may get into a panne. Then boile of a water, then wash them well clean in white wine and poure them into your bottle. Then draw there to help a booke of muscadine and three ouentes of Asturian sugar ready made. Boile it small then by it selfe with a sprigge of Rosemarye the water, then hang it in a potte of boyling water, and so boile it boile the pannes of a whole day. Drawing the coote still full of water, and let not the boyle be stopt. Then take it up & strain it through a cloth, into a boone before, then put it in a bottle and poure it for your selfe to be founed. Spoonfulls of this will make you by your grace if you will follow it, have foyne answere from the exorcisme of it.

An approued Medicine for the flie.

Take Salts & oyle and aqua composita, & boale them boing warme in a boute and bruse your hand amonst your heade and somach with a cloth against the fire, a good while together. Then with a double broome sweepes vpon it, and lay it to your shreades by somach, and that afarmest as you may suffice it laying ouer it some warme cloathes, this doe boaining & morning.

An approued medicine for the flie in y^e Stomach
Take a great hand Onion, & cut of the toppe, & fit a full of the bole fearebrings, you can gree, that cut on the toppe againe and cut the Onion into a boone wafer, and cast it in the same bole untill it be poore left, then take it out and rub it in the messe, and as hot as the wafer can foyne it lay it to the haire and bind it with a linnen cloath band.

For a Fadumption

Take the yelde of hicht eggs the newish laid, you can gette & a booke of goats milke or fleshe milke, if you can gette it and for want of this take the milke of a not so newish milke, brase the milke and the eggs wett top theire, and add thereto a booke of redyng water, then take a good handfull of booke poure them, & poure of this poure & poure them, & poure them into the hand witt a few stucks bruyfet in a boute cynamon, poure all this into a pann for to boyle it, and then take of the boyle water two or three

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The poache and drinke that of daffuning and morning, and at any other time when the fadumption forces you /

For the flieke a Medicines proveed

Take the rootes of red roses, & wash them, & boole them in strong ale, and for drinkable.

For the farrasoles

Blacke currants and the green sheath of leavet distilled together this water quenches fire, or fayre farrasoles is excellent, set it to boile vnto a man or woman eight or nine graines, to a boyle under fire yeres but fayre graines, it must be quenched in a drinke or boyled water.

A Remedy for the flieke or Stone.

Take elder floweres and drye them, and make vndone thereof then take a boone full of it either in boise or ale, when you feel the paine begin or otherwise as you ride.

Another Remedy for the flieke or Stone

Take a boone of cherry tree or quince, and bruse them well, stanke and all, then poure them all night in a boone of goodlye stanke, the next day straine them well with boyle water and distill them.

An approued Medicine for the flieke or Stone

Take the bodes of Hawthornes before they blouerne, and full them, and poure it all the yeres in glasse, and when you would use it take sicke or bacon pouresfulls, and bruse it vnde warme and with a litte fayre Ale, it when you feel your pisse - grecius.

An excellent & approued medicin for those that are troubled with a chyl, younge or old.

Take an axone & bruste it on the boise, & putt out the roow and roaste it, alake, then fit it up with boile oyle and set it againe on the roowder, and as it drinkeable by the oyle, poure in more and when the drinke is through poured, and therofe brasted, with the oyle, then take it out of the fire, and bruste it betwixt a - bole, then take it out of the bole, and lay it upon your haire witt your hands and lay it upon your haire witt your hands and warme it as it may be suffred, then do fayre or sic nightes lay ther, and it will loose the flagorne & cause it to be avoided with ease.

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2.1 For the Cliche.
Take two handfulls of Chamomile, as much fennel; and lay them all night in Jars; in a quark of which wine, then fill them and strain the water in a flask; and drink it as often as you will.

A verry good and perfect water for Coughes in the mouth
Take woodbine leaves and branchies, four handfulls and the same place with twenty leavys of sage, and branchys of rosemary; one handfull of violet leaves, as many broadleaved leaves, a few of white daisies, four leavys of bay foliate, haef a handfull of water - tre p[er]c, one handfull of calatans, four leavys of cardines, & a little warme wort. Then take a gallon of running water, & therin boyle all these herbes till the water be verry grosse then strain out your herbes and let the water over the fire agayne then poure into two ouers of cork alembic; that it bee somewhat sharp and scald thereto four ouers of the bys herte; then cut the gallen of water bieth one halfe and if youd to wash any oles, that is full of fiftie manner for any rancor in the sore; that is full of fiftie manner for any rancor in the mouth neso on Throake for sooth dies or to stinnes upon long you it hath bene ayenough found this good

For the Cliche and stone.

Gather Vervain dry, & lay it dry; & fill it, & haue the water in a great flask, fill therop a gallon or two or more and late three of four handfulls together verry morning as much as you will, Still Savifage a rotell, and drink - shott of first or two spoonfulls at a time, three times a mornynge in the morning fasting, after vespers dinner, and drink shott of during the day fasting four spoonfulls at a time.

For the Cliche & Stone.

Take a handfull of verry fine and sage, the greater part sage, stamp them & braine them with a winde of ale then late a combe of milke & sett it on the fire take haef the ale and make a softe poultice therewith, then take of the vynes and set the rest of ale on the fire, and clarifie it with the juice of the ale that was left, then drinke thereof fasting in the morning taking nothing else for the space of three hours after.

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2.1 A Medicint for a white Rabet.
Take a quart of Smother water, a great spoonfull of horseradish root and fill it with as much fresh Alembic as a roath, and sett it over the fire and boome it as long as any whitethorn will stand in a handfull of sage, as much of meadow leavys, & leu them both well in it.

For the red Rabet.

Take half a pint of chylping, as much rocke Alembic as a wall nutt, a spoonfull of horseradish leavys and the heads green, boole it & cut it into a little pece, & leu the marsh grass out of it then take the leaves & lay them upon the fire yester.

A Salve to heale any late.

Take a quarter of a pound of vnewrough me, as much razorsaynd fowle if a thre p[er]c melt them all together, then take the m[ost] of the fire and put into it ther[er]e a pouerfull of Blacke soap, and stirre them well together, & let it stand while it is cold.

To take away freas or warts.

Take Sabine & saffron, of each a little, bruse them a litt[le] together, then sease your freas and warts and bind to the midrime.

For a scotted coll or hearsene hem in man or wome.

Take floures of liquorish, floures of annys, red flowers of campan, roote floures of May hand flower of each of these floures as much as will goe open a shillisme; then take as much flower of Gentian as will goe open a shillisme; then mingle these floures well together, which done mixe them in as much gent as will helpe, as will make them goe into water about the bignesse of a small Colleris, and let ther goe into water about these will verry morning fasting for fourtene dayes together, and leu hem to goe for two hours after the last night, but after haue bath taken hem to goe byre or walk for the space of one hour and a halfe ore latum.

A Medicint for a late.

Take the hearts callich, beterian, bruise it and lay it to the rule and it will helpe it & keepe it dry on the hand or vse in hys.

For the Cliche.

Take a handfull of silk and a handfull of commonvill, a handfull of Chamomyl a handfull of fennel to towe, a grain of camphire, boole all these together, verry well, and when you haue boole it out it into a flader, & lay it to the waste of hys as you can abde- d[er].

For the vnde Cliche Rose or Aragonit.

Take 1/3 water of vespers Beringtiden & Savins dy & the flower of Chamomyl being towe, & brasy this flower to powder, and

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a quarter of an ounce of the powder of cynamon, & as much of camomile
leaves & roots morning halfe a pounfull of the wood or, and
drink it few pouinfules of the water often late this for 8 & 9
anights will helpe you.

To make cynamon water a receipt had of my
Lady Ferrard of Denby.

Take two gallons of water, one round, three quarters of cynamon
beaten, three quarters of a ounce of which sugar candy, lay them to
boyle one day and a night, in a cleane narrow mouthed pot, afterboyled
then cut it into a sorte, oute which you may haue your binkboks: —
Then eache yere binkboks twise, lye with coales, and full i[n] a
honey pot, for, and then take your flax pouder, and ther water
as you thinke good. If you will you may coat in a handfull of
peppermarie flowers.

For a Cancer in the toe.

Take the dung of a peacocke, & the juice of rotallende garde.
Therewithal on a boster, and lay it on the fute & it will helpe the
cancer.

For a greatough and to open and comfort the lungs

Take folis foliis the leafes and port, w[th]t h[er]b powder of jaspis
finely, then take the powder of balsome and as much for sugar
as both of them, put this into the yelde of an egg on the morning
and ferge it in porribulum.

To the windre stroke

Take a morte of salt, & put into it a handfull of the toppe of
peppermarie and a smalke wormwood, let them boyle a good
while, then take out the herbes and lay them to the belly as hot
as they can be endurid when they are cold digre them in salt
sack againd, or after dinner, it is a good helpe thereto.

For a dry cough.

Take a pinte of virgin honie and, set it on a shalpeing dish of
brass, when it is almost ready to boile, take cloramane and
candy, & leijowith of the powder of each an ounce finely beaten
it & boyle it and beat it to the honie, and let it evaporate a
gode while upon the toche, but not boile, and when it contine
all, take the branch of a Cudweare tree of it morning & evening
virgin honie is the best which cometh out of a foware. The first year

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braine of swine, & cardidge, & sparrowes, of Quails & parke
set with sone frankincense, Canary wine, red wylde water and a
Juniper booke, and when ther is somwhat through a scat mix
them with the rest Then take of each sorte of the faire binkies
of Marakelens, red foxes, & an ounce of Pekin rootes & Engle
rootes, & a handfull of each two ounces, of the fruites called puppys
and Stobianes, of each an ounce, of the binkies of Surtis to come
granates & of Pomerytions of each an ounce, ha halfe, then
all this be beaten in a Mortale Marse, and goffis alse through
a hairfist, then mix with all this Ambergrease dissolved —
Magistris of cordeles by of Corall, of each thre drachmes —
Biscar poues of Lufe Drie fifty grains, and when ther is
the pift before namede, an oyle beaten to incorporate together
you may put it up in a Jars glasse, or gallie pot, for your selfe.

A certaine Medicine for the toothach and orange

never failing given me by Mr Busfield.

Take three white angelis that grow in Capoletto, amongst
the wheat, and pluck them a whole night in side of sweete
almonds, new drawn, and then let the pearl affected with the
tooth ach boyle them about hem engstantly, & ha shall soon be
free from his paine, so also for the reump.

A receipt of an excellent cake given me by

Mrs Story of Shropshire

Take a morte of the fresh wheate flouer, and dry it in the
Oven after breake de crame, then take four ounces of fresh
butter, and rubbe or mingle it so well into the flouer as no
butter can be discerned, then take sixteene eggs, whiting the
whites away, & eight Butterbotts, one ounce of Cynamon and
two or three yarde of the long ginger, a morte of salt and
a quart of red ame boyled and strained, let it bee lets warmed
then take a Ale full & an ale pintes of the Ale aboame
when all these are mingled together, then take twelve poudes
of Currants well washed & pickid & putt into it, but
you must make it yesternay binkies and these frigges think
butter gone payre sole that you set it on, and lett your
owne binkies just as you haue made it to goate it wi[n]d

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28
and in it of you, but it into the Oren naph is all over with thick
reams; and then from it thicke with the lips and purples stigne
till it bee hot hours in the Oren, & looks it doth not catch at the
first touching on, to make the tongue & teeth brown.

To all manner of swellings and Stoppings. Take
Take half a round of garlicke finely cutted & roll'd & then put
it into a cleane shittell with a quart of faire water, & then is
boile faire or two times, & all day as a boile take it of the fire
and sett it on again, and when it hath had somwhat to drye,
pour out all the water from the shittell and pour your blood
against it out in your garlick with a quart of faire water & bee
it boile as before then take out your garlick and cut into your
liqueur a round of the Oyle Cugar let it boile till halfe doe
then take it of the fire & leau it cool & when it is
cold putt your garlick into your Draype, & leau it so for you
to take two hours at a time of the garlick in the morning
leaving at thre or four of the clockes in the afternoon and at
night this is recovered.

Species of white toake.

Take of all the roots of Sandre of each two drachms, Apidinium, Caspe
Juncs of each one drachm & a halfe, Bapul Roots, Chalk of each
three drachms, the fewe & the fifties of each one drachm & a halfe,
Roots of endive & comyns of each one drachm lignum aloë, Radix
myrra of each halfe a drachm, melle of all three a fine vintill
An exract water for ysucces of hillockes, & ychilkes, Balsome
Take Nutmegge, Cynamon, grains of pepperis of each fourtoun
ounces and a halfe, stony rukket of each one ounce, Right Scarren
drachm & a halfe, Saffron six drachms, Galanga, Rosarie of each
five drachms, Rose bark, Rosebark, Quince, jardine, & bellinnes,
of each two drachms ioyce of rest four tounes, & lute greef flowers
Tunion flowers of each halfe a pound, Sapo, Marindom, of each
four ounces, & a halfe, Musk nine ounces & a halfe, Vervain
joumell of each three drachms, lavender, Mardon, Cane, of each
halfe an ounce, Betone, three drachms, & betone roots & 3 drachms,
Mispilote in the Oyle of each three drachms, & fifties grains
Carmel of which take halfe a pound, Take two pouetes, Yello
drachm, reasins of the tunne & turrants of each one pound
Brook Almoner blenches halfe a pound, Rennet clarified

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four ounces, Cawle all thyfe and point upon them, waters & straw
berries, & rootes, & bubbles of bellentonall, of Borrage &
Fennell, of leggs of each one ounce Mustardine, two pounds, Cut
them band in milision for want, and four days boone a great heat
then add to them the tooth of a grown Strangle, and not to blode
when he is blode, and then go bid them in Belme Marie and
Boyle this water for your use.

An excellent cooling ointment

Take hempe one pound, Sain of longstone, four ounces, Rose water two
ounces, phlegmas of Bristot two ounces & a halfe, myrra three &
make them up all into a soft ointment, & anoint the inflamed &
wart therewith.

A ype to banke a pector for a Carbuncle

Take flowers of Rosemary of bellentonall of violas of borage of
each six ounces, lavender, lacy, Camomeli, Mint, Celery root, fresh
one ounce, Marj, ginger, Cloves, Cynamon, Cardamome, grains of
peperis, Cubeb, Galanga, Juniper berries, Myristill of the Pele
stone of Ples, Penny weed, Fards, horseradish of each one ounce
Goldsnowe, Double the Ale, the boone of a Doggs heart, the
goldsnowe, double the Ale, the boone of a Doggs heart, the
portions of roses, Janinth, Rubi, Sincopate, & Emreate of each
one drachm, but all these bee made into powder, and add two drachms
of Musk, & worth Muskepine, make it up into a wash of which
make pouete balls as bigges as Peppart, then putt the carbuncle being
soft out small, and poue there upon being mixt one gallon of
Muskepine water of lavender, of Strawberies, of Rose of each one
pound to a halfe, leau them stand in a cellar for one whole month
then distill them in Belme Marie, and putt the water therewith

Species for an Aromaticke Capp

Take the roots of Icer, of Asarum, of each two drachms, Leder
of Nigelle two poules, of fennell of caraway, Galanga, of each
one drachm, Weather of Bapul, the Rosemary, of Marindom, of
Betone, of Tunion, flowers of Camomelle, of Rosemary, fefala
of Rosemary of red roote, of each two drachms, of Savax en drachm
of Majnike of Utanum, gum Sandarakha, & Sandres, Putneys
of each two poules, Peony, Sides of Amber, Marj, Myristill, ginger
Vale Cubeb, Cloves, of each two poules & a halfe, Benjamin
Pulp drachm, Muske two drachms, mala: all this into a gross
powder and quill your Capp in cōtry wolle, & bren the powder in it

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Take of Copter to strengthen the Sineres or to
help any Ache or paine proceeding from the Lesters /
Take Copterum, Styrax Calamata, Galbanum, Saphorbeum,
Cassia Legna vera, saffron, Opponax, Cuprealfamum -
Spiranthes of India, Coffers of each two drachms Cyprins -
Schanthias, Long pepper, Black pepper, Sain, pyxethrum
of each two drachms and halfe a pinte Oyle Oliver fourteene pounds
Sack two pounds, dissolve the Galbanum and Opponax in
parts of yd: wine, mingle the rest of the ingredients being
Boiled, with the rest of the wine and the Oyle, and boyle
all in Beliso Maria, untill the wine be Confused then
Straine it, and putt to it the Gummes dissolved in the wine
and boyle it againe, till that wine be likewise boyled away ~
then mingle all well, and boyle it for yd: 1/2 /
An Excellent water for the diseases of Children
or the Childrens Distemper /

Take Nutmegges, Cinnamon, Graines of Paradise of each four Onces ~
and a halfe, Cloves, Cubis of each one Once, Ginger beaten drachms ~
and a halfe, Saffron six drachms Galanga, Zedoary of each five drachms
Cynambar, prepared Quince, prepared Walnoues of each two drachms
Ginger of Ale, fower Onces, Cloves, Gillyflowers, Linden flowers of ~
each halfe a pound, Sage, Marjoram of each fower Onces, and a halfe
Mint nine Onces and a halfe, Worme, Annell of each three drachms
Launderie, Mayow hairy of each halfe an Once, Bittering three drachms
Pome rotes and肆, Myroballo of the Oak, of each three drachms ~
and fifteen Graines, Crummis of white bread halfe a pinte Dat is one
pound and six drachms, Roast of the Gumme, and Currants, of each
one Ounce, Sweete Almonds blancht halfe a pinte Honey clarified
four Onces, bruise all these, and pour upon them waters of Sambucus
of Engle, of lilly, convally, of Barage of Andal, of sage
of each one pound, Mustardine two pounds, lett them stand in
infusion some twentie and tauer dayes, upon a grete leath, then
add to them the broth of a Capon strangled, and not to bleed when
he is killid, and then distill them in Beliso Maria, and boyle the
water for your selfe /

Another Aromaticke Cyp.

Take Labdanum eight scruples, Libanum, Mastic, Storax, of each one
drachme, Cloves, Nutmegges, lignum Aloes, Cinnamon, Musk ~

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Cordamony, of each one scruple, Stoechonis of Arabia halfe a drachme
Myrtle one drachm, Saffron fifteen graine, Marjoram, Rosemary, Bergamot
of each one pugill, seeds of myrry, of Nigella, of each one drachme, Muske
three Grains, make all into greate powder, and wryt it in the same
manner as the former /

An Excellent Cleaungay bytment.

Take Honey yds: of linseed, of Hempseed, of each a pound, Carduace, one
Pint, and halfe, Rose routes and yfletoke of Vitrioll of each two Onces
Gal armemache, Mone, white Copperie, and Tantur, of each one Once ~
more then all together /

A plaster of Toads to rynge a Carbuncle.

Take dryed Toads one hundre, sonre, beaten three Onces, Thixia ~
Fidermache Illustrada one Once, greate Rue one hundre make them
ysp into a plastron with Honey /

A Credill bytment to evigate the region of the heart
and to prevent infection.

Take eyndom of water lillies oneounce and a halfe, of Lycoris halfe an
Ounce, 8 pieces helianthus, Thizia, Fidermache, Mattheola, of each one ~
drachme, Oyle of Scorpions ent drachme and a halfe, Conforti, Alterius
halfe a drachme, Oyle of Cyprins, Angelica of each fower drachms, make
all into an syment with Bevere water /

Equa vita made with Cetons vireis Cordiall.

Take the best Spinnill of Sacke broked groundes, in which infuse for
two dayes Six Citrons cut in quarters, lett them be distilled in a glasse
Embocke, in Beliso Maria, then sweeten it with the Syrup of Rose.

Species of Hyacinth a great Cordiall /

Take Hyacinth prepared one Once, Tonis Sigillata, Bolearmone, to
red Corall prepared of each three drachms and a halfe, rayed Harts-
horn, and foyne, these sorts of Saunderis, roots of Tonacanth, of
white Diphany, Cokensale, Geodes of Cytrons of Sorrell, of ~
yourplant, red roses, Saffron, Myrtle, of each fower scruples, peyne
prepared, raso Silla leavis of Golde and Solids, of each two scruples
Muske, Ambergeorge, of each two scruples or halfe a drachme
make all these into a fine powder /

Perfumed Candels to make /

Take Bonianum two Onces, Storax, lignum Aloes of each one ounce, Linden
charcoal six Onces liquid Storax one ounce, make all into candels with
the manerly of yonne Teggecole /

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An Excellent Oyle against the Collicke /

Take the Oyles of Wrenwood & Sonthan wood, of Mints of Cainemill, & Sall, of Rue of each two Ounces, Cumminis Seeds two Ounces, liquid Thorax one Ounce and half, Saute four Ounces boyle them untill the Sacke be Conyned then streyne it, and keepe it, to anoynt the belly malall,

An Excellent plaister to take away Cernes by the roote.

Take two oys, Galbanum of each two drachms, Sennelion prepared two -

Screups, mixe them, and applye them to the Cernes /

Take Camphire three Ounces white Tartar half a pounde, distill them in a glasse retort, and doe over your distillation force times

Spissit of Camphire to cleare the Stomach

and take away Pimplas /

Take Camphire one pounde dissolue it in Sallott Oyle, and after it hath stood about thre dayes distill it, and then separeate the Spissit, and keepe it for you selfe, to putt it upon the Stomach /

Oyle of Camphire another way.

Take Camphire 2 drachms, yolkes of eggs three drachms, lett the eggs be -

bloyde wrye herte, and the Camphire putt into the yolkes whiche it is hott then lett them be drayng up in a cold sette, untill it resolue into Oyle /

To make the true Oyle of Mercury that cure Cancers and fistulles.

Take quiet siluer as much as you please, dissolue it in aqua fortis, then
heat of the roote, do this eight times over then dissolue in the Oyle -

callde chym Mercury album, royston it with washinge it in common water
distilled, then drawe of the roote in a glasse Lembeke, and you shall finde in

the bottome an excedent for Cancer, and the like boordes /

To make Spissit of Nitre of the color of a Smaragdus Stone

whose vertus is, it is a god Caufieke Medicina.

Take Roman Saffraan, and planks of each a pounde, make them into powder
and meylst it with Spissit of Sacke, then distill it, and this is a god -

Caufieke Medicina /

Furne petable, or petable goud, a very good Cordiall.

Take first the Magistray of Tartar as much as you please, and mixe with it
an equal quantite of Spissit of Sacke, and then distill them, then Caline -

goud with the flower of Bismuth, then Caline more goud with the

Magistray of Tartar putt them in digestion in a rosgall clost shopt, untill

the goud be dissolued, and become of the color of a Ruby, then lett them

be distilled in a glasse Lembeke in Balnes Maria /

C

Mercury water with the virtus to cure all manner of Ulcers,
Cancer, fistulles, the wroote, and such other like infirmities & diseases.

Take Mercury Colbowd as much as you please, putt it in an Oare in a glasse
wth stop, keepe yor heate so moderate, that you may endure to touch
the glasse, condigne it in this constant heat, for sixt weekes, you must open
a small breathing hole to the bosome to proue out, take yor Mercury
thus prepared, and whilste it is hott grinde it in a warme Morter, then
putt it into a little wollen bagge, and haunge it in a Coller to distille
which it will doe into a liquier, lett there be a glasse vnder yor bagge
to receive it.

Oyle of Suge for the Clef of the Blome.

Take fourme Ounces of the whitest Sugre, eight Ounces of Lyon white Bindle
being first heate, and assoyse as the flaminngs of it craue mixe -
with it two Ounces of Red Befrondre, which is good for a colo and to ripen
flagones /

Spissit of Tartar for the face, and Complexion.

Take Tartar as much as you please, Caline it on a strong fyre, and
the like quantite of white flint mase into fine powder, sprinke
upon it a sufficient quantite of the Spissit of Tartar, lett it staine in
a settler for fift or six dayes, then distill it in a Lembeke, and keepe it
mixt wth an equal quantite of Denale Lescuete, and soyle it
for a fume, the syng much cleares the Stomach, and mendeth the Complexion /

The Magistray of Corall, and Leale, a rich Cordiall.

Take Corall, or Corall, as much as you please, dissolue it in water made
very sharpe, with the Spissit of Sulphur, lett them stand to digest a whole
night, then filter it, then pour in a little Oyle of Tartar, and it will become
like milke, then pour upon it a good quantite of common water, and lett
them staine untill the powder fall to the bottome of the glasse, then
pour off that water & poure on more, twice or thrise, untill all
the seriuery be washed out of the powder, then drye it, and keepe it /

This is that preparation made of Corall and powder, that is to be used in
other Medicines, whiche prepared powder and Corall is dissolued, and this
thus prepared is a rich Cordiall /

To Prepare Almons out of Leale excellent drayng for all the cleare cancers of Fistulay
Take white Leale in powder halfe a pounde pour upon it boone distilled
water enough to cover it, lett them stand in digestion for fowre dayes, then
filter it through a paper, then drawe of the water in Balnes Maria, and
to the residuents putt Oyle of Turpentine as much as will neyston it
lett them stand together for two, or thre dayes, then draw it off, in
Balnes Maria, untill it comes to the consistence of Honey /

C.

The Tincture of Corall an Excellent Cordial,
and good against the Bloody Fluxes.

Take red Corall prepared from Ounces, Spiritu of Vitriall, of Sacke, of
each one pound, let them stand in Digestion, for one whole Month, then
filter them, then take the Decoction, with one drachm of Roman
Vitriall added to it, then infuse it in the aforesaid liquor, then
filter it again, and draw off the liquor in Balneo Mariae; thus you
shall have a white powder in the bottom, to which powder you must
add, one pound of the Spiritu of sacke, let them stand in Digestion for
eight days, then pour off about one-half of the liquor, then precipitate
it with Bloom water, and thus you shall have the perfect tincture of
Corall, with the virtues above said.

The Alchimist of Mercury good to destroy worms in children.
Take Mercury Sublimate four parts, quicksilver one part, heat them
in a stone Mortar, with a wooden pestle, until the quicksilver be
filled therewith with several washings of common water warmed
till all the sharpnes be out of them, and this is Excellent, the Dose is
Six, or twelve grains.

Merciflum to create galls of fluxes, which was very much used
amongst the Germans to purge Fluxes, Choller, and Melancholy
from all parts of the body and viscays.

Take the two Marces, boyle Saffron of each a drachme, Agaricke in two drachms,
the French Thumble, boyle Marke of each one drachme, and halfe a Marke, American
three drachms boyle Rindall six drachms, Lignum Aloes half a drachme
boyle Aloes three drachms, the way of preparing it is thus, boyle the American
be clarified in vynegar of Squalls, then putt to it the Marke dissolved in
the vynegar of Squalls, or else thin ad the fleshe resolution juice of Rose, and
Lemons, or Grapes, when they are incorporated, putt to drachm of Agaricke
and Rindall be dissolved in white wine vynegar, Sprinkle first lemons
Sprinkled with Common water, and newe ray in the forme of a poultice, with
the fruite of smallage, wormes roote, fennell, succory, fumitory, and bunch
them in the saffron, Lignum Aloes and Marces, being temperid with part
Rindall, and fruite of Grapes, putt all these in the still Cucurbita, and
pour upon them water of Hoplomerus, of Brandy, of Betony, of Camomill
or Benedictus, of each four Ounces, of Agrimony, of Jay, of Cypre, Centaury,
of Rosemary, of Blackensis, of each four Ounces, lett them stand in
infusion, or in Balneo Mariae for three days, then pour of the decoction
fillis it, of which make an extract like galls by gentle evaporation &
which you must dot in Balneo, that you may have the water, which pour
again upon the fleshe, and draw as much mordent as you can, and of
the rest make ray in syphre, the American is dissolved in vynegar, that
it may incorporate with the rest, the Marke, and rest of the fumes blisht

C

the flats is mixt with Juice of Rose, and Lemons to alle the brats
and sharpnes of it, the Rindall is in respect to the Liver, the Agaricke to
the heart and lungs, the Spicks to condite, corrod, & restore the rest, the
liquor, or water, that are poured upon them, are for the extracting the
virtues, from the rest, you must remember that the first extraction
brings the strongest, is to be given, but in halfe the quantity of the other
which is the second, and thicker extract, this is a most excellent and
general purginge pill, very safe, and plentifull in its operation, the
virtues as abovesaid.

To make Syruppe of Clove Gilloflores the way that Dr. Buttar
gave to Mrs. Morde, and a very good Cordial.

Take halfe a bushell of Clove Gilloflores, and having putt off the
whites of them, stamp them, and putt them into a strong wide
recuated Glasse, then pour upon them the distilled water of Clove
Gilloflores, as much as will cover them, tye over the mouth of the
Glasse a trencel, and a pece of leather, to keep in the strength
of them, then lett y^e Glasse stand in Balneo Mariae, twenty and four
hours, when you haue so done take another halfe bushell of the
same flowers, and prepare them as the former, and havinge prepared
out the former, putt in the fresh into the liquor, and lett them ~
stand as long as the former, do this three times, then take the liquor
and divide it into fower parts, and to three-parts of it putt a double
quantitey of Sugar, and to the fourth parts of it a single cut, only
then putt y^e Sugar into the glasse beinge under Cloane, and ~
pour upon it y^e liquor, and then sett it into the left water ~
against boyming it stirring, and obaine skinned, until the sugar
be all melted, then take it of the fyre, and ad to the boyming whilist it
is hot, twenty grains of Muske, and Ambergrise, broken small with
some of the sugar, stir it, till it be cold, to boyme it from congealing
then putt it up, remember that you do not boyle the liquor after
you haue putt the sugar into it.

A drauge to comforte the stomack in the sick vynde and childe.

Take Savine, Mint, Wormwood and Rosemary, of all a good hand
full as much Drago leaves, a littell Mace, and Nutmeggs bruised ~
twenty Cloves bruised, a pece of fine leaved bread grated small
quills all these together in a alummen bagge, then warme it on
a Claffie dish of Coals, boyme first Sprinkled with Drago
water, and vynegar, and applye it very hott to the stomack
eveninge, and moringe, preservam etc.

29

C

A water for a Consumption or Cough.

Take a potche of the flowers of Red Cloots Miller, a quart of Mustardme Beanes of the Sunne, and Currants being made cleane one pound of each, figgs sliced halfe a pound Dates sliced a quartre of a pound, — steep all these together with one Ounce of Cinnamon broken into small pieces, and two Nutmeggs sliced, let them steep bottome downnes before you put them into yo^r Glasse Lambeket, and then putt it in and boyle it w^t Clowes, & Rose with yester distill it in a pinte of boyl water, let this party drinke Six spoonfulls of this in a mornings fastinge and six spoonfulls at night, and he will speedily finde comforte — and amendment.

A receipte of a Cordiall Ale.

Take fives Reddes six drachmes, Nutmeggs, Lignum Aloës, of each two drachmes Galanga, Cinnamon of each sevren drachmes and a halfe, Lemon pills fives, Nectars, Cloves, six drachmes, make them all into a powder, and mixt w^t it about two gallons of Ale, and when it is readye drink therof.

An Chappie in the hands.

Take Sallott Ale flower, Onions, yle of Red Ross and roses, of each one Onions melt them together and anoint yo^r hands with it after that yle of white Ross, white waxe, Myrrhe, Frankincense, and Hens Grease of each a like quantitye temper them together, and make a soft salve of it, and use it as the former.

For the worms in Children most desirous.

Take the Hooffe of a Stomd Horse, and drye it, and powder it, and stearce it, and so gree — a little at a time — in new Miller, this is layed all — other for a Sovereigne Medicin.

An Herbe for the same.

Take Earth worms dryed and powdered, and quicke about halfe a drachme at a time in Rose w^t the leaves of the Child bed Heale with the worms dryed herbe and beaten into powder, and taken as the former, is a very good helpe, and so is Marry Miller, and Haffflewest, a very excellent, and sovereign Medicin given to the Child, as the former.

To make Shred Cakes.

Take halfe a pinte of fine white flour, one pound and a quarter, of good butter, halfe a pinte of sugar, one pinte w^t flowers, and Maras as much poppetes and Nutmeggs, boyle yo^r sugar and boyle yo^r flowers very fine, and mince them with the flour, then melt yo^r butter, but lett it not boyle, and so strain it through a silke cloth, then take a quarter of a pint of yo^r Ale yeast, and as much good Damask Ale water, strain them together into

30

C

the flour, if then you lacke liquor, take a littell warme water, and strain it as before, and so presently Meate it, and sett your Cakes on paper, and so into your Oven, not bringe to hott.

To Boyle Cucumbers all the year.

Cook them in a liquer of water, and halfe, with a bunch or two of Dill, or young fennell, when you have done so sett them aside all night a boylinge, then pull them up in a Wooden Barrell, full of Cucumbers boyl young, and ale least wriped.

An Excellent Medicine for a Consumption or Old Cough. how to goe it.

Take three pints of one Cloots Miller, silver red, or Blacke, to the Miller putt Almonds suggeit straight, purge them first with six, or seven Saltwater, until there come no slime of them, then wash them from the salts in fower, or fine water, and then boyle them in yo^r Miller, from threepints to one pint, and halfe, sweeten it with white sugar Candy, or six sugar of Ross, this quantitye — is enough for a whole day divided into three parts, to be taken in the Mornings fastinge, at dinner a Clocke in the afternoon, and last at night when you go to bed — Probatum Sapientia.

To Boyle Cherries.

Boyle somme Cherries in faine water, and when it is well culled strain the liquor, then take of the best Cherries, and best sugar, of each an equall weight, powder the sugar small, and lay one layer of sugar, and another of Cherries, in your preservinge pan, then poure in so much liquor from your cherries, as will reach the pannes bottome, then boyle them as fast as you can till they be well colord, then take them up, and boyle the cherries to full height.

To make Compote of big fruits.

When you have boyled yo^r fruits ready to faction on yo^r plate, pull it in a galley pot, and drye it not at all, and this is all the difference between potts of fruits, and Compotes.

To make fine Pudding Cakes.

Take one pinte of Creme, halfe a pound of breaf, halfe 6 eggs with two, or three of their whites left out, two pounds of white graddured Somp Damask Reffactorie Nutmeggs, and sugar, temper all these together, and bala them in small presingers, or a pan, or what you please.

To Candy or drye any fruits after they are prefered.

Take the fruits and wash w^t its Sirupe with warme water, then draw it ouer, with sounde sugar, sett them one by one in a broad earthen pan in an Oven, or stow to drye, if you would Candy them you must strow sugar over them three or fourteene times in the dryinge of them.

C

To Candy, and Cleare Lode Candies /

Take Spices, or flowers, or any drye sweete, or any fruits after they be proportioned, and dryed againe; lay them upon round sugar, in an earthen panne, which is narrow at the bottomme, and broad at the toppe, then take as much refined sugar, and dissolve it in faire water, then with the white of an Egg, and two or three spoonfulls of faire water, boyle it together in a Panne, with a Birch rod, until it come to a fiske, and so clarifie it, then boyle it to its heighte, which is then high enough, when it will Reape betwix your fingers then poure it upon your fruite, and afterwards sett them in a Chinnery corner to drye, bringe conuerted with clothees, and then Box them up /

To Candy flowers after the Spanish fashion /

Take ye flowers, and haue first ready a syrups of the hot sugar, then putt in as many flowers, as the Syrups can cover boyle there with Stirring, untill it be turned to sugar againe, then with the backe of a brooke the sugar in pieces, and thus you shall haue them fayre Candied, and their color very faire and lively /

To make Cleare Cakes /

Take plummets, or Raspes, and putt them in a honest fruppe, and sett the fruppe into a pott of Southwiche water, when they are dissolved straine them through a fayre cloth, and to a pint of that take a pound of sugar, and putt to it as much water, as will melt it, then beate it to a Candy heighte, boile the other on a longing fyre, in another pott ready by hym, then putt them bothemghe full together boyle hem a little while together Stirring them, then putt them into Glases, and sett them in a warme Ouen or Stove, in a quiete Roome, lett them stande so a fortnight or threeweeks, and never be cold, remouinge them from one warme place, to another, but leane you sett them not to hott, thin they will cleare Candies /

To make Musladines Compotts /

Take a sugar plate, and mortale in it a little Muske, and Ambregrise, then Reale it as thin as paper, and call it Squard like Lorenzor, then sett it drie /

The eight rospote of the small water spicall god in a Concupisacion, new folde also to cure the Yellos of eyen, a nimble god for the windes in the Stomach, and a spicall god Crizell, against any faintnes, or weakness in the Stomach to streght as herafter is set downe, given me by (Mr) S. S.

Take two Gallons and a halfe of strong Ale, sett it so the strongest you can gett

C

and one Gallon of the best sacke, then take a poche of garden cheeke and make a fire of Charcole, and when it is fully binde all round about make a hole in the midle of it, and putt in your Sacke, and lett them roaste hervin, as long as they continue helpeing, then take them out of the fyre againe, but be sure they be not burned, then wippe them very cleane from the filth and ashes, then bruise them in a Mortar, and putt them into the Ale, and wippe, then putt to Hem towne Onions of Hartsbours, and fresh Peyses of Cloves bruised in a Mortar, with two good handfulls of Angelica leaves, and stalkes, and as much Calendine box, a handfull of Rosemary flowers, and one good handfull of Barberry leaves, shred all these pretty small, and putt them into the liquor, and sett them in foye a whole nighte close covered, then in the morning putt them in a Lyndecke clore stopt with Rose paste, and distill it with a gentle fyre, it will yole a quart, at the first runnings which yole by it selfe, it will likewise yole a quart at the second runnings which is as great as the first, though not all out so stronge, yole which by it selfe also, and take but a quarte of the third running, for ther will be no more of it good, since the first running and the third running together, for oþer the first will be stronge, yole the second still by it selfe, and you may for children yole halfe a pint of the third running by it selfe without mixinge which will be stronge enough for them /

The use of it in a Consumption.

for a Consumption take evry morning two handfulls either of the first, and third mixed together, or of the second, and mixte either with two spoonfulls of small beere, or Small Ale, and brunge it shall not aggrieue your tyme, as to it selfe of the greatest and best Ale, and se take it in the Morning, and at Noone at clocke in the afternoon, you may alio if you please take the same quantitye at goinge to bed, and doe this for a Month together /

In like manner also for the faintnes, which must be taken for a weekke, or threeweeks together, in which time it never faileth to cure them /

Use for a Cordiall against faintnes, or weaknes in the Stomach take the same quantitye about faire, with One spoonfull of 8 grame of Gilleflower at any time, and for younge Children take the same quantitye of the thid runninge

In like manner take it for windes in the Stomach, when you are oppredid therewith /

C

The Lady Hert's Cordial water with the Nurtur
Wherof taught it me, out of the L. H. most books /

Take red Saff, Botany, Spore Minto, saffptt. Myrr, Stewell, Sime, Gaulant,
pomegranat, Gauard, Calendine, Water cypar, Laudan, Angelica, Grindamere,
Calamint, Tameris, Collifort, Elixegot, Valerian, Saxafraze, primroses, —
Hernem, Parsley, Bergamot; Savory, Sebas, Egrenewy, Melle, & Tinty-
milk Marigot, Rennet, Wincetwiss, Caronius Bimictus, Tincture of the
wall, folde, Dafys, with the leaves, and Rootes, and flowers drye together
of each of these severall sorts of herbes, take the quantity of fourtill
Ounces pinte, of Lett, Yarrow, Chamfray, Plantain, Camomell, Maydon
hant, Suet Marrow, of each of these a handfull simplicie, of the Red
Saffron, Cinnamon flowers, Rosemary flowers, of each halfe a poche
of Armeged, Housell, good, yewtree, wood, Coronay, Woods, of each two drachms
of Nutmegges, Griggs, Cinnamon, Cypotte, Clenes, Mace, of each of these
two drachms, of Spinknes, of Emula Campana Rootes, draps, Melleflewer,
Calamus Aromaticus, Caramenes, Lignum Alni, Rhubarbe-bladd, thyn,
Gallinaple, Veronic which is spurrewell, redmose, Culpe, grains of each of
these two drachms, of Juniper berries one drachm, of Aromaticke.
Location three drachms of Sime Rootes and Ounces, of Jaffa wash'd
leaves, one Ounce, wash all the aforesaid Herbes, and drye them in a
clothe, that ringes them till they be drye, then cutt them and putt them
into two great earthen potte, and in the middle of the potte, putt
the Spices, Woods, and Draps, beinge bruised, then putt therewarde such a
quantitie of the best Shery Sacke, as will couer the herbs, and sett
them styn forwarde, and twenty hours clift shapt, after putt it into
a Lembecke, and make two distillings of it, of which you may make
a pothe of water, of each stilling a quart, if you would have it smaller
you may take out of each stilling a pint more, than next the pothe
of water in two quarto glasse, with these Cordials followinge, Thirty
Grains of Sover, four, and twenty Grains of Musk, twenty Graines of
Ambergrease, of flower of Corall two drachms, of flower of pearl
two drachms, of flower of white amber one drachm, and a spoonfull
of Hartshorn, finely prepared in powder, a pinte of the best and
soldest Sugar Candy Edward, two smalle baggs of Saffron, two young morn
in each bagg, to hange in each glasse, the Cordials to be equally diuided
in the two glasse, the longer you brewe it the better, after the Cordials be
putt in the bottolle, bringe wryng wylle and haue shapt, you must shal the
bottolle shalwaynes for a wile togidher, that the Cordials may be well
incorporated togidher, strowf for a man or a woman halfe tow, or thritt
spoonfull to a. And one spoonfull, it is a soundinge Cordiall for all Malady

C

graines of paradise, Cardamomes, of each one Ounce, Coronay, Sodis propria
that is to stoope two hours in white wine, hysop, one bunch, Loddes of
Angelica, halfe an Ounce, fower large Nuttwicks, then mixe these
together beaten into a grasy powder, and so putt into the groundes of
Cassary Sacke, and stoope threwe flower and twenty hours, and distill
in a cold still, you may take hereof at any time upon occasion a
halfe wine glasse full, you must draw off but two quarts altho
most, for the rest it will not be ware so good, yett you may draw
off a pinte more, which you may give to Children, you must
remember to putt into the glasse that it is distilled into, halfe
a pound of white sugar Candy in fine powder, to solide it alio
it will not be very pleasant in taste, lett it be distilled into two
quarto bottles, and putt in fowre Ounces of sugar Candy into each
bottle, the first quarte will by much the best and strongest, the
second not warre so strong, yett very good, and if you draw a pinte
more, then putt alio two Ounces of white sugar Candy, into that
pinto bottle, but that is weak, and only fit for Children that are young
for approved Medicines to be Made in March to stay wromes
monthly courses, also to stanch Bleeding,

Take Toads spawne, and rub a cloth with it, as you would do with
Soap, do thus often, havinge betwixt every rubbinge of your cloth
hang it up in the sunne to drye, when the cloth wan reaine
no more, lay it by for your use, putt this into any wound, and it wil
stanch, if not then wett it, it hath beeene proved beyond expectation
to prouide wheron nothinge else woulde /

Another not inferior for the same sorte to stay
wromes monthly Courses /

Take the largest Toad, and fullfle of Spawne, and drye it very drye
against the sunne, or minde, but lett no raine touch it, you must
caut her to spitt her pector, by pricking her under side by syde, this
is to saye quyll in a pece of garnett, and lay on the flayle of the
fly, Anoyth the flaye of wromes flowers, /

To make Confiture of tender fruits and Berries,
dissolute yd plummers as you did to make your pastes then strayne
it, and to evry pinte of this liquor, putt thereto quarters of a pound
of sugar, and so boyle it roundill it boorne somethinge thick
that when you lay some of it, upon a cold dish, it will runne no
broader, and then it is enough, putt it up /

To make Collops like Bacon /

Take Markepane pette, and roule it in sanders till it be red and work
hem wryng wylle together, then cutt in overthwart slices, ffe slices of Bacon, /

C

To make Cinnamon water /

Take two Gallons of Stronge proto Spirituſt of Sack, Cinnamon leaves one pound and fowldone ſaucers, Aniſtred two Ounces, vige Rosemary flower pound, drye common pills, and ſloues of each three Ounces, diſtill them into the Stronge proto Spirituſt of Sack, and dulcieſe it with five pound of fine white Sugar /

To make Cloue Water, called aqua Caryophiliæ /

Take two Gallons of the beſt proto Spirituſt of Sack, of the beſt Cloue-borne Ounces, of Aniſtred one pound, diſtill them into Stronge proto Spirituſt, and dulcieſe it with five pound of fine white Sugar /

To make the beſt Cynamon water /

Take two Gallons of the beſt Stronge proto Spirituſt of Sack, of the beſt large Cynamon two pounds, diſtill them into the Stronge proto Spirituſt, and take twelve pounds and halfe, of white Sugar, and four pinteſt of Alewater, make them into a Syrrape, and dulcieſe it therewith, and to enrich the Cynamon water, and the nexte followinge, you may add Musk, and Pembergrace, of each halfe a drachm, and what ſuggeſt Candy, inſtead of common white Sugar, and in regard that Musk is ſome coſt, may give oftenes to the receiver, it is reuiſtient to omitte the ſuggeſt, in leueſt of your water of this kind to ſerve for ſpeciall ayres /

To make the common Cynamon water /

Take two Gallons of Stronge proto Spirituſt of Sack, of the beſt Cynamon five pound, Aniſtred one pound, diſtill them into the proto Spirituſt, Dulcieſe it with ſixtene pounds and a halfe of white ſugar

or
the
hurſt
meat
of
pears
itfull
and

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A Cordiall for one brought very weakke, and wasted with Sicknes, tryed upon my ſelfe, and did me much good D. O.

Take a hundre Loggs of Boeef well brayted, of the beſt China rootes, ſlice one Ounce, of Hartskeare two Ounces and a halfe, of ſkawings of fyngre halfe an Ounce, boyle thre ſix hours, upon a ſlowe fyre, then diſhewe halfe dozen Blaues of Mace, of Dates ſlicke ſix, of Hippo and Clarye, of each halfe a handfull, in a little pott of Sacke, halfe a pinte, of the beſt Currents one Ounce, of Mutton brayted with bruift ſix, one younge Rabbitt cutte into ſmall parts, boyle all together ſix hours more, upon a ſlowe fyre, the pott well covred, & this folley strained, take a porrenge full early in the morninge - puttynge therinto, a Spoonfull of Orange flower water, the folley boyle heate, and take another porrenge full in the afternoone and if ye ſtomach will ſtret, another porrenge full at night /

Another Cordiall for the ſame infirmitie taught me by D. O.

Take ſix bruckles of mutton well切 with a cleaver, one bruckle of veale, one Chichen fleshe, the fat, and head cutt off, Oysters ſix ſpoonfulls, two ſlices of Buttocks Boeef, a little Mace, two Ounces of Hartskeare, of rayſons of the ſummer ſtoned three Ounces, of the leauy of Bacon halfe a pound, boyle thre ſix in a pott with leuer, ſonke, or ſix hours, and to this folley heated - putt the yolke of a new laid Egg, and two Spoonfulls of Sacke /

Cordiall poche taught me by D. O.

Take three Ounces of yowles Barley, after they are boyled in two, or three waters, poure them to make them grappie, then take a bruckle of Mutton, and two drachms of whole pepper of Dates ſlicke ſonke, or ſix, Rosemary flowers, Borage flowers of each a drachm, boyle thre ſix in a pott cloſed covered, and when you ſe it putt to every porrenge full, ſix Spoonfulls of the folley of Hartskeare /

A water for a Cancer often proved /

Take ſalladines, red ſage, woodbine-flowers, and bellflowers of each a good handfull, an Ounce of graines of paradiſe, boyle thre ſix in a gallon of riuer water, till it be a iutte yottle, then strain it out

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and putt to it four Ounces of the best Almond, and a pynt of the poorest Honey, bruse the Almond, and boyle them boyle two or three walnes very softlye, and so keepe it for your selfe, and the partes therewith.

My Cofe Cawnes two wayes to make
Conferre of Cytron.

Claire yd Suger in the same manner as you do for your Syruppe of Cytron, and to every two pound of Suger so proportionate one pound of the inward parts of the Cytron, the white Simes pickid off, and boyle it as you did yd Suger.

The second and easie way to make

Conferre of Cytron.

Take the inward part of Cytron, the Bernells, and white Simes taken away, take yd fynest Suger beaten to smal powder, and lay yd Suger an Inch thicke in a glasse for that purpse, and lay a row of the Savour of Cytron, halfe an Inch thick, then lay a row of Suger theron, and Inch thick, and then lay theron another halfe Inch of the Sone, and continue thus till you putt on a pound of Cytron and two pound of Suger, then sett it in the sunne for eight dayes, and keepe it for your selfe.

The reyse of Chocolat taught me by
Ms. Dickenson, Ms. Leningtons daughter.

^{Laines} To every hundred you must putt two Coddys of the long red pepper which are called in the Indian tongue Kilpeulaque, or instead of these of the Indies, you may take those of Spaine, which are breadroot, and boyle them, one handfull of Anniseed, or Euclay which are otherwise called remexiles, and two of the flowers called melaguella, but instead of this of Spaine, to putt in sixe roys of Alexandria beaten to powder, one end of Campeach or lemons two drachms of Cinnamon, Almonds and Hazell Nuts boyle them, of white Suger halfe a pound, of Achote, enough to giue it the colour, and if you cannot haue these things from the Indies you may make it with the rest.

The way of Compounding them.

The Cacao, and the other Ingredients, must be beaten in a Mortar of stone, the first thing that is to be done, is to drye the Ingredients

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Folio's 299r to 432v are blank
Some pages have been included to show those with ruling

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