

Noble, George

Contributors

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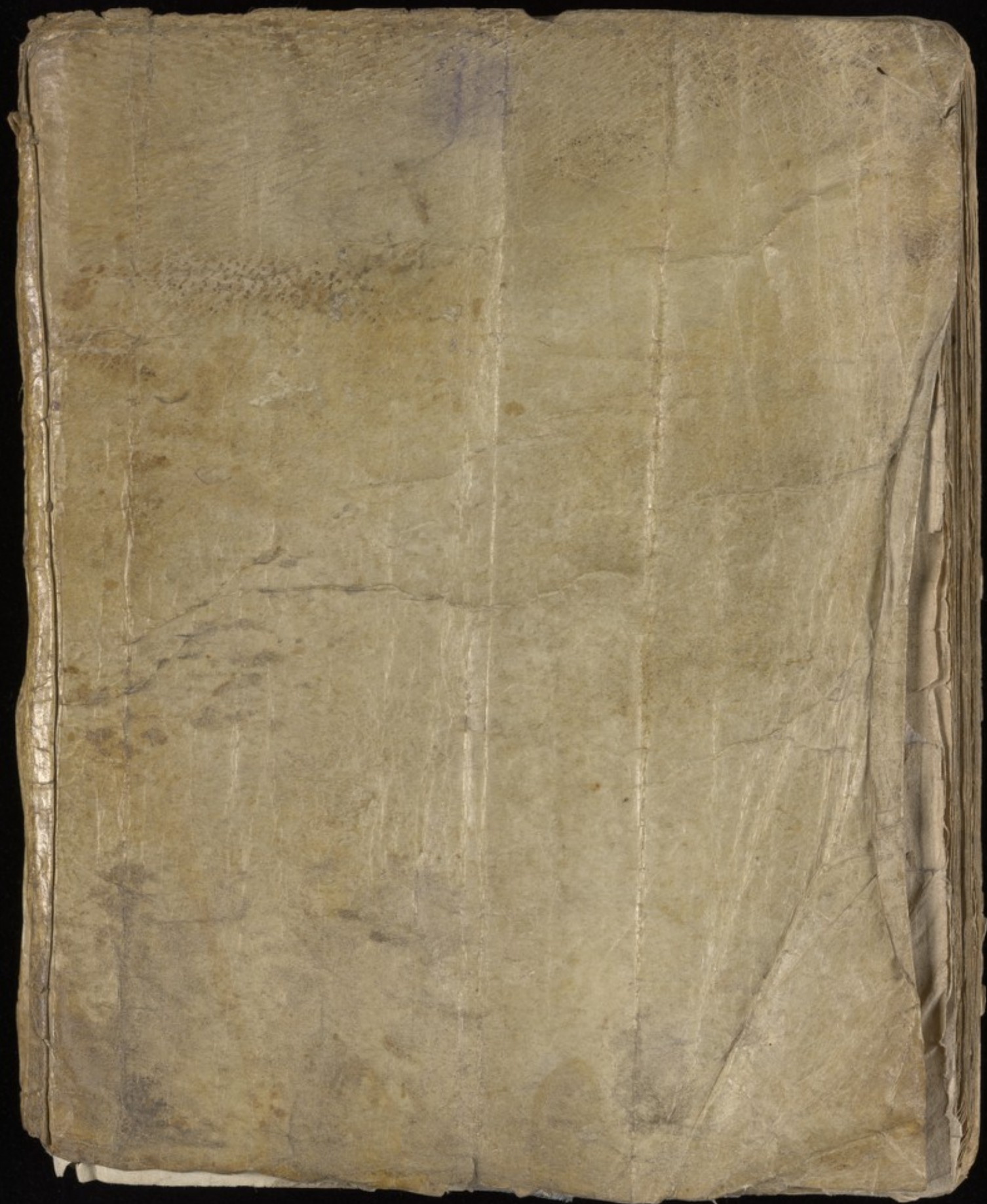
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56605

Excellent Receipts & Medicines
of all Sores to be used with
Necessarie both for young &
ould Collected by George
Noble gent^r the 22th Daye
of August Anno Domini
1629

A table how to finde out
perticulare Medicines
the xxijth Letters.

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101

A medicine to kill the wormes in Childrens bellies.

Take a Lemon & cut off the top & bottom & take out the meat
& put therein a flower according to the bigness of the
Lemon, then close it up again & set it on the fire un-
till it be well roasted, then take thereof & annointing
somewhat the soles of the feet & the navels & paulmet
of the hands. & beate oft.

To Cure the falling Sickness.

Take of the best castoria & of Asafoetida and one
drum of Asyoni root & one drum of Asimattiru
Root 2. drams of
goats milk & scurvy of myrtle and then make thereof 7
spills and take one of these 3. times a week & the
take Linture of piony leaves draw out with the spi-
rit of vitriol now & then & with of good Antymoni

To Cure the Laske

Take beere meate twice a day a peere of pserued.
Quinine & it will stay the loosnes of the bodday

To Stop the Laske & Flux

Take a pint of Romaine water, & quantite a gad of
steel in it for 7. times or so oft till halfe be consumed
ad to the water as much new milke & set it on to eat
the cheese be consumed & drinke of it fasting take also a
spoon full of scraped cheese called Parmazant in a little red
wine, fasting to bedwards, & a spoon full of candle grease having
in morning melted.

For the Flux of the belly: p. 2

Take good handfull of barley & bruse it small & put it
in a pint of Ale tie it & beale consumed & drinke it warm
first & last but forget not to strain the Liquor.

Another for the same.

Take 2 little pills of fine Lint & steep them in Aqua vite
& swallow them fasting & before supper.

For the Starting of the Navel,

Take yarrow and steepe it in Barrowe Grease &
apply it to the Navel.

A matter to cure a Burnt & Ulcerus yeard. v. v. v. v. v.

Take Roare allom. 1. oz. of Warday grease a Dram. of Smytes
water a quart. of red saige one handfull, let these beyle all
together softly on a small fyre of wood cooles for 2 howes
or untill half or litle more be consumed, then wet the cloth
in some of the Liquor, and lay it upon the yeard & squirt
of the liquor into ye yeard, if there be any inward griefe you
must remember to spraye the smytes water through
wollen a pottagayes bagg, before you put it a boylinge & put
any thinge to it.

I once did heale one y^e eld borne & worke in one Phillip
a Barber of Norths, & he could not helpe him, but made him
worke & worke, so that the poore man kept his head out of
hope of life, that his yeard was swollen as bigg as a mans arm
now it was full of holes as black as a boot when a fine red
swadde of the belly & I did heale him in 10th daies and
sent him away againe wth joy & comfort.

pa: 3.

When I took him in hand I presently did dip & cloath^{ed} ^{yoth} as
fayre as he was blacke, & rownded it wth ^{yoth} ^{yoth} cloath^{ed} in oyle
of Brimston & let him lye till night, & thus did I drusse
him 3. dayes or twice or thre a daie, & it was as playnfull unto
him as the bytting of Ants, And all these dayes and all the
fowle blacke & filthy scabs flew cleave a way, and was separt
from the good flesh, And a number of the bad blood was drawne
out of the place. Then havinge nothinge els left sounde, but the
little wound in the middle wth quidele soote for water, I did
then worke upon it wth the incantation singulire, & in 10. daies he
went a way, wantinge nothinge in length and bryde & was
wount to shew, shewinge the same upon the thre. And the
is the Nature of the oyle of Brimston, a wth swaignt and
good oyle for all cold sores, & the 1000.

To make the oyle of Brimston.

Take 2. or 3. pounde of Brimston beaten into fine
powder & steep it in common salt oyle, but better in Lynsed
oyle, put it in a Glass that is apt to distill, so lett the
Brimston & the oyle be first brought to a boyle, wth you
shall distill out of the mouthe of the said Glass, And
the oyle lett fall drop out of the mouthe, you shall put
it into a vyle fillinge it half full, & after fill up wth
vyle wth plantayne water, & wth the Juice of Cardus
Benedictus, & let it boyle a pretty while, then wash
the soare wth Aquavite or wth wine and apply
this soe and will heale.

Robertus

To make salve Greene:

pa. q

You must boyle y^e Hoalmige Hoards in good Saffet oyle &
boinge first brused, & then straine y^e oyle in, wth w^h oyle
you must boyle y^e wax and other things, and when it is all
sufficiently boyled put in all y^e other things. Then take
it of y^e fire & put in y^e Dorepoutayne and stir it about
& it will be of a blist graine color.

To help a poor & simple face.

Take a pint of rogitroni, & a handfull of woodbine leaved
or 2. or 3. oz of woodbine rooter, and a quarter of pound of
fine powder of Quinz, & fete all together untill it be some
thing thicker and anoynt it to grave some 5. or 6. times.

A verrie good Drinke to be giuen inwardly for ancy Brust ore falle:-

Take for montall Rootes Gall hogstaylor Virago Virga
and the hoar called English madder moult Cam & Aboune
of each a good handfull & boyle it in a duble vessel in
a pott of white wine untill noe care may be forth
being strayned to ewie draught given as before
it did miraculously cure y^e p^{er}

Another for the same.

Take Butter without faulte made in may, one pounde &
a halfe of madder & of Castore & of parmasellin of
Commintoll of eare of hyss. 3. leaft a halfe an oz. boyle
them all in a sufficient quantitie of white wine till
wine be consumed. Then strayne it through a clothe
lynne & scd. & then boyle it in a lye. box.

probatur et

ffor the Noyse in y^e Eares,

Take 4 Eggs of English fashon & the Joye
of Charlike whole litle Goose grease, w^{ch} must be from
the of Golfe, & mixt from together & strain it through
a fine Clothe, And then drop a litle into the Eare both
Mornings & Evening.

To take away a bruse or blacknes in the face.

Take beere yeast mingled wth some running & make
it of a playster & lay it on the place that is hurt or
bruised & you shall finde it out some day & after yt
take a litle soft butter & Ale & soke them together
& then apply it to the hurt & wash it thorough.

ffor a Burnt oricke.

Take 4 Eggs & soke them hard, & 2 penny worth
of boardage grease & squeeze them together and so
take the water thereof and wash y^e sores.

To strengthen y^e Backe & to stop the Running of the Raines.

Take a leg of beefe next y^e knoe boyle it wth
Wassell Rootes tie y^e sinews rom from the bands
and add the sinews wth the Wassell tie it
becom like a jelly or ointment, therwth annoynt
the Raynes of the Backe against the fire 3. nightes
together & recover.

To stanch Blood at the nose.

Take green frogs & drye them to powder & tie them to
the nose of the right hand;

To procure Sleep

Take a bottle of Mansie & steepe in it 4 oz. of the best
Mulleins beaten 24^{hrs} & then draw off one quarter
of the spirit & strain together and give the phiⁿ of it
to bedward 2. or three spoonfulls.

Against the Gyles & Emroids

Take the oyle called yere oyle made of shornaloes &
shreds and beat it with a barbe called mullett & apply
it also, Likewise burne frankincense and set it into
the stool to sit by the fire may run to the fundament

A Remedy for any kind of itch

Take Smalagee, freatge, fud, Rodsage, which are
made subowled, find in the grounds of stranges
herbs, and lay it there unto and it helpeth.

A sudden Remedy for a cold.

pa: 71. The Cowle

Take Ecoromphine & dry it liquorish & Amysced with
Dowle fote & Rostafles dampfire roots & fuge a standy
of care of heise take a quantatid & dry it & drinke
it with Migt wgen you goe to bed in wight wgen in
Oj & wight in quantatid,

An Excellent Cordiall

Take an owle Red roke, 4 Calves fote, 6 shreds
of a quarter of stags horne, a dram of Beason
fene a dram of romonnes horne a quarter of
Gurranes a quarter of Reasons of the same a
quarter of Dates, 5 graynes of Amber, 5. graynes
of Muske 2. Drames of Mace 2. Drames of Nutmegs, 2
Drams of Cloves, 2 drams of fennell roots, 2 drams
of Malle roots Rosemary tops Strawberry leaves &
Rogole leaves fumatory Leaves

to be taken oft.

A present Remedy for the
Bludday flux.

Take muske fere & wash them with wine & make
a fyre of egge shels & burne them thorn untill the looke
wight, & wgen it is burnt take the blacke wte & resende
about and shewp & wgen it is to fine powder & drinke it
it wgen milke from the cowe, but you must take a spoon
full of the powder to a draught of milke
& it will helpe in 6. times drinke it,

pa: 8. The Runninge of the Raines

Take one oz of Roynes Turpentine washed in red rose
water 3. Nutmegs in powder a quarter of an oz. of
Cinnamon in powder & 2. yolles of Eggs and as much
Cold Alewife as will make it in pills & give from 7.
of Mornings & Eveninges.

ffor a woman thatt have to be delivred

Take white Iubbe and beat it to fine powder & drinke
it twice & by the grace of God shee shall be delivred

To make Heave growe,

Take Honney & honney sucke flowers & stamp y
together & use it & its good.

ffor the Greene sicknes

Take weay & greene broome, boyle it together and
drinke it 9. daies in the morninge, if the phie be
weake & faint & at home Eat a new layd Egg and
walke upon it.

ffor the Runninge of y^e Raines.

Take Red Rose water & three yolles of an Egg & beat it
together, & then put into it a q^{ty} of an oz. of beaten
Cinnamon & a little sugar and drinke it 3. or 4. morninges
together & it will help.

for the same.

Take Iron and beat him in small & boyle him
in Miel & strayne it & drinke it.

To cure the Blooday Flux:

Take a penyworth of Sallet oyle a penyworth
of suger and a penyworth of Aquavite, mingle it
altogether & drinke it.

A Historicall Drinke perribed by Docter Turner.

Take of *Polypodium* roots & dock roots of each a
gillfull, *Sassafras*. I meane the Indian Druggs the
smallest and the newor y^e better, 2. oz. of *Liquorish*,
shred all this in fine small & thin, & then mixt
them wth 4 oz. of *Stemona* leaves & put them alto-
gether into a lardyr *appelm* wth a close cover
into a gallon of fayre water standing yet, & for
let it stand close plsted upon the yet for 40 dayes,
to keep yet, but not to boyle, & 24 hours, then let
it stand till it be cold, then take 4. or 5. gill-
fulls of *Scurvy* grass & *Saffron* & stamp them &
it sayne them wth some of the *Sassafras* direction
And then put yet more of all the former liquor
into the former liquor & drage into 2. gallons of
new funde ale, wthout any baye in it & in a
keyne bosell.

A present Remedy for the pa 10
Runnyng of the Rames.

Take yellow Amber & Mustike & beat them to powder
both together, & then take the yolke of a new layde egg
and chindfure of Plantaine leaves beaten, then take
the juice of them, & .xx. spannefulls of milke, and then
mynge all together, & drink them first & last.

Another for the same,

Take the topp of a yonge sprauge of an olde oak
& dry it in an oven afore the bread is taken out &
soe keep it, & when occasion serues, then take it
& beat it to powder, then take the weight of six pence
& put it in the yolke of a new layde egg & so oate
it, & it shall help to heale a bruse or broken leg
also.

An oyntment against a Blome or
strayne or swellinge.

Take a quantaty of fresh May butter & a litte
red fennell & les more red saige seed beaten
small & boyle them together, then straine y
through a cloth & it will be like oyle, Take
a litte & warme it by the fire & so doe
anoynt the soare.

Plata est

To make English Balme

Take a quart of the best salted oyle, & a good quantitie of English Tobacco if you have leaved minced small, & put into the oyle in a glass & set it in the sun for xij. dayes, with a bason att the backe of the glass for the adflice of the sunne, and att night set the glass before the fire, not a fatter att the backe of the glass to keepe the oyle in the temper ~~the~~ ^{the} while the sunne sett, after the brasse the oyle & tobacco together in a mortar & then straine it through a fine cloth & then put it in a glass or what else you will. & it will heale any greene wounde blowe or bruse.

A precession receipt of the oyle of Rosemary, for all vlcers sorts, for any hurts & cuts in the bodday ore impostoms in the harte,

Take 3. drops in each a dozen of spoones of wine & drinke it when it is drunken ~~but~~ it will cleane all the flames in the bodday & heale any cut in the bodday in short space, It hath sure a virtue a bone all it will for any kinde of sore bodday sore head or for any payne, & to breake any impostme in the bodday or the head or in the harte. thus it is made.

12. You must take 3th of Rose Marry & beat it small
in a Mortar, & when it is beaten then take a quart
of Egg best Sack you can get, & put therein the Rosemary
in a cleane bason & let it stand in the sunne 3.
or 4 dayes, Then put it on a soft fire, Then put in
to it a quart of Sallet oyle, & let it be boyled untill
the roome be consumed out of it, Then strue it about
& when it is boyled, tast a little of it in to the fire
& if it burne cleare in the fire, then & so it is
consumed, Then take it & straine it, & put it in a
Glasse, & put into it a dram of Clove & then put
the Glass into the sunne 3. or 4 dayes & after use
it, & it is oyle.

If Glisten to Ease payne

℞ Anethi violarij flos semina Anna rom
Seminis huius famigori Anna mamula B. root
Dorotio de qua lib. 1. In addo vto clove anorm
in oile urohem 33 salis 3, et B. misce et fiat glisten.

If glisten to Ease payne,

℞ Dorotii Garminarum lib. 1. In addo semiditta
Lapate pary Rubra Ana 36 Mellis Rosati colati 32
Butiri rosati 33 vto pignedum galline anseris
anatis nata 3, oile rutati 33, salis 3. misce et fiat
glisten.

The Running of the Raines

Take the shell of an oyle of rosin turpentine & wash it
well in roafe water, then take the yolk of an Egg
& mingle them together & put it in a little water
then add to it a penny pot of ^{white} wine, & swallow it well
put it in a little milk, and then let the child
drop in a morninge fasting & keep it for
the 2. or 3. howers & let him not sleepe & it will
cause him some 5. or 6. stools,

A Dyett Drinke.

Take the Sassafras & the Cinamon & the lignum vite
liquorise sassailla turbit & the lignum aloob & the
virtute of all this above one howre,

A present Remedy for Childrens Mouthes that are new borne & cannot sucke.

Take honey Ginger burnt Alom & mixt together
& annoynt the childs mouth, & in the first dressing
by the grace of God it will help.

To cure the yello Jannes

Take the small roose & the dragings of Ivory, 2
oz of seeds, & 3 oz of Ivory, make it in 9. yts &
drinke one yt twice morninge in a yd pot of white
wine for 9. daies together & walk 2. or 3.
howers after it, & it will help you.

A water to make woorme fayre 14

Take a romie q^t of roche & put it in a glass. & put in
it half a q^t of an oz of mercury & a q^t of an
oz of camphire. Then put it altogether in a glass.
& let it boyle in a skillet of water, in the glass two
pences. Then take the fume of a Lemon & some quatch
of bitter Almond & put it together & wash y^e face
wth it twice Morning & Evening.

so stanch blood at nose.

Take a new garter & bynde it a bout y^e breast
wth y^e fume & it will stanche it presently.

For the Burminge Feanour,

Take half a penny worthe of Eriace, & half a
penny of Saffron, half a penny worthe of saffit oyle
half a penny worthe of Saffron, half a penny worthe
of Aquavit, half a penny worthe of ruyngie, mingle
all together & drinke it wth the fitt is comyng
& by Gods helpe it will heale you.

An Excellent medicine to heale in a daye or
two all manner of Infectione & wounde
wherin is growne dead flesh & superfluous
flesh and to heale wounde & scarts w^{ch}
cannot otherwise be cured by medicine

Take 3 ounces of Turpentine wash in common
faire water 4. or 5. times & after wash it againe in
Rose or Glantaine water & take to it Turpentine
being first wrought wth an yllie of an Egg & 1. oz. of
Dram of oyle of Roasses, of good sublimat^e halfe a
Dram, & mixt all these together & make thereof a plast
& lay it upon the wound. And because it doth draw
some pusht, make this Defensiv^e to lay a bout the wound
Take two y^{ts} of oyle of Roasses halfe a pint of good wine
Dominger, & a little hole Allumini^e, att y^e distillat^{ion}
beat it into fine powder, mingle all together and
rub wth it 4. or 5. fingers or more round a bout
the wound, & Gold^e not too farre member to farre fro
the fire, to the intente to let pusht the dead fleshe
is Eating away & consuming the y^ethe fall
not into a more greater phlegm^e; after the dead
fleshe is eaten away, lay to it a little salve &
lay it upon the wound, a wth a d^{ew} & you shall
see a marvelous Cure.

A nother singulare & approved oyntment to heale all kind of sores

Take 1. lb. of common oyle, of Liquorish 2. lbz: of
wax 3. lbz: Venus Turpentine 6. lbz: boyle all these together
when it is boyled put thereto 3. lbz: of the dead bones
of Aqua fortis the w^{ch} is made of vitruall Roman^e allow
of salt y^ether & this y^eem^e w^{ch} is together, & keep it for y^e use
It must not be boyled to much, nor to little,

A Golden ointment of medicines 16
wh doeth verrie well mearnat &
heale wounds in tender & weakelays

+ Take of roay 3 5 9 of Rosin 3 m. of Venus turpentine
cleane wast one pounde, of pure Gumy one of the
a chelc, of Mastick of Oblimatu of Sorrell of
pure redd marre of Alarots of Saffron of elger
of Epise last 3 m. make yor ointment, it may be
more called a Golden ointment for wounds.

A nother for the same,

Take of Colopgoni 1. oz. of Frankincense called
oblimatu of pure marre of elger of Gum 2 d
1 Dram of Mastick, 2. Drams of Venus turpentine
Venus wea wast chelc an oz. of oyle of
Wittnall 1. Dram of the Golden Apple we
I take to be of Lemons and ad of roay at
more les shue Justine & herof make a playster
platu ist,

The most souverainst medicine in the
woeld for the stone & colicke and
to breake them both.

Take Parsley seede broome seede grumble seede
Hemck seede Annes seede plantain seede

Smellage roode of care of hem a quarter of an
 oz. of Almonds 2 or 3. lund of fine sugar of Candy
 4 oz. beat hem all ^{to powder} in a mortar putte to be win fine
 C. hem powd it, And hem drinke to be powder Euening
 C. Morninge 3. drinke in a peece of wylle wylle wylle or
 any othe drinke lund wylle. But wylle wylle it
 best, wylle of the quantite of the powder at a time
 the more the better wylle, C. it Euening,

For one that vomiteth too much
 Take of Minte roome wood of care 2 Elnes
 of Rose leaues dryed a handfull C. Elnes on gaudie
 of Browne Leanyed bread, sprinckle to be wylle
 wylle wylle, make a quilt bag of Elnes and
 put it to the stomack, by: Doctor wayne.
 A medicine for Rotten teeth

Take of the horn C. burne it, C. doo to be after
 in a Linnet cloth C. lay it to be sore tooth and
 it Euening.

To make oyle of Roast
 Take of the al of rose flower to be gathered
 early in the morninge, wylle to be due by the C. wylle
 to be full spread. hem wylle of the knowe and reyn
 wylle wylle of sissies smale C. put hem into
 a glass, and hem put in sweete oyle to it C. it
 makinge yfist good oyle of Roast.

For the Stone

Take pillotary of the male a good shud full and put
it in a quart of marmey & let it soke to a pint &
then drinke it wth eat wth you may suffer it, & so
lye downe in y^e bed & renew y^e warming
it eoeple,

For a hot & a sore thure.

Take oaten meale broked cleane wth a bat & in
a mortar & put warme water by little & little
till y^e be into, then straine it through a fine strainer
and seeth it till it be thicke then put Almon, milke
and suger a good quantat^{ion} into it, & give meat it
good for y^e gon thure & an impostome in y^e inward
members, for it will ripen y^e impostome
& drinke for y^e humor a way,

For the Stone

Take a y^e pot of Remish name & a Limmon, and
straine a lye of y^e same, then take a reddish wood a
good bigon & p^{er}se it like an apple, & let it stand
in y^e steeped from y^e morning till evening &
so drinke y^e potion, & so y^e shal be saved in y^e
morning 3. or fewer daies to get y^e stone

For the Flux & Nutraments of the Rents & Bones.

Take 3. quarts of Rinduct water or more
 & a pounde of Luridge pearse of the same and
 pounde of the spitz of an Oxys backe one handfull
 of Lyues wort of Shirts tounge let mure and
 a litle Olary, a shello pomey let grated in
 wth the yppels of 2 Eggs beaten wth it. Then
 boyle theise all together till it cometh to be an
 exceedinge thicke broyle so dur^{ing} morninge eat
 a spoonfull full.

For the Toothacks

Take a spoonfull of English hony and
 a spoonfull of fine flower and a spoonfull
 of pepper beaten & a litle of the inward bark
 of Elder cut small and a litle of the ~~garden~~
~~herbs~~ gredne of a goose turke mingled wth
 wth Aquavite & barke of mⁱⁿ litle take of the
 the dole & take a litle quantitie & lay to the
 tooth light a bly.

To breake flume on y^e stomack 20
Take 10℥ of Syrup of Marshmallows & mixe Syrup of Marshmallows
best vinegar 20℥ of the Syrup of Marshmallows for use
of take a spoonfull before meale.

A good meddicine for the Burning Feavour.

Take barley & pike it cleane & wash it & sette it in an
Eartthen pot till it be swolne ready to breake yet not brok
then take it of the straine it in a double cloth & set the liquor on
the fire againe wth 10℥ of white Garb^l for colouring, Linen rorte
Gaste tounge Smilke fild^e & violet leaues & stobs of yem
all together in barley water wth some small Reason
& when you dar to drinke lett it be sodden wth take it
of the straine it, Then set it in a quart pott wth a
good quantitie of Cinamon grossly beaten & some
suger to make it pleasant, & if the patient cannot sleep
take a quantitie of white Poppie beaten in a mortar
& put it in the water lett it be & setling wth 10℥ of Garb^l
& lett it be to be drunk on of fasting & at all times
it may be drunk on of except all meat, you must
be sure to keep it close in a pott lett it may take no
age: And if you can get no Garb^l, & lett the tin
of the yere do not serue for it, Then take
the same barley water & keep it in a glass & be
sure to drinke true Syrup of Violet, & then
take a spoonfull of the Syrup, wth a dozen

spoon

spoonfulls of the barley water or more at
the sick like it,

To make one Look & fayne

Take a pint of cream & a pound of Bitter
Almonds each an ozj. of Camphire & 4 rosetts
of New Layde Eggs w^{ch} half a pint of rose water

The Lady Hubberts Receipt for a burning
feanor exceeding good:

Take a pint of Rhenish water & a quart
of new milke put into the water 3. spoonfulls
of rosetts some pinnings, & rosen the milke & set
put the water so mingled into the milke;
then take of the curd & make it steeve and
drinke it cold or blood warme;

Fi. Fi.

Made by 3. diu

learned:

More for a BURNING feanor;

Take of the benedictus water 2 ozj. of red
rose water each an ozj. of Burrage water
each an ozj. of the syrup of Limons an ozj.
of the syrup of violets each an ozj. of dandelion
Diascordia in Decans the in simple rosetts
mixt all these & bene written rounde so let the sick
this drinke the of the people att on time & the

early in the morning fasting, & fast 3 hours 22
or more after it, or w^{ch} an empty stomach
about 9. of the clock at night, for burning meat or
drinks 2. or 3. hours before the taking hereof and
3 hours or more after it, but it is best to be given
about 9. of the clock at night, for burning meat
or drinks 2. or 3. hours, and let the patient presently
after lie on the left side, that it may be better
work to the heart.

If the patient be in the great extremities & in the
the part & stomach troubling, in the & wanting sleep
then the medicine may be given in one more or twice
the next morning & one more upon the next day
about eight hours after or at night fasting as
afforded.

This is an Excellent Cordial to drive away any
poison or pernicious vapors & humors from the heart
& stomach & will afford the extraordinary heat.
It will refresh and much comfort the patient's spirits
& it will procure sweet & sound sleep, if the patient be
quiet & inclinable to sleep, and put out all matters
of corruptible heat trouble the head & mind & so mislead
to sleep.

This medicine was made by the Learned Doctor
and is to be taken after the usual proceeding
good

23. Good to be effort affluence th more strongly
and kindly person be into the
A quarter of of this portion for this portion will
be enough for a young child of 2. 3. years
old. & help to grow for youth of 9. or 10 years
old.

For Shortness of Breath.

Take a quart of ale & a quart of milke & make
a posset and take of the curd, & some put therein
2 penny worth of Liquorish, stitt it wth small
cheese a quart of Reason of the same, & a quan-
tatie of a penny worth of Amysseeds 3 or
4 fligt & stitt them open, Boyle them altogether
till it com to 3. quints, then take it of the straine
it, & mixe the Juice of the same, & mixe it into it, then
put to it, 2. or 3. penny worth of serups of
Maiden haires, and 2. penny worth of 2 Examine
Sugar Candie, & a litle quantatie of fresh butter.

A Receipt for the stone,

Take of white wine, 5. or 6. Brandy
of Amie Boyle together wth a soft fire
untill halfe be waisted, then take it off
it, & then coule it, & you take 6. or 7. beets a line
out of the line, & perord of m^{ch} silver dir
small, & you put it into the liquor & strain it

For the Stomach

24

Take the flowers of brambles & distill them wth the
sallet flowers together & keep it till you have the
juice, then drinke of it Evening & Morning, wth some
sugar.

For the same,

Take the bladder of a white hog, & drye it to a
powder, then take of it as much as will lay upon
the tippe of a spoon full of white wine or 2. & you shall
finde your selfe wth ease at last.

For the same

Take Asen Bayle & drye them & beat them to fine
powder & drinke them in white wine.

A Preparation for the Bodday against Whissicke

Take scrup of Roses & sallentayne 1. o^z: manna
1 o^z: Dissolve this in a quarter of a pint of cleere
posset drinke, & drinke it when the Patient goeth
to bed.

25: A Balle for pills to purge
the Rames.

Take .6. drams of Venus Serpentinae, wash
in Red rose water, mixt with an oʒ. of Eale
of Gushia fistula, divide this into 5 parts, &
make it into little swales (bolles), & rub them
long in sugar, & swallowe one part twice morning
betwene 6. & 7. in the morning, & drinke att
Eigth of the Clocke, a little Lemme brady or
Robine Masse & drinke it, & drinke it again
for the same purpose;

A Balle to Rime the Backe.

Take of Considine of red resse, 1. oʒ. of Eale
of Venus Serpentinae. 1. oʒ. of waxe, mastick
oblimented with acemanike, & una sigillata
Roots of the brooke, vari dried in an oven
& recently beaten into powder, of each of these
Eale an oʒ. Cinamon & Nutmegs of each
of these 2 drams, powder with rosin
1. dram, make all this into a balle, & in make
att this into pills a bout the bignesse of a pease
& take 5. or 6. of these fastinge in the morning
a bout 7. of the clocke & fast an houre.

after him, when you take him whole from you in
sugar, or in the yolk of an apple,

Or in y^e brote the leaves of rosb^e Camphire & take
the bloud of clarey & the white of an egg & rotes
Or make a little Chust y^e.

Or take the y^e ffe rosb of the Angles & make a
salt of yem, & take it wth y^e meat, put into
yem p^rimigie & sugar.

Or take the suppositor of Alom & make it fitt &
put it into the fundament & fitt upon it & the
an power, or the about & it will grow a stone.

Or take the a spoonfull of honey & take the a
drum of romyn seed, beaten wth smale & ab
mug salt wth will be on a penny, Boyle the
the y^e beyme to turne blackish, & then drop a
little on a board, y^e then you finde it cold &
thiffi then make it wth into. Hold & be wth yem
& if you will you may put a dram of sterva
pura.

Take a pennyworth of salt oyle &
as much of rosb yem & mingle yem &
Drinke yem, a little warme an hour be
before you rise.

Stomachs preparatiue

Take of the Scuruy do quinqu. Radicebus 2
ozj. or 1. oz. i. half. & take it wth a Liquorise Juice
2. nighte & one morninge, next before you take
the stomack.

Stomack:

Make a decoction wth a spoonfull of Turan
a quarter of a pint of springe water, boyle
them wth to the half wth a small fund full of
Gruerie, Take likewise a quart of a pint
of the decoction, add to it 2. draught of
powder of Asarum or Asarabacca, put to it
one ozj. of oxymell squilliticum, Take it
before you sleepe warme, a bout .7. or 8. in
the morninge, If it should worke to reue-
=lisse. to say it take a little more, also wth
a draught of white bread boyled into it &
drinke it, wth w^{ill} presently stay the
stomack.

plata of

ff Cooling Olibster

27

Chills of ~~Violate~~ wild Mallard, Mercury purgatory
 pectorary of the male, flowers of mollitote, of care
 in glandfull, y^e ~~yellow~~ dore roots & ~~Algea~~ roots
 Marsh malle of care a handfull and must be 1 lb.
 Amos seeds & ~~hermell~~ seeds & ~~Rosant~~ of the same
 fowls of care of the seeds ~~chile~~ an o^z. of
~~Rosant~~ 1 o^z. ~~Amos~~ seeds & ~~lyn~~ seeds of care 2
 drams, beat the seeds well, then take the
 spirit of spring water & soe mixe milk or whey
 or soe mixe the bray made of a peate & 2 lb
 boyle all y^e to the chile of ~~st~~ ~~amine~~ boyle all y^e
 y^eing, & take the chile of the liquor, and add unto
 it ~~diaphomaton~~ ~~diaphomaton~~ of care ~~chile~~
 an o^z. of ~~corrup~~ of ~~Rosant~~ ~~gallintini~~ 1 o^z.
 of oyle of ~~chumamell~~ & oil, of care 1 o^z. make
 it but blood warm, & soe put it Redday to take

The Receipt of m^{rs} ^{dis} Lammes Scarf Cloth uerrie good

Take a quart of a spirit of Sallet oyle & a
 pennyworth of redhead & a pennyworth of
 yellow wax, the red head must be brused

28. smale beset it be mingled wth lye oyle and
 soap, then set it in a posnet ouer the fire,
 & let them boyle softly together untill it look
 blacke, & rise from the posnets bottom, then
 put in y^e cleatye, & if it make them look
 blacke its boyled enough, y^e lye be not
 wth a dypt in the posnet, you may take y^e
 boyle & spread them wth y^e smittle, & when
 it is drowd keep them till you see occasion
 to use them.

For a vomitt:

Take 4 leaues of Asarabacca, bruse them
 well in a wooden dishe, then put to it two
 spoonfulls of Beere & ale & so steue it well
 together, and make a good draught, & then
 strain it & giue the cleare liquor to be
 drinke to drinke, & so keep warme & drinke
 possit drinke possit drinke betwixt
 & drinke.

For the Stuary wth good

R^e. Sarsagillij cortij et legum quasiana
 Radix China sassafras $\mathfrak{ss}$ Carls $\mathfrak{ss}$

29

Solorina Scana $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ *Epitima* $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ *Humidartilub* $\mathfrak{z}\mathfrak{i}\mathfrak{j}$
Betonica cordis benidit *Emulu campana*, *Sellionum Musc*
Masthata zinzibiris *gariophilonum* ana $\mathfrak{z}\mathfrak{i}\mathfrak{j}$ fiat pulvis
 misce, then take one pounde & a half of clarified yew
 must make it into an electuary & so take the quantity
 of the meals next mornings & Evening.

For the Lungs & Ligh

Take half a pound of white sugar & a
 half a pound of the Resin of the Gum
 a quarter of a pound of Amys seed, 3 quarters
 of a pound of Liqueur, & 3 quarters of a
 pound of the powder of an ounce of the
 Root, wash them & let them be being
 bottle it up in stone bottles, & so drink it morning
 & Evening & in the after noon if you please.

For the Scabbie

Take a pound of
 smalls, then take a pound of May butter & boyle it
 & butter over the fire & blome put in the herbs & soale
 & wipe over the fire, then add to it a quarter of a pint of yew
 aqua vite & let it boyle a bout a quarter of an hour, then strain
 it through a cleane cloth & keep it for your use, when you drisse
 your selfe you must warme it upon a chaffin dish & soale, and
 so annoynt the place questioned.

Approued good for the Stomach.

Take yellow berries, sweet boyer berries the
rootes of *Psoralea* & turmericke of each
vj drams & cloves spiritward galingale of
each 2. drams Gumbe seede saffrage seede
Aligweish *Alipander* seede & broome seede
of each halfe an oz, Amichseed & liquorish
of each an oz. Parsley bittony flower &
Galligere seede of each 2. drams, of best
flower of great white seede yppurpian
muste myllowes ypurittid & Cow rubarb
of each 1. oz. & halfe, The stone of an ox.
Galls 2. drams & halfe, make all these into
a fine powder, & take thereof by weight of
a groate upon the greafe offende you in night
some ore stale Ale, but especially in the
mornings fasting.

For the Murphue:

Take the Ashes of Ashen wood & make Leu-
wysit, & wash in it twice or thrice a day & it
helpeth.

ffor a slowe woorme that ³¹
chanceeth to creepe into a mans
boddaye

Take the Juice of Rue & temper it wth y^e owne
urine & drinke therof & the woorme will come out,

ffor the Tremblinge hands ^{or} shakinge

Take Sage & boyle it wth wine, & use often y^e elixir
therin & it helpeth,

Against the plague:

Take 2. or 3. spoonfulls of Dragon water
& use wth it a little bole arminacke, & a little nitri-
-date & give it by sike to drinke & cast him into
a sweat,

ffor the Isaulsey or falling sickness,

Take of the yelowe owne water .9. daies together &
administer unto him & it helpeth,

32. For the Rains

Take the white root of Red Springs & bruse 3. or 4. of
 hem upon a Reminger & put hem in white wine
 & drinke it morninge & eveninge the quantitie of 8.
 spoons fulls, Also take half a dozen of Nutmegs & pinte
 hem full of gold, & steep hem in white wine Reminger
 on Banaroy bark, & roste in morninge one & eat
 hem, Roast hem in flayre as you doe a Wherden to roste
 & let hem not be burnt.

For y^e weaknes of y^e Backe

Take 4. foote of a dove, her want of hem & sheeps
 fete, bruse hem all to peeces, & hem take of yew Mu-
 shadine a quart, of romphoric leaues or Roates, & of
 plantain: of white. Ale augle of red torant: of
 dore of hem one pound full, 5. Dates & a pinte of ale
 & a good quantitie of the quile of an oxe bark, set to
 the fire to digest to the consumption of half & when you
 must sturp & strain hem, & stry the liquor against
 & take a little of the drinke blood warming. 9. Dates
 together.

More for the Backe

Take also half a pinte of white wine Reminger
 & yew Nutmegs, prick hem full of holes wth a pin
 & steep hem in wine 24. h^{rs} & when
 take hem out and lay hem to drye in a windore,

ent niget & adaur, Then drye hem by the fire till 334
they will beat wether smale, Then take 3. pennyworth of red
corals and beat it wether smale & divide it into 3. good square
pils 10. 3. Nutmegs, then elsh a pike of rose colow water
in good pils, 3. egg att 3. powder tinct beaten, wether rose water
the yolk only put together & made like warme wether a
little sugar, so drinke 3. powder morning, fasting 2. powder
after darg draught, Then leave the pils for 14. daies
from wether the same a game in like manner.

more the weaknes of y^e backe

Take Romis turpintani dryed, violitt floures
Gum arabick & a good toole, nutmeg Ladum sugar
make all the into fine powder, Then wether conserved
of violitt make hem into a lump & of that make
pils, and take of the pils 3. times morning & evening

Cratos pills the Emperors Doctor

This purge admirable good out of the wether, not make you sick
& you may keep hem a good time cinnamon and of mastick of
each a dram, of eggst alioob 2. drams & a halfe, of lyes
best aginst 2. scrupels & a halfe, of the true round
Anistolia 15. grains, make the pils wether the juice of
Woodmowode or bittony.

A Strongthinge drinke for y^e Backe

Take a quart of Mustardine & a quart of the
strongest ale, take also 2 Eggs and beat them
in the ale till they be dissolved, Then take 20 lbj
of the best Cinamon & beat it into small
powder, with 2 lbj of powder of good sugar beaten
to powder & beat them altogether well, Then
take a quart of a powder of Sanguinary root & wash
them with red wine, and streame them & let them
be infused 12. hours, Then strain the drinke into
a glass vessel & so drinke in the morning fasting
at night when you go to bed a good draught,

A posset drinke for the Backe -- after a man is thoroughly purged

Take a pint of white wine & boyle therein half an oz.
of Rose mallow, Then set a pottle of milke to the fire
& let it boyle Then pour the milke into the white
wine & make it chace posset, take of the Cardus
drinke by the fire Then take plantaine leaves
shepheards purse, knot grass of sage & sundew
boyle these to the consumption of a third part,
Then strain it and drinke of the posset drinke
half a pint in the night going to bed, and take
the pills of Turpentine in the morning till
it a certayne remeddy, & Godday benige first purged

China Broth:

36: 20

Take an old Radd orke & wge it down a roome till it
be so soft dead w^e small wand or a lard^e board, then cut it
in 2 parts & Elunge it up by the heels in the ffirst 24th
hours, then dress it in a sufficient quantitie
of springe or conduit water, soe longe till the flesh be
redday to fall from the boards, and lett her may be but
3. quarts of the liquor remaining, then take out the rock
& put in 1/2 lb of Ingrediente, 2 oz of rosons of the some
kinds, 6 figs, 6 dates & brans, or 2 of Rosemary, let
it boyle in the broth till shee be more consumed, then
take it up & strain it, & take of the ffatt & drinke it as oft
oft as you please,

An Excellent medicine to keep your bodday so nable,

Take of Rubarb the roset of Egypt 1 lb, & misfist
it all night over the fire in a quart of spirit of wine
then w^e a little quicke silver, & in the morning drinke it
Lute over, w^e 2 spoonfulls of sirrup of Roses,

For mitchore swelling

Take half an oz. of Exir^o sin & spread it upon a shewb
skin, & prick it full of holes in a playster. & tis w^e
good for any ake or swelling

37. For a swelling,

Take a peere of red rose calke & boyle it in milke
& lay it to the sores & you shal suffer it all over the
place till it swolne, & then brynde it a bout wth a cloth
& this will take awaye the swelling

For the Colic excellent good

Take these appermentes of the best reason of the summe
2. oz. of the best sugar candy & 1. oz. of the best
& beat them together & pounden fine & take
boy it up & take it in the morninge fasting and
in the eveninge when you goe to bed & let murgos
& wale must

For purging the

Take half a peere of greene grass & a good hand-
full of brooke lyme, & a good handfull of water musse
& a good handfull of red saige, stamp them wth
smalle & put them into a wet cloth, wth 3. oz. of new
of new ale, then take of Beene: & Shmisseade
3. oz. 3. Nutmegs, 2. or 3. wassers of Ginger, brusi
them all wth together & put them into a Linning
bag, wth a stone or a weight tied to it & let it
mace awaye & drawe y^e bag in the ale, & let it stand
3. dayes, then drinke a good draught in the morninge fasting
& it will be of the colic

For a sore Mouth & Canker 38. 70

Take a pottle of Runnige water of Strabery leaved ^{miss}
 violet leaved, wild bramble leaved, wood bin leaved of ^{red}
 sage, gulse a handfull, of red saige gulse a handfull, ^{and}
 4. tops of rose mary, gulse a gyle a handfull of knot grass
 boyle all together together, when the you have boyle a
 pottle to 3. pintes, then put in gulse an oyle of rose ^{from}
 Allom, & 3. oyle of good Englysh honoy & strain all this ^{from}
 & let it coole, & soe keepe it for use wth some sweet rosemary ^{from}
 And when you use it, use it wth it as you can suffer it in wth

A Syrrup for a cold

Take gulse a pinte of aquaviti, burne it, then take gulse
 a pinte of wine, wineiger, gulse a gyle of a pinte of ^{from}
 water, a gyle of a pinte of brownie sugar sandyle, ^{from}
 & the more of Lympt sugar as you think fitt to make it sweet ^{from}
 This is an approved syrrup to cut & open the stomacke it for
 in the stomacke:

To stop the Cough:

Take the round & clearest part of white masticke ^{from}
 gume in souforno of red roffes, & take 2. or 3. roffes ^{from}
 when you are a bad att night, this approved to be
 singular good

Glister for the wombe Collicke & the Stomacke:

Take of Malloes dryed of pillatoni of the wombe
of Sunkewy Endiff, Burrage Buglars of darg a
gindfull, of ~~amaracanth~~ violet leaves and
of Sowles fete & of Mayden haire of darg a gindfull
of Barroway seeds & of Commyn seeds of darg. 1 lbj.
Boyle all these together in a quart of water to a
pinte, then strain them, and add thereto after of
Olefin 1. oz. of Catholicon. 9. oz. of red sugar
1. oz. of the oyle of violets & roses of darg. 1 lbj.
& so put it in lute wenne into the Glister bag
& apply it.

To make a bage for y^e wombe Collicke & to lay it to the navell:

Take of Ammannia flower of milliloti & of
roses, of darg a gindfull of Barroway seeds and
of Commyn seeds of Cardus of darg an oz. put
these all in a bage of flannin, & heat it by the
fire & so apply it as soon as possible you can
for it.

Before you laye the bage to y^e belly annoynt
y^e stomacke wth the oyle of Amersodt & worme
woode might to great use

To break the storm:

40

Take the quantitie of a good beere glass full of Rhenish wine, or white wine, 1. oz. of the best salt oyle w^{ch} a nutmegg is well beaten, w^{ch} is found of a woman and so drinke it fasting in the morning.

For the Cough:

Take a penny worth of Licorise & as much of Aniseeds 2. oz. of Bistritz & Caraway seeds, 1. oz. of Absoroni sugar of Candy, mingle these all together and put them in a bag and searoy them in y^e pocket & eat often of them by day & night.

For the Itch:

Take Dicks roots & scrape them cleane & wash them & stimp them, then take a quarter of butter. 1. oz. of Beates y^e m^oz. & boyle them all together & so strain it & use it for the itog.

To make hands white

Take a springe dist full of swaine and scete it & when it is y^esthe by, put a great deale of Turke sigillata in fine powder beaten into it, & so stur it untill it be run into the substance of the swaine, then put the white of an Ege into it, beaten to water, stur it still untill it be incorporated & so use it.

For sore Eyes

Take Aristatrimmon 1. oz. Eusia prepared 1. oz.
 sugar a Canday 1. oz. Camphire a qth of a lb.
 & mixe all these in a spirit of the best
 sacke, & haueinge stande vpon the drage 2. dayes
 you may use the water & by God grace it.
 will Resoure you.

How to cure Eussia.

Take the purest woman's milke be well couered
 tussie and let it stand in it 3. howes, then let it
 be poured from it & purest woman's milke be put
 into it againe, Let this stande 3. howes also, & then
 poured the milke from it, then take the purest
 rose water be well couer it, & let the tussie ly in
 it 3. howes, then pour it away & mixe with
 it twice together as you did of the milke, but
 before you put the Eussia into the milke, you
 must beat it into small powder, & haueinge this
 prepared it 3. howes put the mixture in a
 spirit of sacke & then let it stande 2. dayes &
 then you may use it, but it must stand vpon
 the drage still.

St Coothemige whayd

42

Take a ystle of whayd, & halfe a pound full of sorrell
& soe of Bittoney, of Egramonoy, halfe a pound full of
flumatory a qtz of blew Burrans & a pike of liquorish

An Excellent Bath:

Take Sparghorts halfe a ystle, The buds & leaues of
Mallowes halfe a ystle, Camomile a ystle of fennel
halfe a ystle, of woosme woods & of ale goote halfe a
ystle, yarrowe, royal 2. pound fulls, molyer of land.
halfe a ystle, sweet Margerom 2. pound fulls, brack
2. Rye Oakes in it & boyle all this in 5. gallons of
fayre running water: tie it be well boyled, & then
put into it 3. gallons of milke, & then steepe it well &
let it boyle a litle after the milke is in & soe bathe you
till you be as you can suffer it.

An Excellent purging Drinke.

Take Scena: 3. oz: polipodia of y^e earth 1. oz: endea
Bay berries 1. oz: endea: fennell seeds: 1. oz: Amitt seed
1. oz: beat all this but y^e Scena into a small grosse powder
then put all this into a coarse linnen bagg & tie it fast upon
it, to y^e bottom of a great pott, or barrell, in 3. gallons of strong
now ale, of 40. shrobs infusion you may drinke 3. glasses
morninge & eveninge, att night 3. glasses after supper, halfe a
pinto, & in y^e morninge likewise, & 5. or 6. oz: in y^e night.

To make fayre skyn:

Take a pint of Oranage & a pound of bitter
Almonds, halfe an oz. of Camphire, & weight of now
layde Eggs & halfe a pint of Rose water.

The Stomach:

Take the rother of distilled blacke Graine
and drinke thereof a pint in the morning & when
you finde it begin to breake drinke a good draught
of white wine & Canan.

The Stomach

Take the litle white bone in the head of a porcing
great or small & dry it & stamp it & put it in
to white wine, & drinke it, & it will breake stones
& make you put away drinke.

A Salve for a new wounde ore ancy owldē Soares.

Take 2. oz. of Yellow waxe, 2. oz. of May butter
2. oz. of galler or Reddew fruit, halfe an oz. of rosen
beaten to powder as small as may be, a quarter of a pint
of the purest sallit oyle, a pomey, now in Turpentine
& a face shew full of the purest honey, then take the
Passon & the waxe & a litle piece of butter or lard
& if it burne not so, & melt them both together in a searve
sheet, then put in all these with them & the may butter
& let them be like aforesaid, then put in the oyle,

Carpentaine & honey, to let them simmer a while 44
over a small fire, that faste smalle bracke
& full of wine, and to be taken, that it may be
well incorporated, and put to all the forsaide things
3 Spoonfulls of red rose water, a little before it be taken
if the gentle fire, then take it off, stirring it with a stick
it be whole, & put it in a glass, not to keep it from
the air, Also if the sore be swollen & deere, before you
lay it in it, thought why it should be so, that it may
draw the bottom of the wound, & if there be a range
lay lint in it, & lay a playster ^{upon} it, & hold it gently
to the end it may keep downe the lynt & playster, to
draw the bottom of the sore, least there should be to
speedy healing, & if the wound be full of
corruption, & dead flesh appears in it, it must be first
washed before you applye the salve, with a fine wine
the whole taken off, & after 3. or 4. daies stansed
with gentle water, of woodbine leaves, bramble leaves
& a little vorkes allom, layed all in the springe water.
But if the sore be or wound, be not much corrupted,
(neither the white wyne or the other water mede be used
to be used.

Captaine Greeces Dyett
Drinke

45:

Take Gales an oz. of Rubarb, 2. oz. of Orna
 2. oz. of Madder, rooted, 2. oz. of Madder rubarb
 & a small handful of Scabie, & a nother of
 Egremony infused into a Gallon of allw. 4. daies

It comde & an opening
 broth to be used after
 taking of any phisicke

Take some wale that is not full, or a little more to
 Indio & violet flowers if season of the year will
 afford it, with the leaves, sursey, & a good handful
 of garden or wyle ~~the~~ Mallores, some Damask
 pinks and a little fennel & Barley brused & tyed
 in a Linne clothe, a few overawe will serve
 in warme water first, & a little more, Boyle all together
 in a large spring water, & so when it is well
 boyled, let all stand till the all the water be well
 strained & so drinke every morning, & after
 phisicke 2. howers, or in the spring or summer
 before tyme in the morning fasting, or if you
 before supper, it will cool the blood & be
 & keep the body soluble, & mitigate any
 sharpnes of urine

To make Skinc fayre 46.2 & Smooth

Take Garden Snayles w^{ch} you shall finde upon fennell
or Rosemary take some quartt ore lesser pint of
hym, & put hym into a Tubb: or pot for p^{re}par^{ing}, w^{ch} a
shind full of fennell put upon hym, & let hym lye
togeth^{er} & stowe hym slowe, beinge kept covered wth
— you take hym out & wash hym cleane & drye hym
& stamp hym wth salt, & put hym into a pottle & it
3. quartts of Beane flower, & let hym stowe alwaies
night in milke, the next daie straine it wth soft linen
& purge it all the yere for y^e use, & when you
w^{ill} use, you may take a little in it in a Sawce for
y^e use, & wth a fine cloth wth y^e face,

For an aitch.

Take the yolles of Eggs & soape & make a playster
of it & use wth care.

another for the same,

Take Foxe flower & worke it wth y^e yolles
of Eggs & it is a good salve.

47.

It nother for the gsch

Take Ale ground & salt & oyle & be straining
of Sundry Obeds, and soorde them to a salve,

moore the gsch ore salve for sore breasts:-

Take white honey & aquavit & the flesh-
butter boyled & altogethers ^{make} a ~~moore~~ a spare clothe, it
will fetre out the Ague of the breast,

It nother,

Take Oatmeale & milke & Malles and
Lynced oyle, & oyle of Lyllys & make a soltitt,

It nother

Take white bread & milke & sufferme its
purri good likewise.

It nother,

Take white bread & milke & oyle of roses
is wic good likewise.

A Glister to Ease y^e 48. 2 Winde Collocke,

Take Cammamee flowerd, Melilot flowerd of
eare half a poundfull Malloes & violet of eare a
poundfull Amis seeds ffeemen seeds & Garraway
seeds, Sommen seeds & die seeds of eare a drame
a pome yoles of cleane water, Soone eale an
of 3. boyle hys to a ymite & straine it, then put to
it of benidicta laxitini, six drams, oyle of ean- it
memell & honey, of Roser of eare 2. of 3. mingle
it altogether & put it in a Glister pipe & take it blode
nohem,

When you finde yo^r self troubled wth Winde take
Galligale Rootes, and Stamp them & drinke them
in y^e posselt a great draught att a time.

To keepe yo^r Bodday Sollable

Take Sena ij of 3. Reason of eare some ij of 3. take
out the stones of eare & pick them cleane & put
in a ymittie quantatie of y^e wth leg & ffeemen Rootes
Still them & take out the pith, together wth eare
lyquorish & Amis seeds, of eare an of 3. put
theise in 3. pintes of springe water &
seeth them to the consumption of 1. pinte

49: or some Enige lye, Then straine it & -
Drynge (som lye) & Oyle, Then set on the
Liquor againe, when it beyns to boyle now take
a spoon & skim it, Then put in a peece of
good suger, if some 2. or 3. ounces lye
let it boyle a while or 2. Then
take it from the fire & put it in to
a glass or some cleane vessel. Then
in 2. or 3. daies, take the quantative of
3. or 4. ojs. & when you take of it, you
must take of the Oyle of it, & drinke of
it as you see fnde cause more or less.

A strengthninge Drinke if not to Chargeable,

Take 3. pintes of the best Mustard & one
pinte of the best Ale, put them in an brygon
pottle, put into them these things followinge
Knot: Grass, Bursa pastoris rootes & leaves
of Daaffel, the leaves of Oley of sage of
them a like quantatue, sooth them to the
consumption of one pte, Then take them

Stramontanum, & set on the liquor again, 50. 2.
when you shall see smoke, take a bubble 2. of
of the same liquor, put the quantitie of 2. of
of white of an egg, beat it in a mortar wth
the liquor & so let it may be strained through
a fine cloth, then put it in a y^e p^rmi^e, & set it
wth the more waste gold, let you may buy for 26,
amber & pearls of small beads, of the same
like, a quarter of an oz. of 2. of, some people would it
like wth be good, both for the consumption
of one yet more, then take it from the fire, &
boyle it for y^e 2. of, & wth morning & all evening
first & last, take of it 4. of, all at one warme
let there be an power betwixt that & eating, it

A Cordial water to Expell poyson, exceeding good for the Stomacke.

Take of Angelica Rootes 2. of, of the green called
Divele butt 3. handfuls, of valerian as much of
Saffendami^e as much it must be of the Rootes of
Saffendami^e, Bruise the Rootes & grossly beat
the herbes, put all this into a gallon of Cardus

51.

benidictus water, & stoppe the glasse wth a stoppe
 that noe aire come out, & set it into a pott on
 stokes of asheres water, that it may be kept
 warme 12. houres, for soe your purpose, you
 must be continually, a pottle full of water in
 standing by, keep the wormes that remain in
 glasse is, The glasse in the water must
 stande as high as the water, soe in it, & the more
 best wth some lead to weage it downe, let the glasse
 after the end of 12 houres stande in the water
 till it be cold. Then take it out & emptye
 water into a pottle glasse & stoppe it close &
 keep it for your use, & use it thus.

In the morninge take 10: or 12. leaves of Rue
 & after it take 6. or 7. spanefulles of the drinke
 Take the more of the drinke wth out the heart
 of the a beut of a cleane ming^{er} after noon
 & 3. houres after supper, provided that you doe
 continue the time you are well,
 If you will make of the drinke put to it of the
 materials, a pottle of Cardus water & boyle it
 againe & it will make such a mixture you
 shal see before. & bathe oft.

Dolter Butler of
Cambridge his
Receipts:

52. 2

A medicine to take away a
brusse ore blacknes of the
face being hurt:

Take y^e soft mingle it wth some Romaine
make thereof a plaster, & lay it on the place y^t
is hurt or brused. & you shall finde a present
help & remedday, & after that take a litle fresh
butter & also & soft it & then apply to y^e Canker
& wash it thorowly.

Remeddayes for the Lask

Take of the moles twice a daye a poore of Romaine
quinn, & it will stay the losse of y^e bodday

for Ribes & Chimblianes:

Take of the Rholin & apply it, it is the best remedday
that may bee.

For the Stomach

Take a quart of running water & boyle it
to a quart, w^{ch} a spoonfull of honey &
marry mallow roots & put in to y^e liquor &
drinke of it & it cleanseth y^e Stomach:

Against an inward bruse;

Take y^e soft de made strange w^{ch} y^e farr
Baulme, its y^e best inward medicine that may
be used;

A poultice for an Abscess

Take sm^{all} age of beaten broo red sage & myrror
meale pulv^{er}ed, sodden together in y^e fardle
of strong ale, & applye it hot.

Against a burnt ore scalding,

Take honey & sops of ear^{le} & ^{like} quantitie
& spread yem on a linnen cloth & lay to y^e
place w^{ch} is hurt;

For the toothache.

Take y^e leaved of clarey growinge in y^e middle
of y^e plant, & put yem powdered in to a linn^e
cloth. Then squeeze one drop of y^e Juice in to
y^e hole of y^e Ear of y^e ^{side w^{ch}} ~~place~~ y^e Juice is in
yem w^{ch} y^e finger move of y^e Ear & you may
find ease presently.

An Excellent Bath for any 5472
spraine ore swelling & good
for any Rancelings,

Take a quart of running water 1. oz. of y^e flower
of Chamomile. 1. oz. of Linseed brayes, 2. oz. of
Marry mallow roots well straght & shred put all in
to be boiled on a soft fire tie it to keep boiled
a way. Then put in half a pint of white wine
let it boyle a little, then put it into a pott to waste
the fire wth all, Then take the clearest of the water
and pour it into a pott & then put the clearest into it, &
then use to bathe the sore wth all, one howen one
after an other.

To Cure the payne of y^e backe

Take Olary & Dittie & the gill of an ox, a
quarte of muscadine an oz. of nutmeg, 1. oz.
of Mace, 1. oz. of nutmeg, 1. oz. of Cominsade
boyle it together till half be consumed, the
y^estirnt drinkinge every morninge fastinge a
small measure.

55.

For the fistula,

Take Camphire roots & strape it, & spread it upon
a playster, & tent it in y^e flume,

For the Rumes in the face,

Take Galls a graine of oyle & 2^d of brimstone
& breake it in y^e powder & sear it into y^e oyle

For a Burnt toricke,

Take 4 Ege shels from y^e bird & verdigrise 2
moorty & squere y^em together & y^en take y^e
moort & make y^e graine

The Leprosy.

Take Grosse leek & stamp it & mingle it
wth y^e sweetest wine & anoynt y^e place
wth 2. floazens & it healeth by the grace of god

An Excellent medicine
to strengthen y^e backe
to stay the Runings of
the Rumes:

2

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Pfl
zins
dunk
6
Bing

Take of Oane. 1. oz. boyle it in 3. Gallons of
of fayre water, w^{ch} 2. or 3. springe of time, boyle
till the h^{er}be be half yt of the water be consumed
& strain it, then dissolve 1 oz. of selected
Manna in the in the Liqueur & put as many
Damafke p^{er}ovons in it as will colour it, & let
it stande 3. daies, then take 3. or 4 of the
springes accordinge to you finde y^e boddy att a
time: /

57.

To Kill Cornes:

Take the Leavon of barley bread, & steep it in
distilled Romaine, & lay it to the Cornes & it will
take it away:

For a felon:

Take Sorell & steno it betweene 2. disch. wth
sweete butter tie it on to an agutement, & it
will supple ripen & heale it:

For the swelling of the
Cods & stomes,

Take Camphire, mace, mallow, darts bits
& violet leavon of darg. l. Spudfull, Commin
fode & Caraway seed of darg. one Spoonfull
bruse the fode & reop the herbe & boyle all toge-
ther, from a pottle of water to a quart, then
strain it & take one pint of the water to
reyne with add of oyle of Rose shib, violet &
Roses of darg. one of: 10. lb. mace, rose rasia
& beane flower, as you make it to a pottle
adding a little Romaine, and apply it warme

For a Colic,

58 2

Take Elaeagnus & dry it, take Liquorice
 annis good & sweet foot & ~~roset~~ Rosasolis &
 sugar & claudy Elaeagnus Rootes of claudy
 one of these take a quantitie & dry it
 drink it with wine upon you go to bed
 in white wine the night of dry

For the fluxe

Take y^e Amig^r & stop both y^e Eard,
 wth hard & the heron wth drasse:

A Receipt to make frish veguabale

Take a Gallon of aqua of the middle sort put
 the same into a pot wth a wide mouth, then take a
 yownde & a halfe of reason of the same, & as many
 manig^r reason sh^{ld} them & pick out the stones
 & take also halfe a yownde of dates sh^{ld} them
 take a waye the white skin & the stone, take
 also an oz^e of ~~spice~~ & a halfe of the best cinnamon
 sh^{ld} it thin, & a stick or 2 of the best Liquorice
 strapt & sh^{ld} it, thin put all these into y^e aqua
 bite, & close it wth a stronge ife
 not out, let it stnd a daye for the space of 6.

50. Ife you like the taste, if you love it sweete
melt a pound of sugar as bigg as an Egg in
10℥ 4 spoonfulls of good rose water & put it into
℥ss aquavite with muske or amber & rube
if you like to have it taste thereof, you must
boyle it in a layre of ynnage clothe with a good
quantity in the aquavite, Chiese spices will
continue good a longe time, & therefore you need
not throwe them away, but rather add more
aquavite & be you for occasion more spice, a
sufficient way to make aqua bath off on appoynt.

For the itch:

Take a quart of running water in spoonfulls
of honey & ℥ss of hyposcrophite, 10℥ of
Allom & seth them together & wash therewith.

Another

Take Camistone Quicke sillicre & fresh
grease, & mingle them together, and
annoynt therewith.

A medicine for the itch & Scabs

60 2

Take of Plantain & sorrell ab mung of yond ab
hops & make juise of yem, & put into the juise ab
mung yonice ab the quantitie of yonice & wash
the sores,

A nother for the same,

Take the dore roots & raze yem & rent yem
into small peeces & stire yem yem & laye yem
in fresh butter & bate yem in a mortar & straine
yem through a cloth & let it stande till it be
growld & it will be like a salve & you may
annoynt the sores.

Greene salve

A most Excellent to heale all
ould woundes & sores wh must
be made in maye & not otherwise

Take of plantaine a good ~~deale~~ handfull & also of
 Ribwort, gravis Matvolm ali hooft & Symonny
 Siquine called hofewort, sparrow tongue Eye bright
 royle doozy Baub, of ewe one a like a good handfull
 & then powder them & strain through a fine
 linnen cloth, into a glass & leave none of y^e foire
 in the herbs and put thereto a pounde of Roshen
 and a pounde of new shewe wax, and 2
 of sweet floure new butter made in May: and
 2 worth of Greene pardoys and 2 worth
 of white Sappir & then set it over the
 fire till it be enough melted, And when
 it is so done then take it off the fire
 & let it stand till it be through & cold
 and then it will turne white hard, This =
 salve is wth good for a woman's sore breast
 and help for any kind of other sore =
 wth one now, for it hath bene proved
 knowne to heale many.

A good matter to be made 62 2
for any mld: sore or dead
flesh:

Take Greene Copper & Allome as much of them as
together and put it into a fire panne, and boyle it
together to a powder, and then put it into faire
running water and let them together and put to
it of this powder as long till you see it foame
up, if you will have it scarce, if not you must
put to it but till it have all most soft steaming
of water left,

Another to wash an mld:
sore,

Take Squarite Copper white mortuary of
each of them 2 penny worth and a halfe a pint
of rose water, or some thing more & boyle
all together a little while till it be boyled enough
& take it of the fire & use it when neede shall
require,

63.

A good yellow Salve to heale any new wounde in woemens breests.

Take halfe a pounde of rawe halfe a pounde
of Rassen and as much sweete fresh butter as
you may put it a pounde, and boyle them together
in a stillot, & when it is well boyled take it of
the fire and let it stande till it is growne
thick then take it out of the fire, and it will
be like a whele of cheese,
If the patient hath any sore breast will
not growe it broken, lay a good Rasse to it
put it in some of the salve and it will make
it growe it shall not break, when it is whole
make a medecine of oak-meale milke and a little
sage-meale chapt, mingle them together &
fett it and lay it on a cloth putt to her breast
as she can suffer it, & that will breake
it, And when it is broken lay the yellow
salve to it & it will heale it, you must make
a piece cloth of it & lay upon the breast.

A medicine for a new wounde 64 2

Take the yolk of an egg & honey flower and
white Turpentine, mingle all these together
and lay upon the place andy new wounde or gut
wth quickley.

for a scald

Take flax & grass & sweps downe and
the inner skin of Elder and mingle them
together & put it in a fayerie panne and boyle
them well together and then straine it through
a cloth & then anoynt the sore therewith, twine
a daw and it will heale wth suddenly, if it be
scalded wth water then wash it wth wine
and it will open the heat.

To heale a sore mouth

Take a pint of faire running water & put therein
gaulther of sage bawbe & hony fustee bawbe and
let them growe till they be soft, & then put to
it Aleme & hony & then let it boyle well together
& when it is well boyled take it off, & let it stand
till it be coole, & then let the patient wash his
mouth well wth it & cream, & wth water together
& it will heale.

65.

To heale ore drawe amney
pricke wth a nayle or thorne

Take 2 oz. of Sollandyne and a smure of ymme
e rut it smale e boyle it wth oyle of liff and ymmerg
wax, and straine it e so use it, if this salve doe not
heale yf yfuer salve will.

To cure sore eyes that hath
amney thing fallen into them

Take an Eye e soft ymme wth hard e then rut
ymme in two e take out the yoolke, e when ar, let
yoolke lay put thorn a litle pade of white roppis
of the bignit of a pade and close up the eye againe
till the roppis be melted, e when it is molt take
the matter of it and drop it into the sore eye wth
a feather wth evening e morning, when you
are a bed e it will heale by gods grace.

Tooltie to breake the
swellings of amney soars

Take oatmeale milke smaleagi boar grease e
seth it wth together, e use it e when it is
welded take it of the fire e put it upon a
lyninge cloth, e lay it to the patients foot ab
sterme as you can suffer it, e it will breake it. if

if it be for a sore breast put to this water 66. 72
a pint of water when you boyle it, & when it is broken
you use the yellow salve, wch you shall finde in fo.
fo 63: leaf:

A nother for the same,

Take oaten meale & milke wch sheepes callow a
handfull of smeltage & a handfull of mallowes
a handfull of saige & sooth all thiese together till
it be thicke, & use it,

A salve for a breast thats broken

Take Rosin & waxe, & as much of yone as of the other
& butter, as much as them both, and as much pitch as
waxe, if I know not how well pitch will doe wch it,
but if you please you may trye it, but I know that
Rosin waxe & butter will doe, for I have tried it
wch butter must be steepe without any salt.

A medicine for the wiles,

Take the herbe called longe wort, & Labidger
& chop it wch small & boyle it wch strong butter a good
half houre, and more and then straine it & keepe
it close in a box or glass & wch a feather annoynt
the wiles, & it will dry them up, or wett bynt
lay to it & it will doe better and keep longer.

7
The bawche is exceeding good to be used to
draw away the ire blood from the pyles if
ye can endure them, and its exceeding good
to sit over the fume of stramonium & to
goe y^e cleathot wth them & in morning
& y^e bed at night.

A medicine for the pyles if the be swolne o^re angry

Take a handfull of soft livers and k^eft
ye in y^e flur, in a dore or baffle of y^e p^{er}
ye stamp y^e fine & put to y^e maye
Butter, and mixt y^e butter wth y^e
ye and then it will be like a salve
and when the pyles be angry or sore take
a little of y^e salve, smit what smart
and lay to it, you must have of livers
both greene & white but cut away the
beards, & when this medicine have well
drawne them, then to skine them the
sooner, take hogmans milke & saffron
& wash them soft wth that.

It nother for the piles 68

Take 3 yolke of an Ege and let mixe oyle of
Rosin and stur from well together till they
be thick, Then with Linnt mixt the same some
night warme & lay it to the piles,

It nother:

Take a quintall quantitie of the herbe and
Roots called Ringer & popp its one of the first flowers
let them sth in the meadow, and with a little
moate meale make a flow of attape, & take from
first & last 3 daies together & it will drive
from out if there be any in the boddie:

It scare cloth for aitches

Take half a pounde of the best Rosin a quart of
persee a quart of gum a quart of mastick, & other
of draw swift 2 oz: of Turpentine At 1/2
of clove & mace 2 oz: other 1/2 the liquor of
it must be of oyle of Rosin:

Another scare cloth for an aitch

69.

Take some pite & Clarrofi it & and
put therein a quantitie of solp, as much
Rosen & deare Jewell, 2th spoonfulls
of Rose water or more and boyle them
all together. Then take a peece of sheepe
skin and spread it thin upon but not
to thin, and let them lie 9. daies

itch in y^e arme or legg

Take milke and Crumb of white bread grated
and seth them together in thicke, and after
till put to them the yolke of an Egg, and
a little sweet oyle, and new seth it more but
lay it by to be yelow & red and take
some butter & Chammeel food together
and anoynt the sore and bynde the wound
to it.

To make a Bath to smite

Take Rose ^{water} ~~water~~ ^{more} sage Hermince Lavender
worme wood with some Mugwort and shon
ply them well together, and shon let it roole
without putt in any cold water to it

A medicine to Cure y^e 70. 2 Eye Sight:.

Take 3 spoonfulls of Rose water, of mallow
water 1. spoonfull, of white wine 2. spoonfulls
and the cleare of a white of a new layde Egg
halfe a spoonfull, mingle all these together
and with a feather anoynte y^e Eyes, and when
you goe to bed, with a cloth in y^e face liquor
e so let it lye till you rise & this will helpe
in time.

A medicine to Stoppe the Lasse over the Bloo day Fluxe.

Take three Plantain roots, a pretty quantitie
of Knot grass as much of 3 leaved grass with
a few rose buds, & boyle all these together in
fayre water, it you into it the powder that is
stricke out of Red oaten Canes if you can finde
not oaten water, then take the the 2^d rinde of
the young bark of oake, and bruse it a little
boyle all these together from a yote to a
pinte, or rather from a quart to a pinte

This water being boyled take it & straine it
 through a strainer, then take bole armoricke
 and draggon's blood of each of these a small
 quantitie & make it into a powder & mingle
 it together, w^{ch} a little of the rosinde of powder
 of y^e same garnet rosinde, then take a spoon
 full of the powder, being boyled as a flower and
 put in a little more of the rosinde, being
 mingled together, as you can take up upon
 the point of y^e knife & let the patient
 drinke of it, And then drinke 4. or 5 spoon
 fulls more incontinently after it, The water
 I meane to get away powder, this doe within
 morninge fastinge & within night to bed
 thereto, & as often as neede requires, this
 being used within daye resist the griefe dole
 cast, shall stay away flux by the grace
 of God.

For y^e itch within the boddy

Take flint & send from small & boyle
 from in milke & eat of same & it will
 cure you.

A good Medicine for the 72
Sickne or shortnes of
Breath

Take the Rootes of hellichorts & cutt out the
inward pith, Take quantitie of a handfull
and cutt them in pices, Take some mayden haire
& some Ryol of eare a handfull of liquorish
the bark beinge broken of, a handfull, & slit it
into small pices, Then take 3 quartes of the
sweetest Runnyng Water, and boyle all thiese
together untill one halfe of the water be
consumed, Then straine the Liquor & the
herbs through a fine Linnen cloth, & put
the same into a cleane glass vessel, & then first
& last, drinke the quantitie of a quart of a wine
beinge warmed blode warme, & drinke not drinke
after it in 2 pices, forbearinge chiefe Meats
fatty Meats fleshy pices. fette & all muddie thinge
of Ginnowes!

A medicine for y^e ~~Amek~~ Pulmion ore the Lights

Take the crumbe of white bread 3 oz of =
turpentine 2 oz of Amessodi 2 oz of
Common seade, 2 oz of hellic horte ^{my} 9j.
Soete all these in white wine, and let them
boyle untill the wine be almost sodden &
waie and then make a playston therof &
lay it vppon his pulmion as warme as he can
suffer it, & the paine shall assuage, this plaister
is also good for the breast.

A water for the yme & webbe in y^e Eye :-

Take Garownde yme & the yoye of doree rootes.
powder them & straine them with a little woamans
milke, and wth a feather drop it into the patients
Eye, but let him lye downe vppon his back wth
his head vppwards, the space of 2 houres
let it be well sealed wth a white wine or
vine :-

For a Cowlde

74

Is great Reason & stant becom & some Liguorish
 spirit and some sugar & sandy in possit aldy
 garde taken a waye & drinke of it warme, att all
 tyme att yo^r pleasure, & if you put ther to some
 fresh butter it will be yet better.

To make aqua composita most singular for a cowlde & stommacke ore surfit

Take a handfull of Rosemarie & a handfull of
 Rooth of Maromplum a handfull of geopie halfe a handfull
 of timo lea more of sage, 6. scrup of red minte, and lea
 many of ofimery Royall, a litle fine powder & six scrup
 of sweete Margerine, a litle floures, and lea more of
 winter sauerie, 2. oz of Liguorish wee brused, &
 lea more of anniseeds, Then take 3. gallons of good
 pure whey stale ale, and a gallon of the lea of
 wine & take all yt herbes and powres from a funder
 & put them in a brass pot w^{ch} is covered, & let it stand
 all night. And on the morrowe set it on a fire &
 let them stand till they begin to boyle and then
 take them off & set y^e limbecke upon them &
 stop it close w^{ch} hat noo eare com out, & so keep it
 w^{ch} a soft fire that no other aqua bite.

To make mynt water acrie good for y^e winde

Take a gallon of Ale & put in a pound
of mynt, a quarter of an ounce of Cinamon a
quarter of Ginger, and so much Nutmeg, 1. ounce
of Anniseeds & so much more of
Licorise & so take to ewe gallon as may be
you will keepe it a time and steep it in
good Ale, then straine it in a Linen cloth & so
use it.

To make aqua mirabilis.

Take of Gallinagle & Clove Sababie & Cardomom
Ginger & Nutmeg more the powder of mastic
of saffron and Drayn, beat them to powder and
mixt them wth wth of: of the Juice of Gallendine
1. pint of aqua composita, 3. pints of good redde
wine, let them all stand together in a Stillatorie
of glasse glasse & then distill it wth as soft a
fire as may be.

This water is of an excellent vertue for
it doth dissolve the longest without any
griefe, and if you be wounded wth any
way y^eerished, it mitigateth and helpeth and

comforte to the stom, so that it suffring not 76
the blood to putrefie, yett you neuer neede to be
let blood. It taketh away the heat burninge, it
dissolveth superfluous humors, and it meruailously
opposeth tumors, it comforteth the stomack
crasse, aged color, its likewise good for the
memorie, and it destroyeth the spawlesse, ther
is not better ynige to be giuen in extream
dangir then the soliter, in summer also one space
full & in winter vs two.

To make Bane water:

Take the strongest ale you can gett & put to drie
gallon therof half a pounde of liquorice cleane
scrapp'd beaten, & a mure of anniseeds, & a
pounde & a halfe of Bane cleane pickt & shred
small. Steepe it together and wyle drie and
a night & so distill it in a Limbecke wth soft fire

~~in a Limbecke~~ m. 2u. receipts:

For the falling sicknes

Take the Ashes of a Goat wether swallow
or a Frog burnt in an Earthen pott wth y^e
best wine & seth some limbecke wth it & giue
of it 9 or 10 slipes & daies together, take viii
about y^e patients necke & it keepeth the fallin

The falling sicknes

Take powder of hart's horne rote benige dronke
 wth some gelye,
 Soe doyle the eyes of a laueu dronke wth
 mildr Rye strawde in some, wth y^e juic of
 mistletoe likewise is wth good,
 Take the juic of Germander & give y^e patient
 to drinke, it will not suffer the humor to
 aspende into the head, and it worke =
 also what healeth to the patient
 powder made of y^e stone of a swallow doth
 helpe beyond measure of the other y^e I know

Take the birds called the Lays pue of y^e
 ffoatep^{er} and take the garbig out of y^e
 belly & then y^eberbe the 3rd day full of
 myle nutmegs y^est y^e in an oven wth
 you giv^e a bathe of browne bread betw^{en}
 2 browne loaves till the same be dryed to a
 powder, y^een stamp y^e Nutmegs the 3rd day
 & y^e loaves altogether, to a powder and
 give the same to drinke for y^e space of 3rd
 weekes or a month, euen morninge fastinge y^e
 quantitie of an Nutmeg in a glass of a y^ent
 of ale blode warme!

To make this p^{er}tion oyle y^e 78
is called the Golden oyle
it is good for all manner of
bitches & brusses & for
the Comte & Rednes in
the face approved.

Take a handfull of sage of Nip, summa Magi Launder
fothern wood no worme wood. Rose mary rose laurel
Lavender cotton, floutherfue Dulsing Lauge mint
Chunnamole Cami of Jerusalem 600 flaps Penny-
riall peroni Sauerij Jeop, Marjora balme Mint
of Romana, take a wighte Mint Mary gold. yfioney
leaves, doasby leaves, bag leaves, Dill of sage and Lavender
bray them well in a mortar then put them in a faire
suffice of glasse & put thereto oyle of oliff
ye best you can get a pottle or more if it be
needed, then let ye pottle stand in ye sunne a
moneth, then put it out in a faire place & put it appo
a fayre soft fire & let it stoe softly till some eale
be wasted, then take it from the fire & let it
coole & put it in a glasse & use it

An approved medicine for the Greene Sickness

Take a pound of marmosy & 2 of of
to urraunt & rose roaft and put them
in the marmosy also take a little wormwood
the top or two of Red mint, either green
or dried, and lay it in the marmosy all night
& in the morning and in the morning eat a
spoonfull or two of the said sorbure fasting
& waite after it, eat nige nothing in an
hour and so go on with to go after &
more if neede require, its will good also to
take warme wood & warme it befor it &
then lay it to y^e stomacke when
you go to bed, and take strength wormwood
in the night

Another:-

Take a white Coaste spring hie it will
gildent some thinge to be & eat to be
and drinke after it. the quantitie of a spoon
full, and walke lustilie after it for one week
space, and so use it in the morning for the space
of a month.

For the Ague fallen into
the Legs.

80

Take milke oats meale & smallage & seth them
together & make a playster of it so lay it to the
gawffe & it helpeth.

For the Ague that is fallen into
A womans Brest.

Take a quantitie of stone hummer & the mustift
baron you can get, and a quantitie of smallage
& of Elsandor & of red rose & of Mary gold
wch be blasse in them, a quantitie of quince
and so of yplantaine, & of sage, take these all
together & grind them as small as possible you
can, and then lay the salve upon a peece of
white leather & so lay it to the place of the best
light you would have it breake you must spread
it upon the luffe side of the leather & it doth
well: & bane: it!

A soueraine medicine for the Sticke

Take a quart of strong water. also
a pint of white flowers 3 or flower
Spoonfulls of yeast not so new, beat all
these together till they may be without
knobs, then set it upon a gentle fire, in
a pot, & stir it, when it is warme then
take it off the fire and stir it well againe
then set it on the fire & let it boyle a
little then take it off the fire & strain it
upon a fine cloth, and lay it to dry
till it be quite dry & then you may suffer it &
so drinke it fauore a day as you shall
see cause.

A medicine aproved for y^e Coffe & horsettes

Take Swage a quantitie & put it in new
milk a good while, then let it runne through
a strainer and put some sugar into it & drinke
it fast in y^e night to bedwards agood
draught, & all away from in y^e day.

A nother for the Cough 82

Take 4. or 5 fligs and toast them well & put
them into faire towle water & sete by flig
& drinke by water; w^{ch} by 2. or 3 mornings
& in the daie, & all night & it helpe;

A Candie to be made w^{ch} Elacompane roots for the Cough of y^e Lungs or any other & to stay the Rume:

Take half a pounde of suger lights finely beaten
and force it, & 2 lb. weight of Elacompane roots
& 1 lb. weight of liquorice wood dried
& beaten into powder of liquorice wood dried
& beaten into powder fine, & put them both in a
dye & when drye over the fire, mingle them well
together and then put into it a quantitie of

Aspe water & stir them well together &
let it boyle till it come to a standie height, then
put it out in a by plate & so put it out in 10 or 12
in weight pieces you will & so let it stande till it be
groundly dried, before you remove them off y^e
plate, you must put in one more Aspe water
then will well wet y^e plate,

Excellent against the Colicke, ~ ~

Take a glass & put a small mount of wax
upon your hand & set a piece of a wax light upon
a grate lighted lay the grate upon your
stomach, and lay the glass upon it & this
will draw the wind out. And when the
glass is fast of, put it on againe
and so doe twice or thrice and this will
help you,

Another good medicine for the Sticke

Take a quantitie of catow and boyle
them in sacke till the hane dryd up the
sacke and put them in a bag or cloth &
lay it as hot to you as you can
suffer it, & it helpeth.

Against Deafnes:

Take black wood that groweth a bout the roads of the
shoe & sweet butter without salt, and mixt them wth the
hand w^{ch} will be against the fire & take the same & put
in to your eard when you get to bed & so let it remaine
till the next night & so put in fresh for 3. daies or
more if you will

Another for Deafnes 84

Take Elder leaves & warme them betwene
two Eyes, & then put them in a Linie cloth
let you see you can suffer it lay it to the Ears
if the be cold, deaffe, morning & evening

For the noyse in the Head

Take a quene ffeven birds & put one onde in
the ffeire, & out of the other onde make what a
quene you must be fawed, mixt it wth a litle
shirer & drop it into the Ear, 1. or 2. drops
Then take a litle blacke waxe & dig a litle of
the ffeire in the ffeire liquor and stop the Ear
you may & lye downe upon the contrary side

Thicknes of hearing & payne in the Eares

Take balme of the ffeire & cut it betwene
your hands, and put shirer into the Eares ffeire & waxe
and once a day take shirer and stop the Eares wth
all the ffeire.

For the Sicknes in ye Head

Take a quart of running water & a pint
of Roiniger a glass full of red Lemmon to
a spoon full of fresh water and boyle it to a
pint, & when it is hot hold y^e mouth over
y^e said pint and wash y^e mouth & Throat
wth y^e same & it will heale you, y^e will
serve but once & you must quide more.

Remedday for Deafnes

Take a pint of new milke & a glass full
of Gammaron finely sifted & boyle it in
y^e Gammaron milke, then put it in
to a stone house & take a winter turnell &
whelm the great ends over the post and
let y^e patient hold y^e Eare over y^e post
y^e of y^e Cunnell, & where y^e but are
into y^e y^e hole, some times lett y^e patient
some times att y^e post, morning & evening
for y^e space of 4. 5. 6. 7. 8. 10 or 12
or more as the patient findeth good.

Extream paynt in y^e 86 Head & to procure sleepe;

Take a goodfull of yonbanio leanes & Red rose
flour as many, mingle together & set them
over a chaffendish & soles w^{ch} 4. spoonfulls of Rose
water & 4 spoonfulls of woman's milke, Take w^{ch} is
of an Egg w^{ch} beaten & one spoonfull of wine, mingle
w^{ch} 4. spoonfulls of nutmegs, take all these together
puttie & most get of y^e moisture & consumed & so
put it on y^e patients forehead & temple as soon as y^e
patient can suffer it, & it shal be good.

For the Headache

Take Mustard seeds & boate it well & make it soft w^{ch} is
a chaffendish of soles mixt w^{ch} nutmegs & so put it in
a cloth, and bynde it to the place w^{ch} is pained, it shal
be good as you can suffer it, It will be w^{ch} painfull at
first, but be good w^{ch} some be. Good by.

For the payne in y^e Head & Swelling in the ~~throat~~ face.

Take a goodfull of Red sage, a goodfull of Garlicke
grass, a spoonfull of Bay salt, & a little Rosemary
& bruse them in a dish, and put it to one spoonfull

Take some good brasse rods now leide by the
 Rosted, and bruse them altogether, and then put
 them on a chaffin dish & hold it in the fire warme
 then put them in a faire cloth & wring them over
 the shoulde of the patient, & as they are to be
 put suffer it, lay it to the nape of the neck
 & so use it, & it might be the more suide ease.

It nother for the same,

Take ten wormes & gather them in flower of
 & take ^{out} the meate within, & then take 2. of the
 quarters and lay one to the temple &
 & the other to the temple, & the side of the
 worme to the temple

Approued medicine for Deafnes:

Take the flooke of an eye and sooke them
 to be eaten, & when they are thoroughly
 fadden, blaw the hoofes and keepe the
 broth in an earthen vessel & morning
 & eveninge warme the liquor, & put the
 keffes in the liquor and make them as
 hot as you can possibly, & holde the

hollowe of the hofte to the eare as folow 88

let you rau midure it, & let one rodder lay to a
notion for the exure of the eare & for the
hote, & before to keepe the hede of the eare
halfe shote for fear of cold, & when you
shure damme ripe the eare drye, & drop from
on drop of the oyle of bitter allmone, & then
for the eare use a litle blacke roole rodder
of the eare & use the morning & evening
for the exure of a fortnight:

ffor the Hiabe of the face
or els wheare,

Take many golde leanes & bruse hem & put hem into
a swaine, let it boyle till it be duer, & then put it
into a cleane cloth, and hang it up to the rooie, if you
a quire out of it the oyle & use it & put it into a
glass, & keepe it all the yeare & when you use it, you
must sunne it the greene place then use it
a daie and it shall be good.

for a Rednes & Swelling in the legs

Take Red clay & worke it wode wile winter of winter
time, let you wile wode wode, & then spread it
a litle & lay it to the place & wode.

for a swellinge or knock
ore bruse if it be taken
in time,

Take yallow wax, and make it warme in
gote water & then take a piece of linnen
lay it to the place as gote let you see suffer
it and let it coolly lay to a nother piece &
so supplie it for a good while together.

A powltice for y swellinge
in the bodday ore stomacke.

Take mallows comfords shrovet weed &
water cresset smelags of eare & libaqua-
ntation, and shred them all as small as can be
& shred a litle shrovet fennel shrovet and then
put them all together in a bottle or of annis
it full wth water & so let them steeke and
as the water dooth consume, put in more
and they must steeke so longe, till the water
be some thinge white, 2. somer daies and
litle enough for them to steeke, & at the
last they must steeke so longe till the water
be almost consumed & that the hearbe be

be drye, and then you must take hem 90
grinde hem small in a Mortar, & when you will
approue any get of it, put some of it into a
glass or chaffer, as you make a good sick-
plaster and put a little meatstooke oyle to mixt
it, & let it boyle a litle, spread it upon a linge-
rloth, and lay it w^{ch} you to the Rind, let it lye
there from morning to morning, & it will
drawe anye y^eauell humor out of any get of
it biddays, it may not be layde to any get of
it biddays except the Rind, for it will drawe all y^e
y^eauell humors to y^e place.

**It water to heale all greene
wounds & also a salve to
to heale likewise.**

Take 3 handfulls of sage 3 handfulls of roodvire
leaves & flowers, 3 handfulls of Sallendine. 1 1/2 of
grammes bruised. 1 quart of Spring 2 pound of Roan
Allom, then soke all those in a Gallon of water till
it com to a pottle, & then straine it through a cloth
when you need to use it take a litle in a saucer
& wash the wounds w^{ch} a faire cloth, & then
lay on a plaster of y^e best following.

Take Roshon & Shoop's forest a good quantitie
 & boyle them together. From it roose and
 carrish it & then let it stande till it be
 almost drowde & then put it in a Syngo of cold
 water, and worke it roose together, & then
 make it up in a Lunge like salve,

of Butir etc.

The vertue of Rosemary

Take the heards while it hath green leaues & flowers &
 wrighte & dew it wpon it & steepe it in a wash of
 flax & head of roose & likewise of baddaie & it shall
 it wrighten & baddaie & steepe it in wrighte & it
 will wrighte & head in good health, Take of
 Rinde of the Roshon of the Shoop & put it in a Syngo
 of cold so that it smokes wrighte & hold it by head over
 the smoke & it shall deliuer all manner of ill
 humours or corruptions in the head, also make
 a baly & steepe it in the Shoop & it shall
 comfort the head & all other limbs, & all good
 data the heards with bread & hony fastinge &
 it shall put away all swelling in the body
 also, If a man haue the goote, take
 the Shoop & sooth it & lay this heards all
 all over it shall assuage the swelling of

toe to the, also good, ye haue in strong
minigir, & lay it to the Maule it shall. 92.
Galee bee, of the fleup, And also if a man take the
leaves of the Gales & kemp it & lay yem to a
wound it shall stay the & heale it,

For the Tremblinge of y^e hart
Take 3. or 4. spoonfulls of Beardsbane
y^elf abmug, & water & give it to y^e sick to
drinke & it healeth.

To make sleep

Take y^elf a dozen of Poppie seed & seeds
all, & fely yem till y^e be somewhat soft & then
beat them in a mortar and put a halfe a pound
of red leaud, oyle of Risset 2. spoonfulls,
lett milt & woodward milke, & lay all to y^e flower
moderate but not to y^eto.

A medicine for a bruse taken
from a Horse ore otherwise

Take a sheeps skine y^et from y^e sheeps backe
& lay to y^e side y^et was most y^e flesh our
y^e place y^e wound as broad as the skin
will beare and let it lye on 4. or 5. dayes

if ye bruste be y water, & change the skin & lay
a nother to it, & let ye phis lye warme & let
ye patient be ym him to drinke lett ye first
stone y lye, wch mansey & grated nutmeg
or other wine, & ym after yst if you can get
ye garden baulme, fete it in a possibit sh all
tee it be all strings of ye baulme & put it to
it ~~the~~ sweet butter & grated nutmeg & let
ye patient drinke y gross morning & evening
e let often let ye ran in ye daie, wch will cause
ye brused blood to a payde a way from ym also
if you want a skin, you may take of ye
baulme sudden, & lay it to the bruse, and it
will doe it much good

To stoppe the Lasker

Take Red wine & a Ege & make y gross as a drink
and give the patient to drinke.

for the spleene

Take Rue Camomyle good camomyle flowers
wch vnderwood fete ym in y white wine or
claret & in ye latter end of ye fete night
put into it a little white wine & miniger and
use it wch exunges, let yte as you may suffer
it to the fide the spleene is,

A medicine to vomitt 94.
Take 5. spoons fulls of water. & 3 of vinegar
and put a little sugar therein & make it a little
colder for patient to drinke:

To make one Soluble.

Take a pound full of mallows & put them in
flaxen water till they be rather soft, then
wringe the water cleane from them & put
it in a glass & lay them to dry in a
noble

An Excellent Medicine for
one that is in a counde:

Take 3. common rounde black pepper & brasse
it a little, & take also a peece of white paper or
a peece of sheet & fowle it up together, & blowe
twice fowle it with some of the said pepper. Burne
the one end of the said paper in the
fire & hold it to the nostrils till you come againe
to your senses.

To comfort a Rawe & a weak Stomacke,

Take a good handfull of Rosmarie & a nother
of Moorme woods, & boyle them in sacke, & good wine
till they be reduced to the halfe, & straine it
through a linnen cloth, & mixe the liquor from them and let it be
so patient can suffer it lay it to the stomacke
and let it coole, & heat it in the same liquor
again, if you like it to mayst dry it between
two linnen cloth it is exceeding good.

A singulare oyle for an Itch.

Take the flowers of some soft Earthe
the male flowers, & when you have pulled the
flowers from the stalkes you put the flowers in
to the best sweet oyle you can get in a glass
& set it in the sunne & when it hath stood
for 5 daies in the sunne straine the oyle from
the flowers, & put in those flowers into the
said oyle & set it in the sunne againe, for
6 daies, then take out the flowers againe
for 5. or 6. more, & so keep it till you have
need.

To make oyle of wolkate 96

Take wolkate & put it in a fresh shewell of yron
& set it on the hole, tie the wolkate be terouge
gate, then put a new shewell of yron upon
it and press it hard & the oyle will come out, & is
it good for the wolkate in the chest and for the
yolkate in the eye.

An approved medicine for the Risinge of the Stomack & fallinge sicknes,

When you feele the fist of fallinge sicknes cominge
give the bee the 3 or 4 good spoonfulls of spiced
mint water, & likewise at night when the
thee goeth to bed, & thee give thee thee good
thee quantitie thee thee taken thee quantitie
of a mint, you may give thee to a little child.

An approved medicine for impostu- mes pluresys or surphits or any sicknes at the Hart

Take the distilled water of red poppie wth
 good wth of ffoles & amongst wthgate, it must
 be so leaved only wth must be so leaved only
 wth the distilled water of the blacke, drinke of
 this water & spoonfull or 2. so often as you
 finde y^e selfe sicke, or soore any of the
 diseases aforesaid:

To say the Losenes though
 it be Blooeday flux more
 ether owld or young:-

Take an Egg yelt was layde on Maunday
 Chirsdai betweene forme & forme, roasted
 the yew or yewes as you ple to eat
 yem, if you wille eat bread of yem it
 must be bread baked on Maunday Chirsdai
 This you must use in the morninge fasting
 at noon & at night when you go to bed
 This bread yels made must be made of some
 yewes upon Maunday Chirsdai, & baked
 in yem for time, & it will continue for the
 space of an yere.

The Cough of y^e Lungs

Take 3斤 of 3 Handfulls of y^e darrow & mingle
it wth sugar & fine flower & a lile of water &
a lile powder of cinnamon & a lile nutmeg &
a lile of y^e Englishe Liquorise, beat & made into
small wales & ball them & so keep them for y^e
use.

Butter To make Clarified, good to cleere the face,

Take fresh Butter, unsalted, and melt it
over water & small time & when time it is
melted pour it into fayer running water till
it be white & then you must beat it wth a
lile of y^e darrow & water, till it be white,
Then put it up & you ^{may} keep it a whole year, the
best time to make it is in May.

To make a Dyett Drinke to keep
one sellable & to strengthen
the weaknes of the Bodday &
for them y^e are taken wth y^e
Lame palsey in thier Lungs...

99. Take bitterney murgond Sage rosemary
fennel grasses water & sweet of sage 2.
Gaulthuffs lignea vita Sassaquilla of sage Gault
a pounde Sassafras rootes. 1 lb & half, Mu-
tuegs olives subett of sage half an lb:
all these bringe grossly beaten & forced wth
in a fine bewettner Sage, wth a flint stone to
make it fine, & put it in a sweet flower time &
put therein a ymke of honey, 3. or 4 gallons
of wth better bringe wthly changed, & let it
stande for the space of one month, before
you use it, & when you may mingle it wth
wth better, after half or more as you
can best drinke it, & so drinke it wth
wth meate, or let it be fine, wth you have
occasion to drinke it, its good to be wth
continually except it be in June July &
August, for then the weather is to hot
except for extremitie of wth I have seen
mingle wth you.

A good broth for y^e 100 Consumption or Cough of the Lungs...

Take three pintes of Stronge Mutton brothe
put therein one handfull of sage of Jerusalem, and
a smale braunce of rosemary & let it steepe
for foure dayes 3 pintes of brothe to one quart
give halfe a pint of the same to the patient in
the morning fasting & lett 4 of the clocke
in the evening after noon, & let the patient fast
one houre after & then you may give him a boane
of mutton to eat, the stronger the brothe
the less brothe you may give him, when you make
the brothe put in the herbs aforesaid you may
put in some peeces of y^e same pounde

An approved medicine for a blaste...

Take sweete fallet oyle & aqua rosse p^{er} distilla^{ti}on
each a spoonfull, beat them w^{ith} wine & together
then wet a fine holland cloth in it & lay it
uppon the place y^e neede, but see the fonde late

And if it be winter, you must take a yere of
 Rye, a stone of fayne running water & beating
 with a foot, till the stone be well consumed
 in the water, then take the place of the
 water, & by gods grace it shall be good.

To prouoke water

Take a little black soap put it in to a little
 long box & work the same with a spittle with a
 little stick & put in the soap be well mingled
 with the spittle, then take it up & fill the head
 of the box with it, then lay it to the patient
 & draw it with a warme cloth upon it & so let
 it lie for half an houre together or more
 & use it at your pleasure.

The numbers of Limbs

Take half a pound of Elecampane leaves
 half a pound of red sage & shred them small
 then beat them in a mortar, then take a
 pound of fresh butter & boyle the herbs
 in the butter till it com to an agut mount
 & keepe it for your use when it is strained.

And as followeth...

Take the blots of Cowshipp &
beate them, in a mortar with smale, & you take y^e
weight of y^e Cowshipp of ffresh butter & boyle them
together to an ointment, & straine it & keep
it for y^e use, when you use y^e best things, you must
first annoynt the greved place all over wth y^e
greene ointment, then annoynt the Joynt wth
wth y^e yellowe ointment, if y^e cure goe from
one Joynt to another followe it wth annoynting
& it it helpeth: or:

For sore Eyes.

Take a New layde Eye & make a hole in the
toppe of it & put out all the matter, then fill
wth y^e fresh wth Springe water, & put in it alwayes
a newe finely stragle wth wile lye upon a
Chewenut, & let many Suminge sode beate
smale, boyle all these in the Eye sholl a gther
of an hour, then straine it & wth a feather
dresse y^e Eye, you must lye upon y^e backe
upon a bed upon you dresse y^e Eye:

A medicine for a broken
vaine & that voydeth =
blodde, ~ ~ ~ ~ ~

Take new milke & a spoonfull of the Juice
of Plantaine and a spoonfull of Spinnie
boyle all these together, & let the patient
drinke of it first & laste.

To take away the pimples
& heat of the face,

Take the dounge of honye newly made &
take all the rosette that is all one Ende of the
dounge & laye it in the rosette wine & wash y^e
face often times wth it wth it shal becom
cleared, wth Edward.

For all mannor of Sicknes,
take these herbes followinge
& make pottage therof 9
dayes together all y^e least
& if you use them euery

Whiche, 3. times you shall
never be sicke till you dye
with age,

~~Delicious~~ Delitious Porraige

Take lamyde brose stampe mallowes and
whetter crosses, Breacht mallowes small
adventes yessley, Take greist digest forbes
and none other of anye like quantitie and
make yottage of yem & if you see yem it
will cleane goe tharte by stomacke yem
The good
of mallowes
Roxburgh
Lunges and
keeps you to merie health.

To make Seruys of Rosets

Take reddest buds & clip off the poyntes & let yem
wither 24^{hr}, howe soe betwixen a faire cloth
and take 2 poundes of yem & sett yem on fire
first in a stoneware fayer runninge water & let
it sooke till halfe of it be wasted then straine
it, & yem sooke the residue by liquor againe
& take double quantitye fine fayer & put into the
liquor, & let it sooke on a soft fire untill the
summe beginne to rise, then let goe first be
same thinge quicke and let it sooke to long

as honey / stuns will rise. Then strain
it & put it into a fine glass & keep it in a
cool place.

A Jelly made by Doctor Twine to Restore a Consumptive

Take a young Oxen skin & wash it
well a quart of a pound of Dates, nuts & wine
Grenoble Sativian roots water small of dry
cheese & shudfull a good quantity, aged salt &
aged potato, all shud or stirred, Sinnamon pulp
an oz; It must be boiled in a gallon of water
till the Oxen skin fall from the bone
and liquor more used, It may be cleared
with Romaine wine or port.

To make Allmon milk for the opening of y^e pipes & lungs.

Take a quart of Romaine water & put therein
3. Spoonfulls of aniseeds spirit & wine &
brusht a little & some liquorish brust & scrapt
and let them stand from a quart to a quart
you may if you will drink it in the afternoon
or strain Allmon to it & make it Allmon
milk, drinking it morning & evening.

A Receipt of Barley
creame good to open
the liver by Doctor
Jt Kins,

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Take of Sparragus Rootes a little bundle. & one
Root of Burrage wth a pint, & straws a little
flomell roots likewise sliced, each a spoonfull
of sweete fennell seeds or Caraway seeds
boyle all these in 3 pintes of faire water to
a pinte & a halfe, then straine it & take &
take a good spoonfull of new barley & spread
a dozen Allmoubd & blauged, and beat them
together & put to it a little sugar & rose water
it is good to take wth barley & some flasting.

A glister for the wind tanght
ht by Doctor Jt Kins.

Take mallowes Ghummanon Midit Leaved
brans & flomell roots of each a handfull, flomell seeds & anniseeds
of each 2 spoonfulls, boyle all these together wth a quart of
milk & tie y^e flasse wth a linnen cloth, then take a pinte of y^e fatest of
liquor & straine it, & put into it 2 oz. of y^e oyle of Rice or
of oyle of Camomill, or for want thereof a little of butter
melted, 2 oz. of course sugar. & 1 or 2 yells of Eggs

To stay the bloodday flux

first take roots & hyslop as cleane as you
would doe for furmitie, then lay it water 2
dayes & 2 nights & shift it euery morninge
dawninge with faire water, then dry it if
the time of the year will serue, in the sunne
& not in the shadie, then beate it to flower
then take the barke of the wilde oak & take
the uppermost of it & beate it to powder & giue
to euery spoonfull of flower take a spanne
full & half of y^e powder mixt wth y^e rose
sugar & y^e y^e boyle it wth milk, tie it
be as thicke as p^hopp, then straine it & take
Guinaman wth quantitie you thinke good &
you boyle it againe, & so giue it to the patient
dawninge & morninge.

Against y^e piles

Take the herbe called Gownde tongue, otherwise
ben bane, its that who leaues the sides of the
bane take a good handfull or 2 & boyle it in
pure & y^e y^e it in running water tie the water
be confunde, ye drye it, but let it not burne, & se y^e
ye herbe to be tender, then take a y^e quantitie of
fresh butter of y^e wth fault in it & let it boyle a y^e wth y^e
when you thinke its boyle sufficient, straine it & use it,

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Boyle it a little on the fire & again, then
take blawed almonds & beat them well & make ro
to the same softer Allmon milke, & drink the same a litle
in the morning & evening first & last.

To surge the Raines.

Take clarified whey & keep the same wth fumatory
& drink thereof a small draught a bout 8. of the clock
in the morning & evening abstaining from other drink
an hour or more after it.

To surge fleame,

Take Sennel & stamp it & strain it, & take the juice
& temper it wth white ale, and drink a good draught
in the morning before you rise, out of your head
And you shall speed nup if you can, and it will ease
you & dileve you & fleame in a short time. Also take y^e
herbe called bittering catwilde the like.

To br take fleame

Take 8. or more & squeeze out the juice, then take 2. of soft sugar
& let the sugar melt therein, & when it is strained & set it on a
wey of fire & boil it & let it boyle a while or 2. then take
it away & keep it, & drink it morning & evening a
spoonfull at a time luke warme first & last.

To stainten Vomiting

Take Redd minte sage & womenes milke, brayde
 & traunde to grater, and give the patient to
 drinke, & so the patient shall stainte y^e
 vomiting.

For such as cast up their
 meate by weaknes of y^e
 stomacke.

Take the nether crust of Browne bread
 drye it well & sear by all y^e fire, then stop
 it wth stronge vinegar, or a little stronge rosin
 wine, then take it out & spread upon it, the
 powder of clove & warm it againe & lay it
 about the mouth of the stomacke, & so vomiting
 will cease.

To cause sleepe

Take the kernels of walnes & beat them and a
 little rosin & suppur seed, & the milke of a woman
 best mingle all these together and spread it
 upon a cloth and lay it to the temples &
 forehead,

To cause sleepe

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Take 2 spoonfulls of Rose water, or 2 spoonfulls of oyle
of roses 2 spoonfulls of Red wine, 2 spoonfulls of y^e
milk of a woman child, or 3 or 4 spoonfulls of darg so
that sh^e may be an ounce quantitie of all 4, put all
these together in a pewter dish over a chaffinge dish and
boile & stir wth y^e finger untill you cannot suffer it
Then take a linnen cloth & lay it in it & lay the cloth
3 or 4 double upon the temple & forehead

To stope a Lasse,

Take malmsey & heate it to the fire in a vessel, when it
is hot then dip a linnen cloth in it, lay it to y^e fundament
and a nother likewise to y^e belly as hot as you can suffer
it.

The falling sickness,

Take vermin & dice the seeds of Broom, put them
into a bagg & hange them a bout y^e neck of y^e child.

The falling out of the Fundament:

Take the flower of camemaroo & boyle them in
mustardine & bathe the place therewith it helpeth.

A singular Remedy for the blinde Colicke ether in ye stomacke Itad ore bodday:

Take oyle of olives & fine white breade
crums of adain doidd put ye oyle in a spoon
and runn the bread as small as you can into
ye oyle, then stee it wth a kniff, & when
it is well temperd make paste of it, and make
it into litle ~~round~~ spires like rosbite poyse
and in the morning fasting swallowe 2 or 3 of
them, and wth the Gate or drink in an flower or
more if it wth god:

The tooth ache,

Take Sage & Natorye & scote them in vinegar
& keep it in y^e mouth as hot as you may suffre it
& it helpe:

D. B. D. P.

Pills de morbo Gall

Take Mercurius sublimatus 2 ^{grs} of
quick siluer, halfe an oz. then take an
oz and halfe of bay salt & salinde or burnt
in a gold smelter pott, then labor it in
a mortar wth temperately till it becom

whiti, it must be in a stone mortar or of 131
Alabaster and with a wooden possell, then
dullifie it wth in ~~unadvised~~ with an other dish till
all the salt be felyght out, then drye it by the
fire upon a bricke or some other thing in an oven
then mixt it wth scrup^{les} of Rues & make it up
to a lump of p^{er}itoryll, a bout the bignes of a small
chese & keepe them for y^e use: & give the patient
10. of them, first .1. next 2. soe 3. & then 4. and
it will cause an extraordinary flux & cure the y^ess

Wills for y^e Head & Stomack

Take Wills of Sorbia, Pithilauria of each an o^{unce}
X Dia gradia Galts a dram, mingle these together
and make to be wth in to a ball to be given .7. in the
Morninge, or 2. at night & 5. in the morning
wth y^essell drink 2. hours after.

A Julip of Cloues,

Take y^e Plantain, Gurrein, Burrage, Egnimoney
& violet leaves of each a Handfull, boyle them all in 3.
quarts of water untill 3. pintes be consumed, then
straine out the herbs and ad to the liquor a
halfe a pound of sugar of Candy, & a halfe
an o^{unce} of cloues, & let it boyle a quart

of an hower wth the white of 2. Eggs well
beaten in the liquor & then straine it, & when
it is cold add unto it a quarter of a pint
of white wine & mingle and keep it for your use

A drinke for the stoppage of the stomacke,

Take 3 oz of white sugar of Candy & a pint
of liquorish as long as yo^r finger can
stirre & a spoonfull of Amasside wth Gallica
of 3. of ~~the~~ Gallicana put them all into a
cloth and boyle them in 3 quart of water &
untill 3. quints be consumed & then straine yo^r
stronge & wth a bagg & keep them for yo^r use
& drinke it at any time except at meales

The Liver Drinke,

Take 2 Shind full of Liverwort & as many
gists to m^g for 4. in a gallon of fayre
water & then straine the herbs forth & yo^r
add unto it the followinge for a
half a pound, Ruberba 1 oz in shissed
Amasside 4 oz well brused, Liquorish
2 oz, well brused, infuse these things
in the decoction till they come to spiritus

a pottle of shon stramine from forage a
dressed in gherde and bake 2 whites of
Eggs in it, so boyle it up againe to forage
stramine it forage & waullon bagg for yds use: 133.

At someable Infusion

its the wie same, the lixir make it only
the herbs left out:

Consumption of the Lungs

Take Swallowtail Barrell leaves, wood bittoney
leaves, Violet leaves & couchgrass roots, red rose
leaves of each 2 handfuls, boyle all this in 3 qts
of white tie 3 whites be consumed, then stramine it
& put to the liquor 1 lb of best sugar & the
white of 2 Eggs well beaten, & let it boyle a
quarter of an houre, then stramine it & keep it for yds
use.

Dyett for the Cough, Purgings

Take Marsh mallor roots, Ladies mantle, Scabious, Swallow
foote, Eryngony, bittoney, wood violet leaves and
moose ears, of each 2 handfuls, of Sarsayilla sarsaparilla
& China of each 4 oz. of liquorish & carmentole roots
2 oz. boyle all this in 4 Gallon of faire water for
the space of 3 dayes: then stramine it & add to it 1 lb of best sugar
then stramine it & add to it 1 lb of best sugar

Take galea agreste of • • • • • ana con of good
 subarbo thin sliced & let it boyle a quarter of
 an houre in the liquor, & then straine it & boyle
 it for y^e use.

Ab Peritiue Electuarie

Take Sarsapilla 2 y^e half, lignu guaiacū of
 bark of y^e wood of each half an oz. ana
 2 oz. Epithimu bitter Cardus benedictus
 Hæteris fur to roasted of Ellæocarpum
 Nutmegs Ginger of each a dram, & let
 let them all be made in powder and mixt
 wth a pounde of dissolued Gumme
 so fiat Electuarie.

The sollable Electuarie

Take Sarsapilla ana of each 2 oz.
 of Abellipodiam half an oz. Mayden hair
 500000 of each 2 drams, Sinamon. 1 dram
 let them be all made into powder and
 mingled wth one pounde of dissolued
 Gumme & as much red rose water as will
 make it an Electuarie.

^{fflow with}
To draw downe the m a 135
wooman & disolve them

Take oyle of lythib and annogate & yswine yplare
well all the fire, and laye theron a clothe moame &
laye the yphie into a warme bed, also lett the yphie in
the moate & drinke the ypowder of flint

for wocmen that have to much
of thir coursed to stop them,

Take a hard flint & burne em to powder & let the
drinke of the ypowder in stale ale first & last till
thee be hole

Lickewise

Take yowst & dounge & let it be now & boyle it in good
wome ymeger, and make a yplayster and lay it to the
Mauell as yphie be thee can suffer it

It gaine

Take white floure & seige it in milke or ymeger &
make a yplayster & laye to the Mauell as yphie be thee
can suffer it

136. Another most singular
and approved

Take the oyle of Lillyes and drinke it in
stale ale tie it so close & if the matter be
too hard, & shee would have it soft & blisse
take a rooke of softon peerie cleane & put it in
to the oyle of Lillyes and make it soft all y^e
fired in a shearde and take it first and last
and let the y^e put the rooke into her
p^rimitiv as yote & do soe w^h shee may
and shee shall have her tearmes.

To make oyle of Lillyes

Take oyle of Lillyes & put it into a glasse &
stoppe it full of Lillye floweres and let it stande
9. daies in the same. Then straine it through a
cloth, & let it stande thether 9. daies to cleane
& then put it into an Earthen pott or into a
glasse and let it stande as longe before you
use it, & so keep it for y^e use.

DB: Balsimū 137

Take Penus Euphratayni halfe a pounde oyle
of Rosse a pounde wax halfe a Gynasse ~~gynasse~~
2 oz. oyle of ypper & anamell & Euphratayni
of tare an oz. of sanders 2 oz. sweete ysonder
called ybullis Eriob 1 oz. Naturall Balsimū 1 oz.
oyle of baye 1 oz. Draggons blood 2 Drames
Monia 2 Drames, oyle of Mos semper of oare
a dram, Camphire a dram oyle of dill halfe
an oz. Amber and Storax of each 2 Drames
Seafe Cowles wj Leanes, Emingls all thise
together. sic fiat Balsimū

pectorall myste Rolles

Take a lb of the best sugar, of stantre leafe a lb
Muske wj grains, ysonder of Eridos 1 oz and halfe
Cum Draggons be more be wile suffice to dissolve it
and a quantitie of Rose water be wile serve
to make it up in a ybie or Rolle:

To make a womā

that shee shall not conceaue or
beare children:

Take a lot of her p^{er}care upon her the Matrice
of a Goate right hand neuer yondred & shee shall
neuer conceaue:

Take a lot of her take of yon^e seeds of the hound
of a Males Earre and mixt them together and
put them in a girdle about her next to her skin
& shee shall not conceaue:

To make a barren

wooman conceaue and beare
children

Take the Ballenke of an owle or
a yonge of a hige left surke to d^e and
burne them to powder, and put toise powder
together to Eat, and take the Matrice of
a hare and flittie cornes of pepper and
make powder thereof and mingle this
powder all together & give the woman:

Willow otherwise 139

Called Monoc Earre & its vertue

Take it and ginde to shreds & borow to drinke and
if the yte rest it w^{ch} he shall dye, and if the Edge
of a knife or any tool be steeped in the Juice thereof
it shall cutt all other Edges,

The Scurffe in the Heade

Take Hollyhockes and their leaues and soote them
and wash and bate the heade, and it helpe th^e.

Burninge & scalding

Take Hollyhockes leaues w^{ch} the oyle of ollyffe and
annoynte the place therewith and leaue the leaues
vpon it.

For y^e Eares,

Take an Adders Limbe foddren in wine, & the Earre
bated in it, & a litle herof put in y^e paynd, take th^e
a way the grasse, and it helpe th^e Earre that be
runninge w^{ch} smelinge matter & corrupcio, but in y^e
sayd you must beg^e a litle the more.

For Runinge Eyes

Take a playster of mastike fme framostene
bolt Armonick and yu dragon wch be wight
of Eyre mixt together & layde to the forehead
and temples.

The worms in the face approued,

Take the leaues and rootes of herbs &
take the fresh & spruce and halfe of light water
& put it in a glasse, putting to it one oz of
of yssuetorio and a struple of wurdigmasse
& mingle all together and drawe downe halfe y^e
moorme of the saide faw ore all wch wch
a little wotten put in to the fauce,

The wayne in y Eyes

being yme ore webb: or els sore.

There is betwixt the barks of y^e wande of a
Oyle, that hath bene longe felled, or
worme that is a quarter of an ynter longe
and it will kille & be pownde like a spere
some call them bowes, take y^e y^e or y^e
of them, stampe them & drawe them, in
halfe a pinte of stronge Ale, whowse

make a posset. Then drinke it at
nigst going to bedd staine tyme
and take her Curde, and by Gods helpe it will helpe

1401

For the payne in the head
for that a man cannot hold up his head

Take gume Rese & drye it by the fire, then
beat it to powder wth a little Gumme thone.
roste an eye blew & harde, & soe stitt it a
lunde & take out the yolke cleane, then
frie in that place y^e powder, then let
the y^e bind it to the morow of the
head as hot & as he can suffer it.

If a man haue lost his
sight for the space of 3 years. this water
will heale & recover it by Gods helpe
Take flemme Sage wervine, Bittany Egramony
tawne a handfull, Eufrasei smilfoyle gromwell and
cressyle Rew, Gowles drasse liden a handfull
Grinde all thise together in a morter, then put
to it the powder of Alooe, and a little more it
and mixt it wth eufrase water, & distill it,
this water is good for all manner of Epies in
manes Eyes.

A singulare good =

ointment called the oyle of
softnes, a marvellous good thinge
Take a handfull of the Harenges of Mank
feete & a blacke snayles, and a handfull of
shew makers of barrowe of Leatepe, put all in
a Stillatorie of Earthe and make a soft fire
under it, And gett as much oyle as you can
drawe it, It helpe all greifes of the boddy
joyntes, As Sinnowes shrunk up or withered
Annoynte the same therewith, twine a daw-
ned onte:

The nature of some
Herbs,

Groundsell,

groweth & it dothe
meane resolu the sores and Galls
that growe here Linenb:

Rightshade in Gardens is taken

in meates, and in playster, it w^{ill} good
against Galls & Gallenke swellings & against
Wylkes, that spreade from place to place
called Herpes:

Sicula the herbs hemlocke 143.

taken inwardly it giveth and is often to
man, for it killeth;

Socrates

by drinking the Juice & take out his glasse

but being outwardly applied, it Extinguisheth

and debateth Milke & stayeth the increase of

Wormes best,

Knot Grasse

is binding and is good against all hot diseases
of the stomacke, good for sores and places
greene woundes, it stayeth the bloody flux
in women.

To take away a Corn

first pare it to the Quick, then
take the Juice of a figge and a
quantity of Weedy Grasse mixt together
and lay it to the Corn & it helpeth.

The vertue of a stone of an Eagle, . . .

Take the stone of an Eagle and bynde it to y^e
breast of a woodman hit is wth the Egide, & it
will save all continuallye bearded, & beunge bounde
to the legge it will beunge free by the Egide,
wthout any p^{er}ill in time of his labor.

To Destroye flame

Take y^e fleshy rootes of the roote of y^e Solitary
of Isrope and liquoreish of each a pound full,
wth a quantitie of Clarified honey and
sett y^e same in the sunne and lett it drinke first
& last.

To Stainch blood

Take a Linne cloth in y^e sunne and wrap it
a booke of y^e same moneth & it shall stanch
if it be a woodman let her laye her body
in y^e sunne.

The Chine Cough. - 145

Take a mouse & flay him & dry him to powder
in an oven, and drinke it ale, its wondrous good. It is
also good for hys that cannot swallow water
either, in men or women.

The Head aitch

Take a Rose water & wash it in romingore & put
to it the powder of Nutmeg & cloves & for bynd
it to the temples.

The vertue of Herbs,

Silver mountaine the roote & seede of this herb
awaketh the moutly courses in women
also it healeth the fallinge sickness & shortnes
of waite.

Oliu de Eforbiu.

Is specially good against all cold distempers, as of
sinnowes & Joyntes as cramps palsy & fure
others.

of sallendine

Sallendine, cleareth the sight & the throat & helpeth the faulces & appillations of the eyes; But sight work is better, it is gotten and sharper, & exulcerateth the skin in the face and the throat & head by the mouth. It is made in 4 degrees,

The glartichoake being boyled in white wine, & made to drink abundantly and it chaufeth all strange humors in the body & under the skin,

Spicknarde is got & made by this in taste it strengtheneth & comforteth the stomach & outwardly in the flesh it provoketh urine and the sweating & flowing of the stomach. It dryeth the humors of the belly & guts, & of the head and breast. The best of white wine is called Marsias, Judita or Senara.

The Stone most excellent

Take 5 or 6 banes of Lawre stamped and strained manually, & drink thereof in the morning in white wine, and keep you safe when the day warms in the summer, if you cannot get wine you may drink it in Ale.

The virtue of Herbs 147

Harts horn is brused & mixed by the teeth and decayed
moyst humors and spitting of blood and the bloody
flux, and is also good for the stomacke & feeding
and decaye by the Eyes.

Ash Tree leaves is most fitting to Meele
but it hurteth not, beate to let shaddow it under
it, and to drinke the liquor of it is also good a
gainst serpents, for no serpent will be under
his shadowe if man compass about a fire
with the leaves, and a serpent will be soone
to depart will rather goe from the fire
than to pass over the leaves,

The Beech is also good for the blood, and
the fluxe of it is good for the stomacke

Pigmys Dounge is good for the head
and old moyn old long diseased, it aynge
in any Joynt or backe approued.

To surye a sore from dead flesh

Take Scurron and roste it in Embers, but
wrap it in brown or white paper and
make a salve of it, and lay it as hot as you
can suffer it, and when 3. dayes night:

Sanabiter

Consequentū apostolorū

Take Turpentine Rosin with wax gum
Ammoniac of each an ounce 6 drams,
the roots of Aristologie longe frumment
C gum Sclind of each 6 drams mirrhi
gallbannd of each half an oz. quappaney
wardogew of each 2 drams lillarge of
golde 9 drams common oyle 2^d Dissolve
the gum in winegar, and make it into an
oynment according to Art.

Auerie good water 149

for all Manner of sores to be washt
whether it com of cold or he,
you must wash it diuers times as you
lay your playsters to it, till you see
the blood come. then use the salve
till it be whole.

To make light water take a quart of distilled lime
to a Gallon of cleane water and then row it close
with some rigger for it will purge, and soe let it
stand some dayes & some of the ffroge, wch
ffoate, and take the cleere water and put
it in a glass fast stopp'd it will keep a yere
good for you & it will be wth.

A salve for a fente:

Take the yolke of an Egg & as much Gummy of
a wallnut & as much Turpentine, and mingle them
wch well together and soe use it in fente and soe
till the fente be gone.

The nature of cuttle bone

Being burnt it taketh awaye scars & spots from the
face, & being burnt, it dooth take awaye the
scars in the eyes & taketh awaye rust and
and grubbings in the eyes.

The nature of y^e flesh of an adder. -

Take it and it purgeth the people bad air by
the skin from the legs & so forth, it is
much good for the flesh it geth dry,

The nature of a sponge

Take a piece of sponge and lay it to a wound
it will heal it and lay it to it
it will heal it and lay it to it
it is found that the sponge breaketh the
stone of the kidney:

The nature of Herbs

Take the Ashes of willow or Gallus steeped
in sharp vinegar, consumed with
burnt in the flesh,

Quinces is binding & comforting of
stomach and liver and stoppeth the flux of
the belly and all other fluxes:

The heart willow, healeth wounds stoppeth
bloody flux, and if flux in the woman.

The Common Docke Roott, 151

If you boyle it in vinegar or some sodid water & hold it
in y^e mouth fast to the throat & easily y^e y^e tongue
to the throat & saltly y^e Endices & month ore
y^e monthly Courses in women:

The Rassel healeth y^e fistula in y^e abundant
& thops and runnings in y^e same.

Dill beinge Burnde with hales mayst plente
soad, and especially sure to be in y^e paine
of the y^e of y^e badder:

7 Betle Leaves beinge mingled with
salte and made into a plaster helpe y^e
bytinge of a mad dogge.

Rux vomica is a fruite light murther
to women & easeth y^e belly:

Setwell comforteth y^e stomacke & helth it
holde, & consume y^e wind, resisteth y^e y^e y^e
it is holseme in time of y^e y^e y^e:

Nutmegs comforteth y^e stomacke & lindre
splene & stayeth y^e y^e y^e y^e y^e y^e:

For a felle or whitloe

Take a handfull of Red sage and as much of
 Speake grass and as much Rye bread or
 Mistle as a wale nut and as much Shadwell
 a little Shriv ore a of Balen and a spoonfull
 of English Hominy and a spoon of good sherris
 Stamp them all together and let it drye a little
 Then streame it and make a ylage stor of
 it, and lay to the sore morninge & eveninge

To wash yo face:-

Take betune a pie of the hyfte from toom, then
 take from a put from in wine or water 24th
 growed, then drye them in the forme of a lilly
 root and dry it to powder, then take from a
 mixt from in water or water, and then wash
 yo face & face when you goe to bed.

To assuage y^e payne of y^e belly or in the boddaie:

Take this oyle of Dill on this fuplastre
 ore Excretion thirsi 3 are good by them
 selves:

Take y^e oyle of Sherris ore the oyle of
 y^e Mule fistidate maionis

Herbs

The Leanes or seeds of Sorrell being
 eaten ore drunken lesseth the belly:

The vertue of Herbs

153

It is saide to be good for sores & hemmings
Chinod pepper in the light of the sun it dries
to be good for the throat

Brimstone & Turpentine mingled together
graie to the scabs leprosy of the skin & other
Rings & sores:

It is preservative against the plague
or any contagious infection:

Take of the leaves of Rose wth a good deal of salt
2. walnuts and 2. fligs, let it rest mth water if
you take it fasting, & not before noon & eat you
for that day, & possibly good against plague &
pestilence:

To consume the Mire & Fleume

Take Rubeas mixt wth Roshon & Gallen
and it consumes the fleume, & keeps the bodie
sound & in good health:

**for a straint in y^e backe ore,
paines,**

Take 2. nutmegs & burne them in y^e fire and
take wth some Turpentine and make them up in
little pills

†††
154

To fitt Boarb that boe
broaken a sunder whin 5 ore 6 daies

Take fatts taylor fat glue on hassell trees and
the seede of red durt, dry them and beate them
to powder, and give to him to drinke 5 ore 6
daies together and the beaues will be fitt:

The Stone

Take the powder of 20 daies blotsome and
the powder of gapefrage, care steeld of them
fett, 2 yls of the powder made of the ymils of
the flise called Thorne bark. If you list to have
the Experiment of it, put a stone in it and it
will break by and by: The same doth the roote
of the grape bring out in white womes, put in
small pieces & infuse them all night, and in
the morning drinke thereof fastinge.

Pressious ointment

a game Swollings ore aching in the foot
Legs ore amty jountes taken by means
of Colde ore otherwise, Excellent
alsoe to heale a wounde & better then
salme to heale ower bruses and for
shrimpinge up sinners wth good:

Take a Gallon or a bottle of wine
good salott oyle, and put therunto
Sage Lavender Sordthimwood Wormwoode and
a quantitie of Gummanice, after the quantitie
of the oyle, put for many herbes that it may be
filled standinge, Let the herbes be cut small
and put them into a batton of Lattin: & so make
it to a salve:

155

To make one pisse

Take the powder of flour and drinke it with
wine and stale ale and it helpeth:

^{Drinke drinke} A Dye for the Thox,

Take Sarsapilla 4 oz. Lignum vite 2 oz. Sassa
4 oz. Sticadure Epithimo of sage 2 oz. Aquile
Rubarbe of each half an oz. of Liquorish 1 oz. Bayles
all these in a Gallon of Rhenish & half of water
half a gallon of white wine ties half be consumed
then straine it & let the patient drinke now
other drinks but all maled, & let him drinke his
3 times a day:

Annunction for the Box

Take 4 ounces of Amiskillur lillde, 4 oz
of Boarst Greasse or oxe greasse and 4 oz of
oyle of Baye. And when it is well lillde, mixt
oz of powder of Chuter wth it, half an oz
of powder of quicke Breustone wth it, mixt
all these powders wth the oyle of Baye and the
boarst greasse in the forme of an ointment,
then annoint the place wth it by the fire, any
beddaie once and lay him in a sheet of hoisard
and have a sheet that he take not sorow in his
sweet h^{er}te.

Byttinge of a mad Dogge

Take a handfull of Rue and beate it in a mortar
wth a little salte and put it in the hole and it taketh
awaye the vermin.

To Drawe oute a Thorne

Take a Blarke snayle and brasse her and lay to
the sore where the thorne is & it helpe.

To stop vomettinge.

Take gresse Mintes and Wormewode &
make them wth h^{er}te botwist 2 tides stonde
& apply it wth hot to the stomacke, & it
stayeth vomettinge & helpe of stomacke.

To keepe a man fro Drunkennes

Take half a dram of bittony in powder, and Eate
it twice morning fasting before you drinke.

The feedenes of y^e Stomack

Take barracay seeds & Commune seeds of darg
a like quantitie, & make them into fine powder
and put them into his bottle, or else let him
drinke of this powder in Ale or wine for many
dayes with twice morning fasting and att
Night when he goeth to bed.

The Balsmy in y^e tongue.

Take the powder of Castoree and put it under
y^e tongue, till it doe dissolve & breake.
Then take some beane leaves and bruste them & lay
them under the tongue,
sprincke and sage sooth them together and
drinke it warme wth likewise wine good.

Against y^e Pestilence.

Take a greake onion, or 2 small ones and cut of y^e
head rounde & then cut out the core and put therein
soe many triacle as half a wal nut, then take
6. thons & brufe them wth y^e tooth & put y^e
wth y^e onion, also put 4 corus of pepper all

All bruffe upon the eye onyone in the glade
 sett it in the fire, but let the fatte end stand vnder
 and so let it be put in the butter, then take it
 out & boile it in a mortar with a little of the wine fine
 the yolk of an egge of stale ale and give it
 the patient to drinke to boile the wine whether he
 will or no and be sure to keepe him warme
 in his bedde, for the medicine will make him
 swell.

Against y^e fallinge of Hart

Wash y^e glade in hye made of saffor & saund
 and the yolk of an egge not fall.

The pleate of y^e stomacke

Give the patient a corne of Iuncus to swallow
 and it will be mended.

for the swellinge of the stomacke

Take the Rootes of Hemocoe and smallage
 a like quantitie & drinke the juice of the
 same.

That feareth the Malice
ove falling sickness: 158

Take hye and white and drinke it 9 daies
together fasting eie mornings & it gegeth:

To delay the swellinge of
the Boddie,

Take A quantitie of smallage semino &
darg a handfull, soch hem in a quantitie of small
smale ale & put in it a fewe clove & sugar &
drinke therof a draught first & last.

Hitches in the Joyntes

Take a pound worth of oyle of Gumme arabic
pound worth of oyle of Mastike one pound worth
of oyle of Exetie, i. pound worth of oyle of
Spirits mingle them all together and annoynt
the place therewith wile warme.

A Straine

Take a good handful of Cranes and crush
smaller and byle it wth a little Dore smth
and lay it hot to the greene place and
when three or 4 dressings it helpeth

Stomacke sick

Take a Draught of Melmsy wth a little
salt oyle & it helpeth

The Ye Noe fander

Take greene goose dunge a handful &
shred it and strain it & give it for y^e time
to drink euen morning & eue & last at
night.

To stop a Laste,

Take Leden & drige of ale and brewer
paper and strey it wth the drige and make a
plaster, and lay it to the smale of the
backe warme & it helpeth;

A most soueraigne
medicini against the plague
when the partie begins to feele
him selfe sick.

160

Take 2. or 3. spoonfulls of dragon water
and mingle it wth a little beate allmonie, and a
little muscadine. & give it for patient to drinke
and put him in a sweat.

A plaister for y^e Stomake

Take 2 oz of ~~Syrup~~ Lappadan 1. oz of storax
Galacint. 1 oz. Mastick 10 grs. oyle de speck 1/2
Ches of roage beate in a mortar & make paste of it
after put all theise in a mortar & dissolve them wth oyle
it is warme, and so spread it upon red leather
cast upon it the powder of cloves and mace, and
after take red flannee and so breade it for length
and quilde it like a matter. & lay it to y^e patient.
Nobis.

To comfort the stomack

Take Carraway seeds, & see seeds fennel &
 Comanders of each 2℥ of Anises seeds of -
 Liquorish of each a quarter of a pound of Somen
 seeds each an ℥ of Nutmegs Ginger -
 Galamus Arramattius Cloude & more

Galungale of each half an ℥ of the bone of
 a harte Hartt a quarter of an ℥ of an mure
 of Suren & Ambe make all thois in wine
 powder, & seer them fine, then take halfe
 a pint of Rose water, and let mure
 Balme water, set yo^r water over the
 fire with a gloude of fine sugar, let it
 sear wth a soft fire, tie it Sorely betwⁿ
 betwⁿ yo^r fingers, then take it from
 fire and put in yo^r powder and stee them
 well together, and put it into a Gallie
 of 40, Soe you keepe it for a year for
 yo^r use Take it when you feele payne
 as much as a walnut at a time, & therin
 you may see upon the point of a Caraffe.

It nother for y^e same 162

Take a quarter of an oz of Mastike Cloude Mars
But more Ginger to mure, beat all in grose
powder, then seeth in a ymbe of wine or
Ale to the halfe, after straine it and let the
patient drinke thereof both first and last
the quantitie of 2 spoonfulls, it also maketh
a good Disgister.

For a hott Stomake

Take Violet leaves furewey Lettice spinage
strawberies pence, betid burage of dore 2 handfulls
of Endiffe one handfull, wash them cleane and
cutt them small, and seeth them in a ymbe
of faire runninge water, to the halfe then straine
it, after seeth y^e water ouer a soft fire, with a
spoonfull of suger then when y^e suger is
dissolued take the white of an Ege & beat it
in a w^h & throwe awaye the ^{same} ~~same~~, & put it into
y^e water and when it commeth to boyle
water take it awaye, so shall it clarifie
y^e serape, then let it seeth ouer a soft fire till
it waxe thicke, then let it coole, & giue y^e pati-
ent, 2 spoonfulls at a time to drinke, it dooeth good
in burninge floures or burninge agues

163. The vunction for y^e whox

Take 2 pennyworth of Brimstone, Werdie,
grosse 3 pennyworth, & a quantitie of foote & ome
Mingles them together and flung them in
Mortar and put ther to a pennyworth of
quicke siluer, And take oyle of liffie on a
Swine's greasse or beards greasse and wth a
sticke warme it till it be moyse, and make
it soe tight you may barre it in a paper,
Lay the y^e in a cleane rhyde of shute
And dresse him out the sores both, morn-
ing and evening, and be sure to lay o
theaters enough that he may steele, & so
to live 4 days, & let him abstaine from wine
and milke:

For any worme or Lowe that's cropt in to y^e Ear

Take the juise of Aldermewood
And ore Saffronwood and put it
in his Ear, in the ed. & it helpe

for the wilde fire

164

Take the Ribs of Lettice, Setgreen Violets & stamp them wth Barres of gresse & let them lye in Beale a daie or 2, and frye them, & then straine it, & so keepe it for y^e use.

for one that is scalded by a wotman or burnt.

Take Linseed out wth saybonds & sow milke and sheepe tallow and mixt it well together and anoynt the place hote & keepe it for y^e use.

An oynment to cure annie warts in the yeare,

Take Ingouther Bassillia 2 oz. Mercury precipitate, halfe an oz. mixt these together in forme of a Lymment Oynment and apply it upon a playster of cloth.

The Runinge of y^e Rames,

Take mastike white sanders and amber, of each 2 oz. of Cinamon & of heu boye dried of each an oz. beat these into fine powder, wth halfe an oz. of bold almonie in powder mixt these together wth halfe an oz. of Roms turpentine 2 oz. of Beeswax of Rasse, & make y^e principall & y^e patient, & pierce morning & evening to drie the

A Glister for the Burminge
feauor, to draw away the paine
from the head when the feuer to-
taulke gilli:

Take Malowed violet leaves & trobbie leaues
of eare & blindfull barley and serue a handfull
of eare barley 4 oz. boyle all together in a
quarte of water till the water
be consumed. Then straine it & put into
it Diacatholicon ~~Diaphemicon~~
Diaphemicon of eare half an oz.
Trobbie of eare & Chamomile of eare half oz.

For the Burminge
feauor with good,

Take half an oz of Discordie mitridate
Conferiall charmes of eare half a dram
Gardens water 4 oz. Seruise of Camomile
10 oz let all these be mingled together
Take it in a posion att 9 of the
clocke in the morning, & as much of
it as yo^r strength can beare take

Captaine Greeces 166 powltice.

Take 3. pintes of the strongest ale of the
first Mash, 1. Handfull of Spermint and
one of Allzooffe, 1 oz. and ~~half~~ a q^{rt} of
Reddrosse the leaved, pownde them all to
yeather in a mortar, die small and for
boyle them in ale till it com to a powltice
thickness, &c.

The Arte how to make one Sweet with Ease.

You must make a cradle of Quiber whi artist have
to draw up the slatges, put a box in the foots lynde
wth thine white Brasse to set a paine of Goldbrai
to draw the patient to sweet, and row the patient
wth warme & be sure y^e you suffer not draw to
com more them for feare of cold, and keep
them in honore, in the sweet wth y^e least, in y^e
Cradle, if the patient be able to suffer it, & if
take up y^e slatges by degrees and apply t^o

By this way warm next morn at 8 o'clock
possibly you are warm from against the
fire and wipe the skin to drye by the sweat
for the space of an hour together.

The use of the Dyett

Drinke for auncy fullsome today
ore that is infected with to make
them absolut of the.

You must take of the strongest Dyett in the
mornings & fast 3 hours after & then eat
nothing but the best of mutton drye roasted
and att 4 o'clock in the morning
Eauing you must drinke of a smallee
sorte of drinke & eat some smallee quantitie
of Meats of some & biskie but not
supper. And you must continue in the
space of a moneth if you can. & bath oft.

THE NATURE OF HERBS

Parsley is hot & dry, but the seeds are more hot & dry, w^h is hot in the second degree, and dry almost in the third, the roots also is of a moderate heat the seeds are commended against the cough if they be boyled or mixed wth medicines made for that purpose. Gerard. 362. B.

POPPIES, are Cold, The heads of poppie boyled in water wth sugar in manner of a Symplic cause the sleepe, and is good against humors and Catarrhs that distill and fall downe from the Brain into the Lungs, & easeth the Cough Gerard 298. H.

Canded Alexanders are hot & dry, in y^e third degree, It is a Remedy for the Cough and for those perie profitable, that cannot take their breath unless they doe sitt or stand upright Gerard 309. D.

GREAT Centorie, is hot & dry, in the third degree by the test of the Root it sheweth contrarie Qualities for in the Root it promoteth contrary effects,

The Root taken in two drams is good for y^e shortnes of wind or difficultie of Breathing or the Cough: Gerard. 436. A.

9 **SUGER** is of a temperate qualitie it digest &
cleaseth the stomacke, maketh smooth the roughnes
of the brest & lunges, cleareth the voice & putteth
away hoarsenes, the cough & all poundes & bitternes
Gerrard the 35. A.

Stinckinge Gladden: They are effectuall against
the cough, they easly digest & consume the grosse humors
w^{ch} are hardy & constricted, the ysurge collic and
rough fleame, the procure sleepe, and help the
cryinge within the body, Gerrard 53. A.
It is verie both more also against all. Evill affections
of the brest & lunges, beinge taken in a little white
wyne wth some spiritward, or in the whey of
milk, wth a little mastick. Gerrard 54. F.

THE Roche of Marryshes be hot & dry, in the
second degree, The Roche of Campe & Stramie
& given in drinke, helpeth the cough & collic
& those that be entred in to a phisick. Gerrard
115. G.

THE seed of Blunche orrishe Remedieth
the cough if it be taken wth honney in manner
of a lozge & often used. Gerrard 198. B.

HARTS ¹⁷⁰ ^{works of} Peloponnesius, both ^{roots} ^{leaves & seeds} are hot and dry in the second degree
It helpeth the cough & shortness of Breath -
Gerrard 893. A.

SULPHURWOORT, or hoggs semelle is ^{the} yellowe sapp is hot in the second degree, being
taken in a Beere Egge, It helpeth the Cough and
Difficultie of Breathing, & ^{is} ^{good} ^{for} ^{the} ^{resolving} ^{of} ^{the} ^{phlegm} ⁱⁿ ^{the} ^{luniges}
the baddey, & ^{is} ^{good} ^{for} ^{the} ^{resolving} ^{of} ^{the} ^{phlegm} ⁱⁿ ^{the} ^{luniges}
blamyness of Humors Gerrard 897. R.

HOREHOWNDE, is hot in the second degree & dry in
the third & of a bitter taste, Syrope made of the
yewes fresh leaues and sugar is a most singular remedy
against the cough & wheesinge of the lunges, Gerrard
563.

Boyle in water drink it, & ^{it} ^{openeth} ^{the} ^{liver} & ^{spreads}
cleareth the breast & lunges, & ^{it} ^{payeth} ^{greatly} ^{against}
an old cough, spitting of blood & whitistenes
& ^{is} ^{good} ^{for} ^{the} ^{resolving} ^{of} ^{the} ^{phlegm} ⁱⁿ ^{the} ^{luniges}.

Contrary ^{it} ^{is} ^{good} ^{for} ^{the} ^{resolving} ^{of} ^{the} ^{phlegm} ⁱⁿ ^{the} ^{luniges}
more, Chrys is a Syrope to be made to be used in this
cough, & ^{it} ^{healeth} ^{the} ^{phlegm} ⁱⁿ ^{the} ^{luniges}
helpeth the cough, the receipt whereof is by
Fedorovige:

Take

TAKE two ounces of the Root of great Compline
 one oz. of liquorish, 2 handfulls of solifoot Rootes, call
 1. oz. a Ruple of fine apple Rernell, 2. oz. of fine Rurnell 2
 drams and or a quarter of an oz. of Mallowes Rord
 1. dram of the head of of Ropie, boyle all these in a
 sufficient quantitie of white Rell and Rynth
 Rernell, Straine it and to the liquor straind six
 ounces of Rernell white suger, and many of Rell
 best Roney and make thereof a Syrup, Rell must
 be Rrongely boyled Gerrard. 661. F.

Gumper. it is hot & dry in the third degree, the Rernell
 is also hot, but not altogether so hot dry, the Gum
 is hot and dry in the first degree. The Rynth Rounge
 drams is a Remedy against the infirmities of
 the Rth Rounge, Rernell, Rynning R, Gerrard 1190. B.

TURNEPS. The New Rooth are Rernell & Rynning
 Rernell and Rynning blood, if the be boyled the Rynth Rynning
 & so little Rell it cannot be Rynning to Rynth at all,
 yet it is most Rernell, The Rernell of Rynning
 is good against the Rynning, and Rynning of the
 Rynning, Rynning Rynning in the Rynning, with a
 little suger or quantitie of Rynning
 Rynning, Gerrard 178. C.

COTTEN is hot & moist, the woole it self
is hot and dry, the seed of Cotten is good against
the cough, and for them that are short winded.
Gervard 754 A.

TIME is hot and dry, in the third degree, Time
Boyled in water & honey, & drunken is good
against the cough & shortness of breath, Gervard
459 A.

MOVSEARE is hot & dry & Empurative
Apothecaries of the Countreies make a syrup of
the juice of this herbe, wh^{ch} they use for the cough
Consumption & Asthick, Gervard 514 F.

RADISH Cooked boyled in broth and the decoction drunk
is good against an old cough,

THE Cook of mullein boyled in water & drunk is
good for them that are broken heart inwardly &
prevaileth much against the old cough

Chervill boyled & drunken is good for shortness of
the Asthick or Consumption of the Lungs.

BAY Berries with Hammy are good in a long Medisine
against the Asthick Consumption of the Lungs
all kinde of fluxes, or Pleuris a bout the chest

Fisticke Nuts are good for those that have the
 of this kind or setting a way of the Lungs.
 The extract given & clensed forth some humors that
 cleave to the lights & chest.
 The oyle on the stopping of the Liver & be good for
 the infirmities of the Kidneyes, jaundice, & gravelles.
 The are also good for blisters,

~~Diarrhoea also be good~~

VIOLETS also be good in water & drunk to remove the
 squinnity, or inward swelling of y^e throat.

SEEDS of Violets, is good, against the inflammation
 of the Lungs, and chest, And against the splenetic
 & Goage,

The Juice given with some drops of oyle of
 Nuttall, a spoonfull at once cureth all
 inflammations of the throat, mouth, tongue &
 squinnary,

GARLICK, being stamped & made some thing thick
 with Hoggs or Barres grease, like an ointment doth
 with marvelous help them that have the Goage
 or have taken cold, if the sores of their feet be
 & then best bannie before the fire to annoynt
 their feet.

THE *herbe* Book of Fennell, the verni: gale
for the lungs the liver & the Kidney, for it openeth
the obstructions or stopping of the same, and comforteth
the inward parts.

THE Seed & Root of sweet Fennell is Equale
in vertue wth Amess Seed; Amess seed when it is
drank or taken dry provoke, & warm Exceedingly
& gently, Its vertue good for them that are short
voided. And it Quengeth thirst.

The same being digested by the fire & eaten wth
Honey cleanseth the breast from flagmaticke humors
And if it be eaten wth bitter Almonds it expels by
old Coughs,

The Squinny is a swelling in the Throat, if
 mixed with honey, vinegar & a little Jessop
 gently boyled together, be gargled it taketh it
 away.

Sage. is good for y^e Head, & braine, it quickneth y^e Sence
& Memory, it strengthneth y^e Sinewes, To those y^e happen
to moste dangerous & hurtfull Paules, it restoreth health taking
away the shaking & trembling of y^e Members, &
against y^e Spitting of Bloud & y^e Scurge.

175 THE Meale of March or summer wheat boyled like
a pult or yster, and liked it is good against the
spitting of blood. And boyled with butter & Ale
it is verie good and of great power against the cough
& pouggend of the Throat.

The flower of wheaten meale boyled with honney
and water or with oyle & water dissolued all
tumors or swellings.

Starch that is made of wheat mingled with milk
asswageth the roughnes & sorenes of the Throat &
breast, And causeth to spit out Cashe.

The powder of y^e blisse shippell drunke in
wine doth ripen & digest rawe fleame in the
stomack & purgeth & bringeth up that which
is in the breast.

The Cook of the Garden Parsnape eaten in meate
as the Carrot, doth yet more & better nourish
then Carrott roots & is good for y^e Lungs, the
Rasie & the Breast.

Raysons & figgs are good for the Cough.

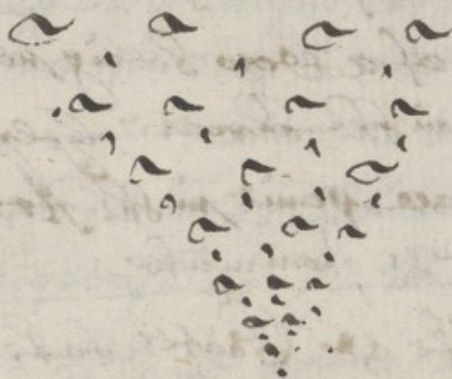
The Gum of the Cherrie tree is good for
the Aspiritic of the windpipe, & draweth
downe breath y^e stomack.

A Rawe Egge doeth leuifie or smothery asperities
 or Coughes of the windpipe.
 The water wherein a cleafe hath bene sodden or boyled
 is verie helssome & profittable for those to drinke
 who are troubled wth the squinnery,
 Alexanders haue the properties of Parsley.

THE VERTVE OF BEES

~ ~ ~ AND THE VSSE ~ ~ ~

~ ~ ~ THEROF ~ ~ ~



THE Lyeer of the Hart or Hynde, dryed to
 powder, wth y^e throat or windpipe of the beaft
 & mingled wth honey & so eaten, helpeth y^e
 Cough whitishke, sighing & short breathing.

The Broth yt is confectd of Goats fath, fodder, is
 Excellent for those yt are troubled wth y^e y^est^eisile
 to sup now & then a few, Also it helpeth the Cough being
 tempered wth new sweete wine, Let an o^z j may be
 put in a Goblet and so mixed wth a Branch of Rue.

The Flesh by Gargaring the broth when it is
 for curing the Quinsy; & fornes of the Throat.

The Corners in the Throat & the Arteries are
 delivered from Exulceration by Gargaring
 this Milke, other wth wine all the time, untill
 it cometh forth from the p^{er}der.

The Milke of a ewe being new & warme and
 Gargarized in the Throat helpeth y^e fornes of y^e
 Quinsy and all paine in the Arteries, & swellings
 in the Throat & p^{er}der.

Sheeps Milke & Goats taken when it is new
 Milke from them & Gargarized in the Mouth is also
 p^{er}der Effortace against the p^{er}der & swelling
 of the Almonds.

The fath of a shewe boyled & drunke wth some
 sharpe wine, is an Excellent Remedy
 against the Cough, And it doth serve

Speodylic sure the obstruction of the small guts,
bloody flux And untymely cough of right continuance
for ever.

The same being drinke in like Manner while it is
gott is a Remedy against the Colicke.

COUGH AND HORSNES

Aquavite mixt with white sugar of Candy finely
powderd so that it be not thicke theroff, but indifferent
as a spoonfull thereof taken laste at night for the
space of three or fower nights together doth present
lye the cough & horsnes, & breake the fleame marre-
=lusty. This is a tryed thing, the like effect Eat
the powder of the Root of Ellacompana mixt wth
the powder of liquorish & of white sugar Candy, if
it be often times y^e, & eaten, a spoonfull att a
time, is exceeding good & approved.

COUGH AND SHORTNES OF BREATH VİRİE GOOD

Who soe is troubled wth the cough & shortnes of
Breath let him drinke a good draught some thing
whereof this is the name, thin wine dū first

and last and an hour after dinner, for the ease of haue
one Right daide, and it will keep them so willinge for it is
an Excellent and often approved thinge;

Take of the Rootes of Ellarampana, cut in small peeces
of Gyssope and Penny Rye, and also of good Saxage liquore
of each two handfulls, sooth them all together in a good
Gallon of pure water untill the water run to a
spotte, then straine it out and keep it in a cleane vessel
close stopp'd & sealed, and use it as is after said;

FOR A SORE THROATE

WHO SO EVER hath a sore in the Throat, or els an
hard swelling otherwise Called the Squinsey, and pharynx —
therby doeth hardly draw their breath, let them apply this
following often times in a daie, & it will soften & resolu
it, For it is proud, and thus it is, **TAKE** of the
Rootes of Hollihocke, cut in small peeces & made into
Oile; Cammamel the Flowers of pinks, the
Flowers of Mallows with the Rootes, of each a pretty
handfull, Let them boyle all in a sufficient quantitie
of water, untill the water be consumed, then
put to the same the Flowers of BARLEY lined &
Fengreeke, well stamp'd & beaten, of each one good
handfull the grass of a Henne, one Oyle of

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Hammonde, & oyle of sweete Almonds of each one
handfull, a like quantitie, w^h will be enough to
make the plaster fast, This I know to be an
Excellent Remedy, in this case w^h I learned of
BENEDICTVS. Victorious Scauentius in his
booke called, Emperica Benedicti.

THE THROTE

THEY that haue any paine or swelling in the
throat let them take a fewes Eare w^h is
to be had at the Appotharies, And is to be
steeped in Ale a whole night, And let the partie
Drinke a good draught, euery day once or
twice, untill they perceiue the paine amended
Auerrie approved thing.

THE REWME

RVB the leafe of a Marriegomde betwixt
y^or fingers, & put y^e same in to y^or nose let it stay
there a while while, And it will bring forth
abundance of ice humors out of y^or head, And it
will help the Rewme in a little if you
use it. This I had of a friend for an Excellent re:

Take a little stick & tie a bent the End of it waleen leane
 then cut them some thinge rounde & hold the same leane
 in your mouth, as dore & let fume in as you may suffer
 it well, Holding the stick betwix your teeth, And so
 hold your mouth over a pexanger, or dish, And then
 will a great abundance of humors a boyde out of your
 mouth, And when a while you must wash the
 said leane in faire water, And so hold it in your
 mouth so againe, doe this for the space of halfe an
 houre, & so let it lye on 4 times a day for 3 or 4
 daies together, or untill you have a boyde out
 more matter humors as you thinke good, This is
 the best and presents Remedy for the opening
 of the sinews, & it will know or kind of, & had
 it of a gentle heat esteemed it as a wash
 And possiblen prove it shall find it an Excellent
 thinge.

A GARGARISME to purge the Head,

Take of Stained Ale, 3 Drams, of Illisterie of spaine
 & mustard seed, of each 2. Drams, Long pepper ginger
 & Allom, of each one Dram, make powder of them
 that are to be powdered, and stamp the rest &
 mixt all well together, and put as much thereof

As a beane in a ~~little~~ little lining cloth & tye
the same fast wth a threde; that it may be wound
then hold the same in yo^r mouth, & chaw it —
softly betwene your teete, and it will bring forth
Matter and Filth a bondantly, wch this daylie
pntice you shalke your head be well purged:

TO PURGE the Heade.

Take 1/2 fuyre of Colic worte, put or smelt into the
Mistiles woth purge the Heade marvellously well.
And helpe the Antient payne of the head
often yroued:

The Squimacie ore Paine of the Throte,

Make where a Swine with Rubb him, & then rubb yo^r
hand on yo^r same place, wch we haue Rubb yo^r sore or swelling
throth, & some say yt yo^r Swine yroued it, out of a pene of
fame wrode wch yo^r Swine did Rubb him selfe, And
Rubb yo^r sore or swelling place throth, but the rubbing
of the Swines nose is the best for the work, yo^r Ligg for
yo^r Ligg, & so yo^r same yt of the Swine for the like yt of yo^r
easie like yt of a seuered or dispaied: this is an
fame & hath bene often yroued:

The Squinsey or Swelling in the Throat

Take the powder of the tooth of a Boar, mix it with
the oyle of Lynseed, doeth presently cure the Squinsey
it is a shining & swelling in the Throat; if the swelling
shall be brought to the End of a Stagger or some
swelled with the same mixture.

For the Sounding of the Eares or wind in the

Take Diamonds & the Curriers of Wheat-hat, & let them
be colden & cold in what water, then strike them &
get oyle out of them And put of the same oyle with
hens, wet in the same, into the sounding Ear it will
gradually, the hens must be made of fine living
chicks, And doe this with new living Chicks, doe this
once, for the space of 9. or 10 daies And it will
put a way the sounding or other wayne of the
Eares, This I learned of one yt came out of Spain
& it proved it to be true.

To Make teeth verrie white wth little paine

Take a limbeck & distill a quart of 2 galls of salt & the third part of Allome & rubb the teete wth a linnen cloth dypt in the same;

Moore for the Certe

Take Summiger of Squill & dip a linn cloth & rubb the teete & gums; it comforteth the teete in the Pockes & it maketh a sweet breath;

Moore for the teete ache.

Take Syon bane Rootes & seth them in Summiger & wth w^{ater} & put the Decoction in y^{our} Mouth;

To Stanch Blood,

Take Swinets Dung & take to y^{ou} can gett it from the p^{er}ce, and when you have changed the Congaled blood out of the nose of the p^{er}ce, w^{ash} the p^{er}ce of the Dung through a cloth & let it drop in the place, from whence the blood com^{eth}, you must b^{ind} the p^{er}ce fast as fast & as hard as he can p^{er}for it.

How all diseases in the Earth.

Take oyle of Mustard and a little vinegar and put into y^e
Ear, then make a bagg of Gumme arabic & melleilot
& lay thereunto, & it healeth.
of bala oyl.

This water was used by the Greeks & Arabians &
Babalonians, and amongst the Saracens, & among
wise men used to be true.

Take a new y^ell of Earth & fill it full of Red wine
quantitie of a Gallon, so put to it, 3 lb of Gumme arabic
3 oz of Cinamon, 4 oz of y^ellicatoni of Spaine, 4 oz of
Mustard, a quart of a pound of Gallicall, 2 oz of
Spike wood, 3 oz of Rose, ~~4 oz~~ 1 oz of Quibbibus
1 oz of Granist of y^eerradine, 1 oz of long pepper
1 oz of Black pepper, 1 oz of Caraway, 1 oz of
Cormorantini, 1 oz of Camme seed, half an oz of
Fennell seed, 1 oz of Libili, 1. Emdfull of saig, myrr
Chilgini, & have knownd, Then bray all together in
a mortar, then put thereto the wine in the y^ell
& sett a steele on the top of the y^ell, & lett ing
them close together wth a y^ell of Spaine
till the Ear is to the first, And y^ell find.

must be made of Cherrie, & not too great, but
easy to use, so that the water that comes from
the tree let it run into a glass. This water
is called the water of life, Philosophers
call it Secundū Balsemus, this water is
good for all the things following: Widely:

Imprimis, the Plague, & Dropsy,
The Falling Eare, & disasse of y^e badday.
The Shander Illia, the Colic, & Passie
And all unkind sicknesses & wounds,
It keepeth all things from sticking
& rotten flesh, fleshy & all manner
of Corruptions.

Monsieur de Goes Virget for the
preservation of the badday against
infection of the plague.

Let 2 oz of Sowerne of Posset Damaske,
1 oz of Sowerne of Marle, a good of garlicke
plunder beaten in a mortar, & 4 or 5 grains
of bayle for some, might all together & keep
in a box, and eat a little upon the point
of a knife by morning.

To make a dryinge Bath for all in Humors of the
Bodaye as the Palsey one gowte &c.

Juniper you must take of red sage	— 2. Handfulls
of featherfui	— 2. Hand.
of Labender Golden	— 1. Hand.
of Germane Labender	— 2. Hand.
of Camomile	— 2. Hand.
of Elder leaved	— 3. Hand.
of yvie leaved	— 1. Hand.
of white lillie rootes	— 1. Hand
of Shred weeds	— 2. Hand.
of aquavite	— 1. quart
of runninge water	— 3. Gallons & half.
of the best Gallit oyle	— 4. Nettle

Boyle all these together in the 3 Gallons and
half of water and Boyle the half gallon of water
apart.

When you come out of the Bath you must
annoynte yo^r. Joyntes wth this oyle followinge

Chile of the Spirit of Rose mari	— 3. Nettle
of the oyle of Balsome	— 3. Nettle

and beat it together wth a little aquavite.

you must put the Bath into a close steele plume and
set the close steele into a char, and a plate at the foot
of the char, that the patient must put his feet in
and a couple of broad shirts to put the patients feet
upon, to keep them out of the liquor and to keep
them from freezing. And so row the patient all over
head and back, his face only open, to give ease
you must bathe the patient in it 3 times, and if
some bathe will serve being twice heat again
after the first boiling of it.

probatu est: 188

How a moist Bath for young people
to bathe them selves in new cooling
and to serve for the bedays:

Take pillows, Scurd and a bag of brande and 3 or
4 Shadpo heads whole and all, and 1 or 3. Gallons
of milke skinde, and boyle all these together and
make a bath.

A Glisten:

Take Chickning broth and French Mallows and
boyle them together, then take some 2 little handfulls
of browne powdered sugar, and 2^d worth of sweet
oyle, mingle them together and so apply it, it
will be soon approved to be excellent good for
a cooling glisten.

To make an

Take a gale pennyworth of Stibbina and steep
it in a pennyworth of white wine and strain it
and drinke it fasting.

To make an Excellent Quot for y^e fer

Take y^e purest sheepe calles you can get and sh^e
no hieft and lay it a skinnig in running water
9 daies, and be sure to skiff it with daies swim,
Then take it up and drye it, in a drie cloth, and
squeeze it upon a line a daie or so, to drye thoroughly
Then pick of the 2 skinned of each side, and then
take a new Engeen get light wood new y^e, and
set it in a pte of stoking, water to melt
when it is melted, take it of and strain it
Then take it downe piece, and forget not to
put in the melting of it a little of y^e fine
glasses, Then put in a quantitie of the purest
pharmarittie you can get, and beat them with
beateys, And so use it by for y^e y^e.

To make an Excellent thinge
for the drawinge of the blood
or purginge of the raignes or
Liver.

Take ye youngest grownde earthe you can finde
and pierce of the outward pinder, And take the
inwarder ship and chop them to peeces, and lay
it in steepe in white wine all night, And so
drinke a draught thereof morning and evening
And take also the shee peeces of cow slipps sure as
you make use of them, and stamp them
in a quantitie of the peeces, and steep
it

To make an Excellent Plaster of yonge
of supple or so helpe excellent for gentlerment
fades to make them look yonger,
Take yonge fass helpe & daunt and, at least a
dozen, and skin them and chop of the head
and take forth their guts, and put them in milke
to soake out their blood, they must by all night
then in the morning drye them in faine lining
cloathes, Then take a dozen of leucis and
a pecke of Geneset, and lay them in a tubb
in steame of fresh grass, and in the daunt change
them in to steame of grass, for ye space of six
or daunt to purge the smelt, Then take a pint of
Butter milke, & mixe in half siluer, & mixe with
of ye spirit of rushe & a halfe penny worth of the life
stirred, put all these together in a Limbecke, & keepe them
you must doe it with a longale fire, & in a case, two of the full
ended

To use mercurie to wipe the face.

~~To make mercurie water,~~

Take 2^d worth of white mercurie and 2^d worth of
white of new layde Eggs, and beat them together 3
houres, wth a wooden stirke, in an Earthen dish, and so
let it stand all night, Then beat it halfe an houre
and put it into a glass pot.

mercury
water:

Take 2^d worth of white mercurie and 3 quarters
of a pint of pure running water and beat these together
a little while in a peewee dish, Then let it stand in the
dish an houre and a halfe, and this must be shifted into a
halfe a dozen dishes and stally beaten in eue dish, &
let it stand as before, Then take a quarter of a pound
of bitter Almonds and beate them wonderfull well
in an Alabastrer mortar, And put it in a sieve
together, you must blanch yo^r almonds before
you beate them. This is the way to make mercurie
water

To make Ginge water

Take fine Ginger in Jamme and stee them &
strain the water of them, and it is good
for the stopping of the running in a woman
giving them but halfe a spoonfull at
a time, a most Excellent Remedy.

A Present remedday for the
vnde Colic in the bodaye
Heade ore Stomake;

Take onle of Elouid and fine white bread crumb
of a daid owldo put the oyle in a spoon and trim
the bread as small as you can in to the y^e
oyle, When stir it well with a knife or any
other thing, and when it is well tempered
make plette of it, and make it into litle pills
like white pease, and in the morning
fasting shoallow 2. or 3. of them and
nether eat or drinke in an houre after at
least,

[Faint, illegible handwriting, likely bleed-through from the reverse side of the page. The text is mirrored and difficult to decipher.]

When you, on this booke doe looke
Thinke on yt friende, wth paine he wrote
Who wrote it out, for yo^r owne sake
thogh the receipte, he did not make

But knowinge them a p^{er}ious ite
by the experience, of learned men
Yo^r friende desire, wth h^{is} p^{re}sent
these Medicines for yo^r content

Wth if the may yo^r good procure
yo^r friende desired, they may endure
Goe yo^r bodday be, in better case
or God provide you, a better place.

For wth yo^r friend, for to persue.
Now in this troubled time indure.
To leave this England and his Castle
To outpous Ireland to endure
his loss &c.

The Excellent Poemitt

Take 7 grains of Antimony & powder, and put it
in a penny pot of white wine, and let it stand in
the glass 12 hours to infuse, aduice then put of
Masticke 7 grains, and put in 7 grains of ginger
sliced, & must be infused likewise wth the forwa-
med wine. Then when you take it pour out y^e
wine and leave y^e rest w^{ch} is infused alone, & so
make it thick, put in the wine half a spoonful
of Sugar, let it be blood warme before you
drinke it. Then after the first Poemitt
put in some y^e rest drinke, but wine & wine
Poemitt, to make it run by the easier, and
when you think it hath wrought sufficiently
put a little quantitie of fresh butter in y^e
y^e rest drinke, and then it will work downward
for to make the skin faire.

Take Gaudifere 4 oz. boyled in aqua of faire
springe water, the Gaudifere beinge beaten to
pouder, and let it stande till it be cold, then
Take one ynte of distilled wine & put 4 oz
of lictaridge of yowle, beinge beaten, & put it in the wine
and so let it stand for y^e use.

In Excellent posset drinke to
strengthen the barke.

Take a pint of white wine and boyle therein
halfe an oz of each adown, then set a pottle of milk
to the fire, and let it boyle. Then pour it to the
white wine and make a posset and let it stand
and set the drinke to the fire with ystantaine
Leaves Shepheards purse, Sweet grass of dary
a little handfull. Boyle them to the consumption
of the thinde of. Then strain it and drinke of this
posset drinke durin night goinge to bed & also a
quinte, and let the peece 3 or 4 durin morninge.

A receipt to cure y^e today Gallable.

Take of Rubarbe the weight of 7 pence and
infuse it all night once the miber in a glass
of a pint of redde wine wth a little ginger
stirred, and in the morninge drinke it like warme
wth 2 Spoonfulls of Syrup of rosb^e.

A receipt to cure any Gream
wounde aiter you have swelled in the
best one legge, and you must make
it only in the month of May.

Take halfe a lb of Balsme halfe a lb baye leaves
chop a lb of worme woods chop a lb of Garbe grass
Chop a lb of Sage, 3 lb of Rhois fine 3 quarters
3 quarters of Gallot oyle 4 oz of oyle of Spice

Take all theise Garbes and waxe them a shender
because of true sight, then chop them wth fine
and shred the fine by it self. Then put in
the Garbes and the fine together, in a great
Mortar and beat them together till they be all com
bute a fine, Then put them into a great galler
pot, wth the oyle, and stire them together wth yor
hande, Then let it stand 9 daies close covered
and wth daies once stir it about, Then the 10th daie you
must put them all into a gaine and let it stand
the 10th daies, untill you thinke it be thicke for an
oyntment, Then straine it into the galler pot
again, then put in yor 4 oz of Rye oyle
of Spice, and stire it all together and fixe

it to annoynt any other sprains in some
If some of the Gallot oyle be kept out and
It maye make foot oyle in stead thereof it will
be the better.

An Excellent Clarified whey to
purge the blood. to be drinke in Maye

To be of yollaydian rootes summe lb 4 Lijons
of Agimony flumatori. Aleb. grasses of each
a fume of handfull, Lime wood wide Dauby
Gommes of each halfe a handfull, boyle these in
whay some whey Clarified sixt, and let
stand in a Glasse poke six quarts of whey is
sufficient, drinke this in the morninge
fast 3 howers after it, and a draught at 4
in the after noon.

A Receipe for an Impostome whether
it be in the Head or the Throat
ore for any Obstructions or Stoppage
of the Head or Throat.

Take 1 oz. of Slatonspane Sharped and
Sharped and one oz. and a half of Garlicke
reilde and beat them in a quart of white
wine wth softly, once a fought fire to the
quantitie of a quike, Then take it off and
Straine it, Then put to it 4 oz. of white
Sugar Candie and 4 oz. of brown Sugar
Candie and 4 oz. of fine refined Sugar
to be dissolved in it, and adding h^{er} to
quarke of a pint of Jesseps Water, and
so let it stand a quarter of an houre
and afterwards put it into a glass and
stop it close, And when you will
use it, Take a Spoonfull Morning
and Evening warme or warme
Pipe yor. selfe warme

Take of Garfayacea sliced in the middle and cut in
short peeces 4 oz. of the roots of Gasseflow, shred
thini 2 oz. of Rhynae roots shred thini 1.5 oz. of
Lignum alabastrum shred thini, half an oz. let all be
infused in fair water in a dypt pot of Earre
well glazed, being well stopp'd, put in 9 quarts
of spring water, the pot you must boyle on a
resuable quick fire, & hower at best, untill
the thins get to be consumed,

The plurge

Take of Vinea Galbana oz. Rubarb ege a dram
tammis 3 drams violet flower & burage flower
Aniseeds of each one dram, to one pidge put
half a pint of water and boyle it to a quart of
a pint, then straine it, and put to it Manna six
drams and dissolve it in the decoction, and when
it is cold, put to it, one oz. of Symplic of sugar

The powder

Take of the best precipitate a gr. 12 of an oz. grinded
wth small oppon a marble stone, then put it into a
flat Earthen panne, & put to it, one oz. of the spirit of
wine, and then put fire to it, & stir it untill it be well
drye. Then put another oz. of the spirit of wine, & burne it
again, so 3 or 4 times, then rub it fine againe upon a
marble

The use of the powder
 It is to be given in any malignant disease or distemper
 that causeth any general swelling or breaking out
 you must take the weight of 10 grains of it by
 powder and mingle it with a little Scurvy of the
 Damask Rose and so swallow it in the morning
 drinking presently after a draught of new sherry
 and sweet after it.

The use of those percepts before written
 the powder dyet drink and powder
 first take the powder in the morning and
 a bowl of Scurvy after dinner a good draught of
 mutton broth made thin for phlegm to bring those
 down you purge you may drink Scurvy if you will
 with a keft, and not get a broad those down you
 purge, of your dyet drink you must drink 5
 wine quarts or 3 quarts a day and eat not
 vinegar, but beets and radishes of the same
 and sup a bowl of the same at night with
 a piece of roast mutton or veal or chicken
 you must take the powder down 7 days and you
 must take of the powder twice a week, &
 first one hour after it in your bed, you must
 let a day pass between your purging, and before
 you start not of those down you purge, thus you
 should use a month together, you must take 2 days
 before you make will in 2 or 3 hours before you

Recepts to preserve &
Conserve & to make jelly
and to make ~~arts~~ arts & pyes of gooseberries & cherries:

To preserve peaches,

Take 8 great peaches to a lb of sugar & pare them, then
make y^e syrup, of syrup & rose water. and let it
boyle and when they be enough the will lose from the stone
then put them in a y^e bladder, and powder the syrup
upon them, and let them stand untill the be ready
then put them in a glasse and keepe them:

To make a Gooseberrie Pye:

Take Gooseberries & pike them & wash and put them hot
into the glasse, then season them with sugar sinamo
& ginger and a little Rose water:

To make a Damson Pye

Take Damsons and put them into y^e glasse & wash
all & season them with sugar sinamon & ginger:

To make serrup of violets
good for a hot stomack or Liver,

Take a ymte of Ranninge water & let it boyle
upon the fire, then take 2 lb of violet flowers
the buds, and picke them wth a rose from the stalks
and when the water is boilling hot take the
violet flowers, and cast them in & ther let them
boyle clust covered till the whole strength be gone
then straine them hard in a straine bag cloth
put a pounde of fine suger into in the serrup
then take it up for use it losse its color.

To make a marth pame

Take al of the whitest Jordan Almonds & blance
them & picke out all y^e yallow spots & then put y^e
Almonds into a faire cloth & drye them wth drye
and so put them into a faire stone mortar & bruse y^e
wth grosse and bruse the y^e soft salt & then put
them in a platte and season them wth harte sugar
white suger betwixt y^e to y^e last, and then beat
them wth fine in a stone mortar, for fine is you
will have them spreade upon y^e paper, and y^e
shioned out rounde as 6 square, or in 10 other forme
you will upon a white sheet of paper or 2
and printe it whilst it is green, & then put it
upon a piece of paper and set it in to y^e
oven:

To prepare Orange pills

Lay yo^r Orange pills in water 3 or 4 daies and
shifte them 2 or 3 times a daie, and then scrup^e
of the outmost rinde and scath them in sugar
water till the be tender, then take them softly
and lay them upon a fair board, then make
yo^r scrup^e with Rose water and sugar, and set
it till it com to a height of a scrup^e, then put
in yo^r Orange pills and let them boyle till
the scrup^e have boyled thoroughly through
Orange pills, then take them & press them
into a platter and when the be cold put yo^r
into a glasse or glassie putt, & if you will have
them die good you must take to euery pound
of oranges a lb of sugar.

To make a tart of marrow

Take marrow Currant Barberoys Sinnamon
Sugar mingle all these together and put them
in a paster and rove it as you doe rove a Cherry
Custie and bake it in an oven or Bake in a pan.

To make white jellie:

Take y^e knorball, of scales & wash it cleane and
let it lye in water half an houre, then set it over
in a pottle of water on fire & let it sceth till it
com to a spume or more, then straine it through
a faire cloth and let it stand all night, then cut
it and take away the fat & bone And the day
drugs beneath, then set it over the fire and
take half lb more white wine as jellie and let
them melt together, then put in y^e sugar as
much as will make it sweete, and let it boyle a
waine or two, then put in a little Cinamon and
boyle it a little more, & take the whites of 3. or 4
Eggs and beat them together & take of the
froth as it boyles, and put them in y^e jellie &
boyle them together & let it rise, and take it
off the fire & let it runne through the jellie
bagg & wire & it will be w^h clean, you may if
you will put in a little Rose water.

To preserve Cherries

To a pound of y^e fagitt cherries, take a lb of wine
 kepe out. pullinge & poage the stones & stalks, to y^e
 pot put a quart of al of quene pepperous or fure like
 apples rubbi to quarters & finely pared & calpe
 a pint of faire water, set them to y^e fire to boyle
 and in y^e boylinge of them together put in a quart
 of powder of suger and make them boyle as fast as
 you can and when you see that y^e water be like
 the color of claret wine, take it from the fire
 & drawe the water from y^e fruit, into a silver
 dish or bason, then take y^e powder of cherries
 & put it in the y^e plum, one by another, not
 lying one upon another, this doe but to fill them
 to y^e plum or shelled. Then take them out a
 gamut out of that y^e plum & you meane to
 preserve in, & put into that y^e plum y^e jelly water
 & when you drawe from the cherries & apples
 & set it to the fire to boyle, into the water
 put a quart of al of suger, and make them boyle
 as fast as you can, and when the suger boyle
 up, and be well frumde take y^e cherries & put
 them into the y^e plum, and keepe them boylinge as
 fast as you can, & in the boylinge put in halfe a
 pound more of beate suger, & when you see y^e
 y^e fagitt wine, & when you see y^e fagitt

take them off the fire, & put them not into
the pott till they be all most cold, then
put them up into y^e pott & do not cover
them in 5 daies. This liquor will stand
for twice, but you must take no more
whermit then will stand in the bottom of
y^e pott.

To make manus Christi

Take half a lb of fine sugar & put it into a little
pot, with six or seven spoonfulls of Rose water or
Romeine water and let it be cleane scummed upon
the fire untill the liquor be cleane and when it
is beyled almost thicke put in three lb of beanes
of gold & see mingled wth the liquor, and wth a
silver spoon lay it in pieces upon a board all
strawle wth fine flower for fear it cleave to
the board & so when it is hard bope it:

To make fine cakes

Take flower & butter & a good handfull of
fine sugar beaten, a little of powder of Nutmegs
crumble them together so small that you can
not discerne the butter from the flower then
put thereto a spoonfull of Rose water, kneade wth
together and make them in shales the bignes
of a rounde Cracker & prick them well &
so put them in the oven & bake them:

142. To make fine cakes

To preserve Apricocks

You must make a Syrrup wth a sprinke of water
that is all of suger, boyle it but to a pottle of wine
syrrup, set some a coolinge, then in the rest
of that syrrup, when y^e Apricocks be stoned
boyle some 3 att once, not to fast for breaking
and as the become a little tender, drene them
out, & put them ^{hote} into y^e cold syrrup, And so
turneinge them often & so let them lye some 8.
or 10. houres, and then make fure a syrrup
as you did before, but boyle it thicke, all
most to the third y^e & coole it, & in some of
that syrrup, boyle the apricocks againe as
you did at first, and put them into that cold
syrrup againe, then take some q^{ty} of a
of suger, and boyle up that syrrup the lay in
& shift them wth that syrrup 2 or 3 times
daies after, when you see it giuen, Renew the
syrrup wth a little suger till they haue donne
giuinge, Let them not lye longe in this
syrrup, neither let it be raudyed hard tier
y^e last, in anywise let not y^e apricocks be to
ripe, stoni y^e att y^e lastinge in the bottome /

To make Irish Aquavite

Take a Gallon of Aquavite put to it 7 lb
of Peasbush of the same 2 oz of Dates
1 oz of half of Sinnamon 3 or 4 slices of
Licquorish, sliced & bruise the fruits & some
the Peasbush then put them all together in
the Aquavite into a close pott for 2 day
or 3 shake it together twice or
thrice & in 2 day then strain it
forth into 40 Glass and so keep it for
Irish Aquavite.

1 lb of Peasbush 1 lb of Dates 1 lb of Sinnamon 3 or 4 slices of Licquorish

To make Jelly

Take 2 payre of Calfe feet & scalde them and
then put them in a pot & boyle them wth tender
Boyle them softly & when the begin to reing to
the Ladle, then straine it into a p^{er}for dish
and let it stande till the marrow be well
asswaged. Then take a spoon or a kniffe &
pore the top of it Then put it in a skillett
& put in a nutmeg & a litle ginger & a litle
Cinnamon and when the be boyled put in a
litle salt & 4 whites of Eggs well beaten &
let it boyle but litle after it. Then take y^e
gelly bagg and wring them so thin wth a
litle white Rose water, and a litle Rosemary
in the bottom of y^e bagg, put y^e gelly into
a p^{er}for & in y^e boyling of y^e Calves
feet put in some white wine,

To preserve Damson

Take of Damsones take a of sugar
and scald half a pint of water, dissolving
3 parts of the sugar in that water and so
boyle them to jelly in a silver dish upon
the coles, first cutting them off thome side
the stems, and turne them often, when the be
tender set them off till a drie over two be
left, that you see the serup some what
thine, then ^{take} up the blumbe and put in
the rest of the sugar in to the serup, Boyle
it ad: fast time when it is Amide & cold
put it in a glasse, If yor sugar be not good
it must be clarified wth the white of
an Ege:

Take of Damsones take a of sugar

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A Recepte to perfume a Leather Gerkinge

Take 1 lb of Amber and 2 quartes of Rose water
and stee it and that shall bringe a quartie, and
then take the leather & steep it in the water
some 4 or 5 times, then take it and put it
to drye, and take the Amber yet is left in
stee and a dram of Amber more & mingle
it together with a dram of muske and
half a dram of Sibt,.

For the Glours take 4 grained of Amber
3 grained of muske and 2 of Sibt. The
leather must be steeped in Rose water some
4 or 5 times

This is the waye to perfume leather after
the Spanish fashion you must put therein
a little of the oyle of flower of oranges:

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How to make white sope

Take woods ashes or a strike of Asandes, put
them in a vessel with a hole in the bottom, & a
tap therein that you may let it runne when
time is, and sett y^e vessel high that you may
gather y^e lee, and put so much water therein y^t
when it hath bene in it 3 houres, y^t the water
be above the Asbes, accept milt, then let it goe
into the vessel, and thus you shall assay your
Lee:

Then take a new layde Egg and lynde it with a
thread, and gauge the lee thereth, and if it doe
boare the Egg up, the breadth of a penny or
two y^ence it is good, els you must put thereto
half a strike of the forsaide Ashes and as much
water as you did before accept milt lowe and
let it stand 3 houres, then let it goe for it shall
should have 2 vessels of ashes att the best, for
Lyme will drinke up the Lee to much, then
take a strike & half of buquantight Lyme, but
some Lyme is the best. Let it well burnt
then put it in a Mother vessel, standing y^e way
in the same place with a ~~tap~~ hole
Chapp and a hole, let it stand 3 houres

142. Set Smith's right in 1871.

And to know when it is falden take a fair stick
put it into the pottage, but first scald the stick from
boylinge, till it will not swim to the stick then
set it up by the wall and let it boyle & when it
is cold, lay on y^e finger, and if it lift after
y^e finger it is not boyled enough, and if the
hole stands still it is enough,
Then let it stand a day or two, or 3. and it is
the better

the better
Then take out a little for his droppes & let it be
for the mother & daint for it will be brittle
white like to talter, melt it & you shall see
out of it as it were yellow & as much as a
spirit of gold, & then it is time to melt it again
in a silver vessel & put thereto a spirit of
Dyers bluish finely stamp'd, and well
beaten. And for it will be together and so you
may cast it into what form of wood you
will

To make Blake Sops

Take the Lee aforesaid & if it be stronger of
no oode after it is the better Then take eight
gallons of drynes grease & put to it a gallon of
oyle put thereto eight gallons of y^e Lee
It will have more strength & burninge for
score of burninge to the bottom, and thus
you shall knowe when it is enough:

Take a Litter thereof & lay it on a cold stone
& if it runne it is not enough, but if it stand
it is. And if it be not colored enough you
must cast thereto a lb of white Lead that
it taked in this craft blacke shalke for it
will blacke in the burninge. Then you
must boyle it softly for half the end

De Boyle fish after the best manner
You must for glass and marble put them in
to the water well, and season y^e water
first wth salt,

De Boyle any other sorte of fresh fish
Let the liquor be made of water and vinegar of
white and white wine and three heart of lard
more, and salt and let it boyle well and
then put in y^e fish and when it is enough
set it by, you must not make two more
liquor, nor more then put in the fish, if
it be as it should be, it will have a jelly
when it is rowled And this you may other
button or keep in stow.

De Boyle a Salmon

Take water and salt and a little rosemary
and when it boyleth put in y^e salmon
and when it is almost boyled put in
white wine vinegar.

Take water and salt and a little rosemary
and when it boyleth put in y^e salmon
and when it is almost boyled put in
white wine vinegar.

De ysterice Quinies

Take ye Quinies and take out the bones of them
by makinge a rounde little hole in them, And
take 3. or 4. and cut them in quarters and boyle
them wth lye toared in as much water as will
cover all the rest of ye Quinies that you will
use for that time, you must see for the water
wth some salt, yf it may be a little better
Then take it off fire, and put ye quinies into
it, and cover them close lye it be cold, then
take out the quinies and put them into a fine
Cloth or y^e cloth, and then the liquor and put to
them,

De ysterice Barbary

Take ye fairest Barbaryes yf be rounde
make a stronge brine yf be wth salt and put
into it a pecke of Barbaryes, then take a pecke
of Glasse and boyle them soft and put them into
a fine cloth while they are hot, that the water may
runne throughe them, and rub them in the
fine lye you have wth thing in the fine but
the fine and ye stones, then put the Barbaryes
into a cleane Cloth, and then lye.

To make the Virell ~~Concord~~ Concord

To make the Virell you must take y^e ~~green~~
Dill and runnige water and but a little
Salt, and boyle them together and
take it off when it is boyled enough
and let the Liquor stand till it be
trowle, Then take the Gowmber
and put them into a cleane p^{er}ssell,
betwixt rubie layinge of Gowmber
lay a layinge of dill, and then put the
liquor to them seede and all and scower
them for y^e best.

To make the Virell ~~Concord~~ Concord

Toke y^e ~~Concord~~ Concord and put it in cleane
then boyle it in cleane water, then take it
up and took it, and put it in faire water
salt, and so put it in a cleane p^{er}ssell
and scower it, And lye it for y^e best.

To make good Sauce especially to
Collor it.

Take Elder Berries when they be thoroughly ripe & if
they looke blacke, & picke off them, and put them
in an Earthen pot, and bake them wth householde
Bread. Then take them and straine the liquor
out of them, and take the liquor and boyle a pottle
of it wth 3 quartes of a l of Ginger, And when
it is rowle put it in a glasse and keepe it for
y^e use.

To make excellent Gargages

Take the youngest y^elloes you can get of y^e
interlarded y^elloes for shate best, but not fat, must
be y^elloes, and thowp and shinde it as small as
possible you may, season it wth Galls and pepper
and Nutmeg wth wine rather to much then to little
And if you will have herbes in them, take y^e y^elloes
royall. Grosse Marjoram and fennel and a little
y^elloes. You must give them in the small
y^elloes of y^e y^elloes wth changed and changed,
Cherrie you may use wth y^elloes meat & broths
or otherwise how you list.

To make Oatemeale Puddinge:

Take good store of Beefe Jewet in Ale, and
oate meale, but you must pick out the oate meale
wid cleane and cut them, Take new milke and
Boyle it and then put the oate meale in the
milke, and set it by fire it be rowled, Then
Graspe it wth Sugar and Nutmegge and Mace
Mace and Guinimio and Salt and pepper and
beat it in the youlke of Eggs: Take as many
more youlke as you doe whitet, Then take
some Cream and mingle it according to yor
owne Discretion:

The Blacke Puddinge

Take as aforesaid all those things only you
must put some daintie sweete herbes and
most beete blades and penny royall, but a litle
little quantitie of herbes only to tast it and
a litle blood to color it.

The Whaling Puddinge

Take 2 penny Loaves and grate them
one fire them in longe fire and the rugg
cut a waye, set on some new milke and

Take the bread in the Milke, Then dreame
bread a waye from the milke wth a spande at a
white yoke, and then season it, Take yolks of
Eggs and one white, and a little Guinamon and
lesse Nutmeg and a little Ginger and a little
Salt and mingle all theise together wth a little
Sewet so small as it may not be seen, and put
it in a bagg, the bagg not to narrow, and boyle
it halfe an houre and not more, Then dish
it, and when it is dished, take the sweetest Grease
Butter and melt it and put it on the top of
it in the dish, And so strape some fine sugar
vppon it and send it by.

ffor the Dressing of the Bagge

Let the Bagge be drye and then ~~well~~ dip it in
melted Butter before you put the puddinge into y^e
Bagg.

To make a puddinge Purne

Take Spinage and peroude it, and take y^e roys
of it in the puddings.

To make a uerrie good Sauce for any
meate except Larks:

Take a pint or halfe of perry and a quarter
of a pint of Remygier and a few slaues
grosse perry and sliced Leomans sparing
halfe the skin away and sliced and boyle
in it wth a little salt, and boyle all theist
together and kept in a glassine for your
use.

Sauce for Larks:

Take a litle perry and Leomans and sweet
butter and grated bread and boyle it all together
in a perryne and so laye it vpon yo^r Larks
when you send them up, and when yo^r sauce
is boyled take out the Leomans, yt they may
not know the receipt to make the sauce.

A pudding to make in a dish baked,

Take 2 loaves of bread and grate it and stalle
it in boyling milk, and pass it wth sugar and
spice, and 2 Eggs or 3 and butter yo^r dish
and put it a Court and a long and make
thick work of it if you list, one hour is
sufficient to bake it.

To make a French Puddinge
to be Baked:

Take a penny loaf and slice it thin and cut
a waye the crust, Then take almost a quarte of
Cream and make it blode warme, and take 2
Eggs and some Nutmidge and suger and salt and
a litle rose water, and beate them altogether
and then put in the slices of bread in it, &
let it stand all night rowld, then put it in
to puffe pte, And take peascod of the some
and ston them for an houre and Dates and Marrowe
Lay one layning of bread and another of fruit
and Marrowe, You must lay the first layning
of fruit upon the puffe pte

To make the Puff Paste:

Take some 4 whites of Eggs and beate them up
yt Egg to m. put and make a pte of pte rold
some of flower rowld And make the pte soft
not hard, Then take 2 of butter and beate it up
a roldinge pte upon a table, in the stomer
you neede not beate it, Then beate pte and

Drawn it a broad with a rolling pin, and plant
it with small bits of butter. Then roll it up,
and then roll it a broad again with a rolling
pin, and you must not let y^e oven be so
hot nor so cold, y^en must make y^e p^{er}fect
Sweet Butter.

To Bake a Breast of Veale in
a puffe paste:

Take a Breast of Veale and y^eer boyle it, &
beate the bones wth small, and season it
wth y^e pepper Nutmeg and Salt, and so put it in
a puffe paste wth fresh butter.

To make a Custard of Rice

Take a quart of new Milke and take 2 oz or
ther about of rice, and beate it wth small
or flower, and put it into the mill, and
boyle it well. See it be thicke and stir it
stee for feare of burninge to, and boyle a
little longer more in it. Then take 3 or 4
yolke of Eggs, and beat them well
and put to them a good yowinger full
of cream, and so let the milke rise
and the Eggs boyle all together. See it
be thicke enough to dish in few a custard

the paper it is red, so you it will sugar
as you please. You must not forget to put
in a little grated Nutmeg in the boiling
and then pour the custard all into a dish
and let it cool. If you have new cream
then take whites of Eggs and beat them well
and put them into the milk and
boyle them all together. But if you make
one of this fashion you must pour it into
a deep dish and set it upon a great pot of
water and make a good fire under the
pot and let it boyle under the custard till
it be thick. and then take it off the pot
and let it cool.

To make Second ofottage.

Take 2 quarts more of Eggs and take out
the whites and put as much milk as you
think fitt to them. Then beat the yells and
add water and sugar and boyle them together

[Faint, mostly illegible handwritten text in cursive script, likely from an 18th-century manuscript. The text is written on aged, slightly stained paper. Some words are more legible than others, but the overall content is difficult to discern due to fading and the style of the handwriting.]

to make the black salve

Take a quart of fallett oyle 2 ounces of elicom
pane roote beaten small 3 spoonfulls of barley meale
finly searfed 3 spoonfulls of beane meale searfed
3 spoonfulls of roald sage dried and searfed
3 ounces of red lead small beaten 2 ounces of
whit lede 2 ounce of camphere boyle all these
in a new pipkin of a potell well leaded then
boyle all together on a soft fire six houres
continually stirring it with a cleane stick un
till it bee boyled then try it in an oyster
shell wheather it be sufficiently boyled to a
salve if not sett it on againe till it be boyled
enough, this is good for any soore or swelling
or burne or any this that doth trouble

the 2 ounces of whit lead and the
camphere must be put in when it is
boyled

An oyle of balme to heale
a wounde in 24 howers

Take of saint Johns worte the flowers
of rosemary of each an handfull put them
together in a glass fill it with perfitt vile
and close it well the mouth of the glasse if
you are gone out sett it in the sunne thirty
days and when the oyle hath the colour
of the flowers straine it put to it ginger
an dramme a litle saffron dissolved in wine
sett it in the sunne eightene dayes then
unoynt the wounde twice a day and it
helpeth this is good for any swellings
or any paines whatsoever

An approved medicine to cure
the gentry;

Take rawe oyle and annunciate the yelow gress,
then take the pleasant of the sound and stone them
and then pounde them, to a salm, and make a plaster
of them, and some the yelow gressed thowse, this
plaster is also good for any other sort, or rutt,
or hilde hilles

An approved medicine for the dead
palsie, or any curch in the flitch
ori bones.

Take a shrike of spones enayled, and put yon
in a Bagge of rouse Canter, and throwe in to them
2. Handfulls of Blaye salt, and shak it well together
yon shal the shrike bruse y^e shells well, and change
them 3. times and let yon drey, yon change
by y^e Blaye, y^e best redd y^e gold yon can get, and
make some small pokes in y^e bottom of y^e gale
that y^e may drop together, and when y^e gale
kinge shal drey droping, yon take chills a pint
of y^e best Aquavite, and ming^e all together
and beat them exceeding well, this will breake
a greave froth in y^e beatinge, but thinne away
but let it remayne, and bray it wth those remaynd untill

the froth be well dissolved, and then pour it out
gently from the bottom into a glass, and so keep
it for use, and it will last .7. years, the longer
the better. You must annoynt the place guided
by a burning good fire and lay a linen cloth upon it
when you glue down, and keep heat & close constant
to it without changing of fresh linen, and you
must apply this oyle twice a day, morning and
evening. This is also exceeding good for
for any hurt or stinging. At the season of the year
be so tight you cannot gett goose feathers, then take
in quills, or a quill and gill of the best sallit oyle
you can gett, and use it in stead of the snail oyle.

Another recipe for the dead of salseri
in case it be mumbled, or sentid, and
the spring or greed, to make a very
good drinke.

Take 2. poundfulls of russett sugar, rootes & all
and wash them twice & clean, and boyle them in a
pottle or 5. pintes of the purest running water you
can gett, and let it boyle till it is halfe, then take
it off and strain it, and put it into a cleane
pottle for use, then take 2. ozes of
powder of rose marie flowers, and one ounce
of powder of Bittori, and put it in to the
water, and mix it well together, and when

minge them together wth the Ewardly, and make a posselt w^{ch}
Alc, and take a way the Ewardly and that the posselt a
Drink may be betw^{ix} them, and then take of the said Drink 12
5 spoonfulls or abungeth the patient can drink at once, and a
put thereto a quarter of the Ewardly and other things aforesaid
together, well sturred in the posselt Drink, and made ab
hott as the patient can drink it, morning & Evening
and forbore to eat or drink any thing, by the space of
an hour, either before, or after the taking of the said Drink.

An approved Medicine for sore Breasts and
how to Breake them.

Take Mille & Oatmeal and boyle them together wth
malloes and a handfull of Baye Leaves, and of Lillie
rootes of each a good Quantitie, Boyle till they be together
to the thicknesse of a Custard, and lay it to the place that
soreth, reddest, and put a little Glycerine in powder
upon it, and when you laye the Glycerine it will breake
but lay the medycine as hott as you can, indure it, And
when it is broken, then take either white Snailot
or Blarke that lyeth in the grass without shells, and
bruse them and lay it also to the brist, one day
and a night, Then take English honey and goats
dunne Dung dried, and beat it into powder, and ming
that powder wth yo^r honey, till it be the thicknesse of a
batter, and continue this till yo^r brist be a
full broad, and when you doe see yo^r brist hard
will heale and make it soft.

For an Aguicake in a young man of the
Age of 25 or thereabouts being married
and having had 5 Children, and the
last about 9 months past.

Let her take once in .xx. daies att Bed time or immediat
before supper, 2. Gramples of the essentiall pi
made of Myrr, Aloes, and Saffron.
Let her twice a night an hour together or els in t
Mornings staine the place where hardness is
a decoction of Mallob, Mallob Rootes, Myrtle lea
4. Mellatorie of the Wall, and Mellilott. This
be done either with sponges or white Cotton, t
liquor beinge very well pressed out, that it
not run about the bodie. And when one Plot
of sponges is sold, apply another hot in the
When this Dimentation is done, lay over the
place a plaister of Mellilott, spread upon leafe
Let her put 2. Gallons of Stronge Beer into a ste
pott called a steene, w^{ch} a tap hole in it, unto the bot
put 4. or 5. Gallons of the Rootes the yitred being
taken out, 2. ozes of the roots of Asphodelus
oaks, beinge brused, halfe an oz of the roots of
Cuscuta beinge flyed, one oz of Lemnace Berre
beinge brused, and one handfull of Cardus benedict.
Let all these stand together 24. h^{rs} hours,
then lett her drinke in the morninge a draught
therof, and after meate, twice or thrice in a
day and it helpe.

W J Z A A n n j r

abcdefghijklmnopqrstuvwxyz

Handwritten signature: *John H. Johnson*

Handwritten text: *Handwritten cursive script, likely a signature or name, possibly reading "Handwritten" or similar.*

12. 2. 5. 11. 12. 13. 14. 15.

↓ D. O. H. M. Z. V. S. S.

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Done at London the 10th day of June 1666

The 4 quarters also names thus,
Vere, Hyems, Estates, Autumnus.

Good one bad to take forneys in by water, one by Land by the sign

♈ Aries ♀ w/ good. —

♉ Taurus ♀ w/ not so. —

♊ Gemini ♀ —

♋ Cancer ♀ Right hand

♌ Leo ♀ Sagittary good ♀

♍ Virgo

♎ Libra

♏ Scorpio

♐ Sagittary

♑ Capricorn

♒ Aquarius

♓ Pisces

♈ by ♀ w/ good. —

♉ by ♀ w/ good. —
 ♊ by ♀ w/ good. —

Capricornes & Aquaries be the homes of Saturnus,
Sagittarius & Pifces of Iupiter, 26
Scorpius and Aries of Mars, Leo of Sol, & Taurus
of Luna. & Gemini of Mercury & Cancer of Venus.

What Signe doeth belonge to Turners
of the Seaven Planets;

No. 10. In the first case of antimony the face is in the
 infermitie, the third case making it to be gradual, the fourth
 of 20 days to the escape for the people said.

Now, that is to say:
The 3^d of January in that Month, the 1st of July in
that Month, the 12th of October, the 1st of October
the 1st of August, & the 1st of September.

DATES OF DEATH TO BE SET BROOD OR TO TAKE ANY OTHERS ARE OF COURSE
 MAN OR WOMAN OR BEAST BE ENT. WITHIN 14 DAYS CERTAINLY.
 THE FINE DYE. AND IF YOU TAKE ANY OTHERS FROM GO DOWD
 TRAVELING THE FINE DYE, BUT DO NOT TAKE ANY OTHERS OF THE FINE
 3 DATES THE FINE DYE, BUT DO NOT TAKE ANY OTHERS OF THE FINE
 DATE WITHIN 14 DAYS OF DEATH TO BE DEAD. AND IF A FINE DYE
 BECOME IN THE FINE DYE, 3 DATES THE FINE DYE, BUT DO NOT TAKE ANY OTHERS

of the Earth also, but it sueth the 17th m^o
 of Aprile, it sheweth howe the effort goeth
 of Aprile, it were like hunt to take coroll at
 day open, it were like hunt to take coroll at
 of Aprile, it sheweth howe the effort goeth

THESE be the daies dangerous in euery Month, &
 none that it is hard if any thing com to good End.
 out to forewell.

Februaire 5. or 6. Maie 6. or 7. Aprill 5. or 8. May 8. or 9. June
 5. or 15. July 3. or 13. August 8. or 13. September 8. or 13. October
 5. or 12. November 5. or 9. December 3. or 13. --

John

In the first month after the death of the king, the queen
the morning after the death of the king, the queen
gave birth to a son, the king's son, the king's son
and the king's son, the king's son, the king's son
if ever it were to good end.

There be so, Camilla said that it to say from the
15th of October of August, to the 11th of Sep-
tember, the 10th said the Austrians for to let
blood or fast days, as a sign from Heaven, nor to
couple together for in this time reigneth a star
tard the glories, the sign of this star is being
one burning at fire, as at the time the sun and it
you see it as much as it is, as at the time to
make a man of God, to live as much as midnight
as at the day.

And if any do but he shall be more for a man
death then at any other time.

And in those said are so many of the king's

and they over the king, by much living in their
and that many men are dead, they are dead

for it were the king's both night and day, as good

to take the king's words in this time.

And so to that you take no word being beginning at

the 15th of October the 17th of October

of October for then the queen are shut &

PHOLOMENS in the plate of BONE that tw
 maud bodau it Quere in a certain figure in the Zodiack
 & saye if any man be Rite in any Limbe, doe no medicine
 to that Limbe, when the MOONE is in the signe of it. For it
 will rather hinder then further, And namely ify letting
 of blood in y^e time;

Thus shall you know wth signe sooth Raigne
 in euery Limbe as followeth sayd;

1. The Bull raigneth in y^e neck & throat & out all;
 2. The Serpente raigneth in the Shoulder Armes & hands & those be
 3. signes of ioye;

3. The Crab in the Breast Gomack & Limbs After the milke
 Harte Liver & the Gallie;
 4. The Lion in the Back sides Bones Sinues & Armes;
 5. The Mayde raigneth in the wombe Midriffe quere & offsprings
 in the Gomack Liver Gallie and Bladder, & other without Limbs
 beneath the Midriffe;

6. The Ceevis in the Harte, Lungs & Afteries, & other small
 Limbs about the Midriffe, & those 3 signes be in Gomack;
 7. The Oxe raigneth in y^e Throat, & in the Throat & in the
 lower part of the wombe;

8. The Scorpion in the Bladder & Harte, & in the yonic stomack & in
 the Maptes;
 9. Capricorn in the thigh Buttocks, that be the signe of stermines;
 10. Capricorn in the Limbe;

11. Aquaries in the Legs & Ankles;
 12. The Fish raigneth in y^e feet & those are the 3 signes of
 No winter.

The 4 principal Limbs of
 A man or woman:
 Sole Limbs { At the Bravins and all feet
 are a bout to the world.

Small Limbs { Be the heart and Liver &
 all a bout them betwixt the
 world and the middle.

Stinking Limbs, { Is the lower part &
 the Gut & all a bout
 them betwixt the world
 middle and bones:

Generinge Limbs { Is the parts of the Limbs a
 farre from the heart &
 betwixt the world &
 bones:

In the 4 quarters of the world
 Layeth the 4 couplexions,
 of man:

{ Sanguine in the East
 Collicke in the South
 Melanchollicke in the West
 Blegmaticke in the North.

The 4 natural vertues of the moone,

The first is in
{ the Leo & Sagittari
for then the Moons strength is great
in to due great.

The second vertue is in Virgo

because the Moon is in the signe of
form, it is to make to do the office of
best seed when the Moone is in

Libra &
Scorpio

The third vertue is in the Aquarius

because the Moon is in the signe of
best seed when the Moone is in

Capricorn &
Sagittari

The fourth vertue is to make all superfluous Extrinseck

the first have some their office in the age
the second when the Moone is in

Canter
Scorpio &
Libra

The signs bet to suit me

The Schickel still stave put a heavy stroke
to the ship and a great deal of ball firing; East
to home, Roscoe touched & a whole man =
= killed; blood and steam,

The Artist's Hall, Smith,

kept most true and Obedient:

The Affair is settled if good Roads be in
 running of the wheel, and I shall have
 the same by 23rd day of December the Spirit is
 put & may God thus consume it and burn it
 quickly and quantity of sayings & prayers
 for the Society:

St. Westmange

assist to meet and sell, As soon as you
 enter into any debt, you must
 be paid, as is in case of you, must not
 you good, then, I hope to be not pressing
 on your side, as more,

Take Glisters

Stop fluxes

When the moon is in
Libra &
Scorpio,
The Opiumed when the
moon is in Cancer
&
Virgo &
Capricorn.

For Jaundice, opuntia and Asagars at the
moons be in heat in the government the member or
part of the body that is yellowed or anointed
When the moon is in Sagittarius, Leo & Aries then
it is good time for bathing, for the body it ought to
be washed in the water and state it apt to recover.

The best time of the year to bathe is
in the spring and summer beginning at the
month of May till the last of September
The best time to go to the bath is
in the morning or about after some rising

If any one bathe for continually safe let
the moon be in Libra: or Virgo:
Further if you bathe for heat take
of the Opiumed when the moon is in
Libra & Scorpio.

Don take Asagars
of the Opiumed when the moon is in
Libra & Scorpio.
Further if you bathe for heat take
of the Opiumed when the moon is in
Libra & Scorpio.

for

Good Signes & Angings

are usually in

Cancer Scorpio

& Virgo

Verticillare as well

Moon & Jupiter when the

moon hath his sign in Scorpio

with Lectuaries in Cancer

with Virgo when she is in Virgo

Take Comets

when she is

in Aries

Cancer &

Capricorn

Take Haryarisms

when she is in

Virgo & Cancer

Preparatives

in Gemini

Libra &

Sagittarius

The quarters of the world:

Regions of the world:	Warm & Dry	Hot & moist	Cold & moist	Cold & Dry
Cardinal winds:	Orience	Mer- dies	Occi- dient	Septen- trional
North	East	South	West	North
South	Fire	Ayre	Wa- ter	Earth
Seasons of the year	Summer	Spring	Winter	Autum
Humors	Choler	Sun- gum	flegme	Mellanc- choly
Agres:	young	maas- ture	Age:	Old

In the Heart of Somer & toward of winter
 when y^e quent is my signe of 40 hours y^e
 part of the daye you would let blood
 about in two dayes of y^e change or full
 of the moon;

The Sanguine from y^e wth more by first gets;
 The Colicke from the first quarte to the full;
 The Regimaticke from y^e full to the last quarte;
 The Melancholy from y^e last quarte to y^e change;

Let blood
 in fasting
 times;

Take,
 No ome
 gels
 Gargism
 y^e p^{ar}ab
 y^e m^g by 21 daye
 stopp d^{um} & fluxe
 The Moon
 ore signe
 8 m³
 9 m²
 5 m¹
 II m⁰
 69 m⁰
 8 m⁰

Iohannall & Redions

The Anatomy of mans Boddy as the
 parts are naturally attributed to the
 xij. signes of the Zodiacke:

shews the Head & Face:

Geminus Arms & shoulders Leo Throat & backe: Pisces Arms & loynes Sagittarius The thighs Aquarius The legges:		Taurus Neck & throat Cancer Breast & stomach Scorpio Belly: Capricornus The scapulae Libra The knees: Pisces The feet:
--	--	--



John

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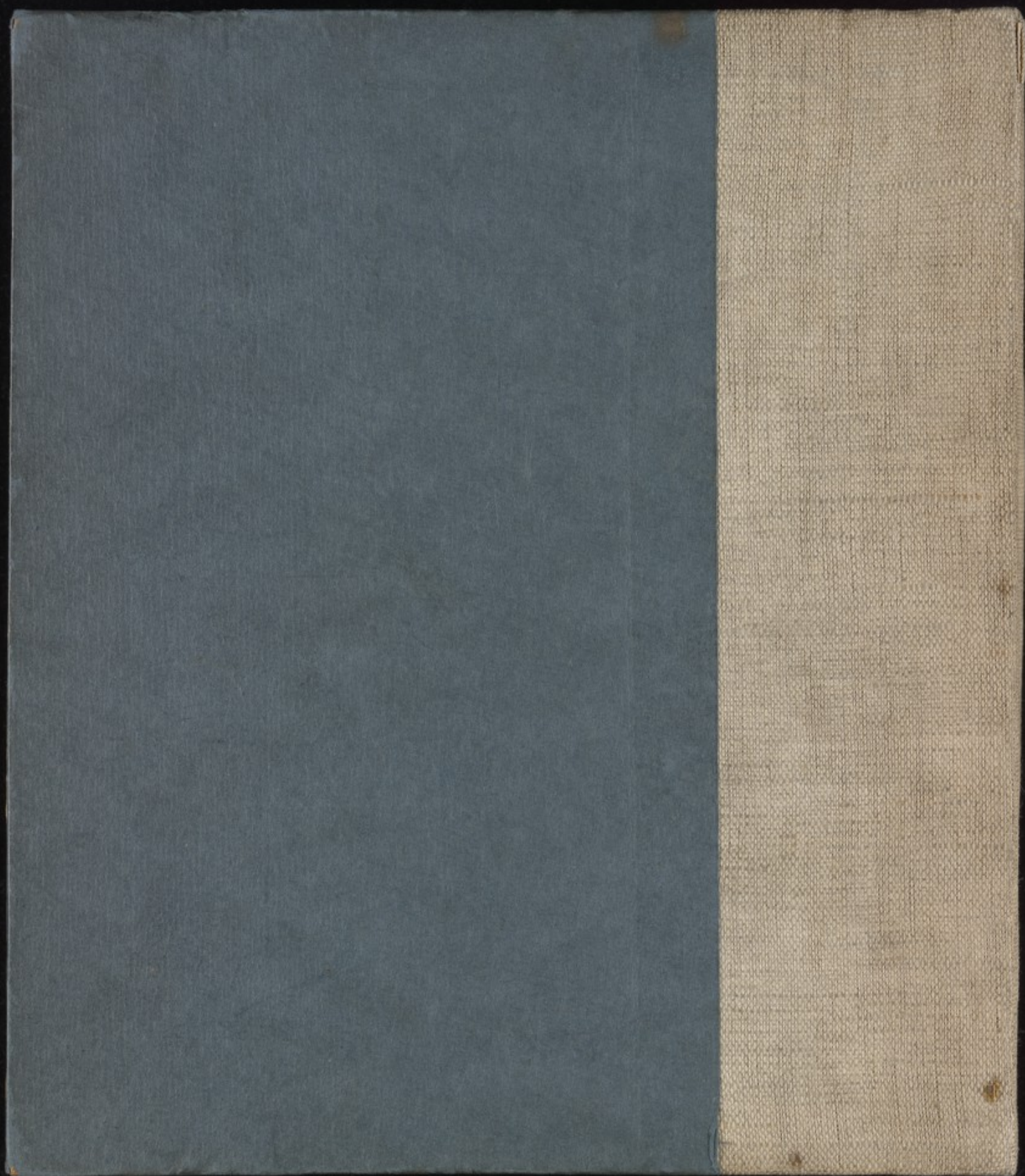
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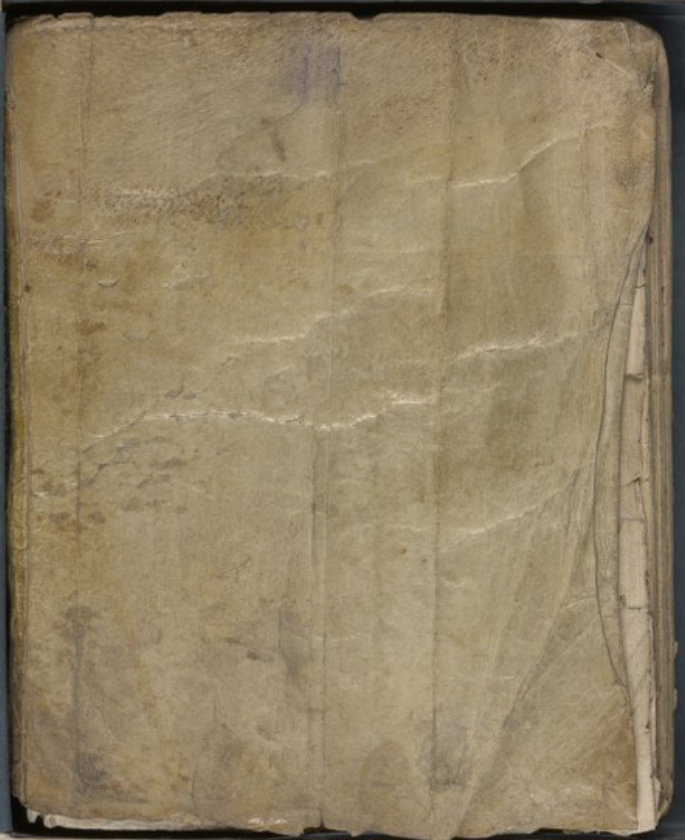
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