

**L. S.**

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Early 17th century

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L. (S.)

Book of receipts in English

[Early 17th cent.]

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PRESE MARK



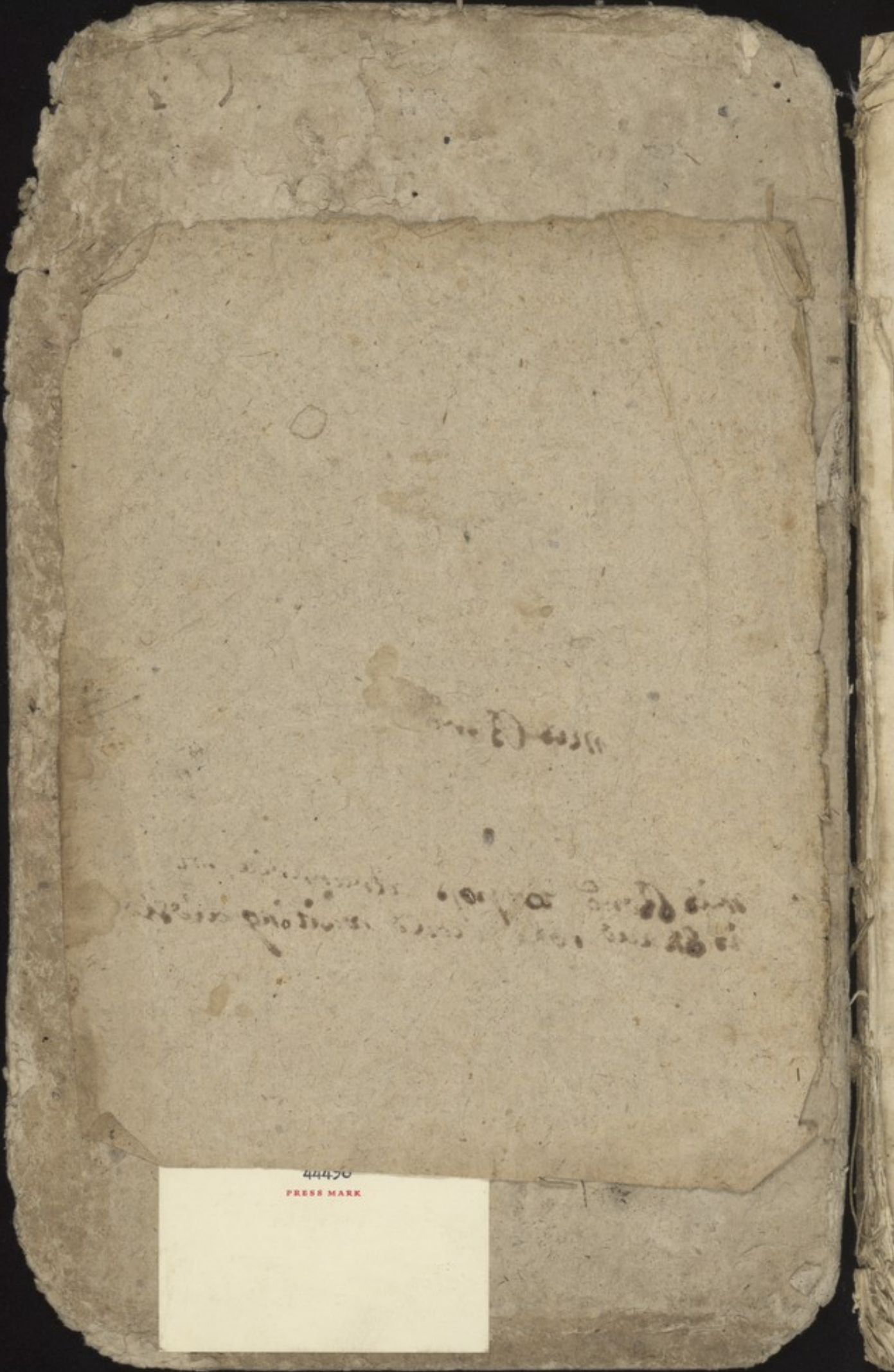
Take the seed of a may... as it is... from Infus. Bayles in very man-  
 ner follows with this... This is with the Turpin... that is... of the finest  
 good... hath helped in my S. L. fish flat is y... to in dish with may  
 good to take as much as will... a good you may take... served warme thro-  
 also, it is also good for any in... brugs or... also suffered a pph  
 7000 on a... to

mis Bond

mis Bond to pop atrankria pot  
 is shud take a lotte whitening aloshs

Take warm water seed of white yoppi food put pared, & powder  
 of Rosemary of such a like quantity brufe these altogether in a  
 mortar very fine, then take as much of this powder as you can take  
 or... is poynt & give it the party to drink in a spoonfull of blac  
 ... or if the party will not take it in that then use  
 put in... till warme from the... It is also good for the  
 choll take it out &... & posset drinks, strain the juce of the pop...  
 then lay it to... sufficiently boyle...  
 of the heart take as in...





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PRESS MARK



... may be ... it from ... Boyle's ...  
 ... with the ... this ...  
 ... hath helped in my ...  
 ... to take as much as will ...  
 ... it is also good for any ...

For Weakness in Children ...  
 Fits, or for fainting or ...

Make a plaister of ...  
 the ... some baggs of Saffron ...  
 in Boers approved

For Children to take in any ...  
 greates ... let them use the ...  
 powder in one spoonfull of ...

A Receipt of a good Smitte Baggy

Take of Iris root 2<sup>l</sup> e halfe a pound of sweete ...  
 e Cloves of earth halfe a pound e yellow Sanders e ...  
 Roset of earth 6 Gramms, beate these into powder e ...  
 a Sullender, e mix with the powder afterwards ...  
 2 ounces e of Subdonium halfe an ounce e beate these 2 grains  
 by them selves with some drops of Rose water e after they are in  
 powder with them till all be mingled well then take of good  
 Mustard drams e 2 grains of sivet e mingle in a mortar with  
 Rose water e so mix it with the powder by little e little till all  
 be mixed, e then put to all this of rose leaves dryed 10 ounces

For trembling in the heart

Take Balm e boyle it in cleane posset drinke e so drinke it  
 at night going to bed .s. l.

An excellent powder for site Fits  
 of Conbultion approved

Take Camriander seed e of white yppis seed prepared e powder  
 of Rosemary of earth a like quantity beate these altogether in a  
 mortar very fine, then take as much of this powder as you can take  
 or ... as poynit e give it the party to drinke in a spoonfull of ...  
 ... or if the party will not take it in that then use ...  
 ... with warme from the ... It is also good for the ...  
 e hot take it ... e posset drinke, straine the ... of the ...  
 then lay it to ... a sufficiently boyle ...  
 of the heart take as in



is very good for one to bring the  
stomach good if you are troubled with asthma & hiccups  
one or 2 or 3 drops at a time, burnt wine is good with  
honey, boyled in it, it is good for wine for the asthma

### For Deafness

Take an ounce of ... cut it small like a Lentil tied up in a  
linen cloth, so put it into your ears & wear it while it hath  
for deafness /

A Balsum or ointment an excellent one admirable  
for wounds & burnes, It also helpeth digestion an  
nourishing the Navell & stomach therewith when if  
party goeth to bed, It will stanch blood presently  
of a greene wound putting a plaister of Lint on  
it & tye it very hard. It is specially good for sore  
Breasts anointing them with it. /

Take of Bitanis Turpentine one pound, Oyle, Olive 3 pintes, six  
spoonfulls of Sack, Yellow waxe half a pound, half a dram of  
Naturall Balsum, an ounce of the Oyle of St Johns wort, one ounce  
of Red sanders powder: cut your waxe in thin slices & put it over  
the fire in a bigg skillet: when it is thoroughly melted put in  
the Bitanis Turpentine having first washed it 3 tymes in Red rose  
water, stirre those very well & let them boyle a little, then take  
it from the fire & let it coole until the next day: then take it out  
of the skillet again & putt it in thick slices that so you may get all  
the water out of it, & when the water is out put it over the fire again  
& when it is melted put into it the said salt Oyle & Sack, & Oyle  
of St Johns wort the Naturall Balsum & sanders stirring all well  
together that they may incorporate, then let it boyle againe for a  
short space & soe take it off and stirre it for the space of 2 hours  
that it may become thick & when it is thick putt it into severale  
small vjells & cover it with lather, & soe you may keepe it for  
your use 20 yeeres /

The prices of the best  
things with cost

One pound of Bitanis Turpentine	7 <sup>s</sup> 6 <sup>d</sup>
The naturall Balsum & St Johns wort	1 : 3
Red sanders powder	0 : 3

### The virtues of the Balsom

It is good to heale all Wounds inward or outward be  
it howe ever it be, & howe ever applied to an  
it is good to heale all  
it is good to heale all



taketh the paynt away, but keepeth it from Injuns boyled in new wine  
 forth also all broken bones or any other thing that is. Of the finest  
 the Braynt or Inwards as hart guts or Liver boyled in dish with May  
 keale it in 4 or 5 times dropping, so that no other more warme there  
 than unto, It helpeth any burning or staiding e heale suffored e apply  
 or cut being first anoynted with the same Oyle e a peece or 4 dayes to  
 or sint dispoed in the same being warmed and laide to you shall more  
 will heale it with out any scars or remainyng. It helpe  
 or greffe that might grow by reason of colds Mai dures at the  
 bones or Condris anointing the part so offerred with this being laid  
 e a warme cloth upon it, It helpe the head a the with anoynting  
 the Nostrills with it. It is good against the winds lo. it is stish in  
 the side applying it therunto warme with Kott e other 4 ellor  
 nings together e using every morning a quartor of an Ounce. It  
 is good against poyson yplague, choulis, yports, It helpe the surfit  
 taking the quantity of a drame therof in a little fatte warmed  
 It helpe the bytings of a mad dogge or any other beast. It is good  
 against the plague onely anointing the Nostrills e Lippos with it  
 in the morning before you goe forth. It also helpe the fistula  
 or ulcer boe in never so deep in any parte of the body being applyed  
 as aforesaid is directed for a cut, It is also good against worms or  
 canker being used as to a cut, but it will require longer tyme to  
 helpe them.

### An excellent Syrop for y<sup>e</sup> Struchys

Take of Struchigrafs brookelins, Water roses of ork a like quan  
 tity bout those well severally in a Mortar then strayne out the Juys  
 of them all Emixe them together, take as much weight in sugar as the  
 Juys boyle these together to a thick Syrop e so use it, taking a Spoon  
 full of it in a draught of beere with you must take 3 tymes a day e at yo<sup>r</sup>  
 meale if you like it, but especially in the morning e before dinner  
 e supper.

### A Modisten for a sore Brest as a hard that name of a cold

Take some chamberly e boyle it in Hemlock e a hed cloth e wash yo<sup>r</sup>  
 Brest, alwayes wringing the cloth well e after lay it to in keeping  
 it very well

### A Bagg honey Comfortable to refresh the Spirits in any weakness or faintnes of y<sup>e</sup> hart

Take Red rose leaves e tops of Rosemary some think a little Wormewood  
 some Nutmegg e cloves e clove heaten small mingled these together and  
 quilt them in a bagg of hollan made fit for the stomck then put some  
 Muscadine e white wine Vinigar in a dish over a tringling dish of roale  
 put in the bagg e let it heat in the let quod, e when it is thorough well  
 e hott take it out e wring it dry dry it e over y<sup>e</sup> fyre a good deale, but not quite  
 then lay it to y<sup>e</sup> stomack, Take Methridate y<sup>e</sup> is also good for y<sup>e</sup> stomack e trinit  
 of the hart take as much of it as an haysell Nutt when you goe to bed.



A Receipte for the Sturday

Take of the Sturday grass, & 2 handfulls of Brooke  
ome Thunder Root, 2 quartes of Ale, & a pinte of Rhenish  
Wine, Boate the Sturday grass & Brooke Lins  
braine out the juise thereof & mix it with your  
Boate your Bittander Root & put the juise thereof  
of the said Ale & Wine with boing den put it into a stone  
Ale & drink a glass full fasting every morning  
An houre after you have taken it you may eate a little Biskett  
but you must forbear all moiste Roasted Meats, & Spoons Meats.  
If this Medecine above Written doe no good, then take a little  
Gullers dung when the Gull goeth to grass, & a little goose dung  
& put it into the afore said Medecine & drink it as afore said.

For the falling of the  
pallat of the Mouth

Take of Cummin in powder 2 yrtate Spoonfulls, of White Salte 4  
Spoonfulls, of the powder of Chambrile flowers 3 spoonfulls, the  
powder of 3 nutmeggs, mingle these together & put them into a bagg  
of Linen Cloath rutt found & then quilt it, & use to lay it on the Mouth  
of the head Night & Day, If east Saroguis. S. L. T.

To procure the <sup>Red</sup> Menstru.

Take of Eheny leaves one handfull, of Hysop one handfull, of  
yarsely halfe a handfull, stamp & strayne them, & put part  
of the juise thereof into an empty eggshell, & then put thereto the  
yolk of the egg onely with a little Sugar candy in powder, & then  
stir it & sett it in the Embrios & when it is thorough whot, Supp  
up that it is in the egg shell & abtaine after it 2 houres, & thus  
doe 3 mornings together In the beginning of the Moons with  
in 5 dayes after the change.

To stop the White Menstru

Take of Water a yottle, halfe an ounce of Syonion, of yomegranate  
yills halfe of a ounce of Krott grass halfe an handfull boyle these to  
gether till the water come to a yinte & thereof make Candells  
for 3 mornings

For the pyles

When they come forth & swell much, then bathe them with the Salve



water that shallows, feny goods, & Onions have have bene boyled in very maner  
and after the bathing apply unto it the plaister following. Take of the finest  
& inward part of roasted Onions, Boate them in a wooden dish with May  
Butter & a little powder of Saffron & beinge well tempered warme there  
of in a Sawter & lay it in a linnen cloth as what as may be suffered & apply  
it to the grooved place often in the day, & after this is done 3 or 4 days to  
gether then applye to it a peere of Swett very hott & thus yo<sup>r</sup> shall cure  
it & drye them up, Keepe the body soluble also while that you have them  
with the powder of Holland one greatespoonfull thereof in a morning put  
it into this Broth, & abstinence 2 houres after. /

### For the Collic

Take a quart of Clarott Wine, a handfull of Red Sage, a Spoonfull of  
Amey Seed & boyle these together untill the third parte be consumed,  
then strayne it into a fayre pott & drink every morning 5 spoonfulls of  
it warme with a little Sugar. /

### Another

Take a pint of White Wine make a possit alle of it take of the possit alle  
5 or 6 Spoonfulls, a Spoonfull of the powder of Eggshells stirre it & drink  
it up warme. /

### For the Collic & Stone

Make a possit either of White Wine or Rhenish Wine & take of the  
Sund cleane & putt in a quantity of unsoft tyme, & then take as much as  
you can drinke at once & putt into the same some pretty quantity of this  
powder following. Bid: a Spoonfull of Juniper Berries, Mare, & Nutmeggs  
of equal quantity beaten into powder. Bid: of all but one Spoonfull.  
putt this in a quart of Rhenish or White Wine sodden, & the Skinn  
beinge taken of in the soothing, & beinge sodden unto a third parte, strayne  
it & putt Sugar to it drinke thereof a reasonable draught 4 mornings  
every month in yo<sup>r</sup> bed two houres before you arise blood warme  
y<sup>r</sup> probath. / S. L.

### Another for the Same

Take male mints havinge no smell & sooth it in White wine, then strayne  
it & putt into it as much Sugar as will make it swete. /

For any Swelling of what  
Sawer it cometh.







and putt to it Oyle of Chamomill & Oyle of White Lillies of each  
iij Spoonfulls, honey wherof Rosemary buds & flowers have bin  
sodden, as with Bay salt a dozen times well wrought together, some-  
what more then blood warme, lett it be referued w<sup>th</sup> hoodfulness, & keeping  
it so long as may be

### For one that is Lunatique

Take Baye leaves, & flowers de luce roots, slice the roots & drie them both  
in an oven, or over a chafing dish of coales, & then beat them in powder  
& eat or drink the same in warme chut or drink

### For one that never had child

Take one handfull of Murrion, as much ground sell, they them smale  
& Araynt them with beere, or boyle them with yostage, & put them in  
sum Red saunders, & drink the same every Mornyng - 5:1: &

### Against Consumption

Take a pint & a halfe of goats milk, a pynte of red hose water, 2  
ounces of ellanus corvi, boyled together with half a dozen pieces of  
golds, & so drink 2 spoonfulls of in the morning warme, & at night  
coud, Item take oyle of elastick & anoynt therewith.

### A Medicine for the Colick

Take of Dymc seedes, yarsley seedes, Mesander seedes, Bayberies of each  
one penyworth, a little stone cropp, & beate them all together to powder  
& drink it all with white wine at Evening when you go to bed, at the  
ning when you rise.

### For a sore mouth

Rs Herbgrasse, Wormwood, fether say, sage, Winguofoyle, fine hunds  
red leaf, Homny sack leaves, Redferndell, Red Bramble. leaves, Marig  
gold leaves. <sup>Sumo</sup> <sup>Stany</sup> All these together, wash the mouth / & strain  
them, then put allum & English Roney to them, with all these mingled  
together, wash & mouth.

### For a Burne on a Stalke

Rs Ortmane, the middle kiner of Witholmo, lay the kiner in y Ortmane  
& anoynt the place burned. The odow it is the better it is

### For a Letter

Rs Rushes & burne them upon a latten Basin with the Oyle of  
them anoynt the Letter







Middle shoe with Linseed and it will helpe against pruss of the  
yard and swelling thereof, soothe the bottom in Rayns and stamp  
it and lay to it plaisters against swelling, and of postumes of the  
Genitours, anoint them with Goddard sadder <sup>in</sup> wine with Camphor  
against the same sothe well the roots of Brust and make a playster  
thereof, and put suet to it, and binde it fast with a bande, and it will  
ease the swelling, Take likewise with all the fasson = and stampe there w<sup>th</sup>  
horse grease and lay that well and laye it to the swell

### For a Swelling in the Throat of a Bullock

You shall practise it when the Bullock becometh to rattle or foam  
in the mouth or when he standeth up. First take stinging Nettles  
half an handfull and all to rubbe them in the mouth and the tongue  
and prick the two waynes and let them bleed well; then take and open  
him betwene the iawes with a knife and thrust in yo<sup>r</sup> finger betwene  
the outward skin and the inward skin then stampe fagwood and salt  
together, put it into the hole toward the roote of the tongue.

### For the staggers you shall practise it when he doth beare his head at one side or gooth reeling

Take half a pinte of Vinogor and the 4<sup>th</sup> part of an ounce of pepper  
and warme them together and put them into a trowle. Then take the  
Bullock and yull out his tongue and hould up his head and put the drink  
in his Nostrills and let him bleed at the nose.

### For the Blene. you shall practise him swell about the lippe and about the tongue

Take him and pull out his tongue and open his mouth and you shall finde a  
Bladder breake it with your finger and rubb it with salt then prick upon  
the nose and under the tongue and let him bleed

### For the Springes, you shall practise it by the swelling in his body and oft muste to doing

Take him with your hand as far as you can and pull out the dung  
then you shall finde blood, pull it out and all to rubb him with salt and  
anoint him with grease

For the remaining of blood upon the back, it will  
make the Bullock draw his loynes after him and goe as  
if he were swayed in the chyne.



10  
Cut of a ioynt or tuac from his Tayle and lett him bleed well and if hee  
bleed muste, Prick the tayle or fowre it and if hee be dammed two or three  
houres hee fure you cut a good hole throue ayant from the rod or glode  
then put in salt and stop the hole with wool.

A drink to help a Bullock for  
all diseases for the bloude

R. Herbe grasse, or Key wood, Getherfox, Wormwood, fotherwort, and  
ypony royall, ffore hound, Jarlic or Elder, leaser, Eltoppan roots  
or dragon, Hysop, faye, and Camondor rotton, then take all these and  
shamp them with good elle gronnes, or butting lie or chamber lie  
and boyle them altogether, and give the Bullock to drink bloud warm

Spites to make the same drink  
when you have not the herbes

R. Long pepper, graynes, fenogreek bayes, Anisood, Liguores, Turme  
ric, and heat them together in fust liquor as is aforesaid, and if it  
bee for the Lunges give it the Bullock in good elle graines and you  
shall know if it bee of the drye Lungs hee will cough and the eyes  
will sink his head & the skin will cleave to his back, and for the  
drye give the Bullock to drink the drink aforesaid & fether him.

A Recipe to make a Horse fat

Take anholon meale .6<sup>lb</sup>. Anisoodes 2 ounces. Comin seedes. Camomil  
of Eranthamus 1 ounce drim, of Fenogreek seedes .1 ounce, of Bruin  
stout 1 ounce drim, of Sallet Oyle one pint, 2 ounces of Honey, and  
drim of White wine 4 pintes, this must be made into past, the  
Suxples being made into powder and finely seved, and then  
well kneaded together and so made up into bales, as light as a  
mans fist, and then obery morning and evening when you would  
water your horse disolve into his cold water one of these bales, by  
bathing and washing the same in the water and then give it to him  
to drink

To make Conserues of Hoosberies

Take .ij. a lib of Sugar 10 sponfulls of Camasse rose water & boyle  
it to gether & skumme it very thorne then put into it .ij. a lib of  
hoosberies & lett them boyle till they be broken then let them tom throug  
a fine sounter & strain & boyle that Sirrop againe till it tom to some  
to conserues.



1  
Take an old Red coat beinge hangd by his hooles in the foote  
is for the space of 12 houres beinge also washed & floud sett it  
to the fire & putt to it 3 quartes of water & then frume it alone  
& putt to it raisons of the sunne stoned & damasco prunes and  
sourcunt, and handfull of oate, 4 dates quartered fenell & parslow  
rootes washed strayed bruised & the yithes of them taken out of  
bath 3, yellow. Root rooter in like order prepared tw of them, the best  
rootes may be laide 7 or 8 houres in <sup>minia</sup> pinyer goultes foot, & a  
ellayden haire of oate an handfull sharon, sharon gwoy, & skina of  
oate halfe an ounce, keep your skina over nighte in your water  
& let your water be blow warme, put in one Nutmegg quar  
tered, & the bottom of a clewethell, lett all these boyle together  
softly till but one quarter remaine, then straine it & take  
it ~~at~~ at foure times, 3 houres before dinner, and two houres before  
supper warme

### To preserve ethorries

Thus the ethorries that they be not bruised and then that they be  
not through ripe, let there be a pound & weigh to them a pound of  
sugar downe, then slip the stalkes of the ethorries, & take some of  
the worst & stone them, & bruiso them & sett them over the fire  
to boyle softly till the ferris lookes red, & when you thinke it red enough  
straine it out, & with it melt the sugar well & sett it one the fire  
when it boyleth put in the ethorries & boyle them as fast as you can  
till you thinke they are enough, so powder them out into a pan then  
putt them into a yott or glass & then powder halfe the sixrox on them and  
keep them plump, & the other halfe let it stand till it be told.

### To make conserve of Rasberries

Take Rasberries & put them into an earthen yistow covered with the  
dish put into a skillet of soothing water to the necke put a stone on your  
dish to keepe it from fling up, let the water boyle away till they are well  
drained which will be about halfe an houre, then take them out & straine  
it leaving some of them whole for the good, & you may put some man  
ones to them, weigh your Rasberries drained & yo<sup>r</sup> sugar severall, take  
a pound of sugar to a pound of Rasberries, set the Rasberries to  
dry over a fyre, boyle your sugar to a haire till it is almost a  
sugar again, then powder your Rasberries to the sugar stirring  
it well together, & powder it out into your yotts or glasses if it  
be not thicke, let it stand over a fyre to drie a quarter of an houre  
when you make quiding you must not let it boyle with the sugar  
only, stir it well from the fyre but drie your past well &  
straine out the thicke

### Against scales of the head

An Oynment made of the powder of of Gold & Oyle  
take away the scale from the head & the face.



For the Rednes of the face

Take a quantity of Waxons grease which hath not bene with of the best  
cyprianon well beaten & scarded wery well & fine so much as you shall  
think convenient to the proportion of the grease, & a smale quantity of  
Caryphino, Boile all these in a cleane chardon. untill they be well incorporated  
& become a salve, here with awaynt the plate you would have heven  
at yo<sup>r</sup> going to bed, or at any other tyme. you think good, & continue  
it untill you feele the plate tingle & pricke, for then you shall need it,  
no more. And after to preserve it from the like use the water which  
must be heven to be made in the month of May The Water is thus made

The Water is thus made

As a gallon or more of fayne running Water and put it into an earthen  
pott which may be close stopp'd then take a good quantity of wild Ranis  
as much as you may well steepe in that Water wash it cleane then put  
it with the Water in the pott, stop it close & set it in a tub or darke  
plate where it may stand three weekes or some what more till it be rotten  
then straine it through a cleane cloth, cast away the Ranis & pour the  
water into a glass which stop close & sett it in the sun 14 or 15 daies, then  
pour it into a Gason, & wash yo<sup>r</sup> glass cleane, then straine it again  
into yo<sup>r</sup> glass, with being well stopp'd & sett still in y<sup>e</sup> sun y<sup>e</sup> still to  
straine it in that order every second or 3<sup>d</sup> day untill you see it make  
a greene rullow for it will be of many rullows, & endure 2 or 3 months  
before it be greene, when it is greene straine it other day onto, and  
still keepe it stop't & in the sun as much as you can untill it may steepe  
as any soft water, then put it in a cleane new glass, & put thereto sum  
smale quantity of Caryphino & use it as y<sup>e</sup> shall neede, It will keepe  
seaven yeares or more sweete & good. You must rememb<sup>r</sup> still as you  
straine it to wash the glass cleane into with y<sup>e</sup> putt it, the oftner  
you do it, & the more it stands in the sun the sooner it will  
come to perfection.

For the flayme in the Stomack

As of Hysoy water 12 spoonfulls as much of fennell water of kello  
water as much, put this in a pewter dish with 2 ounces of roranto  
cleane washed & ston them well together, then straine them and  
thrust out the juys of the roranto & put it into a pewter dish, putting  
thereto 12 spoonfulls of clarot wine, a peny worth of suger candy  
& boyle them again together, then synde therof 2 or 3 spoonfulls  
evening & morning two or three dayes together blood warme: S. J. T.

For the same purpose

As Now alle in romes a handfull of yestlicony of the wall & cleave them  
downward with good quantity of powder of comin half beaten & boyle  
altogether till they be thick, then putt them in a pott & press them



till the yuge come out & as warme as you may suffer. it lay it to  
to the Nabill & as it cooleth so lay warme to it. S. L. J. &.

### For Sinowes that be shrunk

As Young Swallows out of the Nest a dozen or two, February, Laminde  
When STADY leasur strings & all of outt a handfull after the quantity  
of the Swallows & lay them in a mortar fother with salt & all with 3 sand  
herbes untill they be smale, frye altogether with elly butter not too much  
then put it into an earthen yott & stop it close 3 dayes, then frye it  
againg with more elly butter & strayle it, & when you oruzye it  
ay it against the fywe. /

### To make Wounde water

To make Wounde water, As a gallon of Running water, an handfull  
of Sage, an handfull of Galadine an handfull of Woodviude & sooth them  
together from a gallon to a pottle, then clense them into another pottle  
& sett it over the fyre again & skimo it, then take a ynt of hony  
& sooth them together from a pottle to a quart, & lett it stand till  
it be cold & put it then into a glass. /

### An Excellent Salve for all maner of sores called Flos unguentorum

As Jesu & yperison of each half a pound, of Camphire an ounce  
of birgini waxe & succinions of each a quarter of a pound, of Gores  
just a quarter of a pound, of elastick an ounce, melt that in this to  
be molten, & yonne that is to be yonned & finely searte it, boyle  
over the fyre, & straine them through a linnen cloth into a pottle  
white wine, then boyle them altogether, & let it stand till it be cold  
warne, then put thereto a quart of a pound of Turpentine over stirring  
it till it be through cold, howe soe stuffe be not hotter then blood  
warne when you put in yo<sup>r</sup> Turpentine & so make it up in wroles  
This receipt is called Flos unguentorum because it is good for those that die  
hereafter rehearsed (vid) for old wounds, it is most clensing & well  
looking, it ingendeth flesh, & healeth many more in a week then another  
salve in a month. It sufforoth no corruption in a wound, It draweth out  
all dead flesh, It is also good for y<sup>e</sup> head ache, for the singing of the Swyne,  
sinowes that be sprung, shrunk, or y<sup>e</sup> stert, for boyling in the eares, It helpeth  
honor, It helpeth fluxu mensie, If it be layd to a womans belly, It is thought  
the best salve in all the world of any outward thing, It helpeth all chancres  
with in the body & without, as payne in the Liver, Splene, or waynes,  
It helpeth the gout & all maner of clithes. This ellectio did many  
miracles in Germany from whence it came. /



An Excellent Medicin for  
Sont and stranguis.

Take red Bramble leaues be fore they be blast with herrie & chornis  
put them in yotts & drie them till they be moode to be beaten to powder,  
Take also ellisander sodee, Gramboulde sodee, edriander sodee, Botany  
the sodee of y Nuttree, the yunard yitt of y chhon Keyes, & liquoris  
Galantius herrie, & kande, take of all these a litle quantity & boyle  
them to powder, & mingle them altogether, & use to drinke them thor-  
oughly of droning sodee in yosett ale made with white wine. put it also  
in yo<sup>r</sup> pottage often as y eat it, & so use it till y finde ease.

For the Bloudy fluxe, when  
Nothing else will stop it

As a yaufull of charcole whote from y fyre & put them on a chafing  
dish & sooth them into a tlope. steele sitt downe by the roale & doo y  
you will see the roales that the seruants may shite y & it will holp you  
in twise or thrise doings.

An Excellent Medicin for the plague  
given by King Henry the 8<sup>th</sup> to his chemy  
at Boloyne.

As a handfull of sage vertue as much of rue, as much of elder leaues  
as much of red Bramble leaues, stamp them in a mortar, & steyne  
them with a quart of white wine. then put them to a quart of white  
brandy, & a quantity of white ginyer, & drinke of this medicin  
every day a spoonfull till you are cured. ~~Take it be safe for a whole~~  
~~year by gods grace.~~ ~~It is the Antidote to the plague be fore~~  
~~ix dayes together, & after y first day you shall be safe for viij~~  
~~dayes, & after ix spoonfulls taken as aforesaid you shall be safe~~  
~~for a whole year by gods grace.~~ If any be stricken w<sup>th</sup> y plague to  
have drunk y medicin, then take this medicin with a spoonfull  
of stabious water, a spoonfull of botany water, a spoonfull of  
Dragon water, a quantity of chobridale & put them together, and  
to appeare take the leaues of Elders, red Bramble leaues, & mustard  
sodee, & stamp them together & make a plaister thereof, & lay it to  
the sore & it will heale it. S. L.

To make a man Bledi  
that hath bled inward

Drinke nothing but the iuice of next. S. L.

Against the fault  
of an elcut sore

As a red cloth & sooth it in yo<sup>r</sup> owne water, & as white as  
you can abide it, lay it to the place where yo<sup>r</sup> greese is

A water for the biting  
of a mad dog



25 As Stabious wilds Sage, Nutfolme with y<sup>e</sup> purple flower, night shade with  
the blue flower, yarrow, Lillye.

A Medicine for all manner of elking in y<sup>e</sup> bonts  
or Joynts and it is good for the Gout

As an ounce of fens grecke, an ounce of Mustards seeds, an ounce of Mustard  
Stary them all to powder, then take 10 or 12 figges & bray them well in  
a mortar, & put them unto the powder, & put thereto a quantity of Oyle  
Olejo, & sett it over the fyre in an earthen vessel or a pan, warm it a little  
till it ebbode like swage, then lay it to the sore & w<sup>th</sup> 3 or 4 plaisters it will  
be whole.

A Medicine for a sore Tooth & how to make  
a Tooth fall out with out an instrument

As Wheat flower & mixe it w<sup>th</sup> y<sup>e</sup> herbe called Spunge, & therof make  
paste or dough, w<sup>th</sup> y<sup>e</sup> w<sup>th</sup> fill y<sup>e</sup> Tooth, & leave it in the Tooth a certain  
tyme & y<sup>e</sup> Tooth will fall out of it selfe, Also if you wash yo<sup>r</sup> Mouth  
with Water with y<sup>e</sup> roots of y<sup>e</sup> same herbe hath bin sodden in you shall  
never have any payne in yo<sup>r</sup> Tooth. / S. L.

A yrticious Water for many Diseases

As Galmyale, thorus, galilicis, Molilot Mato Nutmeggs, of oth<sup>r</sup> like  
quantity make them in powder & mingle them w<sup>th</sup> 3 or 4 Spoonfulls  
of y<sup>e</sup> juice of solidon, & 3 pintes of white wine, & a pint of aqua  
vite, put all these together in a stillatory of glasse & let them stand all  
one night & in the morning still it with as easie a fyre as may be, and  
the same keepe in a glasse for it is of great vertue, & good for many  
purposes <sup>it dissolveth</sup> the lounes with out any groose, & comforteth them bove  
perished, It keepeth the harte from burning, It is very good against  
choleraicoll<sup>ic</sup> or fluxus, It comforteth y<sup>e</sup> visage, It helpeth the memory  
It is good against the yallie. In the same use this once a moeth taking  
the quantity of a Spoonfull, & in the winter two Spoonfulls

A Medicine for the burning  
of gun powder powder

As a little Camphire wine Amiger, & y<sup>e</sup> white of an egg, beat  
them altogether to a frothe, & auoynt y<sup>e</sup> face burnd with the frothe  
therof

For Sore Eyes

As the Water distilled of greene or red founnell & wash y<sup>e</sup> eyes therof  
therof with y<sup>e</sup> hatu. S. L. T. &

A Medicine for y<sup>e</sup> pocke in y<sup>e</sup> eye



26  
As a handfull of ground swid, halfe a handfull of hon justles y grow on  
the ground (I thinke is meant the flower of the three leaved grass) stamp  
them & straine them through a fyne linnen cloth & drop it into the eye  
two droppes ever Morning & Evening for the space of 3 or 4 dayes

### A Modicū for a Snake head

As a pinte or more of good wine pinctor & put thereto a pound of  
Rosen, & set it on the fyre, let it boyle a greates while, then put thereto  
as much flower of wheate as will make it thicke, then take halfe  
an ounce of saunders stixxiue it still from the beginning, & when  
it is nigh to boyle, take swollen shreds from the Taylor & spreade y  
choddins upon it, & lay them upon the sore places in robes letting  
them lye 24 houres, & then pluck them off sodainly & it will bring off  
the roots of the infected heare, remember the first that y doo pluck  
the hare short, & the haire being pulled of annoynt the place w<sup>th</sup> honey,

### For a sore breast

As wheat branue & boyle of it y juyce of Row & lay it upon how  
breast y is hardned & it will help it.

### Another

As a roore of Penist bag that is dryed in the skinnoy & lay it in water  
till it be soft, then & then lay it to the breast, it will dissolve it  
if it be not to farre past, & will breake it & draw it, it must be  
wiped twice a day & layd on againe it will ripen it & heale it q<sup>u</sup>ickly,

### For a Red sore

As honell finely shred & oyle Barrowes yrosse mingle them well  
together, & therewith annoynt the sore gently.

### A yossett for y cough

As two parts milk, & thre parts alle, & make a yosset thereof, take  
of the yosset rinde, then pull in a piere of smoot butter, & let it boyle  
taking off the froth, then take a little Elloranguano roots & a little  
liquoris flis them, & a little whole dunnifodes 4 or 5 drops of Mysop  
& a piere of Sugar to make it smoot with all, & straine it in a  
linnen cloth, & drink it as much as you can, last at night, & first  
in the morning.

### To knit a Bone in six dayes

As such tayles as hang on the fell twose, & yf sodder of Red dotter, dry  
them & let the patient drink of the powder in alle or otherwise.

### To procure Vomit

As Estrabatta 3 leares (& or 6 are as much as any man can endure to  
take) stamp them & strayne them & drink y juyce in stale alle.



## For the Colic

Rs. fennel seed, & parslie seed, Anisseed, & Licquaris, Anise thow within a brasen Mortar & drinck them with good elle, or wine all tines of the day & hals.

For all Kinges in the Bones or joynts  
and it is good for the Gout.

Rs. an ounce of Honogret, an ounce of chustard seed, an ounce of Lin seed stamp them all to powder, then take 10 or 12 figges, that be salt & bray them in a mortar, & put them into the powder, & putt there in a quantity of Oyle Olive & sett it over the fire in an earthen possell or a pan, warme it a little till it maddles like may, then lay it to the sores, & in 3 or 4 plaisters it will be whole.

## A positt Ale for the Cough

Rs. two partes milke, & the third parte Ale, & make a positt therof, take of the yochit weeds, then put in a peere of smoot butter, & let it boyle takinge of the froth, then take a little Ellowmpans roots, & a little Licquaris slice them, & a little whole Anisseedes 4. or 5. croys of Hyssop, & a peere of sugar to make it sweete with all & strayne it through a linnen cloth & drinck it what as you can last at night & first in the morning.

To cure the stopping of the liver, Splene  
or stomach in the groone disease.

Rs. a quart of white wine & a pynte of fayre runninge water, & beinge mixed to gether in a close possell over a weak fyre boyle therein till almost the 3<sup>d</sup> parte be consumed these things following. Sage of Jerusalem halfe a handfull, harts tongue so much more, Juner rynde of an Ale so much, pony royall so much, sweete Marriam a strigge or two, Alixander roote a good slice or two, parslie a roote or 2. flyrod, Mary goodes flowers 7. or 8. Madder from the dyer halfe so much as a walonutt, Covants a g<sup>d</sup> to washed & beaten in a mortar. Let the Madder & the covants be beaten together. All these things beinge byol boyled in a maner & measure abovesayd, let it be strayned, & the liquor kept in some close bottell, & a good peere of sugar candy put into it. And in the morning fasting, & at 5. o'clock in y<sup>e</sup> After noon take of it warme, or otherwise 9. or 10. spoonfulls at a tyme, continue this course day by day till you finde relief. S. S.

## To bring out the yox

Rs. a pynte of Ale boyle 3. figges in it & put thereto some Licquaris sliced, keepe y<sup>e</sup> patient it to drinck & keepe him warme. Let him drinck no other until the yox be run out. S. S. S. S.

Take a quantity of Rye flower temper it with y<sup>e</sup> owne urine, or some other hodye, bake it on a gridiron, lett the cake spread rather parte with the equall partes of Varr, a quantity & strayed take sope lay the on halfe to the belly & the other to the backe, drinck a positt with sacke or white wine, & into a draught of the positt Ale putt 4. or 5. dropes of Oyle of Anisseed and drinck it what you can.



26  
hot and ever before meate or drinke warme ~~make a taste~~ a little Rose  
water with the powder of Cynamon & cloves in it. And now & then make  
it to be put in the miltar, and hold a peece thereof in yo<sup>r</sup> mouth and  
at no time be w<sup>th</sup> out liquoris in yo<sup>r</sup> mouth.

A pleasant remedie for the Cough

Take a greete handfull of Rosemary & sooth it in a pinte of strong  
milde beere untill it be boyled halfe a way, then putt to it so much  
honey as may make it pleasant, & lett it boyle all together, then  
putt the cleere of it into a vott, & when you would give it warme  
to the patient to drinke. Also it is fitt that y<sup>e</sup> patient's stomach should  
be anoynted w<sup>th</sup> fresh butter & nutmeggs grated & boyled together, and  
after putt a covered plate of wooll basted on a cloth unto his stomach

Another

Take Lituris, & dnnis seed of eath an ounce bruised, fennel rootse,  
& yarsly rootse, the piths taken out, ffijon, Horshorn of eath an handfull  
Figges or raisons of the sunne of eath an handfull, boyle all these  
in a quantitie of a yottle of spring water close covered y<sup>e</sup> space  
of halfe an houre, when it is halfe cold straine it out & put into  
it 3 ounces of sugar, drinke of it often times k<sup>th</sup> warme, but  
theifely in the morning fasting, & last at nighte every time a good  
quantity

For a quarter dayes

As a yottle at leaste of faire running water, w<sup>th</sup> beinge put into a  
close vott over a very soft fyre boyle thow in the junior rynde of an  
elfe, hartes tongue, sage of jerusalom, rose leaves out of water,  
garden sage, of eath an handfull, Coranto washed & beaten in a mortar  
to yapp 2 handfulls, let those things boyle halfe an houre  
Then putt into the same yarsly rootse washed & sliced almost  
an handfull, 3 or 4 slices of ellisander rootse, one yonge fennell  
rootse washed & sliced, Gynjer a vare & a halfe in smale & thin slices  
Liquoris in a steele or two in thin slices, Aniseedes bruised in a mortar  
one ounce, let all these boyle together halfe an houre, then putt into  
the vott halfe a pinte of smale drinke or sum what more, to stay y<sup>e</sup> boyling  
of it, & then putt into it an ounce & halfe of good sonny, & lett it stand all  
the while the vott from the fyre till the vott begin to boyle, & no longer  
those covered w<sup>th</sup> a yottlid, & sum cloths laid there upon to keepe in the  
heate, lett it stand taking together 2 houre at leaste, At the two houre end  
straine the liquor & gett out as much as y<sup>e</sup> can, & putt y<sup>e</sup> same into a glass  
bottle or stune close stopped & for 2 dayes drinke thereof twice a day  
at a time warmed, & after 2 dayes drinke thereof but onse a day (w<sup>th</sup> in the morning in  
y<sup>e</sup> same measure & manner as before till all be spent, after wards let y<sup>e</sup> patient take  
a smacking possit & smate 2 houre, 2 dayes together & c<sup>t</sup> H. 5. 7.



Against any distace & coolinge of the harte, or Melancholy,  
 splurishes, burninge Agues, the stone, or droppie  
 Approved often tymes by a feynall Emperique of this  
 Age & Country.

Take Maiden haire, Colowath of ~~one~~ each one ounce, Sassafras & Saffrylla  
 of each halfe an ounce, starchy grass one hand full, chunifoods, fouell foods,  
 Romin foods & Liquinish of each 3 Draymes, boyle all these in one gallon  
 of fayer running water till halfe be consumed then take it from the fyre  
 & put as much cold water as was boyled away, & put thereto 2 ounces of  
~~for~~ Senna & sett it to the fyre again, lett it not boyle but stand very soft  
 for the space of 3 or 4 houres keeping it always close covered, when it is  
 cold straine it & lett the patient take thereof every morning a draught fasting  
 two houres after it # : S : L :

For a sore breast and for y<sup>e</sup> Ague in any  
 parte of the body for burning or staiding

Rs halfe a pound of Ramos suet, a q<sup>ty</sup> of a pound of Resin beaten fine, <sup>2 lb</sup> of  
 a pint of Sallet Oyle, put all this together in a yepott over a quiet fyre  
 of charcoales, not stirring it at all till it be enough & then the stum will  
 sink downe, Then take it from the fyre, lett it not smoke leaste it burn  
 to the bottome, lett it stand in y<sup>e</sup> yepott till it have a skym on the top  
 Then yower it in to a Bason & w<sup>th</sup> a spoone stirre it still till it looke like  
 yest, then putt it into a yott or glass close stopp'd till y<sup>e</sup> neede it, &  
 when y<sup>e</sup> have occasion to use it for a sore breast or Ague warme a  
 little in a sawter & anoynt the place most against the fyre, & Dye  
 a linnen cloth in y<sup>e</sup> Oylment, & lay it on it as wholl as can be endured  
 Doe this twice a day, & for a burn or staiding applye it round to the  
 grooved plate, & lay on it a Colewort plantayne or harts tongue  
 leafe, & this will both take out the fyre & heale it, S.T: B :

A Remedy for a sore Breast

Rs Grounsill, Ragwood, Mallomes, Camomile, Sago, a little Smalldage  
 of the Ragwood & Grounsill the greatest parte, You must take as much  
 as will fill a gallon, then take 3 yntes of strong beere groundes &  
 thoye yo<sup>r</sup> herbes smale & boyle them in the groundes almost one  
 houre, then when they be well boyled thirk it w<sup>th</sup> a little course  
 skiffell & let it boyle halfe an houre longer, then put in halfe  
 a pound of fresh guals & drop y<sup>e</sup> breast morning & evening,  
 as whate as you can endure it

A ypoultops for a sore Breast.

Rs a hand full of Marsh mallomes if you can yott them, if not then  
 other Mallomes & as many Hollyhock leaues, boyle them in running  
 water untill they be very tender, Then take them out & thoye them



them very small & put them in the same water again with a good handfull  
of reasonable fine whiffell, & then boyle all to y<sup>e</sup> thicknes of a poultice,  
And then put therein a good scone full of fine hoggs grease, & supply it  
so hott as y<sup>e</sup> may suffer it laye it with the yolk of an egge, Turpentine  
wheate flower, & honey mixt together, with a little Hyacinth plaister  
over it.

A remedy of Speede to trause a woman in labour  
to be delivered either of a living child, or dead *Jobat. 54.*

Rs. y<sup>e</sup> quite of Vitander, or Vitruy the walen of a pinte, put to it a quart  
& halfe of y<sup>e</sup> best Rhenish wine, & boyle them a pretty while in an  
Earthen pipkin, then take it off & let it be luke warme, then give  
y<sup>e</sup> party a good draught it sweetened w<sup>th</sup> a little sugar, you may  
boyle it all y<sup>e</sup> yeere. / S. B.

A remedy for a Fistula or Felon approved. S. L.

Rs as much Turpentine as y<sup>e</sup> liqness of a Walnut, as much of  
y<sup>e</sup> best washing Sope (not white Sope) a Spoonfull of fine Straxo  
Whall, 2 or 3 Spoonfulls of Wheate meale, mingle all these  
very well together, y<sup>e</sup> one thing may not be distornd from y<sup>e</sup>  
other, make a plaister of this & lay it to y<sup>e</sup> soare, be it  
broken or not. / S. L.

A present remedy to stay a Fluxe, or other  
Issue of blood as well for a Woman as otherwise.

Rs halfe an ounce of y<sup>e</sup> powder of Gato stones, half an ounce of y<sup>e</sup>  
powder of y<sup>e</sup> best James, half an ounce of sanguis Draconis, an  
ounce of fine ~~lime~~ holo Armoniat, all of them beaten & finely  
sieved, mingle them all together, & give the patient y<sup>e</sup> quantitie  
of a Hazell Nutt in some warme drink

To break a Stone

Rs a new layd Egg make a hole in y<sup>e</sup> end & blow out y<sup>e</sup> meate  
there, then lay the shell before y<sup>e</sup> fyre till it be warme, then  
pick y<sup>e</sup> shell from y<sup>e</sup> pith, then drye it well & beate it very  
fine, keepe it in a bladder & w<sup>th</sup> a little Nutmeg powder, take  
it in a Spoon w<sup>th</sup> a little cle.

For y<sup>e</sup> Rheum

Rs a pottle of Sars, put therein a pinte of starved honny, then a  
good quantity of wops of bogomark, put them altogether in a glass & steepe  
them very well together, & drink a little thereof after meate. S.



## At y Nose

As Bol Armon e a little Lints e mingor e put it into the Nose. S. L.

## A most Excellent Restorative.

Take a Wagon fleshy e young breake all y bones put it into a pike  
w<sup>th</sup> Hyuamon half an ounce, e as much clove both bruised e put in 3 yntes  
or a pottle of Burraige water, take it close lett it boyle 5 or 6 houres  
very softly, then strayne forth y liquor, w<sup>th</sup> the sops, then w<sup>th</sup> y said  
broth make Allmon with well sweetened w<sup>th</sup> sugar e give y patient thereof  
twise a day, e spoonfull at a time.

## For the Itch

Take an handfull of Solondino, a handfull of Red sage, an handfull  
of Allhoose, boyle them in clarified Butter, strayne it e sturw<sup>th</sup> a little  
Brimstone e a Spoonfull of rose water.

## For the Good arth

As a handfull of Nerbin, a handfull of Botony, a hand of Camomill  
shred them small together e boyle them in merte or beere till they be  
thick, then put in a Spoonfull of Gummin good, e a little safron w<sup>th</sup> two  
yolks of Eggs, spread it upon a cloth e lay it warme on y fore part  
part of the head.

A Drink to cure all Sores bruises, be they new, or  
old, It holpeth woundes breasts, w<sup>th</sup> ar thought incurable  
It taketh the dead flesh out of any wound, or out side  
If any bone be putrifid it will make it fall away in  
Scabs, If there be any impostume in y body, It taketh  
away the cleare in y Stomach after it is taken.

As Eyrimony 2 handf, wilde Angolira, Botony, wilde Dazie roots e  
leaves, Rib wort, bramble leaves, bone murke, field bugle, sanicle, spere  
chints, Daddie, Scabias + + + + + e chugwort, Wormwood <sup>orvus</sup> of  
dark an handf boyle all they beinge small shred in 3 gallons of water  
till y herbes be very tender, you may put into it halfe a ynter of  
clarified honey Give of it 3 tyms a day, 4 or 5 Spoonfull warme (w<sup>th</sup>)  
in the morning fasting, at two of the clock in y After noon, at going  
to bed, not drinking in an houre before, or an houre after.

## For the Shingles

Take Hobos Downy, e barley meale, e sturwe them together, and  
temper them with venise + + e lay it to the plate.



For him that hath lost his child.

Take quites of Goube of Sago, of Hornwood of oath of thorn a Spaine full, & take as much of white wine & put thereto, & lett him drinke it at Euen, & as much in y<sup>e</sup> morning & so for him thus 5 dayes duringe & he shall be whole.

For a stirk under y<sup>e</sup> Eyde

Take floure leaves bruised & steeped in elle or beere, & lefste steeped one whole night & in y<sup>e</sup> morninge give it the patient, & usinge this 3 or 4 tymes.

To breake an Impostume

Take a Lilly roote, & an Onion, & boyle them in water till they be tender, then stamp them small & frye them in Swines grease, & lay it hott to the sore.

A medicine to make a salve with the  
marble of a Barrowe Hoggs to kill an *scabbe*

First y<sup>e</sup> must take y<sup>e</sup> saute & watter it till y<sup>e</sup> bloud be soked out, then fynd it & melt it in a yasnott boylinge therein y<sup>e</sup> roote of chrythange then put it forth into a yentor dish & put thereto of Champhire y<sup>e</sup> value of six pence, then let it be together untill it be melted, & then it will be as white as snowe.

A medicine for y<sup>e</sup> Shingles.

Take Olivors & stampe them & strayne y<sup>e</sup> quites from them, put thereto a quantitie of excoame, and stir it together, & put thereto a good quantitie of beaten Gummon, & beinge stirred well together anuynt the place so grieved.

A medicine for y<sup>e</sup> biting  
of a Madde Dogge

Take of Bittany, of y<sup>e</sup> Roarke of the curruy, of Yarrow, Knar woods, Night shade, White Lilly roote, Red sage of oark a like quantity every one halfe a peny worth of Treacle shrodd stamp & strayne all these together w<sup>th</sup> running water, & so give it unto them to drinke to each halfe a pint at the least. . S. L.

A very good medicine for a coud

Take a pint of New Milke & soothe it in a yestnott of a quart & when it doth soothe put a pint & a halfe of beere to it, take of y<sup>e</sup> Curde sleane & sitt it on the fire again, & put in 4 figges sliced, a stirk of Sirquorish bruised, a litle raulte foot & any good beaten, boyle them together halfe an houre, & then straine it out, & put sugar candie in it to sweeten it, & drinke it morninge & eveninge.



A modicum for y<sup>e</sup> paine in y<sup>e</sup> Throate

Take a little Sage, as much Almonds, & 2 or 3 topes of yonoriall boyls it a good while in y<sup>e</sup> soft ale & take it every night when you goe to bedd for it hath don much good. /

## A modicum for the Wormes in children.

Take Worme seede the weight of 2<sup>d</sup> of y<sup>e</sup> Newort & best of seina y<sup>e</sup> weight of 12<sup>d</sup>, of burnt Hartes horn the weight of 4<sup>d</sup>, variander seede y<sup>e</sup> weight of 2<sup>d</sup>, Lett all be made into a fine powder, & give to y<sup>e</sup> bigger children y<sup>e</sup> weight of 4<sup>d</sup> other in clausie or now strong wourth in open weather 3 mornings together before y<sup>e</sup> New of the Moone, & halfe so much to y<sup>e</sup> lesser children, or els you may give it them in humied chills. /

S. L. By the y<sup>e</sup> planton y<sup>e</sup> phisition. /

## A modicum for a looseness

Take halfe an ounce of Cloves, six Drops of Rosemary, put them into a pint of water & sooth it to halfe a pint with 2 ounces of fine sugar, then take 3 spoons of in y<sup>e</sup> morning at Noone & night. /

A modicum for y<sup>e</sup> Cough of y<sup>e</sup> Lungs

Take a pint of Colts foot water distilled, & a pint of Savoy Hyssop & put thereto a pound & a quarter of sugar & boyle it till it be of y<sup>e</sup> thicke of English Honey, & of the thicke of Clarified Honey, & so take it as ofte as y<sup>e</sup> you please. y<sup>e</sup> Colts foot & Hyssop must be gathered dry & wiped in a cloth. / S. L.

For the Consumption of y<sup>e</sup> Lungs an approved modicum

Take of Marshmallows, Liverwort, Lungwort, Coltsfoot, & Mayden Haire of every of these halfe an handf, of plantan leaves in y<sup>e</sup> slipps of unsoft Hyssop, 3 mallon rootes, a quarter of pound of Raysons, of y<sup>e</sup> Gumme, a quarter of a pound of toro Dates y<sup>e</sup> stones & piths pickt out, a peny worth of Liquiris straped & split, & as much Amisbeds as will fill a Wallo Nut shell, put all these into a gallon of Spring water, & boyle them one y<sup>e</sup> fyre in a close vessel till it come to a pottle, then take it from the fyre & stopp it, & let it stand till it be cooled fitt to straine, then drawe out y<sup>e</sup> liquor from y<sup>e</sup> herbes & make parte of it in a firey, and parte of it into Almond chills, & parte of it into y<sup>e</sup> chills by y<sup>e</sup> helpe of God it will doo good. / S. L.

A modicum for one y<sup>e</sup> is in a Consumption

Take y<sup>e</sup> juise of y<sup>e</sup> reddest Sage stamp it, & strayne it & take a Spoon of therof, & 2 Spoones of Red Cowes milke, & take white Sugar sandy & sweeten it therewith, & it will helpe you



A Remedy against y<sup>e</sup> Consumption

Take of China rootes thin sliced 2 dragmes, steep it 24  
 hours in 4 pintes of running water, letting it stand all y<sup>e</sup>  
 time warme & close covered in an earthen pipkin, then put  
 to it a quarton, then add halfe a pound  
 ounce of Licquior scraped & sliced, Maydon haire, wols  
 foot of such an handf, Raysons of y<sup>e</sup> same stoned, of Fubibes,  
 and Sebestea sliced of each nine, of Currants also washed  
 halfe an handf, & Dates sliced, let all these boyle together a  
 good space covered in a pipkin, then add six shivers of large chate  
 or 36 cloves, & y<sup>e</sup> bottom of a chanthel, let them boyle untill  
 there remaine but one quart, then boate y<sup>e</sup> chirkon bones, and  
 all in a stone mortar, Strayne forth y<sup>e</sup> Juice w<sup>th</sup> y<sup>e</sup> broth, &  
 Sweeten it w<sup>th</sup> white Sugar tandy 4 ounces, redde it in  
 a cloane yott, & drinke thereof warme an houre before be-  
 fore, & at night when he is in bed.

An other for y<sup>e</sup> same

Take a fore leg of Boefe & broate it & boyle it in 2 gallons of  
 water till it be boyled halfe a way, & till y<sup>e</sup> flesh fall from y<sup>e</sup>  
 bones, & when y<sup>e</sup> fitt it on y<sup>e</sup> fire, take of wols foot, Maydon  
 haire, Liver worte, Lung worte, Hysope, Lime, Charbe, tongue  
 of each of these an handf, an ounce of Brunn sugar tandy  
 of a pound, & 2 or 3 yores of large chate, & a little Saffron  
 boate & tyed in a cloth, Nutmeg cutt in yores, & y<sup>e</sup> bottom of a  
 chanthell, & putt in 2 or 3 Dates, put an handf of barley &  
 boyle these together in y<sup>e</sup> Liqueur of afore said, & let it stand  
 & stow very softly w<sup>th</sup> a salt fire, let it stand so 17 hours, and  
 strayne it, & boape it in a cloane yott, & take of this same  
 in y<sup>e</sup> morning about 17 a clock a good draught, & take nothing  
 2 hours after it, & about 4 a clock in the after noone the  
 like draught again, & fast till supper time, Use this 10  
 dayes & by Gods helpe it will do good, this hath bin well  
 approved in Cayon thom y<sup>e</sup> hath bene very weak & batw.

## An other for the same

Take the knote of a young steere, put it into 5 quartes of faire  
 water, when it is frummed put in halfe a pound of Raysons of  
 the same stoned, Demi of Damaske ypruns, a quarter of a pound of  
 French barley, a pint of English Licquor bruised, one long chate  
 one ounce of wols foot, halfe an ounce of Maiden haire, Demi  
 ounce of China rootes sliced thin, some sage of Hieru salad if  
 it be to be had, or els some of y<sup>e</sup> rootes Demi handfull, of Hysope Demi  
 handfull, of guttary leaved or rootes & put in Liver worte



Liverwort, Lungwort, & Mallows, of Strasbury leaves, & violet  
leaves of each demi handf a fowre harts-tongue leaves and demi handf  
fennell, boyle all these to a yottle of Lixaur, then strayne & give him a  
draught of it morning & evening, let him eat it w<sup>th</sup> it a fynnore.

Approved medixine for a strayne

Take yplanton, ~~Sturgeon~~ together Camysins, Ribwort, Bonewort, Egrimony  
Hoarherfenne, Agbonbirne, Bayleaves, Hartstomys leaves take of each  
one handf & choppy them smale w<sup>th</sup> as much butter bring equally wayed  
with the hearbes & mingle them all together & straine it ay till that  
time twelve month all in a bladder, the hearbes bring gathered in May  
& in the end of y<sup>e</sup> yeare boyle it

Against the stinging of any venomous thing

Still yplanton & Orayon together, & putt sallitt oyle into y<sup>e</sup> water of it  
& this is good for y<sup>e</sup> stinging of an ~~adder~~ or any venomous thing  
the place stung being washed therewith, & y<sup>e</sup> partye drinking also  
of it.

For sturting of blood

Take yppannus & ypporinittles other stonye them or sootho them in beere  
& this is good for y<sup>e</sup> flaming of blood either upward or downward

For a Bruse

Take Comfrey, & Balme, & Hysope, & tammamoll & still them altogethor  
& this is good for a bruse, but if it be much brused put in ypporinittles  
& sallot oyle, & give y<sup>e</sup> patient to drink

For the stinging of an  
Ader, Snake, Hornet

Boyle greene Hony (or hony foods) in newe Milk & make a youtlice  
therof, & lay it to the sore, lett the partye hold his leg or hand,  
& y<sup>e</sup> is stung upwarde, that y<sup>e</sup> venom astand not into the body.

A medixine to cure an inflamed  
liver and to prevent a consumption

Take Fronte barkes, & vaults foote, Saige of forusalom, Stahious,  
violet ~~or~~ leaves or flowers of each a handf, ~~Liquoris 2 ounces~~  
an Eboranyano roots as ligg as a greate Wallnut, Raysons of the  
fowre stoned, Blome figges of each an handf, ~~Liquoris 2 ounces~~  
yarsoly roots, fowrell roots two of each, a sparrow tongue, take  
all these & boyle them in 3 quartes of running water, then  
strayne it & drinke the thirde of it in a morning & fast an hour  
after, & last in the evening when he gooth to bedd, & twice a day  
before (w<sup>th</sup>) an hour before dinner, & an hour before supper

A Medixine for a consumption.



Take a quart of new milke or a yottle, put in this cloth a yottle  
of 40 horse mayles bruised w<sup>th</sup> in a handfull of Hyssop, a handfull  
of wotefoots bruses, bruiso & putt these herbes & mingle them  
all together, then putt all into a still & distill the water, & put  
into y<sup>e</sup> receiver 4 ounces of white Sugar Candie powdered, and  
an ounce of Licquoris frayed & stand shred, & let y<sup>e</sup> water  
distill into this, & beinge so stilled boyle this water & give there  
of often a spoone & almost every halfe or whole houre, Take  
of Cardamo a yntle of Lindseeds oyle, 17 ounces of Honey 4 ounces  
all this boyle well together, & annoynt his breast w<sup>th</sup> y<sup>e</sup> same.

Another for y<sup>e</sup> same.

Take 2 ounces of y<sup>e</sup> roots of Sasaparilla, one ounce of y<sup>e</sup> roots of  
Saxifraga, putt them small, & bruiso y<sup>e</sup> in a mortar, & put  
y<sup>e</sup> both in a yottle of faire water infused all night in a yntle  
upon a fowle Embers, covered close, y<sup>e</sup> next day boyle it softly, till it  
com to a quart, then strayne it & put halfe an ounce of Sugar, &  
let it boyle to a sixroy till it com to a lepe to a yntle, whereof every  
morning & evening lett him drinke 3 or 6 spoone & warme. / Lett his  
foote be annoynted every night when he goes to bed w<sup>th</sup> garlick &  
butter bruised together, Lett his haire be shaled from his head thefe, &  
gett a plaster for him of some y<sup>e</sup> best means you  
can use to helpe him, in the meane tyme make him a waxy basted  
w<sup>th</sup> flax & browne vapor & perfume it w<sup>th</sup> frankinsente every  
morning & evening.

Another for y<sup>e</sup> same. .rp. Dr. Godoly. S. L.

Rs of Licquoris, Lindseeds & Cardamoms of each halfe an ounce.  
& boale y<sup>e</sup> grossely, take y<sup>e</sup> dates stoned, an handf of Raisons of y<sup>e</sup> same  
stoned, fennell rootes, & y<sup>e</sup> y<sup>e</sup> rootes, y<sup>e</sup> y<sup>e</sup> withes taken out of each an  
handf, Hyssop, & horse hound of both one handf, boyle all these in  
a yottle of Spring water w<sup>th</sup> one quart of white wine or claret  
wine boyle it w<sup>th</sup> a soft fyre about an houre then strayne it out  
& putt to it 4 ounces of Sugar & give him morning & evening  
3 or 7 spoone & at a tyme, & often tymes in y<sup>e</sup> day 3 or 4 spoone &  
at a tyme, It is to be taken warme.

From

Rs a yntle of running water, & halfe a yntle of vinegar boyle it  
a quarter of an houre, & put so much sugar to it as will make it  
pleasant to take, lett him take of this often 2 or 3 spoone & at a  
tyme.

From y<sup>e</sup> head aches.

Rs Botony water, & take a cloth 3 or 4 times doubled about 3 fingers  
broad wet it well in y<sup>e</sup> water & lay it to yo<sup>r</sup> fore head toud, & lett y<sup>e</sup>  
cloth beinge wett com round & tye it fast, & in 3 or 4 tymes it will  
help, & when the cloth is drie wet it again.



## To make one Sleeper

Is two or three spoons full of Cowslie water when y<sup>e</sup> goe to bed

## For the head ache

Is a yoxim eutt out y<sup>e</sup> toxe, eise it w<sup>th</sup> Nutmegge e rost it e eat <sup>with</sup> ~~it~~ y<sup>e</sup> melle e lay it to y<sup>e</sup> Nape of yo<sup>r</sup> neck as hott as y<sup>e</sup> can suffer

To stay y<sup>e</sup> bloody Flux

Is a pint of Conduit or other cleere water put into it the three part of an ounce of pepper growe beaten put y<sup>e</sup> water into a pinte pott, e y<sup>e</sup> pinte pott into a skillet of water e so lett it boyle till it be halfe a way, then drinke it warme morning e evening or oftner a spoonfull at a tyme.

For y<sup>e</sup> Rhomme

Is hogmaney water e y<sup>e</sup> melle of Red Cow w<sup>th</sup> a quantity of Sugar, drinke theore of y<sup>e</sup> shall amond presently S. R. &.

## A vertilous Experience of Saie S. L.

Who so ever doth eat Saie often shall never need Surgeon nor y<sup>e</sup>phision. The powder of Saie take it either in meate or drinke, it is most necessary against y<sup>e</sup> expelling of humours, e especially against y<sup>e</sup> fluxus e choleraicholy, it purgeth y<sup>e</sup> brayne, it destroyeth y<sup>e</sup> rhomme, it preserveth y<sup>e</sup> sight, it comforteth y<sup>e</sup> stomach, it maketh good digestion, it is good against Windes, it restoroth y<sup>e</sup> dyschitis of what cause soever it be lost, it comforteth cold members, it good for y<sup>e</sup> payne in the back, e for all kindes of chous, it comforteth y<sup>e</sup> breast e lungs, e all other members, the Jewes call it y<sup>e</sup> powder of life. S. L.

## An Excellent thing for a Bruise

Is stone pitch, e hysop e grate y<sup>e</sup> as much of one as y<sup>e</sup> other e put it into gooddle e drinke it when y<sup>e</sup> goe to bed, e heale yo<sup>r</sup> selfe warme.

## To stanch Bloud

Is Hogges dung e Glyxop e stamp it e lay it to y<sup>e</sup> wound.

For one that is y<sup>e</sup>ysouned

Is a pony weight of Sympario. e temper it w<sup>th</sup> chaus urino e give it the patient to drinke. S. L. T. &

To stay y<sup>e</sup> Rhomme

To take conserve of Roses, the powder of Elitompans roots, y<sup>e</sup> powder of Sirquoris, a little Croakle, a little Sallitt oyle, e gum browne Sugar e candy. e a little Honey.

## To stopp Bleeding

Take Balsamanake e temper it w<sup>th</sup> a New laide Egg e Syrcade it upon Glass, e if y<sup>e</sup> party bleed at Nose, then lay it on his Nose e fore head, or on his Neck

## A Sirrup for a Cough

Take an hand of Glyxop, e an hand of ealls e melle, an hand of e biollets



30  
Take Figgs, Raysons of the Sun Liquoris, & chrisfords & so boyle them and  
strayne y<sup>e</sup>, & when the roughness cometh give y<sup>e</sup> patient a spoonfull to  
drink.

### A ypposot drinke for a Cough

Take an handf of ffysoy, an handf of wolfsfoote, an handf of violetts,  
an handf of Sage of Hierusalem, an handf of Liverworte, halfe an  
handf of common Sage, an handf of Raysons do son, six Figgs sliced  
& Liquoris 2 ounces, a spoonfull of chrisfords, boyle all these together  
till y<sup>e</sup> better halfe be consumed, & soo take of it 3 tymes a day  
blood ouercome & spoonfull at a time, & sweeten it w<sup>th</sup> sugar randy  
when y<sup>e</sup> drinke it.

### W<sup>th</sup> Bullens China broth an Excellent restorative

Take an old leane Red Wokke being hung by y<sup>e</sup> hooles in his fowthers  
for 3 space of 12 hours, being cleane washed & flood soft it  
on y<sup>e</sup> fyre & put to it 3 quartes of water, scumme it cleane, then  
put to it faine reasones of y<sup>e</sup> same stand, Damasco yppocanis, & curians  
of eath a handf, a date quartered, Fomost & yppocanis washed  
strayed & bruised, & y<sup>e</sup> yiths taken out of them, 3 yellow Cork roots,  
in like order prepared, Wolfsfoote, & claiden haire of eath a handf  
shabon sporis, & China of eath halfe an ounce, one Nutmegge  
quartered, & y<sup>e</sup> bottome of a martrick, let all these boyle together  
easily untill that there remaineth but one quart, then straine  
it & take it at 4 tymes 3 honours before dinner, & 2 honours before  
supper.

### Directions for drinking of elses milke

Drinke dayly in y<sup>e</sup> Morning & at 3 after dinner a good draught of  
milke warme from an else or some putting first a toxe or two  
of spars minto into y<sup>e</sup> glasse or cuppe it is milked into, & as much yond or  
of refined sugar randy or sugar rosatum as y<sup>e</sup> can conveniently take  
up in a little spoone.

### King Haamor his restorative broth

Take 5 yppocanis chrisfons, & 5 yppocanis fushy drosed, cutt them  
into quarters, & broyle three honours & boyle y<sup>e</sup> softly in a yppocanis  
w<sup>th</sup> 3 libras of good Aleant or high country wine w<sup>th</sup> as much  
Stabioso or wolfsfoote water so soon as y<sup>e</sup> have scummed it putt into  
it Cinamon, & cloves bruised of eath halfe an ounce, and clusse and  
Amber greene of eath 5 grains bruised smale w<sup>th</sup> wood alate, a dram  
& all tied up loose in a peece of fine lanne & lett all boyle softly  
& covered till y<sup>e</sup> fleshy bones will separate, straine it & boyle it close  
& covered, let y<sup>e</sup> patient drinke a pinte in a day warme at severall  
draughts.

### For a cough and spitting of blood



Take Licorice bruised an ounce, Anise seeds halfe an ounce & roots  
 & flowers of Wallis foote 2 handf, water tresses 2 handf, raifons of y<sup>e</sup> sun  
 a quarter of a pound, y<sup>e</sup> long yitred out ffifox, & Linewort, & Sage of  
 Ierusalom of each an handf, Gamado, Bottony, & Olives of each halfe an  
 handf, boyle all these in 3 pintes of faire spring water close covered till  
 halfe be consumed, Straine it forth, Melt in it 4 ounces of white Sugar  
 & stande till it be dissolved & lett him drinke ofte hoore of ds y<sup>e</sup> specially morning  
 first & eveninge laste, 6 or 7 spoonef at a time first & last & 4 or 5 times  
 in y<sup>e</sup> night or day

### An Meditine for a strain

Take a handf of Ribwort, & a handf of Bonwort, & a handf of Egrimony,  
 an handf of hartt tongue leaves, an handf of Gods feare, an handf of yslantaine  
 leaves, and handf of Eglertine, an handf of Hays leaves, an handf of Camphire  
 leaves, thox all these as small as hearbes to y<sup>e</sup> nett, & putt as much May butter  
 unto y<sup>e</sup> as all these ways, & mixe y<sup>e</sup> all together, & make it into an hard ball  
 & putt it into a bladder, & hange it by y<sup>e</sup> a yowre & then take it downe, &  
 putt a pound of Mays butter more unto it

An Excellent water to open y<sup>e</sup>  
 liver & coole the blood.

Take French barley an handf sooth it in fayre running water & sift it thre  
 or thre, till y<sup>e</sup> see y<sup>e</sup> water looks white, then take Raysons of y<sup>e</sup> sunne & stone  
 in y<sup>e</sup> barley, & a good handf of Mayden haire, & a handf of strabery leaves,  
 & a handf of violet leaves, & a Gemell roote, or two boyle y<sup>e</sup> all well  
 together, then lett it settle, & y<sup>e</sup> strayne it, & put it in a glasse, & when y<sup>e</sup>  
 halfe poured out as much as you will drinke at once putt thereto a  
 spoonef of Sirroy of violates, & stirr it about & so drinke it.

### An Excellent Meditine for a Consumption

Take a Red wort of white y<sup>e</sup> flite him & putt him into a still, also a handf  
 of Liver wort, one handf of yslantaine, 2 handf of blew Currantes, a quarter  
 of an ounce of Lavise etate, w<sup>th</sup> a pinte of cream, & a pinte of Clarrit  
 wine, & after it is distilled infuse thort into, 3 or 4 ounces of white Sugar  
 & lett y<sup>e</sup> patient take hoore of every morning 3 spoonef, & every evening  
 at his going to bed 3 spoonef. Verbatum. S. V.

### To make Syll of Swallowes

Take a handf of Rosemary, a handf of Lavender water, of other Lavender  
 a handf, of time blown a handf of Coast marie a handf, Feather fern a handf  
 stramberry leaves a handf, Brookes lime a handf, Smallie a handf.

### An infallible Meditine for y<sup>e</sup> Eyes

Boyle Ellabor, Gollendine, Yarrow, Wood bittony, Fenest in liare, & this  
 Herbs of each a handf, in a gallon of beere 3 quartes / Lay to y<sup>e</sup> water  
 Bendirke, Graynell, Ground Ivy, of other fewe, & lay salte beaten together w<sup>th</sup>  
 Leven to aquavite w<sup>th</sup> y<sup>e</sup> softe, & throwe on some of this greens powder, & lett it  
 aquavite w<sup>th</sup> y<sup>e</sup> quavite, & wash bo kinde y<sup>e</sup> eyes w<sup>th</sup> aquavite, & lay it to all night  
 in y<sup>e</sup> morning lay to an frye leaf.



A Remedy prescribed by the King to  
perisunt roomes for prevention of y<sup>e</sup> plague, &c.

Take a pound, or 3 quarters of Tarr, hountes of pitch, an ounce or  
quarter of brimstone in powder, & a pint of red wine singed with  
these together over a gentle fire, put about halfe a pound of this into  
an earthen pot, make a pore of Iron rod hott in y<sup>e</sup> fire, & putt into  
it, & stave it up & downe in y<sup>e</sup> roome to make a fume, clearing and  
Exorcising. S. S.

For a Woman y<sup>e</sup> is delivord of a child, & can  
not have y<sup>e</sup> after burdon com away, or hath  
a dead child with in her

Make a thim y<sup>e</sup> will w<sup>th</sup> red wine, & boyle in it y<sup>e</sup> yony roote, ditany  
roote, Saffron, & running y<sup>e</sup>me & drinke this.

For a Woman y<sup>e</sup> is delivord if she be  
troubled with after paynes

Take a pint of strong Beere, an hand f of Camomill, & Blossoms,  
a spoon f of Fennell Seede, or chmy seede & boyle it to halfe a pint  
& drinke it twice.

### To stay a Stouring

Take as much of consvard of Poser as a Wall nut, & as much ellibruat  
as a smale haffon nut mixe y<sup>e</sup> together, & take it at twice two nights  
together, viz, y<sup>e</sup> one halfe one night, y<sup>e</sup> other halfe y<sup>e</sup> next night after  
by y<sup>e</sup> ellibruat  
Them putt in ellibruat broth, y<sup>e</sup> wartine roote, & leabes, shepherds purse,  
knott gras, & a little rias flower to beate on it w<sup>th</sup> all, putt also in it  
a stitt of Simamon, & a crust of Bread, by all these together & take it  
fasting in a morning. w<sup>th</sup>. / If an egre doe not accompany  
Loosness y<sup>e</sup> y<sup>e</sup> may be use w<sup>th</sup> red wine, & afterwarde chull it with  
Symanon, & clober, & Sugar & give it warme to drinke.

### For the eyeye

Take a quart of chiding Beere, not strong nor too smale, take also  
3 Figgis, if greates 4, if smale flite y<sup>e</sup> putt y<sup>e</sup> into y<sup>e</sup> beere, w<sup>th</sup> a  
stitt of Liquorish bruised, let y<sup>e</sup> all boyle together in a pipkin  
untill y<sup>e</sup> quart be consumed to a pint, use this drinke onely as you  
pertaine y<sup>e</sup> first of this infection as well at chales as at other tymes  
It must be taken neither hott nor cold, nor hott y<sup>e</sup> chille from the  
eye nor fraise soe warme, they must take nothing warme, y<sup>e</sup>  
must not keepe y<sup>e</sup> to the hott about y<sup>e</sup> throate nor stomack, but  
w<sup>th</sup> warme about y<sup>e</sup> lower parts, If they com into y<sup>e</sup> face kill  
w<sup>th</sup> alse w<sup>th</sup> y<sup>e</sup> out & take out y<sup>e</sup> matter w<sup>th</sup> a cloth & awayte y<sup>e</sup>  
face w<sup>th</sup> smalte Oyle of Olmon, & y<sup>e</sup> will make y<sup>e</sup> shode take  
away y<sup>e</sup> blatenes.



A Modicum for y<sup>e</sup> shingles

As Eleghors e stampe y<sup>e</sup> e strayne y<sup>e</sup> iuyce from y<sup>e</sup>, put thereto a quantity of croame e stirr it together, e put thereto a good quantity of beaten Syonanon, e boinge stirred well together anynt y<sup>e</sup> plate grinded. S. L.

## For the biting of a childe Goygo

As Botony, of y<sup>e</sup> herbe Marrow, yarrow, Quaxwood, night shade, white Lilly roots, Red Sage, of each a like quantity, e roaste, unto sherry one halfe a penyworth, chred, stamy e strayne all these together in running water e so give it unto y<sup>e</sup> to drinke, to each halfe a pinte at y<sup>e</sup> laste.

## For the head ache.

As a little carduus, e 2 or 3 toppes of yonroyall e boyle it a while in y<sup>e</sup> posset elle e take it every night when y<sup>e</sup> goe to bed e had.

A remedy for y<sup>e</sup> Stone

As a quantity of chrisfode, liquoris, Fenell rootes, e yonroyal rootes, fasons, e cowanto lott all these boyle in whay from a yottle to a quart.

For y<sup>e</sup> Stone e to raise  
a boydante of wine

As ypollitory of y<sup>e</sup> Wall, e Sotherwood e soothie y<sup>e</sup> in white wine with a quantity of shooxes suett till it be tender y<sup>e</sup> putt y<sup>e</sup> herbes e talow into a linnen bagge e lay it warme to y<sup>e</sup> bottom of y<sup>e</sup> bolly.

For y<sup>e</sup> Shrinking of y<sup>e</sup> Sinows  
e for all other an paynes

As a yottle of yuro Oyle of Neake fete fete, a quantity of two qualls a pinte of cleuabita, a pinte of Rose water, Bay leaves, e Rosemary stripped from y<sup>e</sup> stalkes, Strawberie leaves w<sup>th</sup> y<sup>e</sup> strigges, e Lavender totton of all these an hand bruised e put all these together in a yanne of 2 gallons or more, e lott it boyle over a gentle fyre of ~~water~~ roales, e in any wise take heed y<sup>e</sup> no fyre ascend up to y<sup>e</sup> sides of y<sup>e</sup> yanne, e lott it foethe untill it melt, e no more, y<sup>e</sup> take it from y<sup>e</sup> fyre e lott it coole in y<sup>e</sup> same vessel, y<sup>e</sup> strayne it through a tounse cloth e putt it into a glasse but stirr not y<sup>e</sup> botome of y<sup>e</sup> yanne, for y<sup>e</sup> glasses must not be strayned w<sup>th</sup> y<sup>e</sup> herbes. S. L. A modicum prescribed by D<sup>r</sup> Rand:

For stopping a heime opened in y<sup>e</sup> body

Take 3 handf of Saivels putt it e boyle it in 3 pintes of y<sup>e</sup> posset drinke to a quart y<sup>e</sup> strayne it out, drinke therof every morning fasting a quarter of a pinte, e y<sup>e</sup> like about 4 of y<sup>e</sup> clocke in y<sup>e</sup> after noon, e y<sup>e</sup> like at night laste, alwayes blow warme, e y<sup>e</sup> it may keepe y<sup>e</sup> better, boyle it all after y<sup>e</sup> straying w<sup>th</sup> halfe a pound of sugre tready bruised, boyling it till y<sup>e</sup> sugar be dissolved e no longer, continue this nine dayes continuing still when it is spent.



Take Duroy roots & yaire of y<sup>e</sup> skins from them & boyle y<sup>m</sup> in water till they be tender, y<sup>e</sup> cast away y<sup>e</sup> water & boyle y<sup>m</sup> again till they be soft, y<sup>e</sup> cast out y<sup>e</sup> water y<sup>e</sup> is in y<sup>m</sup> betweene 2 trenchers, & put there to 3 tymes so much of y<sup>e</sup> water where in they were boyled, & put into it so much sugar candy as will make it sweet & boyle it a little but not so high as to a surroy, where of take every morning fasting & spoonful in so much unsalte butter as a Nutmegge dissolved into it & y<sup>e</sup> like every night in y<sup>e</sup> bed.

## Another for the same

Rs a quart of running water, halfe a pound of Raysons stoned, halfe a pint of Honey, put these into y<sup>e</sup> water & boyle it to a pint & y<sup>e</sup> put to it dmi a ynt of w<sup>h</sup> wine limiger, lett it simper over y<sup>e</sup> fire, take it of & boyle it for y<sup>e</sup> use.

## A bath for a woman in trawble

Rs elluwort, Motherwort, Balme, Hysoy, Massows, & some thes of each of these a handf, boyle y<sup>m</sup> in a kittle of faire water y<sup>e</sup> spate of an houre & dmi, & lett y<sup>e</sup> party sett over it 3 quarters of an houre.

## Another of the same.

Rs water & elphs, & 2 handf of Honye from y<sup>e</sup> braks, & boyle y<sup>m</sup> well together, & putt it into a close stowe, & lett her sett over it as whole as she can endure it.

## For a rupture

Rs of Sirlowort, Botony, ypolipodium, & some few of each one handf, wash y<sup>m</sup> cleane & beate y<sup>m</sup> in a mortar & putt y<sup>m</sup> into a gallon of good stale ale, & boyle y<sup>m</sup> till halfe be wasted, y<sup>e</sup> make y<sup>e</sup> hearbes into a ball & straine y<sup>e</sup> liquor & putt it into a cleane vessel, & stopp it y<sup>e</sup> no ayer com to it, & when y<sup>e</sup> list to take this take a spoonful & make it warme, & so much of y<sup>e</sup> ball as a Nutt & gib y<sup>e</sup> patient to drinke 3 tymes a day (w<sup>h</sup>) Morning, Noone, & night, & begin to give this in y<sup>e</sup> wane of y<sup>e</sup> moone, & if y<sup>e</sup> will y<sup>e</sup> may make a powder of these hearbes in tymes of y<sup>e</sup> yeere, & drinke y<sup>e</sup> of the juice of y<sup>e</sup> hearbes, & make a plaste of y<sup>e</sup> hearbes with fresh barrowes grease fryed & layd.

To make Oyle of yponxilion good for any heat or swelling y<sup>e</sup> is Red or to amoint about a wound that is Red, or for any Inflammation

Rs ypoplar leaves or budde in y<sup>e</sup> spring of y<sup>e</sup> yeere 2, water croffes dmi, Clupon quarter of a pound, Henbane leaves a quarter of a pound, Biolat leaves dmi, yplanton leaves a quarter of a pound, Broocklime a quarter of a pound, Hoggos grease 2<sup>th</sup>, boyle all these 2 houres & lett y<sup>e</sup> stand removed from y<sup>e</sup> fire fortnight then boyle y<sup>m</sup> again 2 houres more, then straine y<sup>m</sup>, use this twice a day warme.



## To make Oyle of Swallowes, good for Scurves

Take a quarton of a pound of Swallowes, with of thore feathers, draine out thore guttes, & stampe y<sup>m</sup>, & boyle y<sup>m</sup> w<sup>th</sup> of Camomill stamped in halfe a pound of hogges grease, & quarton of a pint of Sallet Oyle, let y<sup>m</sup> stooth 2 houres, let it stand 2 dayes (but take heed they burne not in y<sup>e</sup> boyling) boyle y<sup>m</sup> again halfe an houre, & y<sup>e</sup> strayne it, drinde y<sup>e</sup> plate w<sup>th</sup> it twice a day warme.

## Oyle of Roses

Take 1<sup>th</sup> of Rose leaves, a pint or a quarton of Sallet Oyle, stampe y<sup>e</sup> leaves & put y<sup>e</sup> into a glass w<sup>th</sup> y<sup>e</sup> Oyle, & lett it in y<sup>e</sup> sunne ten dayes, if take y<sup>e</sup> leaves out again, & put in as many fresh leaves, & y<sup>e</sup> let y<sup>e</sup> stand 10 dayes more in y<sup>e</sup> sunne, y<sup>e</sup> may take it in & let it stand, & when y<sup>e</sup> will use it straine out y<sup>e</sup> Oyle from y<sup>e</sup> leaves, this Oyle is good for any heate or Swelling warme it, & annoynt y<sup>e</sup> plate twice a day, as often as y<sup>e</sup> shall see cause, it is also good for a greene wound.

## Another way to make Oyle of Roses

Take Sallet Oyle & Roses of oake d<sup>im</sup> to, bruise y<sup>m</sup>, & boyle y<sup>m</sup> in balsamor y<sup>e</sup> is in a glasse close stopp'd & set it in boyling water up to y<sup>e</sup> neck, lett it boyle all y<sup>e</sup> day, y<sup>e</sup> stampe y<sup>e</sup> for new leaves, & lett y<sup>e</sup> boyle a day more, if strayne it, or if y<sup>e</sup> please strayne it as you use it, this is good as y<sup>e</sup> former.

To make a water to heale a Cancer,  
Fistula, or any oute Sore.

Take a pint of Case y<sup>e</sup> Lethow Roote rano in, Bayleaves, Violet leaved, quorne wood, & hony suckle leaved of oake an handf, stampe y<sup>m</sup>, & boyle y<sup>m</sup> till y<sup>e</sup> one halfe be consumed, y<sup>e</sup> strayne it & wash y<sup>e</sup> sore twice every day, w<sup>th</sup> y<sup>e</sup> cloth in it & lay it on y<sup>e</sup> sore, & another cloth so w<sup>th</sup> upon y<sup>e</sup>, & w<sup>th</sup> y<sup>e</sup> clothes every tyme before y<sup>e</sup> take y<sup>e</sup> of, if they may com of y<sup>e</sup> dayes.

## Another for the same.

Take white Sapporas a quarton of a pound, Camphire a quarton of an ounce dissolve thore in an earthen pott on the water, & they will congeale & be hard, if take it out & grinde it if take halfe a quarton of a pound of Beal menort & grinde all finely together, & put it into a bladder, & when y<sup>e</sup> have neede for an old wound, take 4 Spoones of of y<sup>e</sup> powder, & putt it into a pottle of Spring water & watter halvinge stood one y<sup>e</sup> fiore untill it be standing hott, if take it from y<sup>e</sup> fiore & stirre it onto a dag for y<sup>e</sup> space of one week, if lett it stand 2 dayes unstrayned, take y<sup>e</sup> clearest & putt it into a glass bosome, & it will keepe all y<sup>e</sup> yeere long, wash y<sup>e</sup> wound w<sup>th</sup> it as w<sup>th</sup> y<sup>e</sup> others.

For any manner of Itch  
Especially y<sup>e</sup> Itch quart

Take Rue, grownd sell, Smalldog Saggwood, Corbellaria, Sheewords, purs of oake a handf, stampe y<sup>m</sup> w<sup>th</sup> fine w<sup>th</sup> halfe a handf of haire salte, halfe a quarton of an ounce of Oilbann, 2 Spoones of of cluareite, binde it to y<sup>e</sup> bare riste 2 houres be sure y<sup>e</sup> fitt cause, lett it lie on untill 2 houres before y<sup>e</sup> next fitt & y<sup>e</sup> remove it.



Oyle of Camomill comfortable to y<sup>e</sup> Sirens good  
for y<sup>e</sup> head ake, or any other ake or bruise

Rs a pint of Sallit Oyle Dried of Camomill, stamp it & boyle it in the  
Oyle untill it waxe browne, take out y<sup>e</sup> hearbe, straine it into y<sup>e</sup> Oyle  
& putt in more Camomill, w<sup>th</sup> 2 handf of y<sup>e</sup> flowers of it, lett y<sup>m</sup> boyle  
2 houres very softly, & y<sup>e</sup> lett it stand removed from y<sup>e</sup> fire a weeke,  
or fortnight, & put aquosuite into it & or 6 spoonf of at y<sup>e</sup> first =  
boylng.

For a Burne or a Stauld.

Rs unglazed Lime halfe an ounce, wash it in Rose water untill it  
have no savour of lime, y<sup>e</sup> take Oyle of Roses 4 ounces, & grinde it w<sup>th</sup>  
y<sup>e</sup> Lime untill it be veri fine.

Another

Rs boyle Croano untill it be Oyle & auoynt y<sup>e</sup> place there with

For the yilde

Rs Mallow 2 handf, May butter 2 ounces, Honey halfe an ounce, &  
boile y<sup>m</sup> together, untill y<sup>e</sup> hearbe have made it looks greene, y<sup>e</sup>  
straine it & auoynt y<sup>e</sup> place w<sup>th</sup> it twice a day.

For the Tooth ake

Rs small Amigges & leaves of yew one handf, boile y<sup>m</sup> w<sup>th</sup> in a litle  
little water, y<sup>e</sup> putt into y<sup>e</sup> a spoonf of of Honey, & a peece of Ollam as  
long as y<sup>e</sup> top of y<sup>e</sup> finger or thereabouts, applye those to y<sup>e</sup> throote  
against y<sup>e</sup> aking tooth.

Olie Masistri good for any yronne & yew

wound or any ake coming of rots.

Rs Sallit Oyle a quart, Cardus Benedictus a handf, y<sup>e</sup> Johns wort,  
a handf, y<sup>e</sup> y<sup>e</sup> Sago, Valeria, Yarrow, of oathe a handf, a quart  
of white wine, 2 ounces of Turpentine, halfe an ounce of Mastike  
a quarter of an ounce of Mirro, Olibanum, Sanguis Draconis of oatk  
a quarter of an ounce, bruisse all those & boyle y<sup>m</sup> in a glass boyle  
sett in a pott of soothng water a day, then take it from y<sup>e</sup> fire and  
lett it stand a weeke, & y<sup>e</sup> boyle it again one houre then straine it  
droye this into y<sup>e</sup> wounde twice every day.

For the tooth ake

Rs Rosemarie dried to powder, mingle it w<sup>th</sup> y<sup>e</sup> pepper temper it in honey  
& putt it into a clout, & lay it to y<sup>e</sup> out side of y<sup>e</sup> aking tooth, if  
y<sup>e</sup> tooth be hollow putt sum of it into y<sup>e</sup>, y<sup>e</sup> may use burnt Ollam &  
pepper in y<sup>e</sup> like sorte.

For a Corne or Warrnost.

Rs Redd Wax make therof a Rowle & lay it round about y<sup>e</sup> Corne, then  
stamp haire salt, & Garlicke together of oathe a litle quantity, & applye  
it unto y<sup>e</sup> Corne within y<sup>e</sup> Ring of wax.



To preserve one from the plague.

As y<sup>e</sup> roote of Soduaine, otherwise called Sottwall, haud it under your  
tongue toung from whence it will bring a little matter, so allow donne  
y<sup>e</sup> same matter & now & y<sup>e</sup> eat a little of y<sup>e</sup> roote, doo this every day when  
y<sup>e</sup> have occasion to pass through y<sup>e</sup> streets, where y<sup>e</sup> plague is.

A matter for y<sup>e</sup> heat of y<sup>e</sup> Face

As a pint of distilled water, of Marjoram half an ounce of Champhor sett  
y<sup>e</sup> Champhor on a fire, & putt it to y<sup>e</sup> matter, if it goe out burne it againe &  
so untill it be consumed, wash y<sup>e</sup> Face in y<sup>e</sup> matter twice a day or more  
if y<sup>e</sup> think good

Another for y<sup>e</sup> pimpled Red Face

As a pound of Almonds blancked y<sup>e</sup> Stamp y<sup>e</sup>, putt y<sup>e</sup> into a pint of white  
wine, lett y<sup>e</sup> lie a night y<sup>e</sup> straine y<sup>e</sup> wine & lett it stand

This Electuary following is very good  
for any cold, or Windings in y<sup>e</sup> Stomack

℞ Champh: rosary: rubiary: ʒ: ij rad zinziboni in sirupo Condusory, & infusory ʒ: ʒ  
ʒ Spot Letifant: ʒ: i rum ʒ: ʒ. Syrup: monthee fiat elect:

For y<sup>e</sup> trembling of y<sup>e</sup> Hart

As Burrago matter a piell full containing 20 spoonefull or there abouts  
gullian one scruple, diamusols dulcis, diamulor, Chynamatitall  
rosatu of each a scruple, 1 Leafe of gold, a drame for y<sup>e</sup> weight of six pence  
of confecties of roses, shake y<sup>e</sup> piell & take 3 or 4 spoonefull at a tyme, showing  
& showing.

A poud good poultice for any blowe, or strain

As Camomill flowers a handf, dazie leaues a handf, Mallores 2 handf  
Rilwort, Alens, Boare wort of each an handf boile altogether in milke  
till y<sup>e</sup> hearbes be very tender, y<sup>e</sup> putt away y<sup>e</sup> milke & y<sup>e</sup> hearbes, &  
boile y<sup>e</sup> in streame w<sup>th</sup> as much stonemals flower as will make it look  
very gray, putting into it a good quantity of Doare salt faitt, lett it boile  
for a quarter of an houre, or more.

To comfort bruised or weakned sinews

As Swines grease, stary Camomill & boile it throum untill it looke  
greene, or untill y<sup>e</sup> hearbe looketh blackish, y<sup>e</sup> take y<sup>e</sup> hearbes out & putt  
in more Camomill w<sup>th</sup> Camomill flowers & lett it boile as before, y<sup>e</sup>  
Straine it & applye it as an Oynment twice a day.

To cure a Fistula either  
in Man, or Horse.

As and choose Sirapo it very fine then take a little more Honey then  
enough to weate it throug, heate y<sup>e</sup> very well together, & take a greade  
quill, & blowe a good quantity of it into y<sup>e</sup> hole of y<sup>e</sup> fistula. S. L.



To make a Woman have a speedy Delivery  
 As white beaten into very powder as much as will lie upon a 6<sup>th</sup>  
 peere, y<sup>e</sup> take one halfe of y<sup>e</sup> Cartharides, w<sup>ch</sup> beinge likewise well  
 beaten into powder incorporate it w<sup>th</sup> y<sup>e</sup> white, & lett her drinke  
 it in a warme draught of broath, this helpeth in greates extre-  
 mity. S. L. /

To stanch the bleeding of a wound

As white coporus, Solo armonacks, Eggeshells, burnt Stone, and  
 Gumme dragant, beate y<sup>e</sup> all severally into powder y<sup>e</sup> may take  
 even portions of powder, take y<sup>e</sup> y<sup>e</sup> shall ad a little more of the  
 coporus & of y<sup>e</sup> ellom y<sup>e</sup> any of y<sup>e</sup> rest, keepe halfe y<sup>e</sup> powder well  
 mingled drye, beate y<sup>e</sup> other halfe w<sup>th</sup> y<sup>e</sup> white of an egge as much  
 as will make it a good doale thinner, y<sup>e</sup> paste & y<sup>e</sup> apply it in  
 this manner, First straw of y<sup>e</sup> drye powder on y<sup>e</sup> wound, &  
 trowe y<sup>e</sup> same w<sup>th</sup> a peere of Linnet w<sup>th</sup> in y<sup>e</sup> Egge, y<sup>e</sup> strowe on  
 more powder & trowe it & againe as before, Doe this 5 or 6 tymes  
 makinge every peere of Linnet larger y<sup>e</sup> y<sup>e</sup> former to y<sup>e</sup> end it may  
 abide on y<sup>e</sup> fasten. /

For y<sup>e</sup> Rheume, head ach, Deafnes  
 Ringing of the head

As y<sup>e</sup> pitt, Frankincense, Colliconic, alias dryed, Turpentine,  
 Camin seeds, cloves & ellare of equall quantity, bruiſe y<sup>e</sup> and  
 boyle all together, spreade it upon leather, make shoes therof  
 & weare y<sup>e</sup> in yo<sup>r</sup> shoes standing y<sup>e</sup> every month or six moethes. /

A Water comfortable for a cold stomach very  
 good against y<sup>e</sup> Colick and also against y<sup>e</sup> Colicke

As Bark a y<sup>e</sup>ottle, Ginger finely strayed in y<sup>e</sup> grams 2 of y<sup>e</sup> y<sup>e</sup> 200  
 Aniseeds halfe an oz, sweete Fennell, eualamus, Fennell galin gale  
 of each in oz, strachy gras 2 handf, Liquoris cleane strayed  
 in oz bruiſe all these properly infuse y<sup>e</sup> in y<sup>e</sup> sack all night, then  
 distill it in Alembic, take a spoonefull of this halfe an houre be-  
 fore meate & as much after, It is very good to mixe w<sup>th</sup> Eleotuarie  
 or consolative drinke. /

A Water for y<sup>e</sup> Stone and Blinde Collyre

As Saxifrage, Binde Lyne, Fenell, Althor Peys, y<sup>e</sup>hibi y<sup>e</sup>ondula,  
 Fennell, Galin gale roates of each one handf, Camerway seeds,  
 sweete Fenell seeds, Aniseeds, Liquoris of each one ounce, bruiſe  
 all & steep y<sup>e</sup> in a gallon of white wine all night, & y<sup>e</sup> distill  
 y<sup>e</sup> in Alembic, drinke of it every morning 3 spoonefull, a little  
 before meate, halfe a spoonefull & likewise after as much, and  
 at night 3 spoonefulls. /



A marvelous comfortable water for the aking of y<sup>e</sup>  
stomach, to cause a woman to have her naturall purgation  
that hath bene about tyme stopped, good for a digestion  
against poyson, or y<sup>e</sup> plague or any manner of ager,  
the stone, poyne in y<sup>e</sup> gannes of y<sup>e</sup> hart, & divers other griefs.

Rs Wyldo Angelica, Equisimoy, Wormwood, Aroni, Botany, Dandelion, Stabius,  
Sanicle, Bondwurt, Ribwurt, Daffie rootes & leaves, Bramble leafe, Bugle of oathe  
of oathe one handf, wash y<sup>e</sup> cleane & stamp y<sup>e</sup> Rs 3 pintes of w<sup>h</sup> wine, 2 of  
ginger finely scraped & grossly beaten booke y<sup>e</sup> all in y<sup>e</sup> wine a day & a night  
also turborod, y<sup>e</sup> still altogether in clothe, take of it in y<sup>e</sup> morning 3 spoones  
fulls, & as much to bedward, as much in y<sup>e</sup> afternoon, for y<sup>e</sup> plague give it  
w<sup>th</sup> a little Methridate.

For him y<sup>e</sup> hath eaten fasshand, or any  
poyson, & against the yplague.

Rs all kinde of Sanders of oathe one dragma or mentile, or ceingus foyle  
rootes in powder 1 dram, diatomis 1 dram, unicornes horn 2 grains,  
Methridate 2 drams, make a Sirrup of <sup>rose</sup> water & sugar, y<sup>e</sup> indigite  
whereof may bee 2 ounces, take of this as of y<sup>e</sup> former. S. L.

Against y<sup>e</sup> falling sickness.

Rs the flowers of yponie, Botany, Lyme of oathe one handf, flowers of Labender,  
tallad stichados one ounce, flowers of astrologia 1/2 Musradon a pottle bruised  
y<sup>e</sup> haxbos & putt y<sup>e</sup> w<sup>h</sup> wine into a glasse bottle & boyle it in soothing water  
3 houres, y<sup>e</sup> still it in a glasse bottle & boyle still putting into it Diambr.  
1 dram, Diamufle dulis 1 dram, Diatorall 1 dram, Syriamon gross beaten  
1 dram, long ypperor dmo, take of this in y<sup>e</sup> morning 2 spoones, in y<sup>e</sup> after  
noon 1. & when y<sup>e</sup> goe to bed 2 spoones.

To make Oyle of Almonds w<sup>h</sup> is good to auoynt  
y<sup>e</sup> stomach for y<sup>e</sup> aking thereof, for y<sup>e</sup> Splene, for  
Deafnes, Droy into y<sup>e</sup> Eare 2 or 3 droppes to bed  
ward, stoppin y<sup>e</sup> Eare after w<sup>th</sup> a little wool

Rs bitter Almonds 1 lb blanch y<sup>e</sup> & stamp y<sup>e</sup> very fine, Wormwood 2 handf  
bruised it, y<sup>e</sup> stoops y<sup>e</sup> all night in half a pinte of Sallet Oyle, & y<sup>e</sup> still it  
w<sup>th</sup> a suttor fyre.

To make Oyle of Turpentine, w<sup>h</sup> is good for a bruised  
or an dtho or a rutt, layinge lint w<sup>th</sup> therin to the place.

Rs a lb of fine Turpentine, lay a paper in y<sup>e</sup> bottom of y<sup>e</sup> still, then putt in the  
Turpentine, till it w<sup>th</sup> a suttor fyre, & y<sup>e</sup> w<sup>th</sup> liok in y<sup>e</sup> bottom after the  
Oyle is all out is called tollifone, it is good to putt in plaisters, & to make  
ysittor for y<sup>e</sup> running of y<sup>e</sup> Raynes.



For one that is Broke or Rupture

As Imand Royall, shepherds purse, knot grass, Bone wort, of each an hand  
stamp y<sup>e</sup> altogether putt therinto a pinte of y<sup>e</sup> drink before written,  
y<sup>e</sup> stamp y<sup>e</sup> in y<sup>e</sup> drink & give it as y<sup>e</sup> other.

Another for the same.

As a smale quantity of y<sup>e</sup> plantayne a hand, of Dazy roots a hand, of  
Ribwort a hand, of y<sup>e</sup> polydium of the Wall a hand, of Eromfrey a hand,  
of knot grass, of all thes y<sup>e</sup> roots w<sup>th</sup> y<sup>e</sup> Roarbes, wash all y<sup>e</sup> things  
aboves mentioned w<sup>th</sup> y<sup>e</sup> aloano, putt y<sup>e</sup> all into y<sup>e</sup> pinte of good Malussey, and  
boyle y<sup>e</sup> altogether to y<sup>e</sup> one halfe, this boiute dun, strayne it & putt it into  
y<sup>e</sup> lictour, & a quantity of Sanders, & so much suger as will make it  
pleasant & y<sup>e</sup> give y<sup>e</sup> party to drink therof morning & evening, &  
after his first sleepe, if y<sup>e</sup> patient be able to continens lett him ly on  
his back 9 dayes, it will be y<sup>e</sup> better, lett him keepe a good diet, ff it  
be a skilde keepe him as much lying as y<sup>e</sup> can, his head boiute lower  
then his foot.

A very good Oylment to be used with the

Drinke aforesayd for the saids breakinge

As a hand of Camomill, & as much Wormewood, & Sallet Oyle, and  
quantity of all y<sup>e</sup> Roarbes aboves mentioned boyle it all together  
untill it be halfe consumed, y<sup>e</sup> strayne & annoynt y<sup>e</sup> place where  
y<sup>e</sup> Rupture is morning & evening.

Another for a Rupture

As the Roarbes called hatherin whole dreye into powder in an Iron, in  
y<sup>e</sup> Spring tyme, & take a reasonable quantity therof in chille pottage  
or beere.

An Oylment for y<sup>e</sup> same.

As Bardo Balsio, Bone wort, & knot grass boyled w<sup>th</sup> fresh butter to a  
Jalve, w<sup>th</sup> Beere just, & soft Red Wax mixed therewith.

For the licting of a chad Dogge.

As Botony, Mercury y<sup>e</sup> Roarbes of Yarrons, Knaywood, Night shade  
whitelilly roots, red Sage of each a like quantity, & weare  
unto every halfe a penyworth, shred stony & strayne all these  
together w<sup>th</sup> running water, & so give it unto y<sup>e</sup> to drink halfe a  
pinte at y<sup>e</sup> least.

A Jalve to skin a soare.

As fresh butter, Ymo, & y<sup>e</sup> parafoly, boyle all these together w<sup>th</sup> y<sup>e</sup> virgins  
woy in a little veristor, you must shred the Ymo, & y<sup>e</sup> parafoly, and  
boyle it, & after strayne it.



A Medicine for the Greene Sickness

Rs of Nutmegs, Syriamam, cloves, & clove of each half an ounce, boate y<sup>m</sup> all smale together to a powder take halfe an ounce of y<sup>e</sup> powder of steele & putt to it, & y<sup>e</sup> take 2 ounces & drim of sugar mix it all together, y<sup>e</sup> take so much at a tyme as will lye upon a great 3 or 4 tymes a day, y<sup>e</sup> oftener y<sup>e</sup> better.

An Ointment for an Arthre

Rs Nouts foot Oyle, & putt a Bullocks gall, wormwood, Bayleaves, Sotters wood, of each 2 handf, Strayne y<sup>m</sup> & boyle y<sup>m</sup> one houre, & lett y<sup>e</sup> stand all night, y<sup>e</sup> lett y<sup>e</sup> boyle halfe an houre & y<sup>e</sup> strayne it, warme y<sup>e</sup> Ointment, & anoynt the = place therewith twice a day.

An Ointment for y<sup>e</sup> clith of the Raynes of the Part.

Rs Flowers of Broome<sup>th</sup>, Hyssop<sup>e</sup> drim<sup>th</sup>, Sotterwood, 1 qz<sup>to</sup>, Starugo y<sup>m</sup> & boyle y<sup>m</sup> in a quart of white wine till y<sup>e</sup> wine be almost consumed, y<sup>e</sup> putt in 1<sup>th</sup> of the hoggs grease, 1 qz of a pinte of Honey & boyle it altogether 2 houre, y<sup>e</sup> lett it stand from y<sup>e</sup> fyre 2 days, & y<sup>e</sup> sett it on y<sup>e</sup> fyre again, & putt an ounce of saffron, lett it boyle an houre & strayne it, use this Ointment as is prescribed in y<sup>e</sup> Ointment before, It is good to rotaver shrunk sinewes, & for pouders, y<sup>e</sup> are fastored, & also for many other things.

A Serocloth good for an out Arthre or a bruis.

Rs a pinte of Sallet Oyle, a qz<sup>to</sup> of white leade, 1 qz<sup>to</sup> of red leade, grinde it very fine, take Camphire 1 qz of boyle all these together over a fyre of charcoale keeping it stirred till it is black, y<sup>e</sup> take it from y<sup>e</sup> fyre and make it up in combs, spread it <sup>thin</sup> upon lather & lay it to y<sup>e</sup> clith, y<sup>e</sup> now spread it, & lay it on again.

For y<sup>e</sup> inflammation, redness or watering of the Exog.

Rs 3 pintes of Spring water, Camphire a dram, white boxoross a dragma putt y<sup>m</sup> into y<sup>e</sup> said water, then heat lapis caluminaris red hott, & quenth it in y<sup>e</sup> water, doe so 5 tymes, keepe y<sup>e</sup> water close covered till y<sup>e</sup> Stone have don hissing, lett it stand all night, take y<sup>e</sup> clearest & putt it into a glass drop 3 drops of this warme into yo<sup>r</sup> Eyes when y<sup>e</sup> goe to bed.

For a ypinno and Wobbe

Rs Daffes, honey suckles, Fionell, Botony, thre loaved grass of each 2 handf still them, warme the water & drop thre drops of it twice a day into the Eyes

For the Outshot Gout

Rs take horfs foote & take of y<sup>e</sup> hoofs, y<sup>e</sup> putt y<sup>e</sup> foote into smale pices boyle y<sup>m</sup> well, take y<sup>e</sup> hatt of y<sup>e</sup> & boyle it in fresh clay butter, Anoynt the Gout with this twice a day.







Water for the Eyes

Rs Solandine water it is good to wash the eyes y<sup>e</sup> be tenebrous w<sup>th</sup> or obscure  
to drinke inward 3 spoones f<sup>r</sup> is good against the yellow jaundise. /

For the bloody Fluxe.

Rs the yfoll of a stagg or Doore drie it & beate it into powder, & drinke it w<sup>th</sup>  
w<sup>th</sup> elle or beere at all tymes, then take an Onion roste it & lay it to the  
Natoll, it will stay y<sup>e</sup> Fluxe in 2 or 3 tymes drinking. /

For the elgion

Rs Sage, Trofayle, Coultz foot, & Bay Salt wray it in a little y<sup>e</sup> was never  
washed, stamp y<sup>e</sup> herbes & y<sup>e</sup> Salt together, bynde it upon y<sup>e</sup> ioynts of y<sup>e</sup> Curst

To take away the tould of the Nye

Rs a hand f<sup>r</sup> of Shepherds purse, & as much red Nettles, & a few Mintes braye  
y<sup>e</sup> together in a Mortar, & putt to it a little Bay Salt, & a Spoones f<sup>r</sup> of Linsey  
binde it to y<sup>e</sup> Curst & y<sup>e</sup> Sole of y<sup>e</sup> Foot w<sup>th</sup> a cloth, change it every day,  
till 3 dayes of y<sup>e</sup> Pitt be past. /

A Medicine to procure <sup>sleep</sup> Slooze, by Dr Cromer

Rs a good hand f<sup>r</sup> of Lettuce stamp it w<sup>th</sup> rose water & strayne it, y<sup>e</sup> put  
as much or more Romans Mille as is of y<sup>e</sup> iure mett a double cloth in  
it, & lay it to y<sup>e</sup> pulse of y<sup>e</sup> forehead bloud swarms. / S. L.

Another for the same

Rs Linseth yfowrets a good hand f<sup>r</sup>, & stamp it w<sup>th</sup> Beeres yease, then boyle it  
a little, & as much ~~running water~~ & take New scarlet & tinge it very  
small y<sup>e</sup> stray y<sup>e</sup> Oylment, & when it is whot putt it in y<sup>e</sup> Scarlet, & upon  
brown paper lay it to y<sup>e</sup> same plate as often as y<sup>e</sup> will. /

For a Chancre in y<sup>e</sup> Mouth or Throat

Rs a good quantity of Sallet Oyle, but Oyle of roses if y<sup>e</sup> have it is best, and  
as much running water, boate y<sup>e</sup> together till all y<sup>e</sup> water be beate  
in & it will bee white like butter, there with anoynt the plate, & lay  
y<sup>e</sup> plantayne leaves upon it. /

To make a good Almond milke  
for y<sup>e</sup> is one that is bound.

Rs Baroly Chusse it as cleane as y<sup>e</sup> can, & putt it into soothing hott water  
to sox it close, y<sup>e</sup> take it out & dry it w<sup>th</sup> a cloth, y<sup>e</sup> may soxe this Baroly a  
good while if y<sup>e</sup> to sox it fayne, take a hand f<sup>r</sup> of it, & halfe a hand f<sup>r</sup> of Cardus  
& as much y<sup>e</sup> polyody of y<sup>e</sup> oak, half a hand f<sup>r</sup> of Mallons, & violet leaves, and  
some Bonye, & buyler & a good spoones f<sup>r</sup> of chisodow, & as much Fenell  
seede, soethe it in a y<sup>e</sup>ttle of water untill halfe be sodden away, w<sup>th</sup> this  
Almon made water make y<sup>e</sup> Almon milke & drinke it fasting. /

To make a good Almon Milke  
against heat and Drenesse



Take a handf of hyschoit Barley, & halfe a handf of Sustony, & as much  
Endiffe, & a handf of nicloft leaves, a spoonf of dnis seeds bruised  
& sooths all these in a yottle of faire water, till halfe be sodden away  
& in this broth make yo<sup>r</sup> ellmon milk & beate a little sodden barley  
with yo<sup>r</sup> ellmons, & y<sup>e</sup> goods of Bonstunbers is very good to beate in  
all if y<sup>e</sup> have y<sup>e</sup>, & putt in sugar, as y<sup>e</sup> patient looth in this ellmon  
Milk. / by Doctor Cronon

For one that is to mutt loofe

Take a good handf of ellmons partho y<sup>e</sup> as y<sup>e</sup> doo y<sup>e</sup> season, & chuffe  
in a frying pan, & to keepe y<sup>e</sup> from burninge putt in a little  
vinegar, but so f<sup>r</sup> y<sup>e</sup> ellmons be not well, & take a good handf of  
yplantain leaves & rootes & boyle it in a quart of faire water  
till halfe be sodden away, & beate yo<sup>r</sup> ellmons & mill with that  
liquor make yo<sup>r</sup> ellmon milk, & grate a little Syuaman & gum  
of y<sup>e</sup> pills of a yromenot & putt therein as much sugar as you  
list and drink it. /

A good Meditine for y<sup>e</sup> ellegrim

Take a greate number of red wormes, & stampe y<sup>e</sup> & putt y<sup>e</sup> with  
their juro in a yott upon y<sup>e</sup> fyre, cast into y<sup>e</sup> a handf of romine  
& lett y<sup>e</sup> boyle in a little water if neede be, till it be a plastor, &  
y<sup>e</sup> take it up, & put it upon a cloth, & binde it to y<sup>e</sup> patient,  
forre it as hott as he may suffer it & let it be 24 houre & y<sup>e</sup>  
take it away & use this Meditine 3 or 4 tymes & it shall make  
y<sup>e</sup> patient whole. /

A Receipt against the yplague

Take Sage of portus, Rue, Elder, red Brauble leaves of oath and handf  
stampe y<sup>e</sup> in a mortar altogethor & straine y<sup>e</sup> in a quart of white  
wine, & a good quantitie of white wine vinegar, mingle y<sup>e</sup> together  
& putt thereto a quart of an ounce of white lingeor, drinke this  
Meditine one spoonf every morning for vij dayes together fasting  
& y<sup>e</sup> shall be safe for a whole yeare by y<sup>e</sup> grates of God. / And if it  
fortune onto to be stricken in y<sup>e</sup> yplague before he have drunk  
of y<sup>e</sup> said Meditine, y<sup>e</sup> take a spoonf of y<sup>e</sup> afore said water, a  
spoonf of Strabians matter, & a spoonf of Botony water, & a quantity  
of fine byastle, putt y<sup>e</sup> together & sauge the partie to drinke it, &  
it shall putt out y<sup>e</sup> venome. / And if y<sup>e</sup> botth appeare y<sup>e</sup> take y<sup>e</sup> leaves  
of Elders, & y<sup>e</sup> leaves of Braubles, & Mustord seed stampe y<sup>e</sup> together  
& make a plaister therof, & lay it to y<sup>e</sup> sore & it will drawe out the  
venome God willing. /

For the blough

Take Sage, Rue, Camiu, & yonder of pry & sooth y<sup>e</sup> in home, & make them  
of Elortuary, use therof a spoonfull at Eson, and another in the  
morning. /

Against too much vomiting



53 Take Roses & boyls <sup>in</sup> well in good strong wine & make a plaister thereof & lay it to <sup>the</sup> persons stomacke. /

For Wormes & heat in <sup>the</sup> haundes

Take whitewood & bruiſe it a little, & ſoother it in running water till halfe be waſted away, & waſhe <sup>the</sup> ſore handes therein as hott as <sup>the</sup> patient may ſuffer it & doo this 2 or 3 dayes & he ſhall be whole. /

For Burnings or Standings

Take fresh Geese downe & frye it in fresh butter, & ſheepes tallowe, & lay it in <sup>the</sup> ſore & it ſhall heale. /

A drinke that driueth out the  
congealed blood through the urine

Take extondius ſparma & a mouſe turde, make thereof a powder, & roote of yronte & ſmale teſſe, ſay leaues of outſa hande, & ſoother it in good white wine, then take a glaſſe full of <sup>the</sup> ſaid drinke, & take of <sup>the</sup> ſore ſaid powder to <sup>the</sup> quantity of 3 haire nails & mixe <sup>the</sup> together

A Medicine for the Spleene

Take a hande of Camomell, a hande of mallowes & ſoother <sup>the</sup> together in <sup>the</sup> owne urine, putt thereto 6 or 7 ſpoonfull of ellainoff, & halfe an ounce of common <sup>ſalt</sup> & when it is ſadden & lenſe <sup>the</sup> water from <sup>the</sup> hearbes, & bath <sup>the</sup> loſt ſide <sup>with</sup> <sup>the</sup> water, & take <sup>the</sup> hearbes lay <sup>the</sup> in a cloath as hott as <sup>the</sup> can ſuffer it lay it to <sup>the</sup> loſt ſide

An Aquavitee holeſome for old people.

Take of good elyquabitee one pound, of Hyſop an ounce & halfe, of white Sugar candy halfe an ounce, lett theſe be together in a glaſſe cloſe ſtopped for <sup>the</sup> ſpace of 3 dayes, lett <sup>the</sup> patient drinke thereof in <sup>the</sup> morning daily faſting one ounce

For a ſore head

Take Elerumyana rootes, waſh <sup>the</sup> in cleane ſtew <sup>the</sup> & ſoother <sup>the</sup> in milke till they be very tender, & take a greate many of ſhoemakers peeres, ſoother <sup>the</sup> in water, lett it ſtand till it be <sup>the</sup> redde, take <sup>the</sup> full thereof & mingle <sup>the</sup> together make an oyntment thereof, waſh <sup>the</sup> head, & anoynt <sup>the</sup> head <sup>with</sup> the oyntment, it will heate a white ſtate. /

For the marcesing  
hoully ſetting the ſeame

To make Oyle of Snayles, good for the  
Wrist in ones hatt and for clothes. /

Gather blacke Snayles about ellidſond, ſlitt theſe hollies longwiſe, take out <sup>the</sup> garbidge, & mixe <sup>the</sup> in cleane <sup>the</sup> with a cloath & ſtill <sup>the</sup> warme <sup>the</sup> Oyle a little & anoynt <sup>the</sup> hatt. /

Wormewood water good for toud in  
<sup>the</sup> stomacke and for the eloths. /

Take Wormewood a bayden full, 4 gallons of ſtrong Ale, Syamon an ounce  
2 ounces of Gramer, Gingow, Liquoris, Chriſſode of each one ounce, bruiſe



bruise all together grossly & infuse all into  $\frac{1}{2}$  Me. let it stand all night  
nights & distill it in Alembic. Thus it may make Chyrolira & balme  
water both which are good for a cold stomack. /

Synamon water very comfortable  
and good to stay the laste. /

Rs Synamon a pound white wine or sack a gallon, bruise  $\frac{1}{2}$  Synamon  
grossly infuse it all night in  $\frac{1}{2}$  wine. & still it with a soft fyre. /

To make rosa folis

Rs Aquabite of rosa folis  $\frac{1}{2}$  Synamon, thanus christi of  
each one ounce, thate half an ounce, Dates halfe a pound, Squaris  
finely strayed halfe an ounce,  $\frac{1}{2}$  Dates finely bruised, the stones  
pitted out, & rest putt in small peeces grossly beaten, putt all these  
together into a narrow mouthed pott, often stirring it by  $\frac{1}{2}$  fyre  
of a month

A Water for  $\frac{1}{2}$  Stone.

Rs Veruin, an Endive by equal portions & still in it is good to  
break  $\frac{1}{2}$  stone, & also the distilled water of Botony is good to  
break  $\frac{1}{2}$  stone, & also to open  $\frac{1}{2}$  Matris of a woman. /

To make thanus christi.

Rs  $\frac{1}{2}$  of Sugar. & as much rose water as will wett it through  
a quarter of an ounce of pearls or Diatomall boyle it a little  
together &  $\frac{1}{2}$  being betweene what it would make it into talcs. /

An Ointment very Excellent against all  
Ulcers, & against the gout, & spally Strikira  
and the pyles, good to heale all wounds

Rs Wallwort, Warre wood, & Rosemary, thius, & ontory, yollitory of  
Wall, Wandelyon, Bramble leaues, Bay leaues, Eleoromyau, Rue, and  
Bugle, of each a pound, Oyle of thastike 2 ounces, Oyle of Spinkernell  
& Frankincense of each one ounce, & Salt of  $\frac{1}{2}$  bones of Hoxoloditer  
bruised & boyled a quarter of a pound, Sapers grease a quarter of a  
pound, Swines tyease  $\frac{1}{2}$  pint, stamp  $\frac{1}{2}$  hoarbes & boyle it in your  
Oyle & yroase two houres, & lett it stand a week & boyle it again  
2 houres & strayne it, anoynt it plate twice a day in this Ointment  
warms. /

For sore Eyes

Rs White wine, Eye bright water, & red rose water, of each a  
quarter of a pint, of white Saporas, & Groente of each a dram  
of stone stully a dram, beate it to powder & putt it in a glass with a  
pinte of running water, lett it stand  $\frac{1}{2}$  dayes in  $\frac{1}{2}$  sunne, & after  
use it 2 or 3 nights when you go to bed, this water will last a year

A Sirrup for the Cough

Rs Liquroris bruised, an ounce chrisodee  $\frac{1}{2}$  ounce Rixes sliced  
4 of rosalom &  $\frac{1}{2}$  son stoned, as many Hysoy, Rixot Sayer of



of Hierusalem, colts foot, Strabious, e. claydon haire of each 2 hand f. henn  
rootes flitod, the rootes taken out, e yowly rootes flitod of each halfe an hand f  
frowne barely a hand f boyle these in a gallon of water to a yottle, straign  
it e boyle in a pound e dr of sugar, to a quart e scoope it to yo<sup>r</sup> use, e often  
take thers of a spoone f at a tyme, but thierly e morning e evening.

For a Consumption, and to  
restore a man or a woman,

Nic. Per  
Lit

As a Mayon<sup>r</sup> is well fleshed e not fatt, dress him as y<sup>e</sup> would doo to boyle,  
y<sup>e</sup> must droyne y<sup>e</sup> matter steane out of him, e y<sup>e</sup> putt into his belly dr of wine  
of whole mato, e a greate hand f small raisons, e y<sup>e</sup> sewe him up, y<sup>e</sup> boyle  
him in an earthen pott e a gallon of oute clarit wine till it com to a yottle.  
y<sup>e</sup> take y<sup>e</sup> Mayon<sup>r</sup> e boate it small in a mortar head boyle bones e all y<sup>e</sup> putt  
him into y<sup>e</sup> pott again, e lett it sooth a quarter of an houre, y<sup>e</sup> putt it into a  
golly bagge, e lett it runne into a fayre vessel well, if y<sup>e</sup> will use any of  
it take a pinte of y<sup>e</sup> broth e put to y<sup>e</sup> y<sup>e</sup> yolkes of 4 new layd Egges with  
beaten in a good quantity of fine sugar, e so warme it e drink it.

To make man steare rust blood  
that bloodth forward.

This

As the juice of Noy and drinke it. S. L.

Com

A drinke for a bruise

With  
over

As a pinte of new milk, a pinte of elle, e make a possit therof, take y<sup>e</sup>  
torde steane away, then take a hand f of hualmo, sooth it in y<sup>e</sup> possit elle  
untill it be strong if it take out y<sup>e</sup> hualmo e put in a poore of smelte butter  
in a nutmeg grated, y<sup>e</sup> drinke it fasting 2 e morning together, e y<sup>e</sup> shall  
rest blood, if thier be any bruised in yo<sup>r</sup> body.

An Oynment or a salve

As 2 hand f of hwarbe y<sup>e</sup> grate, of bloodwort, of red sage, of horse  
minors of each a hand f e a yottle of white wine, boyle all together till it  
be fader to a pinte, e put to it a pinte of sallit oyle. y<sup>e</sup> doth rest of it  
e scoope it, e anoynt y<sup>e</sup> patient therewith.

To make one Sloope

As hskete y<sup>e</sup> oppy seeds, e chirelod of each a like quantity, boate y<sup>e</sup> to  
y<sup>e</sup> other to fine powder, y<sup>e</sup> take rose water y<sup>e</sup> white of an Egge, e woman  
milk mingle y<sup>e</sup> to y<sup>e</sup> other, but first boate y<sup>e</sup> white of y<sup>e</sup> Egge very much and  
take of y<sup>e</sup> froth y<sup>e</sup> take place as much as will be over yo<sup>r</sup> forehead, e with  
in y<sup>e</sup> liquor afore y<sup>e</sup> e syrruple of y<sup>e</sup> powder on it, lay y<sup>e</sup> same in a yentor  
dish, e warme it e lay it to y<sup>e</sup> patients forehead e it will make him  
sloope.

For an Ogen in y<sup>e</sup> Breast  
or any other place of y<sup>e</sup> body.

As a red cloth e sooth it in yo<sup>r</sup> owne matter e as whatt as y<sup>e</sup> can suffer it  
lay it to y<sup>e</sup> place where y<sup>e</sup> Ogen is. e have 2 red clothes in yo<sup>r</sup> water, and  
when y<sup>e</sup> one is cold, y<sup>e</sup> may take y<sup>e</sup> other.

For y<sup>e</sup> Bluse if thier be no blood

Drinke 3 morning together a draught of cold water.



For the clyue

Rs 2 Spoones f of clyua composita y like of white pinyon, as much -  
2 doales of fano as a flayfull nutt, stire it altogethor & bloud warme  
Drinke it an houre before y sitt, y some say y paretly knowed to swett.

For the yoles

Rs y leaves & rootes of rearbe fmo & sooth y in new milke till they  
be very tender, & wash y yoles w milke as hott as y can suffer it, and  
y bruike y rearbe betwene y fingers, & lay y to y save place. 3:1.

To breake a stone, and make  
it rom away in graboll

Rs y hard romes of red ffoxingez, drie y & beate y to powder, take  
a Spoon f of y powder in y<sup>o</sup> drinke, this drinke when y feel y  
paine & it will breake y stone, & make it rom away in graboll  
use it oftner y ont when y paine is upon y.

For the stiche.

Rs y stone of a yeate & drie y & burnall y beate y beate y stone  
& y turnell together & drinke it in beere & ale.

Diapheniton y purgeth indifferently.  
y Suppluties of all y Complextos, beie  
good against y winds & collic or any clyues.

Rs a pound of Dates boile y untill they be tender, & will be about  
2 hores, then straine y & take a pound of almonds, blanch  
y & steype y in wine for two nights, stamy y & straine y as y  
had y Dates, put y both together & rub y on a fine sorse, y  
y incorporate halfe a pint of Clarified Honey in it, & take  
an ounce of long pepper beate it wrie fine & seige it by  
it selfe, take Diarredium seide an ounce, beate it & seige it  
very fine, Diarredio, or Sarsamum a quartor of an ounce, beate  
it wrie fine: but seige it not y. beate all together, if it be not  
liquid enough put in more Honey, & if it worke not quite  
enough put in a little more Diarrediu an ounce of this =  
Electuarie will give a chan 5 or 6 stools.

A Girdle for y Gane to be worn next the  
skinne after a little purging drinke taken.

Rs Quist silver an ounce, y Whites of 3 Eggs, beate y with y  
quist silver untill they seeme like unto Wheame, it will be  
in y space of an houre, y take cotton rull out 3 handes an yntle  
or two broade, worke y up & downe in y substance untill they  
beate drank it all up, & hange y drie in y hauser by y colse  
weare this Girdle fortnighte or 3 weekes.

For y running of y Raines or whites.



As a quart of Brown Bastard, yplantaines, & thlarie of each 3 hand f  
knot grass 2 hand f, Noxt, Millesolle, & Honowort of each one hand f, the  
yills of 3 bath of a Bullock half a hand f, or more Dates a quarter of a lb  
white Saunders a quarter of an ounce, steep all together one night, in  
morn morning still y<sup>e</sup> in a limbeck drinke, of this blood warme, 3 spoone  
3 spoone f in y<sup>e</sup> morning, as much at Noone & as much at Nighte, if there  
not y<sup>e</sup> bath, very much.

Another

As thlarie, yplantaines, Noxt, & y<sup>e</sup> yills of a Bullock, bath of each one hand  
full, white Saunders a quarter of an ounce, Dates one ounce, 3 leaves of God,  
infuse all these in a quart of Brown Bastard a day & a night y<sup>e</sup> bayle  
y<sup>e</sup> a little while, y<sup>e</sup> straine it & take y<sup>e</sup> clearest & best, or bruy y<sup>e</sup> with  
of an egge in it, putting a little sugar into it to make it pleasant, drinke  
of this 12 spoone f in y<sup>e</sup> morning, & as many at Nighte, if Bastard be  
wanting also fat, Beere is also very good but not pleasant, this also =  
rambooth y<sup>e</sup> bath, very much.

Another

As Carraway, & y<sup>e</sup> juise of yplantaines, make a little cake of it w<sup>th</sup> flower  
& y<sup>e</sup> white of an egge, bake it on a Gridiron, & eat thereof at morning  
or any other tyme of y<sup>e</sup> day.

For the bloody fluxe

As a quart of red wine, or for want thereof take Claret wine, Cinamon  
an ounce & a half 2<sup>nd</sup> ounce of yromgrammett vinder, boate y<sup>e</sup> grossly & lett  
y<sup>e</sup> bayle in y<sup>e</sup> wine as softly as y<sup>e</sup> can untill one quarter of it be consumed  
You may putt a little sugar into it if y<sup>e</sup> please. Lett y<sup>e</sup> patient take 20  
of it he can 20 spoone f in y<sup>e</sup> morning, as many in y<sup>e</sup> afternoon, as  
many at Nighte when he goeth to bed. If y<sup>e</sup> make it w<sup>th</sup> Claret wine  
it must be halfe water, Cinamon water is also very good, taking a spoone  
full of it at a time, y<sup>e</sup> 3 tymes before spoken of.

Another

As Sloes Stalk y<sup>e</sup> Omalay<sup>e</sup> like a Earbe y<sup>e</sup> putt into y<sup>e</sup> a good quantity of  
y<sup>e</sup> powder of Simimon & a little sugar in it, Lett y<sup>e</sup> patient Eat of this  
a quarter of an ounce at a time before & after meate, if he cannot  
Eat so much, Lett him Eat as much as he can. Also equintes made  
in y<sup>e</sup> mannere of Marmalade w<sup>th</sup> good store of Cinamon taken as before  
is very good. Also 2 or 3 hand f of y<sup>e</sup> y<sup>e</sup> Dungo boiled in y<sup>e</sup> y<sup>e</sup>  
& applied y<sup>e</sup> plaister wise to y<sup>e</sup> belly above y<sup>e</sup> Navel, Lett y<sup>e</sup> plaister be on  
a day & y<sup>e</sup> renew it, & so use it untill y<sup>e</sup> patient finde ease.

Another

As y<sup>e</sup> inner rinde of y<sup>e</sup> strigys of a Young Oake one hand f, boile y<sup>e</sup> in a quart  
of Milke untill one quarter be consumed, y<sup>e</sup> may also if y<sup>e</sup> please putt  
in a little sugar, Lett y<sup>e</sup> patient take 20 or 30 spoone f at once at y<sup>e</sup>  
3 tymes perfixed before, but if he cannot take somewhat onse  
Let him take as much as he can.



## The Limbico Drink.

Re y wood Sassafras thin sliced 2 ounces, Salsaparilla, flit & putt it  
in water about an inch in length, one ounce lett y boile in 2 Gallons  
of water in some convenient vessel those covered, boyling softly  
untill y one halfe be consumed, or putt in liquoris fraxod &  
boyled one ounce, Lunifoods bruised in one ounce, lett it sooth  
halfe an houre, y lastly putt in those things, Dianthin, Stachados,  
& Rowander seedes of each halfe an ounce, Camomill flowers 3 ounces,  
Epithimi 3 ounces, good bene one ounce, then sooth it but halfe  
a quarter of an houre & lett it settle removed from y fire 4 houres  
this drinke is to be taken 4 or 5 Spoones of warme at going to bed  
as much in y morning fasting, as much at 2 of y clock in the  
after noon, not drinking in one houre before, or after, this  
drinke cureth all diseases of y bodye y cometh of humors, when  
of some are those the dooths drke, y ystifite, y piles, dithes in  
y shoulders or y joints, y French pox & all such like diseases  
y swelling of y woods or y points, ych, & scabbs &c, & taken three  
dayes together, once every month is good against melancholly.

## The second Drinke.

Re 4 handf of Sturvy grass, & one handf of sweetworts, stamp y  
Sturvy y<sup>m</sup> in Clarified whey all night, y next morning press or  
straine y blood warme, y may y y<sup>m</sup> use y<sup>m</sup> in stead of the  
Whey y distilled waters of y sd herbs, y may make y same  
to purge using y Limbico drinke in place of y Whey, this drinke  
cureth y Sturvy & y Morfu, it openeth y spleene, & preventeth  
burning feabours, it maketh y fatt<sup>m</sup> by reason of stopping of  
stopping of y spleene doe put away. It is to be taken as y drinke  
before. These drinke retaineth not their vertues much more then  
a week after they are made.

An Ointment against y Sturvy, or any kinde  
of dithes or swelling, not coming of inflammation  
or not looking red.

Re Sturvy grass, wormwood, Waterwort alias Dantwort, of each 2  
handf, stamp y & baile y<sup>m</sup> in a tub of swines grease till it looks greene  
lett it stand all night & next morning sett it on y fire again untill  
it be melted, y straine it & keep it in convenient patts, use this  
Ointment <sup>warme</sup> twice ~~every~~ day, apply it to y place in a little well pasted  
to a linnen cloth. This Ointment is good for y spleene beinge applied  
as before is sd, & used together w<sup>th</sup> y greene drinke, it cureth both y  
black & yellow jaundiss.

## For an dithes

Re white yist, spread it upon leather as broade as y Kings plate  
lett it be on untill it fallth of, doe y like w<sup>th</sup> tatchamshatta, or  
Arama.

Against y heate of y Liver.



As libor wort, longroote of eack a handf, Raisins of s<sup>e</sup> found a peny wort,  
take out y<sup>e</sup> stones of a boile y<sup>e</sup> in y<sup>e</sup> herbes in a pottle of clarifid Whay, and  
when it hath boyled a little while putt into it a little dnis podo e Liguoris  
bruisid e when it hath boiled an houre e somewhat more fill up y<sup>e</sup> pott  
again e putt into it halfe an ounce of good Seeno e lett it boile halfe an  
houre, drinke of it morning e Evening 4 or 5 spoone f at a time.

To y<sup>e</sup> cure the head

As 2 stryngs e a half of y<sup>e</sup> pills churres e shortice of eack a like quantite.

For swelling in the Stomack

As a quarter of a handf of Sintuary, as much of Worru wood, a greate handf of  
Sage, e soo much of red clintes, footle y<sup>e</sup> in beere from a pottle to a quarte,  
e so drinke it morning e Evening.

An Excellent Medicin for y<sup>e</sup> Gout, e to drive out  
all humors out of y<sup>e</sup> head, or any parts of y<sup>e</sup> bodye

511 As halfe a lb of y<sup>e</sup> <sup>half ounce</sup> of y<sup>e</sup> best beaten e sorted, a g<sup>l</sup> of hoopes tallon, one ounce of  
Mare e a g<sup>l</sup> of  
all these made in powder, one ounce of Sordamon  
all these putt together must be fast fast by y<sup>e</sup> spate of an houre, y<sup>e</sup> y<sup>e</sup> must  
be putt in first, e y<sup>e</sup> rest of y<sup>e</sup> stuffe when it is soden take shooes stins finely  
towed, e make thers of soles for yo<sup>r</sup> foote, e spread y<sup>e</sup> stuffe upon yo<sup>r</sup> soles, as  
finely, e thin as y<sup>e</sup> can, e putt y<sup>e</sup> under y<sup>e</sup> soles of yo<sup>r</sup> foote, e soo weare y<sup>e</sup>  
in startinge one month or two, e y<sup>e</sup> make now this medicin daily used  
is very good for y<sup>e</sup> tanat hore impostumors in their head, or in their  
body, or for y<sup>e</sup> y<sup>e</sup> have paine in thers eyes, e generally to draw out all  
humors out of all parts of y<sup>e</sup> body using it.

For a heat in the Stomack

As a quarte of new worte y<sup>e</sup> first y<sup>e</sup> romoth a handf of h<sup>e</sup> d<sup>e</sup> tayly leaves,  
a little Simamon, e some Sugar boyle these to gether till halfe be consumed  
y<sup>e</sup> straine it e so drinke it morning e Evening.

For the y<sup>e</sup> plague

As a handf of Saggiofartuo as much of Hoarboegrate, y<sup>e</sup> like of Thow leaves  
e so much of red Bramble leaves, stamp y<sup>e</sup> all together in a mortar, y<sup>e</sup> straine  
y<sup>e</sup> same through a fine lincn cloth in a quarte of white wine, a quantite of  
white Simgor, e a quantite of white Simgor, mingle all these together  
e drinke thers of a spoone f every day, 9 dayes together, after y<sup>e</sup> first  
Spoone f y<sup>e</sup> shall be safe for 10 dayes, e after y<sup>e</sup> 9 spoone f y<sup>e</sup> shall be safe  
for a whole Yeare by y<sup>e</sup> grate of god, take an herbe called Cardus  
Benedictus, e putt it among y<sup>e</sup> other herbes.

For the stone e strangullion  
to taufe a man to make swallow.

As y<sup>e</sup> wings of a hoodtot, burne it on y<sup>e</sup> fire, beate it to powder,  
and so drinke it



## To cure burne or Scald

As a or 6 spoons of Salit Oyle, & as much running water boate them  
to gether, & anoynt & burne therewith often in one day, it will stanch  
& heat & heale it.

## To make Simamon Water

As a gallon of white Wine, or Clarrit, or any other kind of good  
ye can gett, one quart of good red rose water, 1<sup>lb</sup> of good thron  
Simamon, bruise it very grossly & putt it into y<sup>e</sup> Liquor afore  
said, & so lett it stand thore in 2 Nights & one Day, stirre it now  
& then as it standeth, & putt it into yo<sup>r</sup> bott, & distill it with a  
Comprate Fire.

To make Sirrup of quines  
to comfort the Stomach

As y<sup>e</sup> juice of quines, a greata pinte, 1<sup>lb</sup> of Sugar, a greata  
halfe pinte of Ruyger, of Liniger & weight of 1<sup>lb</sup> 1/2 of water, and  
y<sup>e</sup> poyson of weight of 3 greates & 2<sup>d</sup>.

An Oyntment for y<sup>e</sup> paine  
in the backe

As an old hander in may, & make him very bratt, & take as much  
of Ruyger, & Ruyger beinge stoped as will fill y<sup>e</sup> hander  
holly, & so bratt him w<sup>th</sup> out any basting but of it selfe so long  
as he will droppes y<sup>e</sup> Ruyger & Oyle by it selfe, & when y<sup>e</sup> foote  
any paine in yo<sup>r</sup> backe anoynt y<sup>e</sup> place greivod, & Ruyger y<sup>e</sup>  
warmed.

## To drawe and heale a boyle

As put a pinte of y<sup>e</sup> strongest beere & foethe it with a spoon &  
lett it toale & it will grow of it selfe as it were bixolind  
that take clay it upon a peece of Leather, & lay it on y<sup>e</sup>  
boile, lettiny it be on untill it be well.

To preserve health  
during the yeare

As y<sup>e</sup> toppes of Rue, & as much Bellony well yound & mingle  
ye all together with a quarter of a pinte of good wine, drinke  
thore of every morning in y<sup>e</sup> Month of May, & every morning  
w<sup>th</sup> new y<sup>e</sup> Meditino, it will doe y<sup>e</sup> greata good, & preserve  
health.

To preserve one from y<sup>e</sup> yslague

As Rue & y<sup>e</sup> Corvall of a Wall nutt, & bay salte & put it  
into a Pige & rate of basting.

For sore eyes that  
com of Rott humors.



## A Medicon for a bruise well cured

Rs Dizon rootes, a handf of Camphire, a handf of Casy rootes stampt y<sup>m</sup> altogeth<sup>r</sup> then y<sup>m</sup> straine out y<sup>m</sup> juice, & put y<sup>m</sup> in a draught of elle or Beere luke warme give it y<sup>m</sup> patient evening & morning 2 or 3 dayes.

## A Sovereigne Medicon for a stitche well cured.

Rs a quart of stak elle & clarifie it cleane upon y<sup>m</sup> fire in sugar, y<sup>m</sup> take the doxys of greene broome & boile it in this elle till y<sup>m</sup> strength of y<sup>m</sup> broome be in it, straine it & give it y<sup>m</sup> patient warme to drinke, let him keepe his bed & sweate upon it, this will take away y<sup>m</sup> greatest stitche y<sup>m</sup> can be, & after y<sup>m</sup> stitche is gon lett y<sup>m</sup> sick man drinke it 2 nightes late to bedwards.

## For the Cough

Rs Lungworte y<sup>m</sup> groweth on an Ake sooth it in running water from a quart to a pint, then take sugar sandy & liquoris, & putt it into it, straine it & drinke it fasting.

## For the stone

Rs a handf of ~~Aspe~~ Aspe, a handf of Vinis, a handf of Rosmarie, laie it in a quart of white wine, & drinke it fasting in y<sup>m</sup> morning.

For such as can not hould their  
Water Day or Night.

Rs y<sup>m</sup> bladder of a bulke, & drie him loofersly in an Earthen pott, boate y<sup>m</sup> to powder & drinke therof Morning or Evening in elle or beere / S. L.

## For the paine in the head

Rs y<sup>m</sup> parshy, & rood Sage of oathe like quantity, frye it in <sup>4</sup> wine / Viniger, & lay it to y<sup>m</sup> nappo of yo<sup>r</sup> necke as hott as y<sup>m</sup> can suffer it.

## For the yplurisie

Rs Boy flower & mott it w<sup>th</sup> y<sup>m</sup> juice of Nox, & make it a thick cake, & bake it on y<sup>m</sup> fire Dixon, & when it is enough putt it into powder, & sprea dinge it w<sup>th</sup> y<sup>m</sup> Urvaile or Urro, laie it to y<sup>m</sup> patients side as hott as he may suffer it, & when it is cold lay it to an other side.

## To coole the heat of the liver

Rs Hart's tongue, & Liver wort, of oathe a handf & boate y<sup>m</sup> small and boile y<sup>m</sup> in a pottle of stronge wort in an Earthen pott a quart of an houre, y<sup>m</sup> straine y<sup>m</sup> & putt y<sup>m</sup> in an Earthen pott again, putt thereto a pint of clarified Honey & 1/2 of Sawdow, then sooth it on y<sup>m</sup> fire sooth, & stirre it together w<sup>th</sup> a Spoon as it doth sooth, & every morning take therof fasting 4 or 5 Spoonf.

## A Water for the bitings of a Madde Dogge

Rs y<sup>m</sup> y<sup>m</sup> actualin, Yarrow Strabios, white Lillies, Nightshade, white Sage, Eragon, still y<sup>m</sup> altogeth<sup>r</sup>, this Water must be taken w<sup>th</sup> Urvaile, & sweate w<sup>th</sup> it w<sup>th</sup> in 9 dayes after or not at all.

A Medicon for an extreme  
paine in y<sup>m</sup> head or forehead



As Herbane leaves, & red rose leaves, of each a handf, rose water, and  
 Roman Milk of each a spoonf, vinegar one spoonf, & white of  
 an Egge, & powder of 2 Nutmeggs, heat all these together untill  
 y<sup>e</sup> most parte of y<sup>e</sup> moisture be consumed, y<sup>e</sup> spread it on a linnen cloth  
 laying it to y<sup>e</sup> patients face head & temples as hott as he can suffer  
 it last 12 houres, use this twice or thrise.

For the red ymple in y<sup>e</sup> face

As rose water, s<sup>t</sup> wine vinegar, s<sup>t</sup> sugar, & y<sup>e</sup> juice of Sunkfield, drink  
 all these together every morning & it will help.

For the tooth ache

As y<sup>e</sup> roots of y<sup>e</sup> politory of Spaine, strage it cleane y<sup>e</sup> putt it into  
 y<sup>e</sup> tooth, & soo shake yo<sup>r</sup> mouth down & y<sup>e</sup> water will run out, y<sup>e</sup>  
 y<sup>e</sup> shall be well of it.

For y<sup>e</sup> chure or cold

By sugar & beate it smale, y<sup>e</sup> take 2 spoonf of Aquaromposita &  
 putt in y<sup>e</sup> sugar, & let it dissolve, drinke it to bedward & it will  
 help.

For y<sup>e</sup> greene sickness

As Allisander leaves, stamp y<sup>e</sup> & strain y<sup>e</sup> doe this untill y<sup>e</sup> have thres  
 pintes of y<sup>e</sup> juice, y<sup>e</sup> putt it into a possit & lett it boyle to a quart,  
 skimo of the greene as long as any doth arise, y<sup>e</sup> put into it a pony  
 worth of Cinifooder, & a pony worth of Licquoris, both beinge beaten  
 to powder but not very smale, putt into it a poore of sugar or  
 clarified honey, letting it boile as long as y<sup>e</sup> think good, this  
 Medixine must be taken in y<sup>e</sup> Springe of y<sup>e</sup> yeare, every morning  
 & evening as long as this quantity doth last, & y<sup>e</sup> patient must  
 walke and house & an halfe after it.

To make sweete water

As 2 gallons of running water, halfe a bushell of Damasco rose  
 leaves, putt y<sup>e</sup> into y<sup>e</sup> water, y<sup>e</sup> take 2 lb of Orris, 2 lb of Cloves,  
 longimon, saunphire, storan wyd, bruis all these smale & putt in  
 to y<sup>e</sup> water, putt more into it 2 lb of Lavender flowers, cleane  
 y<sup>e</sup> distill, & 3 handf of young Bay leaves, y<sup>e</sup> putt in a possit, & let  
 it stand 3 dayes, stirr it once a day, & still it, & put into it 4 graines  
 of civett of y<sup>e</sup> best.

For a Romans brost

As Hemlocke leaves & hris y<sup>e</sup> in fresh butter, lay it upon a white  
 cotton cloth, & lay it upon her brost as hott as she can suffer it,  
 & it will both heale & draine.

To stinte bleeding

As a poore of a raine boole, salt or fresh, clapp it to y<sup>e</sup> wound, and  
 binde it fast, & it will stinte.



## For a bruiſe or Wrinthe.

Rs Malloves, Hollikort, & a little Smalody, ſtoopy y<sup>m</sup> all together, & boile y<sup>m</sup> in froth hogges ſtroops a good while, & when they be ſodden putt them to a quantity of Aquavitee & ſtir y<sup>m</sup> well together, y<sup>e</sup> ſtraine it & ſo booye it untill y<sup>e</sup> have made of it, y<sup>e</sup> anoynt y<sup>e</sup> place therewith.

## To ſwage a Swelling To aſſuage a ſwelling

Rs W<sup>t</sup> hrod & milke, & boile it together & lay it to y<sup>e</sup> place, as hott as y<sup>e</sup> can abide it.

To raiſe a Woman to have  
her Flowers in due Order.

Rs y<sup>e</sup> leaves of Hyſop beinge ſtooped downewards & lay it a ſtoops 4 houres in good elle, y<sup>e</sup> lett her drinke of it Faſting, & it doth make y<sup>m</sup> to com downe ſo it be continued 3 days, y<sup>e</sup> in th<sup>e</sup> time y<sup>e</sup> patient muſt weare <sup>Pimpernell</sup> in her ſhoes, & drinke in y<sup>e</sup> evening warme milk from y<sup>e</sup> cow, & putt thereto a quantity of English Safron.

## Another for the ſame.

Rs yarrow, Smalody, Fenell both leaves & all of each halfe a handf take gentle Broomſeed Wormewood one handf, Endive, & Burtoy, Rares thow in an Earthen pott, from a pottle of Water to 3 quints, & ſtraine it & putt in y<sup>e</sup> liquor, 4 Spoonfull of Wine Pimpernell, & one of Sugar and ſo drinke in y<sup>e</sup> evening as y<sup>e</sup> liſt.

For a throte heat in y<sup>e</sup>

Rs Lettice ſew this the Libber and Lungs.  
the, & clarify it & drinke of it to bed ward, & in y<sup>e</sup> evening Faſting.

## For the head ache.

Rs Rue, & rod Fenell & ſooth y<sup>m</sup> together & waſh y<sup>e</sup> head w<sup>th</sup> y<sup>e</sup> water.

A purgation for y<sup>e</sup> head

Rs y<sup>e</sup> juice of Gyngre, & poppy beaten & mingled y<sup>m</sup> together, & drinke it, for this is a principall medicina.

To aboyde Pleurme from the  
Brest and to elongo y<sup>e</sup> Stomach.

Rs y<sup>e</sup> juice of Fenell, & y<sup>e</sup> 3 part of Honey, & boile y<sup>m</sup> both together till it be pory thick, y<sup>e</sup> may uſe it evening & morning.

For a stomache y<sup>e</sup> is cold & grooved

Rs Gontian & Turmentill & make of y<sup>m</sup> a powder & uſe it in all pottage.

To ſtanth y<sup>e</sup> Bleeding at y<sup>e</sup> Noſe.

Rs Betony & ſtaney it w<sup>th</sup> a little Bay ſalts, as much as may be taken up with 3 fingers, y<sup>e</sup> take therof in y<sup>e</sup> Noſtrils, or elſe take of y<sup>e</sup> food of Rue & make powder of it, & putt in y<sup>e</sup> Noſtrils.



For any worme creeping  
in a mans Ear.

Rs y<sup>e</sup> juite of Wormwood, of Rue, or of Horehound, put it  
into y<sup>e</sup> Ear & will kill y<sup>e</sup> worme.

To stay y<sup>e</sup> Bleeding  
of a wound.

Rs y<sup>e</sup> powder of boracic, put it into y<sup>e</sup> wound, it will  
stop bleeding

A good medicine for one y<sup>e</sup>  
hath a humbling in his Ear.

Rs y<sup>e</sup> juite of unget leeks, & halfe as much of y<sup>e</sup> juite of Rue  
y<sup>e</sup> Drops of y<sup>e</sup> water y<sup>e</sup> cometh from Ashen wood burning  
in y<sup>e</sup> fire, put all this together & drop a drop or 2 in<sup>to</sup> the  
Ear of y<sup>e</sup> patient, first let him take y<sup>e</sup> inward part of a  
hott loafe, & lay it to y<sup>e</sup> Ear till y<sup>e</sup> party feelth his Ear  
to be whole & bat y<sup>e</sup> Doctor Cromer.

To make a good Syrup for  
Plegme, or for one y<sup>e</sup> is Sick.

Rs a good handf of Hyssop, as much of ellaidon Raire, a  
handf of Horehound, a stitt of Licquoris hruised, sooth  
all this in a pottle of faire water, till halfe be consumed  
y<sup>e</sup> straine it, & putt to it halfe a pound of Sugar, & lett it  
boyle till beo Syrup, so drinke 3 or 4 Spoones of morning  
& Evening, in w<sup>h</sup> wine, boord, or Ale.

A good powder for swelling  
in the Stomack.

Rs y<sup>e</sup> flowers of Borrage 2 ounces, of Niolok 5 ounces, of  
Fronell goods one ounce, of Anisood one ounce, of Licquoris  
& may make powder of all this, & take a spoon of there  
of w<sup>h</sup> whate broth in y<sup>e</sup> morning.

To prevent a Consumption

To cure an inflamed Liver, & to prevent a Consumption  
take Stabion, woltso foot, Sorrell, Saige of Jerusalem, Niolok  
leaves or flowers, of each one handf, Sutory leaves & roots  
Fronell roots, & parsley roots 3 of each a span long, Eliron  
& Puntis, of Blue Higgs an handf, of Raifons of y<sup>e</sup> funne  
Fronell barley an handf, Licquoris halfe an ounce, boyle  
this in a quart of running water till halfe be consumed  
drink this in y<sup>e</sup> morning, Fast one houre after it, & at night  
when y<sup>e</sup> god to bed, & as often in y<sup>e</sup> day time as y<sup>e</sup> please.



## For the stone

Take 5 handf of Savi frago, as much of yollitorio of y<sup>e</sup> Wall, yearly  
time, 12 smale Radish rootes, stamy y<sup>e</sup> Hoarbes, slice y<sup>e</sup> rootes, & lay  
it all in a gallon of New milke 24 houres, y<sup>e</sup> still it out in glasses, &  
take 6 spoonef of y<sup>e</sup> Waller, & as much Amine 1st<sup>e</sup> ssind, & half a Nutt  
meggy, & a little Sugar, take this 3 mornings together onto in three  
weekes, this is made in May.

To stoppe y<sup>e</sup> ordure flowing  
of y<sup>e</sup> Menstrua in Women.

Rs of Knot grass, yplantano feedes, shoppeards purse, red Rose buds, Bonewort  
blossoms of eath an handf, boyle all these in 3 quints of Water, till it be  
consumed to a quart, then straine these herbes out of it, sett it on  
y<sup>e</sup> fire again putting therein of y<sup>e</sup> strongest Syonon beaten smale  
one ounce, when it begins to boyle take it of, sweeten it w<sup>th</sup> Honey  
or Sugar as y<sup>e</sup> party best liketh, then let y<sup>e</sup> party drinke of  
it Morning & Evening, 6 spoonef 9 dayes together, If y<sup>e</sup> cannot  
gett y<sup>e</sup> blossoms take so much of y<sup>e</sup> rootes, provide all this same for y<sup>e</sup>  
want in y<sup>e</sup> Winter kept dryed.

## For a fluxure.

Rs y<sup>e</sup> herbes called Catharine wheeles & drie it into powder in an Oven  
in y<sup>e</sup> Spring time, & take a reasonable quantity thereof in milke with  
pottage, or beere, & for y<sup>e</sup> same take Hydes dafies, Bonewort, and  
Knot grass boyled w<sup>th</sup> fresh butter, in beere suit to a Salve, & soft  
red Wax therew<sup>th</sup> mixed.

## China broth for a Consumption R R

Take an old red Ox beinge hangd by his hooles in his breathes for  
y<sup>e</sup> space of 12 houres, beinge skind washed & floud, sett it on  
y<sup>e</sup> fire & putt to it 3 quarts of Water, y<sup>e</sup> skine it skind, & putt  
to it Raisins of y<sup>e</sup> sunn stoned, & Damaged yrrines, & Currants  
strayed, bruised, & y<sup>e</sup> y<sup>e</sup> with of y<sup>e</sup> taken out of Earth 3 yellow Bark  
rootes in like order prepared two of y<sup>e</sup>, & also foot, & Maiden haire  
of Earth a handf, shalon Ivory, & China of Earth halfe an ounce,  
steep y<sup>e</sup> China over night in yo<sup>r</sup> water, & lett yo<sup>r</sup> Water be blow  
w<sup>th</sup> wind, put in one Nutt meggy quartered, & y<sup>e</sup> bottom of a Mantrott,  
lett all these boyle together softly till but one quart remaine,  
then straine it & take it at 4 times, 3 times a day, in the  
Morning fasting, & y<sup>e</sup> again before dinner, & 2 houres before Supper  
If yo<sup>r</sup> to lay y<sup>e</sup> Bark rootes 3 or 4 houres in wine mingled.

## A distilled Water for a Consumption

Rs a quart of New milke or a pottle, putt to a pottle of Houes  
Snayles bruised w<sup>th</sup> an handf of Hyssop, an handf of South foot



Woult, foot leaves bruise & putt those heaches Juniper. & altogether, & putt all into a still & distill of water. & putt into y<sup>e</sup> receiver 4 ounces of 15<sup>th</sup> Sugar sandy powdered, & an ounce of Licquaris frayed & sliced & let y<sup>e</sup> water distill into this, & being so distilled keepe y<sup>e</sup> Water & give thereof often a Spoonfull, almost every halfe or whole hour.

For the Wormes, a Jolly by Mr Stratson.

Rs of Hawks horns frayed small 2 ounces, of Spring Water 3 pintes let y<sup>e</sup> boyle be a gentle fire & also tobored in a yipkin till halfe be wasted, when y<sup>e</sup> take it from y<sup>e</sup> fire, putt into it Smoother Mariorum 3 or 4 driges, of Ginger, Nutmeg sliced of each y<sup>e</sup> weight of ʒi, of Syonamou grobe beaten y<sup>e</sup> weight of ʒi so soone as it is toole straine it w<sup>th</sup> sugar, & rose water & a little Salt, to relish it to y<sup>e</sup> taste, Let him take thereof often 4 or 5 Spoonfull.

King Hamer his Medixine  
against a Consumption, a broth

Rs & skittens, & 5 yunge ypidons finely dressed, putt y<sup>e</sup> into gear & break thro bones, & boile y<sup>e</sup> softly in a yipkin tobored with 3 alle pintes of dligant, or high country wine, w<sup>th</sup> as much Salias or woult, foot water, so soone as y<sup>e</sup> have frummed it, putt into it Syonamou, & cloves bruised of each halfe an ounce, & clofher, & clmber of each grove 5 grains bruised small w<sup>th</sup> Wood cloves & drayne, & all 3 tyed up loose in a peece of Lawne, & lett all boyle softly & tobored till y<sup>e</sup> flesh & bones will separate, Straine & keepe it thise tobored, & Lett y<sup>e</sup> patient drinke a pinte in a day warme at good will draughts, Mr Henry yanton . 8 . 2 . /

A Medixine for the Groone  
Sikness, taught by Mr Holden, & approved

Take of Bitony, Hawks horn, fsope, Liver wart of each a quarter of a handf, one fenell roote, wash all thise & bruise y<sup>e</sup>, & putt y<sup>e</sup> in a still w<sup>th</sup> a quart of alle, 2 Spoonfull of ellipandor seeds, & a good stick of Licquaris, Lett all thise be bruised & boyled in y<sup>e</sup> till one halfe be wasted, y<sup>e</sup> Straine y<sup>e</sup> & make it pleasant w<sup>th</sup> sugar & putt into it a little powder of chato; Nutmegg, & use to drinke thise of warme, Evening & morning 3 or 4 Spoonfull at once & as much Likewise when yo<sup>r</sup> sitt somewhat on y<sup>e</sup>. / 5 . 2 .

For a Consumption

Take a fore logg of boafe, & break it & boyle it in 2 gallons of water till y<sup>e</sup> be boyled halfe a way, & till y<sup>e</sup> flesh falls from y<sup>e</sup> bones, & when y<sup>e</sup> sett it on y<sup>e</sup> fire, take of Woult, foot, chaiden raise, & Liver wart, & fsope, & dius. & hark tongue a handf, & one ounce of browne Sugar sandie, & a handf of currawants, and of







A present Remedy for the Colic  
and stone often proved.

As a pint of the wine, putt into it halfe a Barre stone (y<sup>e</sup> yarrow)  
beinge grated, & powder, & y<sup>e</sup> powder of 3 Barres of Ginger, &  
y<sup>e</sup> juise of 3 leaves of St. Dauid, stamped, & strained into it  
& 3 ounces of y<sup>e</sup> hardest sugar, putt these all together into a  
bottle, you are to take it after this manner at 4 severall  
times, first in y<sup>e</sup> morning fasting, & y<sup>e</sup> last at night, y<sup>e</sup> must  
be sure to shake it well together y<sup>e</sup> y<sup>e</sup> may receive, y<sup>e</sup> thicke  
w<sup>th</sup> y<sup>e</sup> thime, you are to prepare y<sup>e</sup> after this manner, you  
must putt y<sup>e</sup> Barre stones into a pye made of browne bread past  
w<sup>th</sup> must be baked 3 severall times in y<sup>e</sup> pye, & stand so long  
in y<sup>e</sup> oven as y<sup>e</sup> browne bread standeth, then y<sup>e</sup> are to putt  
y<sup>e</sup> into another such pye, & bake y<sup>e</sup> twice in y<sup>e</sup> parts as before  
& tymes in all will be sufficient

A Medisine to keepe  
one's body loofe.

Take, ʒ of Croake, a ʒ of Sormarot, a ʒ of Soony, an ʒ of  
Anifoods, ʒ of Saffron, bruise these 3 last in a Mortar, and  
temper y<sup>e</sup> well together w<sup>th</sup> y<sup>e</sup> first 2, & y<sup>e</sup> take of it a little  
quantity Morning, & Evening.

To make a yomado, to  
cure the Morphtons

As a lb of Barrens grease, 1 lb of Beeres suet, shred y<sup>e</sup> both  
together very small, & lay y<sup>e</sup> in a pint of Rose water, or  
faire water for last of it, & lett it lye there in 2 or 3 dayes  
boyle it very well in y<sup>e</sup> same water, y<sup>e</sup> straine it forth  
into another pan, beate it very well, & putt therein a  
ounce of Sormarote, beate it again & pour out y<sup>e</sup> water  
& take other faire water, or Rose water, likewise beate it  
again very well, & putt therein an ounce of Oyle of Spye,  
then beate it again till y<sup>e</sup> have beate y<sup>e</sup> water cleane out, &  
putt it into a gally pot, Anoynt y<sup>e</sup> Morphtons in parts or  
body, & it will helpe them.

Another for y<sup>e</sup> Morphtons

As 2 lb of Barrens grease, 1 lb of Beere suet, lay it in Rose water  
one month, & y<sup>e</sup> beate y<sup>e</sup> well together in Rose water, and  
putt therein one ounce of Oyle of Spye.

A Water to Wash y<sup>e</sup> Morphtons

As Strabians, & Prunitory, & distill y<sup>e</sup> in Butter milke, & wash  
y<sup>e</sup> Morphtons w<sup>th</sup> y<sup>e</sup> water thereof.

How y<sup>e</sup> beate in the part.

As 4 ounces of Alum, & boyle it in a quart of running water  
then take one ounce of white Mortar, & putt it into the



69 water. & lett it boyle one warme & apply it to the heat of the face.

For the redness of the Nose or Face.

You must first take a purgation for the purge of the head coming of cholour, if it is prescribed in the booke, if applye this which followeth  
Rs. 1<sup>th</sup> of Jonestaff, if juice of yewslayne, & plantayne, if verye juice of grapes, or croppes, of each of one ounce & a halfe in the whites of 20 Eggs, & beate them well together with the quites, if mixe them all together and distill them in a common stillatory, & receive the water against all scurvyes, wheales, chafings, pimples, & heats that are in the face, & applye limon that in the water, & wash the said redness therewith.

For the heat of the Liver

Rs. 1<sup>th</sup> of Sutorry rooter & sooth them in a quart of new milk, & lett them sooth till they be soft, if straine out the rooter, & eato them with pinigor, & also put a spoonfull or 2 of pinigor in the said milk, to make it have a curd, if take of the curd, & straine it away, & drinke thereof, it will coole the heat of the Liver & ease the groote thirst of the body.

For the Coughs etc

Rs a Kero of Gingor, & grate it verye fine, & mixe it with Lityuris in quantity beinge beaten & likewise powdered, mingle them together, & put a little quantity of this powder into a quill, & snuff this up into your Nose, or if same give you paine lieth in the throat, this beinge taken sum 3 or 4 tymes when the purge is, it will helpe the same.

For the Rheum.

Rs Nutmeggs, Alons, & clove, beaten unto powder in the powder of Rosemary, boyle these together in sweete salted Oyle untill they be thick, if sprowde it upon a cloth & lay it to the wound of the head, & it will helpe undoubtedly.

Or this

Rs Mustard, & applye it plaister wise, to the wound of the head, it is good against all the sores of the Stomach, & beinge good to aboyde the flowe of humours, & helpe the runninge of the gutts, it is condiment for the body, it openeth the urine, & dryeth up all moyste humours.

For the Wunde Collicke

Make a Roast of a good thicknes, lett it not be burnt, if take a ounce of Chalmosey, & lett it in a dish over a chafinys dish of coales, & when the Roast is well soaped with Chalmosey, take it out & lay it to the wound of the patient as whoate as he can endure it.

The Burnt Salve

Rs an handfull of Sengroone, an handfull of allehoofe, an handfull of yslaintin, an handfull of the junner pill of Eldor, all these boyle



boyle in a quart of Oxenuris till it com to be an Oyle in a soft fire  
not to hastily till it be sodde heale away, y<sup>e</sup> strayne it & putt into  
it a yocco of bee swaxe as much as a greate Nutmoughe, y<sup>e</sup> boyle  
it a very little more & putt it into a Galley pott, & applye it by y<sup>e</sup>  
anoynting of y<sup>e</sup> sore as you shall neede it.

*A yultis for a sore breast to breake it*

As a yutte of New milke, & a white Lilly roote boyled into it till  
it be soft, y<sup>e</sup> breake it small y<sup>e</sup> drate y<sup>e</sup> runnes of a y<sup>e</sup> young  
soaf & boyle it altogether w<sup>th</sup> 2 ounces of Oyle of Oarumill till  
it be thit & com to a yultis, y<sup>e</sup> take y<sup>e</sup> yolkes of 2 Egges, & y<sup>e</sup> weight  
of y<sup>e</sup> in powder of Saffron, heate y<sup>e</sup> Egges, & Saffron together in a  
Spoonfull of tawke milke, putt it into y<sup>e</sup> yultis & boyle altogether  
a little more & applye it hott to y<sup>e</sup> breast till it be broken, y<sup>e</sup> take out  
y<sup>e</sup> Lilly roote from y<sup>e</sup> yultis you make, & applye it w<sup>th</sup> rest in this  
yultis till it be whole.

*For the Yellow jaundis*

As y<sup>e</sup> leaves, straws, & rootes of Redd strawberries a good quantity  
chopped small & putt y<sup>e</sup> into three water growth boyle y<sup>e</sup> in indifferent  
while, then y<sup>e</sup> be y<sup>e</sup> patient to take thers of twice a day, in y<sup>e</sup> morning  
& about 4 of y<sup>e</sup> cloke in y<sup>e</sup> after noon.

*An Approved medicine for y<sup>e</sup> Stone*

As one quarter of a pike of White Wine, & as much of y<sup>e</sup> foodes of  
Beeres stamped, & searved throughe a fine Sowerdow as well leuyen  
a yocco of siluer of 6 & putt it therin sett it on y<sup>e</sup> fire, & as  
soone as y<sup>e</sup> portaine it to boyle take it of, & straine it throughe  
a fine clotte, & drinke it as hott as y<sup>e</sup> can, & walke an houre or  
two after it. / Drinke it 3 mornings together, & for beare three  
dayes, & so drinke it again & for houre as before, for it is a strong  
Medicine.

*The Lady Purges her Receipt  
for a Consumption.*

Take an ounce of Mithridat stirred to stoope all night in a gallon of  
running Water, in a new Earthen pipkin in y<sup>e</sup> morning sett  
it on y<sup>e</sup> fire w<sup>th</sup> a face of clutton (y<sup>e</sup> face cleane of as cleane  
as may be, & y<sup>e</sup> bones thowed to water, for they will not sturte  
hang to together) putt it w<sup>th</sup> clade of all y<sup>e</sup> face & parisots  
in y<sup>e</sup> boyling, putting therin 4 ounces of claidenore, and  
4 ounces of Colkefoute leases, (if y<sup>e</sup> flowers can not be had  
whare only to be had in y<sup>e</sup> latter end of february, or beginning  
of Marche) when it is a quarter boyled away, add thers unto 4  
ounces of raisins of y<sup>e</sup> sun, y<sup>e</sup> stones taken out, 2 or 3 blades of lard  
clade, & a trust of broode, so lett it boyle till another quart at the  
least of y<sup>e</sup> liquor be consumed, y<sup>e</sup> strayne it, lett it coole, & if  
ther be any face take it cleane of, & when y<sup>e</sup> will drinke of it  
kisse a pint warmed in y<sup>e</sup> morning, or kisse an houre before y<sup>e</sup> Meete  
& y<sup>e</sup> drinke is hold to be admirable in this kinde, but y<sup>e</sup> waych would be sure to  
winde boore, but y<sup>e</sup> waych is w<sup>th</sup> y<sup>e</sup> waych, & y<sup>e</sup> waych, which is w<sup>th</sup>  
be perfectly cured, & must be w<sup>th</sup> y<sup>e</sup> waych.



with 2 or 3 spoons full of red Rosewater & Sugar, if you putt a quarton of a  
pinte of Sacke, to be soothlynt hott on y<sup>e</sup> fire, & putt it to y<sup>e</sup> rinde & y<sup>e</sup>  
stirre it & drinke of, doe soe 3 or 4 mornings & nights together, if you  
can not drinke it at one tyme, it will serue twise ~~twice~~ & this is  
very good against elisurrying although there be greates paines, and its a  
strengthenour after it, if there be no feaver.

For y<sup>e</sup> Cough & Consumption

Take a gallon of Spring Water, Horshound, Lungwort, Liverwort,  
Soltsheete, & Maidenhaire, of ebery of these halfe an handfull, of y<sup>e</sup> same  
kinds leaues an handfull, 9 slips of wissett flisop, 3 shallow rootes, a  
quarter of a pound of Raisons, solts, a quarter of a pound of ray Dates,  
if stones & y<sup>e</sup> y<sup>e</sup> galled out, a pony worth of Licquoris frayed & sifted  
as much chuisode as fills a hutchin shell, Boyle all these in a close  
ysippin till they come to a y<sup>e</sup>ttle, take it from y<sup>e</sup> fire & y<sup>e</sup> rinde  
& lett it stand till it be cooled, fitt to strayne & for dringly Liquor  
from y<sup>e</sup> rinde, & make parte of it into Syrop, put parte into Almon  
ellits, & a parte into his Brothers & Statu. G. L.

An approved Meditine for an elyuo

Take y<sup>e</sup> 3<sup>d</sup> parte of a pinte of W<sup>h</sup> Wine, & a poore of oblium y<sup>e</sup> quantity  
of a smale Nutmeg, & bruis it very smale to powder, & putt it in  
y<sup>e</sup> wine, & lett it stand y<sup>e</sup> fire until it be dissolved, & if take it of  
y<sup>e</sup> fire, & when it is almost cold, if take a little sugar, & Nutmeg  
stirring it together, & drinke it up as soon as thou y<sup>e</sup> feele y<sup>e</sup> elyuo  
toning

A Meditine for y<sup>e</sup> yphurasy

Take a Ball of stone horse dung, temper it w<sup>th</sup> a quarton of a pinte of  
W<sup>h</sup> Wine or more, straine it, & add to it a Spoonfull of Verdure, w<sup>th</sup> a little  
Nutmeg & Sugar.

For the Wormes

Take Wormewood, & Yansy, of each halfe a handfull, Worme seeds one  
pony worth, a stick of Licquoris bruised, halfe a quarton of an ounce  
of chuisode, & 30 or 40 of Raisons of y<sup>e</sup> Sunn stoned, steep all these  
in a pinte of beere, keepe it close stopp'd, & so fitt it to drinke every  
Mawning & Euing for three chortings.

For y<sup>e</sup> Yellowe jaunders

Putt 2 pony worth of Saffron in a pinte of cleere y<sup>e</sup>ssit drinke, and  
boyle w<sup>th</sup> it halfe a handfull of Wood parrot, & as much of y<sup>e</sup> same  
& sweeten it w<sup>th</sup> Sugar to his taste, & this w<sup>th</sup> Gods help will  
cure y<sup>e</sup> Yellow jaundis, & toole y<sup>e</sup> inflammation of y<sup>e</sup> Liver

An Extollend Meditine for all  
intermittes of the Eyes.

As a pinte of Am<sup>er</sup> of Grooke wine, halfe a pinte of red Rose water, 2 ounces  
of bright & Redd a smutt, halfe an ounce of Dutty of olives as much, of y<sup>e</sup>  
Sugar a dringur, of y<sup>e</sup> same, halfe a dringur, of y<sup>e</sup> same, of y<sup>e</sup> same, of y<sup>e</sup> same  
thus to be prepared, let it be made w<sup>th</sup> e quantitie of y<sup>e</sup> same in rose water  
mingled w<sup>th</sup> Grooke wine, after lett y<sup>e</sup> water be soothlynt away.



For the chyne approved

Take a peere of leather fit for y<sup>e</sup> surrosts, prittle it full of holes y<sup>e</sup> spread  
it wither wash it with <sup>vinegar</sup> ~~vinegar~~, & strewe upon it some Frankinsens & bay  
salte beaten in powder, y<sup>e</sup> spreade upon a spiders webbe, & so apply  
it to y<sup>e</sup> surrost.

An Excellent Medecin for  
a bruiſe as ran hoo /

Take a pound of Burgandy y<sup>e</sup> vitle halfe a pound of virgin waxe,  
a quarter of a pound of Frankinsens made as small as y<sup>e</sup> ran,  
boyle y<sup>e</sup> in 3 gallonall y<sup>e</sup> y<sup>e</sup> stirring y<sup>e</sup> more y<sup>e</sup> power one of  
y<sup>e</sup> into another, so mixe y<sup>e</sup> all to gether, & when it is boyled,  
poure it out into faire water, & wette yo<sup>r</sup> hands in lyte, y<sup>e</sup> w<sup>h</sup>o  
y<sup>e</sup> up into woules as y<sup>e</sup> will when y<sup>e</sup> use it spread it on leather,  
& lay it to y<sup>e</sup> parte grieved. /

A Drink good for a cough, also  
opening distruptions of y<sup>e</sup> Body. /

Take fayre running water, boyle in it some Ellorompane roots  
sliced, & good store of Centory, & some sticks of Licuoris sliced,  
& Raions of y<sup>e</sup> same stone, & some briggos tutt, boyle these well  
to gether, & poure out y<sup>e</sup> water from y<sup>e</sup> things, & fructen it  
with <sup>some</sup> sugar tundy, If there be stoppings in y<sup>e</sup> body, boyle in the  
Drinke 2 handf of Wall Islandes, but not also. /

A good Glistor for the stone, & also in a consumption  
or for any time when y<sup>e</sup> body is boild. /

Take a young chaiton bruiſed all to peeces, groweth barely halfe  
a handf, boyle this in 4 pintes of cleere y<sup>e</sup> vitle, till it com to  
2 pintes & a halfe or there about, y<sup>e</sup> take y<sup>e</sup> vitle ellallous, Niolett  
leaves of each halfe a handf, Endive, Marry, straburi leaves, of  
each a quarter of a handf, Wheaton bran halfe a handf, boyle  
all these to 12 ounces, y<sup>e</sup> stragge y<sup>e</sup> Liguor from y<sup>e</sup> Roaches, and  
Dogs in it y<sup>e</sup> Yolke of an Eyre, some sugar 2 ounces, Sirrox  
of Niolets an ounce, Sallit y<sup>e</sup> 2 ounces spoonf, Bay salte  
of grains, mingle this Glistor well to gether, & then chaiton  
this after Noone about 4 of y<sup>e</sup> elotte. /

An Excellent thing for an old  
Sore or fistula, to wash it with.

Take y<sup>e</sup> juice of grapes, & putt it to some fresh Butter, wash y<sup>e</sup>  
Sore with this, & y<sup>e</sup> lay on a plaister, & when y<sup>e</sup> cannot gett fresh  
grapes, take Portugis in its stead. S. L. /

A Medecin for y<sup>e</sup> stone

Take y<sup>e</sup> powder of y<sup>e</sup> Liver of a hare dried, take as much as will lie  
on a groate, in a spoonef of Beere y<sup>e</sup> is good, but use not to much  
for it will be too violent to bring it away.

Another for the Stone approved.

Take of Bringoe roots, & ellaxon ellallous boyled in some water



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with some French barley, & when it is boyled enough, putt in a little fennel  
then drinke of this water, onto in a cloone, the last quarter, this will make  
y<sup>e</sup> boyd mutt<sup>e</sup> guarill, & keep y<sup>e</sup> stone from growing greater.

A Medecine for y<sup>e</sup> Strangary, & Colick

Take Mallows one handf, Sirguois bruised halfe an ounce, boyle y<sup>e</sup> in a  
quart of milk till y<sup>e</sup> 3<sup>d</sup> parts be wasted, so y<sup>e</sup> there remaine one pint  
& a halfe, y<sup>e</sup> straine it & drinke it first in a morning, & last at night.

A Receipt for the 3<sup>d</sup> Syue.

Take a pint of Beere, & 20 y<sup>e</sup> pepper corrus or more, a dozen of Bayleaves,  
& boyle it till it be halfe consumed, & lett y<sup>e</sup> purity growed drinke  
a good draught of it 6 houres before y<sup>e</sup> sitt, & in y<sup>e</sup> ead sitt another  
draught, & so take it thus 2 or 3 tymes. S. L. y<sup>e</sup> bad.

The vertue of Combs lips

Take a quantity of Combs lips & wett y<sup>e</sup> in wine purifyed, & lett them  
be made hatt in a dish, & lay y<sup>e</sup> on hatt on y<sup>e</sup> Combs to y<sup>e</sup> base to  
y<sup>e</sup> thro of y<sup>e</sup> head, or to raise flooze in a feavour, these sadden in  
poffet alle will raise flooze by y<sup>e</sup> help.

For Castitions in y<sup>e</sup> Body.

Stem Damaste y<sup>e</sup> ruan in faire water w<sup>th</sup> some Arizys of Syue, & Rosemary  
& a few roots of Blue violats, & when they are almost stued, put a good quantity  
of Sone in a cloth into it, & oft presse it out w<sup>th</sup> a little Syuon or Suipe  
to prevent yo<sup>r</sup> Suintness, so lett it sinper a little before y<sup>e</sup> take it off, &  
take of these any time halfe an houre or more before meate.

To make a Glistor.

Boyle of Mallows, & Holyhottes, or y<sup>e</sup> variotary, or English Mortuary, of all  
y<sup>e</sup> quantity of 2 good handf, also of Syue, & if y<sup>e</sup> have any of y<sup>e</sup> poly pooy an  
handf in a pint, & a halfe or more of poffet drinke, boyle it into y<sup>e</sup> halfe  
y<sup>e</sup> in y<sup>e</sup> detortio dissolve of Catholicals, or rather of confortio, Hamoth  
an ounce, & of browne sugar randy an ounce, & after putt into it of Oyle  
of violats, or of Lillies, or romon byle Olive halfe an ounce, & for  
administer it.

A Medecine for a Coud.

Take a quart of milk, & putt in one handf of y<sup>e</sup> ponyroyall, when it is  
ready to boyle y<sup>e</sup> turne it w<sup>th</sup> hore & make it a cloare poffet drinke,  
take out y<sup>e</sup> ponyroyall, & rowd, y<sup>e</sup> take one spoone for more of Sui  
foode, bruise it a little & take 2 or 3 stiks of Sirguois strape y<sup>e</sup>  
& glire y<sup>e</sup>, & putt y<sup>e</sup> in y<sup>e</sup> Skilott, & a little mate bruised & lett y<sup>e</sup>  
boyle, & a spoone for 2 of sugar, & a good peere of fresh butter, putt  
it in a little while before y<sup>e</sup> take it of, & drinke of this as warme  
as y<sup>e</sup> can a good draught in y<sup>e</sup> night, & y<sup>e</sup> like in y<sup>e</sup> morning, doo this  
3 or 4 tymes or oftner, & keep yo<sup>r</sup> selfe warme.

A Water to Wash a sore.

Take faire Water 2 quarts, & putt it in a cleare Skilott, & putt  
there two of Greene Cropperis halfe a pound of salt one handf, & of  
ordinary Honey one spoone, & a brantle or 2 of Rosemary, boyle a



all these till hath of such - be consumed, & a little before y take  
it from y fire, putt to it y quantity of eggs of chlum, y take it  
from y fire & when it is cold putt into a glas & stop it up close,  
& keepe it for yo<sup>e</sup> use, & when y are to dress any sore, first wash  
it cleane w<sup>th</sup> y water, & if y wounds be deepe mixe it w<sup>th</sup>  
a Sparinge

Greene Ointment, w<sup>ch</sup> must  
be applied to y Water.

Take a cleane Skillett & first putt into it of Rosemary a quantity  
of a Walnutt & melt it, putt to it y like quantity of Bees wax  
& when y is also melted, putt to y of Fried Hoggs grease halfe  
a pound, & as soone as y is melted putt to it of comon English  
Honey one Spoonfull, & when these are melted & well stirred  
to gether putt in of ordinary Turpentine halfe a pound, & as  
soone as it is dissolved take it from y fire, & putt into y Skillett  
of Verdigrise made into fine powder an ounce, & so sturke  
y well to gether, but be carefull it runn not over, for the =  
Verdigrise will tinge it to rise, y sett it again to y fire, till  
it singes, y take it of, for if y suffer it to boyle it will turne  
red & soe losse y vertue.

A Receipt for a Swelling in  
y shoulder or a Bruiſe

Take strong Beere Grounds y is not sower, & a good handfull of  
Elder leaues, Ragwood a handfull, & halfe a handfull of y like quantity  
of Hops, halfe a pound of sheepe suitt, & chop these together  
boyle y<sup>m</sup> in y grounds & thirte<sup>n</sup> y<sup>n</sup> w<sup>th</sup> Cuckaton Bran, & if y  
shoulder bee swelled & in paine, it will give present ease, and  
abate y swelling, this hath also much good in y like cases for  
breufes

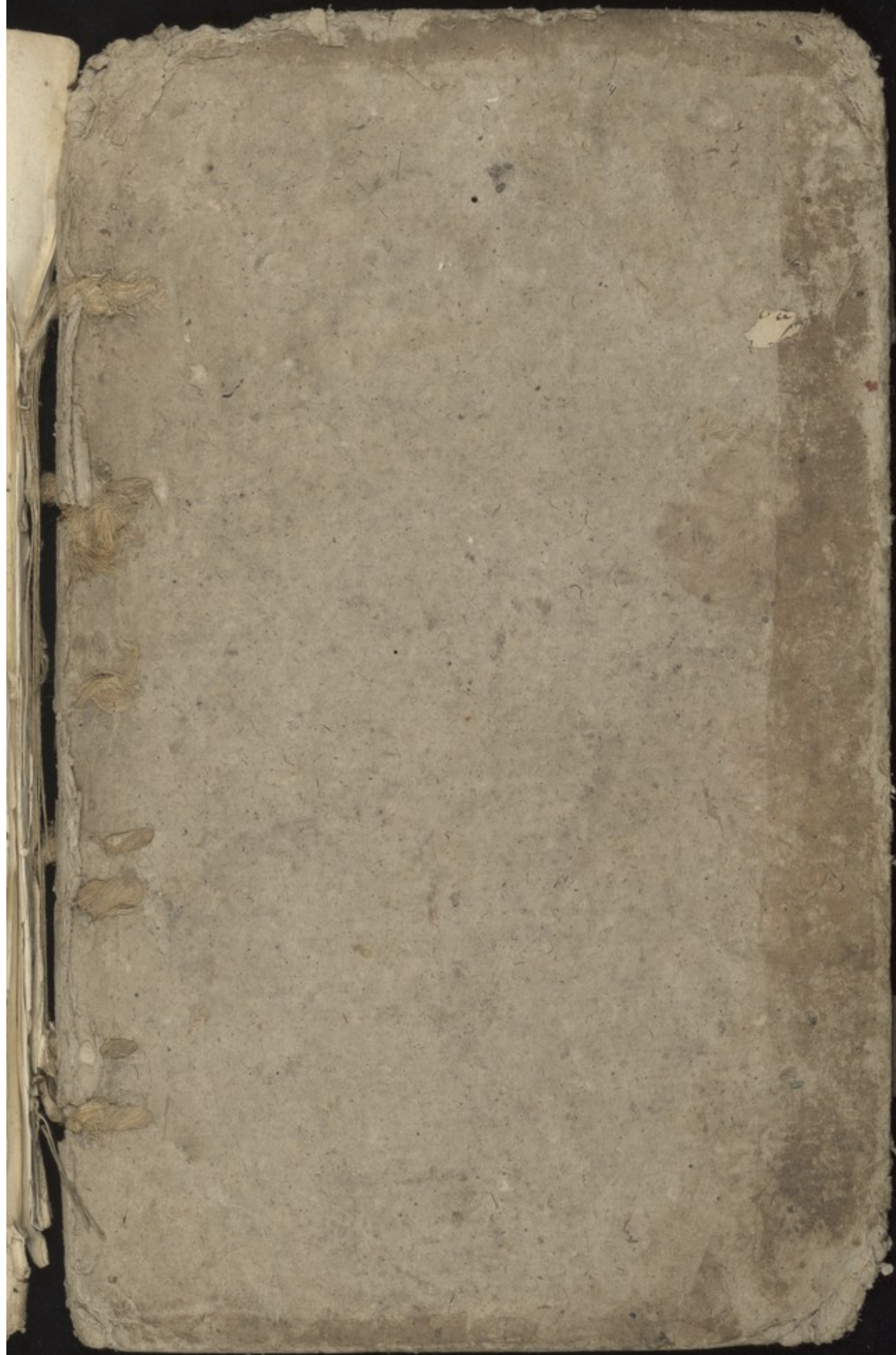
A Receipt to procure urine, for one y is often troubled  
w<sup>th</sup> a howering downe or making a small quantity of Water

Take a Radish roots, or 3 or 4 parsely roots, y y<sup>th</sup> beinge  
washed out, steepe y parsely roots in wine mixt w<sup>th</sup> a quarter  
of an houre, y boyle y roots well in y<sup>th</sup> ale turned w<sup>th</sup>  
Lemons, putt therunto a quantity of Sirrope Lemons as you  
shall thinke good, drinke a good draught morning & evening

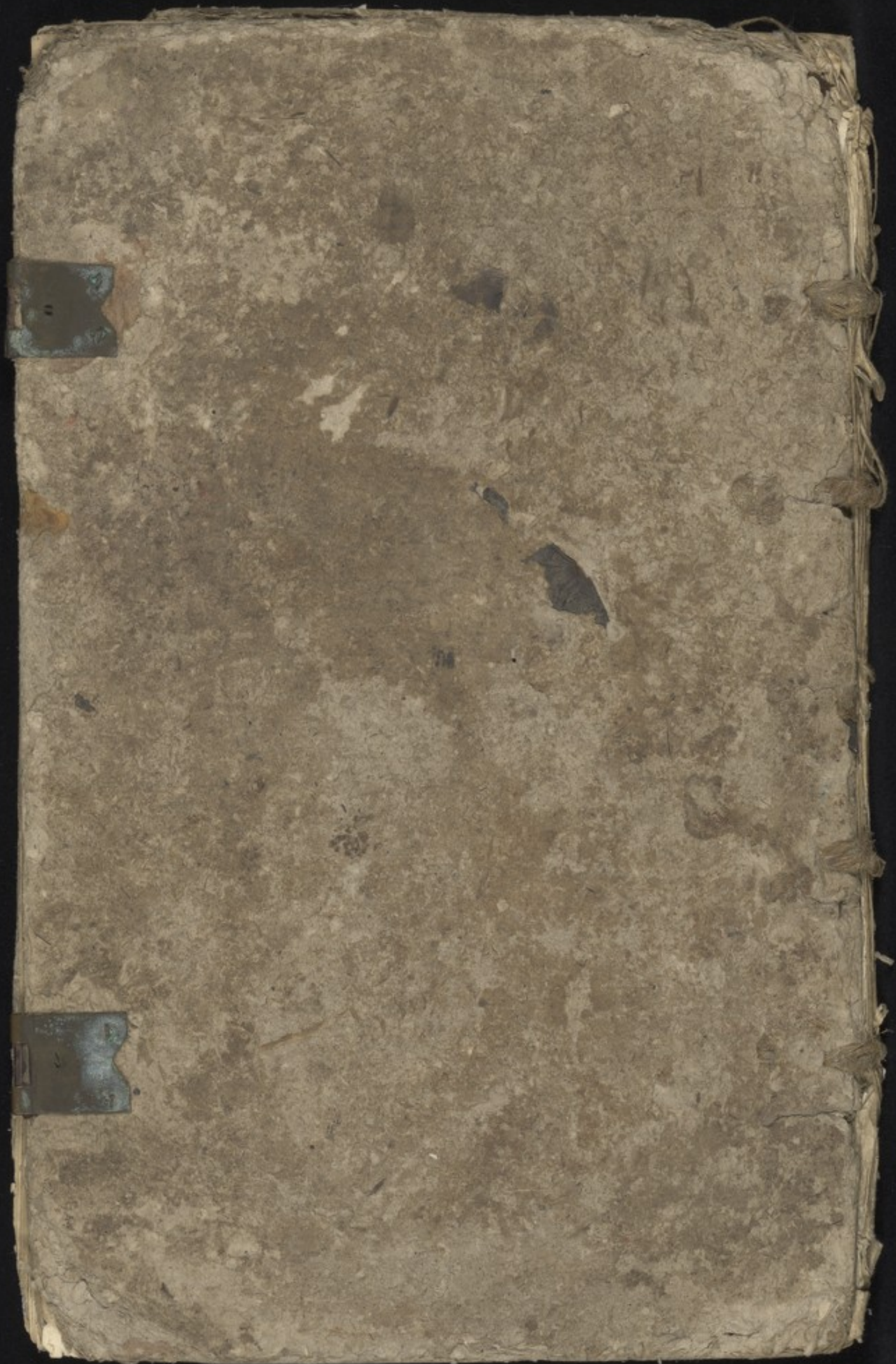
A powder for the Stone

Take of Sauggiere brantles, Herbe quare an handfull dried, of  
Columbine, red Penock, red Sacke, red chint, Rosemary, parsely,  
Smallage, Longwort, Blandwort, Borago, Witte Vinio, Garden  
Vine, or soft time, Saxifrage, one handfull of every one of these  
herbes dried in y same, Braine Flowers one pinte dried, Oshon boys  
dried in y Oven, & take of y<sup>th</sup> Fernells thirde of halfe a pinte, Sorian  
dor seede halfe a pinte, Grimbull seede, y<sup>th</sup> stumpe of Bullotts stule  
eight Nutmegs, Long pepper, one pennyworth, Syamou 7 pennyworth  
Floures & clate 3 pennyworth, Litquoris one pennyworth, Graines of  
pennyworth, Beate all these together into a powder in y<sup>th</sup> Mantle of  
clay, & keepe y same for y<sup>th</sup> whole yeere, w<sup>ch</sup> is good also for y<sup>th</sup>



























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Take Lixoris bruised an ounce, Anise seeds halfe an ounce & roots  
 & flowers of wallflowers 2 handf, water troscus 2 handf, raiſons of y<sup>e</sup> sun  
 a quarter of a pound, y<sup>e</sup> long rithed out. Hysop, Linewort, & Sage of  
 Jeruſalom of each an handf, Saminde, Bottony, & Olives of each halfe an  
 handf, boyle all theſe in 3 pintes of faire ſpring water cloſe covered till  
 halfe be conſumed, Straine it forth, Melt in it 4 ounces of white Sugar  
 & addio till it be diſſolved & lett him drinke after  
 firſt & evening laſt, 6 or 7 ſpoonf at a t  
 in y<sup>e</sup> night or day

*Medicina for a ſtraime*

Take a handf of Ribwort, & a handf of Honon  
 an handf of hart tongue leaues, an handf of  
 leaues, and handf of Egbertines, an handf of  
 leaues, chop all theſe as ſmalle as hearties to y<sup>e</sup>  
 unto y<sup>e</sup> as all theſe waye, & mixe y<sup>e</sup> all together  
 & putt it into a bladder, & hang it by y<sup>e</sup> a yee  
 putt a pound of chaye butter

Take French bar  
 or thriſe, till y<sup>e</sup>  
 in y<sup>e</sup> barley, &  
 & a handf of  
 together, then  
 halfe poured out  
 ſpoonf of ſir

Take a Rod work  
 of Lixor wort, on  
 of an ounce of  
 wine, & after it  
 lett y<sup>e</sup> patient  
 at his going to bed 3 ſpoonf. Verbatum. S.

*To make Syll of Swe*

Take a handf of Roſemary, a handf of Lavon  
 a handf, of time blomen a handf of Roſt marie a  
 Strawberry leaues a handf, Brocke lime a han

*An infaſtible Medicina for*

Boyle elowre, wallendine, yarrow, Wood bitt  
 Hoarhe of oathe a handf, to a gallon of Beare  
 Pendrike, Gromſell, ground Iuy, of other ſenſe, & la  
 Lett them be aquaſite & very ſofte, & ſtraine on ſome of th  
 againe with aquaſite, & waſh bo kinde y<sup>e</sup> eares with  
 in y<sup>e</sup> morning lay to an Fry cloſe



The Wellcome Library

of Egriunoy  
 idf of yſlantains  
 idf of Gumpion  
 with May butter  
 an hard ball  
 it downe, &

ſitt it by ſe  
 ſunne & ſtano  
 habony leaues  
 y<sup>e</sup> all well  
 k, & when y<sup>e</sup>  
 thereto a ſpa  
 dit.

ll, alſo a handf  
 tes, a quarter  
 of Wallant  
 to Sugar Candy  
 y<sup>e</sup> evening

ther Lavender  
 x ſen a handf  
 hand.

leare, & this  
 y<sup>e</sup> to y<sup>e</sup> wether  
 yether, mett  
 & mett it up  
 to all night