The Regiment of Healthe

Publication/Creation

1625-1682

Persistent URL

https://wellcomecollection.org/works/tkm8r6vk

License and attribution

This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
https://wellcomecollection.org

1/57 REGIMENT of health [etc]

1625-1682

3322

Manuscript [1640-1690]

Astrology Medicine &c

302

MS. No.674.

WELLCOME HISTORICAL MEDICAL LIBRARY

ACCESSION NUMBER
52783
PRESS MARK

52783

149

Medical

Manuscript - An early collection
of Receipts in Cookery, Confectionery
&c. written in or about 1754 -

Vellum wrapper

curious and illustrative

Minute 38 fr -

Almightie God ffather sonne and holie ghost three psonnes
but one Lorde in essence by his omnipotent power did in the
beginning make all thinge of nothing and prepared whatsoe
ever in the worlde for the use benefitt and comfort of man by nd:
as Beaste, Trees, & plantes, herbes, fruites and spices, & mine
vppon the earthe and springe out of the seme, stones and mineralls
not yet digged and drawne out of the bowelles of the earthe; flowres
of sundrye kyndes in the ayre, fishes innumerable sortes in the
waters. and also made him Lorde ouer all his creatures &
gaue him free election to take the best and leave the worst.
only the forbidden fruite of the paradise excepted. And did
also geve him knowledge to know and vnderstand the
motions of the superior and celestiall bodies, that is to saye
of the Seaven planetes. and the Twelue signes, that as
Philosophers and wisemen have studied and endeavored to obtaine
remedies for the sicknesses and infirmities of mens bodies
arrore not to the observation of the heavens: Learned men affirme
that the naturall course of tyme doth change the seven tymes
in the yeare, vpon the which they divide the yeare into foure
Quarters the spring, Sommer, Harvest & the winter: And in
earthe of the quarters they governe them selves as the
season of the yeare requireth & as that variethe so change
they their manner of dyett. ffor the meate that is good & wholsome
in winter may be hurtfull in Sommer, and that not is profi-
table in Sommer may be contagious in winter. And for to
know the alteration of the tymes the better, the Learned
Doctors doe consider and observe the course of the sonne by
the Twelue signes of the Zodiark, sayeinge that every
Quarter of the yeare conteyneth three monethes, and that the
sonne passeth by three signes, namelie in the springe tyme
by Pisces, Aries & Taurus, for reigne and governe in ffebru-
arie, Marche, and Aprill, at which tyme the earthe is cloathed

No 13

wth greene herbes and grasse trees doe then florisshe wt
greene leaves, soe yt it is a greate beautie wtnesse
the earthe is then adorned wch is pleasant & delectable
for the eyes of man to beholde. And this quarter of the
yeare is of the nature of sanguine complexion, hott
& moyst. In Summer the sonne passeth by Gemini Cancer
& Leo, wch have their dominion in the monthes of May
June & July, and then doth grasse and fruites
of the earthe not growe and waxe ripe. And this season
is of the nature of the colerick complexion. In Autumne
or harvest the sonne passeth by Virgo Libra & Scorpius
wch have their dominion in August September & October.
in wch tyme flowers fade, leaves fall, and fruites are
gathered. In Winter the sonne passeth by Sagitarius,
Capricorne & Aquarius wch governe in the monthes
of November December & January & then the earthe
waxeth bare, trees without leaves and all herbes the part
of a melancholie complexion. Arroxe my to wch seasons
they saye that the are fower ages of mans life. to witt:
Juvenilis aetas or youthe. virilis aetas his perfect age or
strength, stirrey. this old age & aetas decrepita his
corrupt or decayed age. all wch have a likened or re-
semblance unto the flowre seasons of the yeare, as
Youthe may be likened to the Spryng tyme, that is
Hott and moyste, and as the herbes and trees doe
florisshe and growe in the spring tyme soe doethe growe and
increase in bignes, strength, and beawtie untill the come
to the age of perfitt yeares. After this he is likened to
Summer wch is Hott and drye, and then is man in fullfull
force and strength and endurethe till he be perfitt yeares old.
Old age is compared to harvest tyme wch is cold and dryc,
and then mans strength decayethe and he waxeth weake
and.

and feeble. And then it behoves him to spare and gather
least he want when he come the to stoopinge age. and his pte
of mans life rontynuethe the lesse yeares, after w^ch yeare
he still declyning, come the to stoopinge and decrepite
old age, w^ch may shall be reputed the worst the basest
cold and moyst by reason of abundaunce of flumes yt arise
rold, and forgett desert of his naturall state. at w^ch time
man spendethe his best gaste w^ch he gott in his youthe. and
yf he shall spared and layed vpp nothinge against that time
then he remayneth poore and naked as he came and lives
doe in the tyme of winter. and this tyme of mans age
endureth vntill lxx^ti yeres or more in such sorte as hath be
nature strongest constitutions. By this w^ch shall be sayd
may be knowne, that the spring or verye tyme is hott
and moyst, of the nature of the ayre, and of sanguine rom=
plexion, w^ch is free the blod w^ch ingendreth in the liver (
lowe like the ayre, and reigneth in May. Septembre
& Januarie when the Mone is in Gemmeni Libra &
Aquarius w^ch signes be occidentall. Also Sommer is
hott and dry of the nature of fyre and of colerike
complexion, masculyne, & raigneth in month Julij and
Nouembre when the Mone is in Aries Leo and Sagittarius
w^ch signes be Orientall. Harvest is cold and dry of the
nature of earthe, and is of melancholik complexion
and feminine kynde raigneth in Aprill August and
Octembre when the Moone is in Taurus Virgo & Capri
corne, w^ch signes are Meridiall. And winter is
cold and moyst of the nature of water and of
flegmatik complexion, and raigneth in June October
& Februarie when the Mone is in Cancer Scorpio &
Pisces w^ch signes be Septentrionall signes of the Northe.
Of the foure complexions ere in man made & compos
ed

and man hath also fowre formie qualities in him, to witt moysture and dryness wch are contrarie, heate and cold, wch are also contrarie and cannot standtogither in equalitie for moystnes bynethe on the one side and dryntes on the other. moystnes is cause of ouerie him substance. and dryndes is the cause of ouerie him substance, wch is the cause of ouerie wodie taste, and dryndes of sowder taste and unsauorie. Coldnes is cause of redde colder and large quantitie and on the contrarie to it ndo is cause of redndes and small quantitie. Now these fowre formie qualities rombyned and knitt togither ode y cald fowre kynde of elementy. viz. The ayre wch is hott and moyst. The fyer wch is hott and dryt. The Earthe cold and dryt, The water cold and moyst. The ayre and the Earthe are two contraries and cannot ioynt togither, but hat the ayre bynethe them in on one side and the water on the other, And likewise the fyer and the water are two contraries that cannot ioynt togither but for the ayre bynethe them in on one side and the Earthe on the other side. And so the fowre Elemts are rombyned togither. The ayre and the fyer are swift subtile, charge romfor table, and moueable, The water and the Earthe be rorpulent and dull. The water is mutable the Earthe is vnmoueable. And like as an Egg shell wodnes the fyne skin, and the skin rauerethe the white and the white the yolke and in the midst of the yolke is a little round yolke, euen so the fyer ouergoethe the ayre ten tymes more then the ayre ouergoethe the Earthe. In the Centre of the earthe is the Centre of the worlde yt is to saye the middle poynte and in yt myddle poynt of the Centre is a pole and directlie about that in poynt of the Centre is a pole and directlie about that is the firmamt. is the fyer of the starres, and about that is the christall heaven and water of all. Wch is deuided amongst the nyne ordres of Angells. Then is heaven in the Eight pte of all, and is most bright, and passe most rome for it rompasseth about all the Elemenys.

And as thes are fowre Elementes so ther are fowre complexions attendinge and apperteninge vnto all creatures or qualities to the said Elementes lyke. Sanguine, Colerique, Malencholique, Flegmatique.

The sanguine man hathe his nature of the ayre and is hott and moyst and hathe swete blood growinge in his bodye. and he is of stature large he is bountifull and liberall, stedfast Amyable, merrye singinge laughinge lovinge, ientill, Curious, pleasinge, attemptive redy of resone, abundant in nature and may performe the workes of nature plentyously.

The Colerique man hathe his nature of the fyer, hat is hott and dryo for Coler ingendrethe in the gall and naturally he is brave stoute dowtous, wrefull, hastie, barbitinge, brawling, decreytfull, subtill hardie, disalowe and evill coloured and muche desirethe the workes of Venus but little he is able to performe.

The flegmatique man hathe his nature of the watter wch is cold & moyst. and seldome engendrethe in the lunges, and he is naturally disposed to be fearfull, sloathfull, slumberinge, sleepinge & vnder spittinge, dull and spare to contryve, pale visaged and hathe little desire to Venerie, but is able to performe muche.

The Melancholie man hathe his nature of the earthe wch is cold and dryo, and he is disposed to be lumpish and fearfull. Melancholie ingendrethe in the mylte lieth to the drigge of blood. he is of nature dobletous, malitious, envious, dreadfull froward & fastinge he is of slowe color. And he delightethe not to be busie in fleshly lust. but as little as he may performe. he is of dryo and cold. &c.

After the deluge and greate pitifull flood of watter wch drowned all the worlde save Noe and his vnnes wch by the divine providence and power of God were preserved in the arke wch he had made. After seatinge him self vpon the land planted vynes for his comfort, wch nobuld in noe wise to bare any fruite vntill he had taken the blood of sowre beastes and powred it at the rootes of the vynes wch made them to bere plentyously. And that was the blood of an Ape, of a Lyon, of a Choppe, and of a Swyne, and vnto this daye the operation of the wyne agreethe to the nature of those beastes, in manner vndrall natures.

The sanguine man in taketinge of his wyne resembleth the hott sonne for that more he drinketh the merryer he is among company and he delighteth to weare light coloured cloth.

The choleric man in taketinge his wyne resembleth the lyon for reason he is drunke he will fight brawle and fyght and he loveth to weare blacke cloath rugg and grogg.

The flegmatique man taketh his wyne of the sheepe for reason he falleth drunke sound then he sleepeth much he is best in all the company and he loveth to weare greene cloth.

The melancholick man in taketinge his wyne is verie sower reason he is well pickled then he desireth to sleepe and he delighteth in blacke colored in his garments.

A Question put the answere thereunto.

Q. Whether a man shall continue all his life in the same complexion wherein he is borne or not. Or whether a mans complexion may be altered by misfortunes & sicknes &c.

For the dissolvinge of this Question it is to be understood that a man hathe two complexions a Naturall and an accidentall.

1 The Naturall never changeth from the tyme of a mans birth vntill he dye. and this complexion remaineth of humors that be in a man that is to saye of the bones, synewes and of the other members.

2 The Accidentall complexion may be changed for it remaineth of the former humors before specified & they may be changed in two manners, either naturally or vnnaturally.

1 Complexion may change naturallie fower tymes in a mans life for reason he is borne he is of sanguine complexion hott and moyst, of the nature of the ayre and disposition of the springe or yeare tyme, wch is in februarie marche & Aprill the first quarter of the yeare. In wch complexion he endureth vntill he xxx. yeares old wthout alteration.

The.

The seconde tyme complexion alterethe is when a man entrethe into the colerike complexion which is hott and drie of the nature of fyre and of the disposition of the Sommer which is May June & July and is the seconde quarter of the yeare and endurethe puntill a man be xxxv yeare old before he chaunge his complexion.

The third tyme complexion alterethe is when a man entrethe into melancholie that is cold and drie of the nature of Earthe and disposition of Harvest which is August September & October the third quarter of the yeare and his endurethe puntill a mans age of lxv. before he change complexion.

The fowrthe tyme that complexion do the alter in a man is when he entrethe into the flegmatique complexion which is a constitution cold and moyst of the nature of water and disposition of the winter. which is November December & Januarij which is the fowrthe and last quarter of the yeare and rontynuethe all the reste of a mans lyfe. And this is the circuit tyme complexions doe change naturallie without falling into sickenesse.

2 A mans complexion may unnaturallie be changed and when it rauseth him to fall into a fever or other sickenesse. And it may be changed diverse and sondrye wayes, As in changing of dyett in meate and drinke. or in changinge the place where in a man hathe bene brought upp. also in taking meate or drinke either to much or to little, either in much sleepe or watchinge, studie, travell rest, sorrowe, ioye, anger, hate, envie, dronkennes, any of all these may alter and change a mans complexion, for the excesse or superfluitie of any thinge maye hurtfull and rontagious unto man. Therefore moderation is one of the best preservatives that ranbe for the health of mans bodie.

That meates and drinkes will change the complexion of a mans bodie into such nature and qualities as they be of them selves is most evident: for hott meates and hott drinkes drawe a man from a cold: and the rontrarie cold meates and cold constitution to a hott, and on the rontrarie hote meates and drinke bringe a man from a hott temper to a cold. hot liquorise moyst meates drawe a man from a drye, and drye meates from a

moyst.

a moyst complexion. Wherfore to observe a meane and a moderation
in Gose thinge that a man shall eate or drinke ys Ge best
rule that can be given in naturall Physique for a mans
helpe yis sobrie in good healthe and temper. &c.

Now as Almightie God hath given unto man ye knowledge
of ye motion of ye superior and celestiall bodyes as of
ye sonn Planetts and ye xij Signes of ye Zodiake &c.
Soe it is expedyent requisite and expedient for all practi-
tioners in Physique and chyrurgerie in their administra-
tion of Physique and application of medycynes, in givinge
of purgations and in Phlebotomie and lettinge of blood &c.
to have the perfect knowledge of ye true aspects of ye sonne
& Moone. Ye conjunctions oppositions Motions, revolutions,
Periode, Quartils, Stations retrogradation, risinge & setting
of ye Planetts, and to know ye operations nature and
qualitie of ye xij constellations of starrs or signes in ye
Zodiake. to understand in respect signe, in respect degrees of ye
signe ye some or moone setteth every degree in any of ye
xij signes. and comparinge Cosmus the greatt worlde
Microcosmus the little worlde man, to observe and consider ye
twelve parts of mans bodye (a thinge to be observed and affir-
med by learned and wise men) wch are ruled and governed
by ye saw xij signes. as it playnly appeareth in ye Anatomie
of mans bodie, in ye beginning of ye first Almanacke:
of mans bodie, in ye beginning of ye first Almanacke:
for sure yis nothinge more profitable, nothinge more sure &
certayne to guide and direct men in their practise, then
ye true and perfect consideringe of these thinges yf
so be ye witt of man can attayne to ye perfect know-
ledge of them) for ye most certayne and apparant gates
sonne Moone and starrs and Gods instruments & secondarye
causes by wch ye workes of nature do best be helped to ye
viewe nor some and powder. &c.

Now as the sonne passeth throughe all the xij signes in the yeare
so a yeare abydyng in a signe thirtie dayes, but doth the moone
passe throughe all the xij signes in xxvij. dayes, abydyng in a
signe howres. And as the moone amongst all the planetes
is nearest unto the earthe so hath greatest effect in working
in earthlie thinge after the disposition and nature of the signe that
the same passeth through. And therfore it is requisite and necessarie
to know truelie the state nature and course of the moone for
thereby a man may know when it is good to begin anythinge
when to ende. And also what weather is like to be after
the nature of the signe whether it be drye or moyst but onelie
it followeth according to the nature of the signe that she is in,
In diverse revolutions of planetes but she is moyste and
therfore in order naturallie & purpose to declare the
nature and the state of everie signe. / J. Goldsmith

J. Goldsmith

Of the twelve signes of the Zodiacke.

Aries is the signe wch governeth in the head of man and
woman, therfore of the moone be in aries beware of cutting
in the head part or any thinge belonging unto them. Also
it is dangerous in the beginning of aries to take any phisicke
ache, or hurt in the head for but is a token of longe continu-
ance of the same or of deathe. It is not so dangerous
in the ende but in the beginninge, for in the ende of
aries a man may soone recover and be made safe of the
same good govern. This signe is Oriental, hott &
drye, cholerique and of a masculyne kynde, and is altogether
and raigneth from the midest of March to the midest of
Aprill. He that is borne in this signe shalbe of good witt
and shall not be to riche nor to poore. and he shall have
damage by his neighbours. And he shall have power of
dead mens goode. He shall be soone angrie and soone pleased
he shall have diverse fortunes and disorde. He shall love
eloquent people, and shall be excellent in many degrees /

The.

He shalbe constantfast of his tong and currishe and will take long daine on his enemyes and shalbe better disposed in all thinge in his youthe then in his age. He shalbe reddy ded at xxtie yeares of age yf he be not he shalbe a fornicator. He shalbe a mediator for some of his frends He shall have damage a signe in his head in his shoulder & in his bodie and shalbe wounded by dead mens goods his first sonn shall not live longe. He shalbe in danger of fowre footed beaste. He shall have great sickenes at xxtie yeares of age. And yf he fortune then to escape his sickenes then to live xxxtie yeares after he rowseth of nature yf he governe well hym self.

The woman that is borne in Aries shalbe vntrue and suffer greate wrong from daye to daye, she wilbe verye prone to lyinge. She shall loose his first husband, and shortlie after marrye a better she shalbe in dread of death at xxtie yeares of age & at xlvj yeath and shall have greate payne in his head. The dayes of Sol and of Mars shall be good for them but the dayes of Jupiter shalbe dead dayes for them as well for the man as for the woman and they may be likened to the sheepe that everie yeare loose his fleece of wooll and in short space renewe the same. The 15, 16, 19 dayes of March be dayes of perill to take sickenes or to suffer it.

Taurus is the signe that raigneth in the nekke and throate. It is dangerous to be beaten or hurt in that place wherin the signe is in Taurus or to take any disease in the throate, and it is more perilous in the ende then in the beginninge. This signe is mervio- nall yet is of the southe parte wherin cold and drye malencholie nall yet is of the southe parte wherin cold and drye malencholie of the complexion of the darke retentive and of the feminine kynd. In this signe it is good to begin to builde.

The man that is borne in the signe of Taurus from the myddest of Aprill till the myddest of May shalbe stronge hardie and full of strife, delitious and shall have goode grounde him by other men. What he wolde have done shall have a speedie dispatche in that he will endevore him self to finishe in his youthe he will be verie wise man. He shall be wilfull, and

and goe on pilgrymage. and shall leave his friends and live amongst
strangers. He shalbe put in office and dignitie yem shall He shalbe
riche by wemen. He shalbe ingratefull He shall come to good estate. He shalbe
rewarded on his enemyes. He shalbe bytten of a dogg. He shall have
iudgment of flattering yt disaseth and sickenesse of phlegmon.
He shalbe maried wt sickenes and wt bern m. at xxx^ti
yeares of age. At xxxvj^ti yeares of age he shall abundant in riches.
and shall rise to greate dignitie. At xxxvij^ti yeare of his age
he shalbe in perill of water. He shall live lxxxv yeares and yre
monethes after ye course of nature and shall see his fortune
sorrowfull. &c

Ye woman that is borne vnder ye signe of Taurus shalbe effectuall
laboringe she shalbe a greate lyer, and shall suffer greate shame
she shall loose and destroye at ye xxx^ti yeare and good of her spende she
shall have many husbondes and many children, she shalbe in her last
estate att xxij yeares of age she shall have a signe in ye midst of her
booye. she shalbe poore sickly, and yf he doe escape she shall live by
ye course of nature lxxxj yeares she ought to beare ringe and pretious
stones about her. Ye dayes of Jupiter and Luna are good dayes for ye
man and woman, and ye dayes of Mars are contrarie. they may be
likened vnto ye Bull yt labor ye ground and helpeth to sowe ye seede
and when ye corne commeth into ye barne, he hath no gayne but ye
straw only for his part and ye corne electrolie taken from him. soe
shall they be that are borne vnder this signe keepe well their owne and
it shall not profitt them nor any other, and they shalbe reputed perfect
ye 10. & 21. of April are contagious and dangerous dayes for
them to take any sickenes.

H Gemeni raigneth in ye ayre of a man and is dubble bodyed,
Occidentall yt is of ye most parte of sanguine complexion but
is hott and moyst, of ye disposition of ye ayre, Digestiue. mostly
ye moone is in Gemini Edware of cuttinge in ye shoulders. he nos
or hands, for wch sicknes take ye sickenes or hurt att that tyme it is
greate notwithstanding he escape, and muse more still in ye ends yeare
in ye beginninge for then it is a perie greate token of dealye
It is not good then to shave ye beard or pare ye nayles. &c /
Ye man.

The man that is borne vnder Gemini from myd May to ye
midst of June shall have many wounds he shalbe gentle
and mery full, he shall leave an open hart and reasonable
wit he shall retayne mutch money, he shall goe in Enemis places
and get many Villany mayds. he shall love to praise Em
selfe, he will not labor wher he shal borne, he shalbe misle
but negligent in his workes. he shall come to riches at
xxx^ti yeares of his age his first wife shall not live long wt
him, and he shall marry a contentious woman, he shalbe
in yeares before he marry, he shalbe bitten wt a dogg and
shall have a marke of iron or of fier, he shalbe troubled in
Waters, and shall passe ye sea and shall live a Hundred
yeares and Con Mondyes after ye course of Nature. &c

The woman yt is borne vnder Gemini shall labor bery hard
& very mutch and shall come to greate honor and be advanced
by other mens goods and be accused of a false thing. she shalbe
marryed at 19 yeares of age and then she shalbe of
Stout & ill wille. And by ye course of Nature she shall live
xxx yeares and love and honor God. The planets of Sole.
Mercurie be in them verie good and ye dayes of Luna & Venus
are to them contrarious, And as well ye man as ye woman
shall shape upp and gather to gether greate store of good and
riches for their posterite but with Scantly have ye vse or
com'ytie of them their owne bloods ye shalbe troubled
myndes. The 7. 15. & 20. dayes of May is dayes to take
Sobrenesse or Surme in. &c

Cancer is ye signe wt raigneth in ye brest & stomake and ye
make, ye mylt, ye gut, ye liver & ye gall & as any man shall sicke
vpon ye signe is in Cancer it is necessary yt he dye not for
it is perilous both in ye beginning & in ye ende. The signe
is of ye Nurshe yte is tentyfull rude and mysty of ye nature of
water fleigmatic of complexion the lord of ye mond,
Copulative. When this signe ruleth it is good to take a
iourney towarde ye Northe yte. When this signe gouerneth
it is good also to take Laxatives & Clysters & potions, and in diffident
for bleedinge vse or in those places wher ye signe gouerneth.

The man.

The man yat is borne in his signe of Cancer yat is from ye mids of June to ye myddst of July shalbe very dowtous and of equall fortune he wilbe merryd and lose wyll women yt be rounde yus, nise and well favored he shall have damage by enmis. he shall have of his mend goode in gouernement. his shalbe diuerse and stryfe betwixt him and his neyghbours. he wilbe reuenged vppon his enmyes, many shall marke him & dryue him by his pryde and arogancye. he shalbe in danger of water often tymes. he wilbe marryd nye in kin blod. he shall have greate griefes and paynes in his bodye he shall fynd money yat is hidden, and he shall have trouble about his wife. he shall se his perill in somewhat yeare of his lyfe but wt his best endeuor vnto God. At ye xxxvi. yeare of his age he shall passe ye seas, he shall yet attayne nye to ye course of nature lxx yeares, and shall have fortune favorable vnto him.

The woman yt is borne vnder ye signe of Cancer shalbe furious, mornfull, angry and sone parcyud, for shalbe wise, stedfastable, and ioyfull, and shall suffer many pills, she shall pay truly. But yet ye xxxvi. yeare she shall labor sore and take greate paynes tyll she be xxx. yeares of age and then she shall have rest. she shall have many frends and be shalbe marryd at xij yeares old. honors and riches shall follow her. she shall have wounde in many places and be in danger of water and ye bytinge of a dogge. and shall lyue after course of nature lxx. yeares. ¶ ye dayes of Venus Iupiter & Luna are good both for ye man & woman. and ye dayes of Mars bare goodnesse & ill. But they shall have good fortune & victorie of their enmyes. ¶ ye. 9. & 7. dayes of June are dangerous dayes to take sickenesse & Sept. &c /

So ¶ This is the signe yt rulethe in ye back, thighes, knees, bones and ye gristles of a man. and when ye moone is in this it is dangerous to be lett blood or hurt in any of those places and it is extreme danger in ye ende of this to take any sickenesse for in ye beginninge for then ye may recouer yf he obserue a good diett and gouerne him selfe well in his sickenes for this signe is stedfast and

Orientall gott and dayes, doe right ffore attractiue and of
ye mastulyne kynde. Upon ye 8 signe doeth rule Mr
good to speake and yare ronforonte wt greate kinge
and lorde and doe any thinge that is wrought wt
fyre. It is not good at that tyme to applye any medycyne
to ye sparte ye stomark, ye liuer or to any of ye entralle
nor to giue any inward potions for feare of comyinge
of blood. v.

She man yt is borne vnder Leo from myd Julij to myd August
shalbe bewtifull valiant merryfull and eloquent he
shall not be wt rich, he shalbe arrogant in worde
at xxxti yeares old he shall have some displeasure with the
em and be in prill but he shall escape ye danger. he shall
be store of his benifitt vppon inferiat persons, he shalbe fare
red of ye good fortune and obtayne his desire and pleasure
and he shall have goode by temporall goodes. he shalbe
greate and puissant and shall have charge and com=
mand of ye communaltie. And shall bere two swords
in hym and aspyre to greate dignitie, and have grate
voyages and goe often on pilgrymage. he shall have payne
in his sight, have hurt by a fall and be in danger of
water, and shall find hidden money. At xl yeares of
his age he shalbe sicke, and he shalbe in danger of a
greate lord, and at xxxvti yeares he shalbe bitten wt
a dogge and be made sole dogtyne wt greate payne,
And he shall liue lxxx yeare after nature. v.

She woman that is in his signe borne shalbe fayer well
spoken, pleasant, merryfull, mocke, a greate lyer, sir
first husband shall not longe liue, she shall have payne
in her stomarke, and be mutch reformed by her mayd sonne
when he is xxxj yeares old, and shall be diuorced by her mon
and growe to greate ritches, be bitten wt a dogge, be in prill
of a fall, and attorninge tongtaune she shall liue lxxx yeares. Dayes
of Sol. Mars, & Mercurie are right good to bye for ye man and woma.
ye shalbe greate quarrolers, hardie and anerfull. Dd 15 & 20 dayes
of July be dayes of prill to take hurt or sickenes vse

Virgo raignethe in the wombe the myrrysse the gutts and sometyme in the stomake the liver and the gall and the myltt but resteth in the entralle about the myrrisse And when the moone is in his signe dwart of rutninge in any of these places and it is also dangerous to take any sirnes in the begininge of his signe and more then it is in the latter ende. This signe is dobble bodied meridionall of the South and of melancholique complexion that is cold and dryc Ciete lond the Earthe and of ffeminine kynd retractive And when the Moone is in Virgo it is not good to marrye a mayde least she be barren all hir life. but then it is good to plante grasse trees.

The man that is borne in his signe Virgo that is betweene the myddest of August to the myddest of September shall gentill love his wyfe and be a greate husbande, ingenious and learnid rattfull about his business and will darne clai dne dwour & attayne greate skill and ranninge in the fartaltie he dothe profesh. He shalbe of greate dexterye and yet base full, he will be sone angrye. and travell must be suppresse and surmounte his adversaries. He shall not have his first wyfe to live longe wth him. he shalbe fortunate in gaines, and will not hyde his substance he shalbe in perill of water, and have a wound wth yron And shall live after nature lyke yeares.

The woman that is borne under his signe Virgo shalbe bashfull and madnious and shall take payne for hir livinge and will be marrye be poore yonge but shall not long tarry wth his first husbande. but his second husband shall be of longe life and shall have greate substance then other woman. She shall be in perill of a hurt by a fall and be in distresse of his life. She shall endure greate dolor and payne at downdaies of age and yet she dyinge all hir dolors she shall be the reverse of nature and live lyke yeares. She shall bringe forthe his children fruite and diverse Cryes shall dure tyme by favour hir. She shall rejoyce in diverse fortunes the dayes of Mercurye and of Jove shalbe good as well for the woman as for the woman, but the dayes of Mars shalbe contrarie.

and. they

28

and they shall suffer many temptations & troubles so deere
yard and paynefull for them to endure unlesse god prayed
doo resist them. They shall delight to live in Iustice
and suffer much tribulation &c. and 20 dayes
of August ano Domini dayes to take forth
or Iust. a

A Treatise of wholsome good against ye pestilence,
devided into three partes. In ye first declarethe
how a man shuld beware and keepe himselfe in tyme of
ye pestilence yt he fall not into ye sayd sickenes. The second
openethe how this sickenes cometh. And ye third sheweth
what medycynes are good and fitt to be vsed against this conta-
gious disease. Anno 1.

Caput. 1.

It often falleth out ye through defaulte of observinge good ordre and gouern-
mente, eatinge and drinkinge ouer rare not sone nor easye men
doe falle many tymes into ye daunger of this sickenes. Therfore when
ye pestilence doth raigne it behoueth ye wyse man to observe a
good dyett and kepe him selfe from ayrnesse of meate and drinke,
Cold nor bayde, nor moiste to much, for all suche open ye pores
of ye body & cause infectious ayre to enter. and doe destroye ye
liuelie spiritt in a man and doe weaken it wyse muche. And
principallie to eschue and auoyde ye often vse of Venerie, for that
vnfeebleth a man and wasteth nature, and for openeth ye powers of
his bodie yat ayre may enter in and so weaken and decaye a
mans spiritt. Also in ye tyme of infection vse to eate not fruites
but such as be rype. Also abstayne from Carlike Oynions Leekes
or any meates yat bringe a man into any vnkynd heate. drinke
measurablye to slake yé thirst or heate. The best drinke were rod
water mixed wt vinegre or Tyson for yat drinke is verie good for
them yat are of Cholerique complexion, for they be cold and drye
vnto ye bodye &c.

Caput. 2.

In a man are three principall members. That is to saye ye hart, ye
liuer and ye braynes. and verie of these haue diuerse seruinge places.
wher they may put out their superfluities and vnprofitt from them selues.
The hart hath his seruinge place vnder ye arme pitt. The liuer
hath his seruinge place in ye flanckes of man or woman. And
hath his seruinge place vnder ye paps and vnder
ye Braynes haue their seruinge place vnder ye eares and vnder
ye throate. Then by reason this sickenes cometh when ye powers
be open and yat ye ayre may speedilie enter into ye bodie, and
myxe it selfe wt a mans blood and so it runneth to a mans harte
wch is ye roote and ground of life and so it destroyeth ye man bycause
Cold doth hurt in short tyme. For yt ye harte being thus infected, infe-
cteth him in short tyme. For yt ye harte being thus infected, infe-
cteth him in short tyme. And so it destroyeth ye mans bycause
wholy and destroyeth what soeuer is obscure vnto it, stryuinge to

expell

expell hir rontagion at hir rensing place, wt yf it fynd ye stoppe
yt it may not passe furthe, then it remayneth stil wth in ye body,
and ye. doth ye infect yt principall part wt his next vnto it.
wt his ye liuer and destroyeth it. ye liuer sendeth rotty=
ed infection from ye part vnder ye diaphragme to send ye same
to hir rensinge place, wt yf it fynd ye passage ye stopped
yat it may not passe forthe, then ye rontagion passeth
to ye hird principall part, ye Brayne and if sende it to
hir purginge place viz. to ye eares or ye Nostrilles and yet
may not goe out ther it is greate meruayle yf it rest stedfastlie
in any place. And yf hir rontagious venim passe not out
wth in twelue houres after it is verye hard wt bleedinge
then it abydeth in some place or other and maketh a botsem
some one of ye fore rensinge places about sai. &c.

Caput .3.

Howsoeuer sothelye sm sekes infected wt ye plague or
yo stilence he shall know it by ye sweting and shiuering
in his body, wth is a manifest token of ye sickenes wherein
he stode bloode ab speedilye as he can and yf he bleed not with in
xij houres, then let him abstayne from meate and drinke vntill
he doo bleede but defer not bleedinge about xij houres for
ye sweting bloode in tyme (as sayth is) is especyall
meanes of cure. And ye matter is then sodden and gathered
together when it will not passe out of ye playne countrye it
were rutt wth a sworde. neuer ye lesse yf a man doo bleede
it cannot hurt him, neyther is he sure yt it will helpe him after
ye rontagious matter is hardned and vollected together. And
if ye matter hard gathered to it stode vnder ye diaphragme
it rometh of, & stayne but is called Sorall and then it is re=
dient to bleed in ye same side yt ye sickenes appeareth
otherwise it bringeth a double harme. One is yt ye bloode on
ye sinistre side, ye good bloode on that side is not corrupt and ven=
nomed and then ye euill bloode will corrupt that place fro
wence ye good bloode went and so ye body is dromed of ye feebler
for want of good bloode to comfort nature: ye second harme is
ye greater for then ye corrupted bloode will passe ouer the heart
and benome it, and so bringe death vnto ye patient sodenlie
And yf ye sickenes doe appeare betweene ye groyne and ye belly
then is ye liuer and then if ye matter appeare in
ye inner parts by ye priuie members, then let ye pure bloode

myne

in ye foote on ye same side and on ye poynt betwene ye thumble & ye
ye two next fyngers to, and yf ye bottye drist yer, yf yo bloode on ye
arme all ye corruption will drawe yer agayne vnto ye parte and
fede it. Also yf ye matter be more towarde or outwarde to ye side
further from ye pricke place, yen it is best to bloode on ye poynt
betwixt ye ancle and ye foote, or on ye poynt of ye vnder ye inwarde
wch is called sophia, or elles to vente on ye myddle wch is betwene
ye bothe. And yf ye bottye appeare in yerden tnyde place of ye
head & of ye brayne yen it is requisite to bloode on ye foreparte
in ye same arme yat is called Cephalica yt is ye poynt yat lyeth
aboute ye bodie poynt wch is called Cordiaca Jtall in ye bout of
ye arme, or elles blood in ye poynt yt is about ye hand called Mediana
vel vena Pulsatilis or elles to be vente betwixt ye foulder
& a boyst hir ye blode to drawne out. And so ye primary pull
membres & brige Gub rlen sob ye parte pulle romfortab wt
roll dlertuaries & tempor ye greatt heate yeros and yen it
pulle requisite to have watteross yese yerbes Cat is to saye:

Ye watter of Dyttanie, Jsmipdernell, Cormentill and Scabious,
and yis is a verie good medycyne for ye sikenes yf a man be well kept.

But wheb a man is in yis sikenes ye ought to be rpart fullie and measurably
ordered by ye reason yf ye thynge yer of all attom manner yis
sikenes and wheb a man is in yis arrute feaver ye must datt out
litter sta ye except some smale thynges sodden in watter or elles
fryde watter fisshe rosted on ye dealeb & date wt sorridge. Also
it is good to date potage of clemons and drinke Cyson or smale
old sale and thin. And yf ye patient desire to drinke addle wyne
yen mi in stede yeros sorridge myghte not hayne watter, but
Demisse wyne is muche better yen addle wyne yf ye patient drinke
moderatlie yeros.

And it good to take ye powder of yese yerbes following wch is
verie romfortable agayn̄st infection and Dunion:

Take Dittany, Jsmipdernell, Cormentill & Scabious Bolarmo-
niak and Terra sigillata: Drayg all yese yerbes subtyl by
yem selves and ye Bolar. and Terra sigill. lieberalie & yen
sodde and put it in wyne or ale and drinke it and it will
drive ye venome out wher it did enter. To conclude yeros
Jmi from yese thinge rehyted in ye first chapter wch dare hinge
yat doe further ye sikenes. And bot Jmi yat is inserted
Alcb bolymob ab is expressed in ye m. chapter. And yf it
and ordred accordinge to his prescription by Gade grant it shall
be made sole and deliuered of his sikenes for ever. a / di /

A Medecyne for the Plague wch kyng Henrye
the Eyght did vse in ye first yeare of his raigne
wch healed above fyfty Thousand persons
in ye same yeare. &c.

Imprimis Take a handfull of Yerbe grace, of Feverfue, Rosemary=
golde Burrell ye lickst quantitie, of Bzarnott a quantitie,
of Ye toppe or roote of Dragons a quantitie, wash ye Yerbs
clean and bruise them, put them in a pottle of runninge
water from a pottle vnto a quart of liquor. Then let it
stand from ye fyre till it be almost cold. Strayne it and
a fyne cloath and drinke it assoone as it is blood warme
perfo a quantitie of Sugar candist. And if it be drunken
before any purplish or blewish dod arise Then is not perill in
ye patient by Gods grace for this medycyne is well proved.

Another soveraigne medycyne for the plague

Take of Sage of Vertue, of Yerbe Grace, of Elder leaves
of Bramble leaves of wormewoode of Dayse of Cossis a handfull
& stampe all these together and strayne them through a cleane
cloth and put vnto a quartie of white wyne, and put Vnto a quantitie
of white ginger and drinke three dayes a spoonefull
nine dayes to gether, and after ye first spoonefull ye patient
shall forbeare from ye diseases all ye yeare after, yet he must minister
God before he drinke it. Howsoever yf a man be visited
before he drinke this medycyne, Then let him take
water of Scabious, water of Dragons, water of Bzyttonie
of Dayse a spoonefull and a good quantitie of Endarle
of Rosemarie and myxe them together and drinke it.
And it will ease the paynes of the plague & growe to a
sweat. And when the sweate doth appeare.

Take Bzamble leaves Elder leaves, Mustersoder and
stampe them altogether and make a plaister Therof and
lay it to the sore, and it will by Gods grace in short tyme
draw out the paynes and heale the sore. So the sicke
man be well governed and close kept for this salve
is well proved. &c.

Another once ye most holsome preservatives against ye plague. ℞

℞ ye Carduus Benedictus and hange it in a howse ye dayes or more till it be dryd then lay it on a fayer table in ye sonne and when it is throughly dryd braye it and make poulder therof Andryng one poole any grudging or pritking of ye plague, then take of ye same poulder wth hony clowrbe after ye quantitie of a walnutt or more and as much Cardobe, a spoonefull of ye water of dragons and myx them together and take it upp wth a penny pownde and date it wth iij grownd after, and it will cause ye sickenes to breake out in divers places. And this medycyne is as precious for poyson. Recipe this poulder for it is worth gold and pearle

¶ To make a dalue for Botches.

℞ ye yerosine white Incense and scraped Tallowe of each a like quantitie molde molted puryfied and myxed togither and stirr them well, then straine them into a vessell then put to the wyne of Walworte as much by waighte as is one of ye other and myngle them altogither over a softe fyer till it be well then lett it cole and make it upp. ℞

A good water for the Plague.

℞ Cabe Gentiane, Scabious, Dock, Pimpernell, Yellowrootte Hearbe Grace, Tormentill, Milfoyle, Mayde of ye dore one of them one handfull, two handfulle of Columbynes and Gromell, wch ye croppes wth be stroyd, gather them betwixt ten & xij. of ye clocke in ye morninge, and waishe them not, but make water of them by distillation altogither wthout any other Ginge. ℞

A good drinke for the plague.

℞ Cabe Aloes a penny weyght and wat it in halfe a pynt of Malmesey and put to halfe a spoonefull of Aqua vitæ and drinke it fast two spoonefulle in March three spoonefulle in Aprill fower in May, when ye be fastinge and but in yeare ye shall not be infected.

An other good drinke for the Plague.

When yᵗ poore sycke one infected wᵗ ye sickness,
Take five spoonefulle of ye water of Dragons, Two
spoonefulle and a halfe of good bingre. & as much run-
ninge water, and ye quantitie of an hasell nutt of fyne
treacle, mixe all these well together put them to a quantitie
of ye poulder of Egg shelle or poulder of Eaxmstone & you
drinke ye patient may beare. Make altogither for like warme
and geve ye patient to drinke and it will dryve all ye sickenesse
and by gods grace save his life. Benc probatum.

To make water Imperiall good agaynst venome & infection. &c

also put thereto Betteny, Scabious, Fennell, Dragons

Take Tormentill, Scabious, Dittamū and pimpernell of each of them
like quantitie and make water therof by distillation for it is ye most precious
water that ranbe devised by Physitians, good agaynst all poysons but specially
agaynst ye plague. for as they affirme it is impossible that any man should dye
of poyson or of pestilence that hath to drinke this water moythe after darke. And it
is called water Imperiall bycause Emperors and greate Lords in other
countryes doe use to drinke of this water for feare of poysninge. wherefore
keepe it for a soveraigne thinge. &c

A good drinke agaynst all venom.

Take Dittamum white, Scabiosa, Saxifrage, pimpernell, Tormentill,
Betarmonarke & Terra sigillata. Drayne ye herbes and make poulder
of ye residue, and drinke it wᵗ beare or ale and it will put out ye venom
and make one whole.

Also agaynst a stronge poysninge

Take a toad of moon and putt it bundle and doore it and fill it full
of Cardus benedictus, and roste it in ye Embers, afterwarde stampe it
drinke it wᵗ ye strongest Ale ye can gett, and this will suffer
noe ill thinge to remayne within ye bodye, or else drinke it wᵗ plantan water

The Preface.

Considering this requisite & necessarie for all practitioners in Physique and desirous to have a Under rate and reasonation of the common good and health of the Kynge liege people how they may be healed comforted and cured not skilled or apt to take infection of the Plague or Pestilence. Of whom this noble learned doctor of Divinitie, hath most profoundlie and substantiallie learned and teached in all the seven Epistles, devised by his learning his Treatise following. moved and induced thereto through a great desire he had to do good to the Christian man Covenant bringinge him helpe all other Christians bound by the bonds Christian charitie, to helpe others in tyme of adversitie and danger. And the purpose and intention of the author of this worke was desirous good to with the mayne and glorie of God and the helpe and comfort of his Christian brethren in tyme of the great spill and danger. See no doubt discommodities must good may be gotten sparyd for dredry more may learne to eschew his owne corruption in tyme of most agayn st the lothsome and deadlie infection of the Pestilence when it raigneth.

Now this worke of the Pestilence is devided into three parts principall:
declareth the most reasons how and by what meanes the Pestilence may be ingendred.

The 2. howe how a man may be preserved from it
The 3: demonstrateth the remedie helpe and medicyne against this contagious disease. /.

Cap: 1.

The grounde and occasion of ingendringe the Pestilence.

It is found in the writinge of diverse principall doctors of the Church of Christ and these chiefe pillers and upholders of the faithfull saye the same Augustine S^t Gregorie S^t Jerome, & S^t Ambrose in such x. cases when the Lord speaketh of this contagious disease. That sinne is the chiefe originall cause of the when it raigneth amongst the people, especyallye when the governours of the Church of God and the dispensers of the word, and law of God God and the dispensers of the word, and law of God transgresse and swarve from their duties thereby causing notably plague and pestilence but many other sundrie sore primitive kind most grievous miseries to declare the end of Gods wrathe and indignation inflicted upon people.

It is written in ye second book of Kinge and 24. chapter That
for king David sinne God sent sith & pestilett Gad and gave
him ye choyce of three evill. viz. Famine for ye space of
seaven yeares, or to pursued of sith ene[mies] for three monethes
or els to have ye plague of pestilence to reigne vppon
him and his people for ye space of three dayes and three
nights. Wherevppon King David tolde surely inwardly greeved
remorse of conscience for his sinne and did so repent
him for his abhominable wickednes. That he did practising
great devotion and by humble and contrite harte
prayed vnto God, and in great sorrow and anguish of mynde
powred forthe his prayers before Almightie God, desi-
ringe pardon and remission of his sinnes at his
handes. And of Gods free clemencie he made choyce
to endure ye pestilence: then suffering y^t y^e hunger sho^d
be amongst that men of warr vppon ye citie[s] shoulde be
destroyed and in battle he should be restrayned and withdrawn
it were impossible but ab for ye pestilence it was ab
lickly to infect him & any other. But in his greate
straite that David was put vnto, his chiefe ground and motive
in his choyce was ye mercye and goodnes of God wherevnto he relied
and therfore did refuse to fall in to his handes. For ye Lord
sent ye pestilence in Israell from ye morninge even to
ye tyme appointed, and ther dyed of ye people from Dan even
to Bersheba 70 thousand men. And when king
David did perceyve that God did take ye sharpe chastisement
on his people for his sinne, he repented, prayed to God
for grace and favour and so obtayned his request and
ye plague ceased. And therfore let every one endeavour
to leave and forsake his sinnes and returne to live and lead
his life acceptable to God remembring of Almightie God
for it is ye most effectuall medycyne and best prser-
vative in ye world against ye plague, and ye chiefe
meane to put and turne awaye ye pnishm^t of God
& ye plague and pestilence. Amen.

Some men hold an opinion that the infection of the plague ingendreth and proceedeth from the corrupted & infected ayre and vapors of the Earth: It may well be for according to the people there ordained are disposed for the peronlie bodies about whirlwinds, whereby it may by good reason proued that of a good and vertuous kinde romoue greate and goodnes, and contrariewise of a sinfull and vicious life romoue shame, sorrow sickenes and penge and are vpdated at the deluge of Noes flod, when all the world was drowned for sinne except eyght persons. But when sodenge can remember that there sinne was also in so great abomination, so supported clearely without correction as now, wherefore it is verie offensive and displeasant to all good people that feare God. And therefore not mee bayle the wrathe of God be powred downe from heaven vpon men, and that he doe visit them with the infection of the plague and many other infirmities and miseries such but men by their transgression for dayly prouoke him to anger. It is written in libro interpretationis, that all the foure Elements and all other inferior things that are compounded of them are ingendred by the course and motion of the planets we are above and that all the inferior bodies hardenge life, cause their benige their healthe their sickenes by the mouenge and operation of the superior bodies.

The xxxvij. chapter wherein is declared how a man may preserue and keepe him selfe from the infection of the plague. And how a man may know from what planet the bodie be infection doth proceed.

The first and principall preseruative against the plague is to eschue such places and companies as may cause him to sicken. to eschue such meates and drinkes as may cause him to sicken and may ingendre in him grosse and euill humors, whereby a man may fall into a feuer. viz. Coss pigeons, Mallard, Venison, Lamprey, Greate Eales, Such other like meates, all sower Oynions, Garlicke, Leekes, fruites not ripe contagious, and dooe ingender vnnaturall and putrify the blood, and bringe a man by sodenge death ponto an ague. Also to bathe, stoues and mutch sweating vpon the powers of the mynd bodye, and to keepe the mynd ayre

to enter

to entre and to infect the same and to corrupt the spirituall membres and destroye all the vitall spirits in a man. It also requisite and behouefull for a man in the plague tyme to eschue the voluptuous lustes of the flesshe for they not onlye ouer the powres of the body but also destroye the naturall strengthe and vigor in a man & inflamme the spirituall membres and the vitall spirits.

Then tyme is possible it is good for euery man to abstayne from all maner of repletion and drunkennes, but to drinke moderatly commendable drinkinge and drunkennes, but to drinke moderatly and to allaye thirst and not more. And the vse of hote drinkes and waters hote. Eyson mixed with Electuar[y] of Diatrion, of Diatesseron, of Triasa, of Letture of Diabolis of Resis, Drabiouis, Cormentill, Dictamum mingled by euen portions or drunke by them selues and euery alone and profitable against the pestilence in Summer tyme & specyally for them that are of a choleryke complexion, for they ayre and for them that are of a choleryke complexion. If this precaut continuous also to remoue the ayre ouer the house and stinkinge gutters and other standinge waters, draughte and other euell sauours may be an occasion of the plague, therfore it is good for one in tyme of infection to kepe his chamber dayes and night fast closed against the East and Southe, and to haue a flame of coales in his chamber and to laye therin bayes and Rosemarie dryed and frankencense and to kepe a good fyre in the chamber night and daye if the ayre good, the vse of the fumes of frankencense rosemarie and other such good thinges called perfumes said for corrupted ayre sulfre an attractiue powder in it drawinge from the inwarde spirits and spirituall membres the vehemencie of the infection and to dryue out to the outer parte the vehemencie of the infection, and preserue the bodye of the plague infestinge it, fast nigh among dead bodyes of the plague infected.

Electuary of Diatesseron of Diatrion of the plague.

Now to know from what parte of the bodye the infection doth come and where first from the vse of the principall membres of the bodye for as sayth Galen in the former treatise the principall membres of the bodye are three the liuer and therby the vaines and blud the stomake and therby the pulse and synewes for the liuer nourisheth the bodye by the vaines, the stomake digesteth the meate, the harte by the arteries and pulse distributeth the vitall spirits to the other membres and therfore if any tumor or botche be in it is a signe that the harte is infected the liuer and therfore if any tumor or botche be in the liuer it is a signe that the liuer is infected the stomake and therfore if any tumor or botche be in the stomake it is a signe that the stomake is infected

So the braynes haue their vse of reasonynge therfore if any tumor or botche doe appeare it is euident that the braynes are infected

Vide in fo. Exto

The third chapter is declared what remedie and medicine ought best to be vsed to auoyde the danger of the most contagious sickness of the plague or pestilence.

How a man may know in time of the plague or pestilence that the sale of corrupted the infection falsly bonet declared in a former treatise boiled by the extraordinarie sweating and purifying that he shall feele in his bodie. Now for that as it is ingendred by some naturall cause and proceedeth from vnnaturall (as is by God as grand auncient cause and instrumentall cause) sometime as falsly bonet declared) sometime that naturall cause and beginneth from nature: for no doubt Almightie God of his greate mercie and goodnes, hathe ordeined commiseration and remedies for the same, as well as for other sicknesses and diseases. But that doctrine in his communie treatise De Causa Febrium hathe bene vnderstood, that febrile sickenesse proceedeth from naturall causes but that is a naturall cause of man proceedinge from vnlawfull and medicine forbidden for the same.

The first meanes therefore that hathe bene thought the best and fittest remedie of remedies after the infection corrupted, by the vnwholesome ayre in the streetes of nature and in apparaile is letting of blood and of weake maye proceede as may be, with twelue ounces at the first and that in setting and removement of place according as the infection and corruption shall appeare and manifest it self. For (as hathe alreadie bene declared) that any corrupt matter appeare about the heart and principall members it is an argument that the liuer is infected and then the veine that is called the cephalic vaine in the arme for that would draw from the head and the infection against nature to the heart and so to the heart and infection against nature to the liuer and so to the heart and all the man. But if the veine be opened more outward towards the hand and further from the principall then let blood on the left side and further from the principall then let blood on the bodie betweene the ankle and the foote and the gaule or bodie of the leg that is vnder the ankle called sophia or else to some other conuenient place of the veine, as the cause shall require. Vide cap. 3. in the former treatise. May not full yet in reason nor sitting a man will endure muche to save his life. If corruption appeare vnder the arme pit it is a signe the same from the heart and in that case to oppose blood on the same side the vnlawfull doth appeare vnfortunate to blood on the contrarie side bringeth a double harme, as is formerly declared in cap. 3. of the former treatise.

But if

But yf any sore or apparant lesion be found on the throat upon it doe dent that ye infection procedeth to the brayne ab it all redye corrupted, and for remedie in this case a man must bleed on the same side ye corruption is appeare, and that ye veyn on ye hand under ye taunge or on ye head veyne on ye arme called Cephalica vel veyne ye veyne next above ye bodye veyne Basilica veyne in ye middle of ye arme xij fl. under ye bowell of ye arme or elce on ye head veyne vt is betweene ye Thumb and fore finger. Or elce be betwixt ye foulder till ye blood be dysolust /

Vena Illica Palealilis. /

But when sodden any is left blood in any of these veynes, he must take heed that he bleede not in xij howres after his last purge blood. And it is verie good to ranye a pommender in one hand ruptynually to take awaye ye evill ayre of ye infection and to comfort ye brayne and spirituall members of ye bodye. & this is made in this manner following /

To make a pommender to ranye in one hand on time of infection of ye plague to take awaye ye evill ayre /

Take Ladanum ranysed one ounce Storax Calamint dissolved Rose blosed, mace of each half ounce powder of them that will make powder of them take a spoonfull of Oyle of Bayes in ounce of Wine vinegar and dissolve them, and when they be dissolved mingle them altogether upon the fyre, and when it is cold make Balls the quantitie of a Wallnutt. And this is the true makinge of a pommander / Ye shall observe doinge comfort the bodie spirits of a man /

2 Next after yt ye corrupt blood is drawne out prescribed as before said and ye mynystall members vomited of ye as aforesaid or plague annoyed for ye corruption, ye shall ought then to be comforted and refreshed wt good Electuaries and wholsome pleasant waters, that will help drawe out by and unnaturall bodies as described of Violetts, Burrage, Bugloss drawne wt Sugar Rosata. and this waters, as water of Endive Rose, Scabious, Burrage, Violetts Rabioles, Dittany, and of Lettuce Cowslipp Buttrice wyne or wt wyne of Parsell, Asparagus wherein ye Ordinance shall not remayne. And when ye complexion of ye water of Rose and of Bittonie and of ye violent heate of ye sore be appeased and Cooled then give him wett & Cyrmen thereof in ye water and laye to his forehead and Temples how ye tyme in Cloth, and let him applye in other place to draw his sweat, and

alsoe.

also put powder darse arme & bloge nette in ye said watere and in yis a man shall fynd perie greate ease and remefor wilfer ye be ruxable yea ye not. But ye most needfull and expedient thinge is all other is, yat ye lord or patrife dos outward ye appetite to drawe ye art and shill ye ruxuption from ye olde sore place as fast as may be from ye harte. And yis medytyne following shall come approoued for perie good remefore. Amen.

A medicyne to drawe ye plague sore fare from ye hart.

Take an greate rallie Vallus Christi verdayne stampe yem and laye a playster theros. two fingers of from ye sore, and when it sathe lyen ther a good while remoue it away ne to another place and lett it rest ther an other while. And vse it till it come to ye place when you would have it and then breake it. ra //

A good medytyne for ye pplague.

Take a handfull of ye lefe of Marigolde, Scabious, Scheterstone, Fenell and Burnett of each a handfull, a quantetie of dragons either ye rootes or toppes, then wash yem cleane and put to yem a pottle of cleane runninge water, and lett yem sethe together to a quarte and when it is almost cold strain and drinke it fasting morninge and eueninge fasting. This medytyne is ye better yf ye put to it a little sugar candie and yf it be drunke before ye purple appeare it will helpe and willinge.

An other Medytyne for ye pplague.

Take nyne spoonefulle of running water against ye streame and a. spoonefulle of red fomitorie in spoonefull of Celondine, seethe all yese together and strin it verie drie and ye patient be cold lett him drinke it blood warme a litle before ye ran fuller it, and lett him fast longe after it. ra /

An other medytyne for ye plague and to breake ye blood

Take Selydonie, worme wood, Fenell, Maggwort, mary gold, Fenel, Scabious and dragons of each of ye rootes or ye roote of Burr, of yem a handfulle and stampe yem and take ye iuyce of yem, and of pynde of Sallet or Melon sid, and lett yem boyle together then take ij spoonefulle of Treacle of one put to it lett it boile together till it be well sodden then lett ye patient drinke it and keepe him warme. And yus ye take it in tyme it will drawe ye ruxuption out. And yf ye sore doe appeare take ij greate vyniones and roste yem in ye fyre and a handfull of mint Sauce and braye it small and take ye iuyce and put yem to a pynte of the. Aqua vitæ and put it all together and all rote but it when ye sore is, & it will breake it. ra must bate yem altogether in a Morter, and when it will be like a playster. ra

An excellent Powder verie good for many diseases and to carrie w^th one for it hath holpen verie many m^en.

Take Liroris Cinise sodè and fennell seede all in pdre fine powder, an ounce & halfe of Graynes, Longe pper, Saffron Ginamond Ginger of all good in powder anoun^t Put all these powders together but not the Sugar Candy but when you will take of it put Sugar Candy to it for the powder doth preserue the Gaut from disease and yo^u put it a little powder of marmelade seede and Confuarie seede in powder it is good for the Stomake.

A Treatise or worke called the Regiment of Healthe
devided into Eyght parts or chapters whereof the first
entreatethe of the commodite and profett that cometh
by good order and gouernement. The second
what is to be done worke morninge yt a man may preserue
his Healthe. The third Sonday the good and comfitt
of Sonnes and vertuous exercitie of the Bodye. The
fourthe declarethe the diuerse kynde of bodies diuerse
wayes are to be vsed according to the diuersitie of complexions
and constitutions of men. The fifte declarethe how a
man shulde order and dyett himself in eatinge and
drinkinge. The sixt what meate may be best for the
sustentation and comfort of mans bodye. The seuenthe

Galen that profound clarke and excellent learned Philosopher sayethe yt
it is verie expedient for a man to learne good and holsome rules &
instructions for the preseruation of his Healthe, wherby he may well observe
good order, may preserue his bodye in good state euer from sickenes
vntill he come vnto decrepit and impotent age. He sayethe of
them selfes that we neuer had any sickenes to please it rather by reason
of vyolent trauaylinge or labor or by liuelinge vnlawfully and vnor-
derly or by dyettinge of sicke and diseased folkes, wherof sort
he affirmethe that euer man ran desirous of good dyett or keepe a
holsome Regriment of his Healthe, that is constrayned to trauaill
night and daye to gett his liuelinge, and may not make reporte
of the place and ayre where he would liue. For that man that will
liue and keepe the rules and ordres that tend to the preseruation
of Healthe must haue be plentifull an estate as that he may haue
without labor and haue all such meanes and helpes as will
mayntayne and preserue a man in good Healthe.

Ad gubernationem sanitatis to holsome gouernement of a mans
Healthe ther are Eyght necessarie thinge required.

1 The first is distrete vsyng of such thinge as shalbe eaten or dronken.
2 The seconde bodylie exercyse before meate, wch must be ad ruborem
non ad sudorem till a man begin to sweate or he may not begin
to waxe hoat.
3 The third. That he meate yt eate be well chewed.
4 The fourthe to eate not meate till yt have a good appetite.
5 The fyft that a man sleape in ye morninge till he wake of
his owne accorde.

The sixt

6 The eight, to eate yᵉ meate wᵗʰ mirthe and gladnes, for that maketh good digestion.

7 The seventhe, keepe yᵉ head from cold in the winter and in the spring.

8 The eight, is to eate saffron sometyme in yᵉ meates for it helpeth digestion and comforteth the stomake and gladeth the harte, and keepeth the humors from rotting.

It is reported in Storye that there was a certayne King wᵗʰ commanded of his Phisitions of his wᵗʰ whate of three sondry Nations this Question viz. wᵗʰ what meate he best might to be fed for the godlye healthe of man.

The first wᵗʰ was a Grecian sayd, Take every daye in the morninge yᵉ mouth full of warme water, and you shall never nede to other medicyne.

2 The second wᵗʰ was a Mede answered, Eate frommell seede every daye fastinge.

3 The third and last wᵗʰ was an Indian said, keepe in the morninge till yᵉ sunne hath warmed in yᵉ body of the meate yᵉ eate over night.

But Aristotle sayth, Eate every daye one and twentie sweete Raysons, for they helpe digestyon dispatch and the evenquarten, they nourishe a mans mynd and his understandinge And that I daye that a man eateth figge wᵗʰ the droppe of sharpe Grape, then full nere yᵉ person hath him, wᵗʰ is soone dyed.

Gallion & Constantyne affirme That measurable Abstinency of the most profitable medicyne to drive the paine and pensiveness sorrowes and dulnes wrathe and anger, wᵗʰ doe muche trouble and annoye the choleriqui persons. So that eate supper, nor vnder meales or breakes, Albeit meate, so not strong drinke, hold not yᵉ water nor force or constraine yᵉ selfe to sleepe keepe yᵉ harte merry and yᵉ mynd joyfull Exercise in measure, Take not exposse in meate or drinke, Eate inter date moderatlie of holsome meate, In the spring tyme drinke not to much, for then children most in healthe. In Sommer wᵗʰ the

meate.

matrō well for yon old mon are best at dase In winter yoūng mon are best at dase. in August yb to bake not fruitb.

Alexander sayth yt that ye wil dothe well obserue yis excellent ordre of good gouernment of his healthe & sale nedeth neyth vsbe fision nor exercision, for thys it is by accident or by exyent rausb of stripes and woundes receyued in fraye or battelle.

The seconde chapter chewinge what is best to be done in the maninge after that a man doth awake from his slepe.

First after that a man shal performed his dutie in his deuotions towarde Almightie God, it is good for a man to vse him self in exercise, To dymbe his head, washe his handes open the nostrils of his body, that the vapors may assend & repaire from the stomake to the head ingendred in the bodye And vpon assaye to put out the superfluitie of the bodye, by dougbinge & spettinge & wasbinge the handes, makeinge of water and emptieinge the entrailes & bowelles. In Sommer tyme wasbe the handes and face with rele water and in winter with warme water, Then walke a myle in some holsome ayre, and stretche out the limbes, and refreshe God contynuallye in his heart & mynde thye maye. Thye Angler and Falconer, for my thye and quiet of my mynd my moderate exercise be mery, comfort and glad the heate, and waste and consume chill and grose humors in the age of man. &c.

The third chapter of the good and commodious of temperate exercise.

The that wil vse exercise that is holsome and good for the healthe of the bodye must vse it moderatlie, and for it is voluntarie labore he must auoyde exercise before meate to be, walkinge or ryding in shade places and sleight and in good ayres, and not to come amongst Murkishe or Marisbes and so to exercise the bodye till it begin to sweate or wherye, warme, and then rest for yt should make any greater labour left it, it woulde be payneful and burden some and the labour and vse the labour, would be immoderate and troublesome liche the labours of Marchants, Artificers, ploughmen dauncers and such liche for needes constrayneth them that they cannot leave, when they would. And therefore Plinie sayth that moderate labor may muche benifit a man in the preseruation of his bodye in healthe, for it maketh lyfe, naturall heate more desiration of the bodye in healthe, for it maketh lyfe, naturall heate more desiration of the bodye in healthe, for it maketh lyfe, naturall heate more desiration of the

Phantasia seu Imagmatio the ffyve wittes or imbeg matiue
Judicium sive sensus communis the iudginge or discerninge
faraltie & Memoria sive Recordatio the memoratiue
faraltie ys solyde by moderate Labor, God hath man
did not exercise in theis Labors and exercyses in theis spirituall
but would have measured and moderation in them, they
should neuer neede any other medycyne for a preseruac-
tion of the healthe of man.

Now theis are two thinges requisite in moderate and discrete
Labor. viz. That they be not upon a man dothe Labor or
exercise to greate repletion, or to muche emptinesse of bodye
for bothe of theis doe dispose in sickenesse and infirmitie
bodye. Nor to muche moderate exercise nor sleepinesse by
defaute and wante of bleedinge, Bathinge, and such other
Labor is a medycyne that is not bytter, nor
dreadfull, nor perplexable in rauishinge greate oppositie but
is a moste good recreation for the bodye yf it be done in
swete and cleare places and pleasant ayres, where a man
may take pleasure and delight to be quietly there and
ffloures pleasant countryes delectable fieldes medowes
and pastures, delightfull streames of running waters,
and especially in such places where he may take the sweete
sent and odour of most flagrant & odoriferous flowres
and most holsome herbes in woode tilled, dressed and manured
lande and by the voice birdes and by the delectation and
sweete contentment he shall receyve thereby, the mynde
may continually be stirred hym to give laud and prayse
to our good and gracious Lord God and Saviour who satisfyeth
with good thinges his desyrous mynde and abundinge
reason vs Galenus the excellent Physytion saythe that moderate
exercise in any good disposicion, faculties or honest business is good
Labour, is the most perfect preservation of bodyly healthe and
wasteth the superfluities of ysshues and grosse humors thinneth
good blood, strengthneth the Synewes, remoueth weakenes it openeth
Lyver, putteth away obstructions throughly and cleanseth it keepeth
a mery Lustie and in good lickinge it ingendreth ioye comforth
and consolation, banisheth sadnes and all ille, it reposeth

of Labour

otiũ si tollas periere Cupidinis arcus
Contemptæ dormiunt & sine luce faces.

It labour dothe heate and dryue the bodye, therfore it must needes be
necessary for flegmatique persons to use, to dryue vpe their moyst
humors and to heate their bodies, whiche vse and idlenes also
nourish and moysture but a sanguine bodye is made more moyst
by labour, therfore vse labour and exercise is distructiue to
their nourishe not other Melancholique as haue bene aforetime
Controlled therfore let vs gather together the benifits and profits
of bodily labour and exercise distructiue and moderately
vsed. Wherf.
It stirreth kyndly and naturall heate it openeth the powres
of the bodye It closeth cold sick and vaglye humors and
digesteth them, Maketh all the ioynts nimble and lighte,
It nourisheth all the members and partes of the bodye.
And as moderate labor is good so measurable rest is good for ye
bodye and to nourish it perfectly and well, for therby will
and corrupt humors bee wasted, And euen as water
if it rest and stand stil it will putrifie and stinke, Euen
if it be still and do not vse, so likewise man or woman
when they leade idle rest doe corrupte in healthe and strength
of bodie, and fall in diuers infirmities, sickenesses and diseases

The fourthe Chapter of the diuerse vse of exercise to be
vsed according to the sondrye constitutions of men & differences
in constitution of bodie and complexion & alteration of the
temperes of the ayre &c.

Men be men but differ in condition and complexion soe are diuerse
and sondrye exercises to be vsed of them: according the
and condition of exercise man is for not soe if some be strong and lustie
others weake and feeble, some are active others are more slowe
greate labourers others are nesterayne & lyghte, Sometyme hee nedes
to sayre, sometyme otherwise, and so hathe diuerse disposition requir
diuerse exercise. The first and the best is to walke before meate
in a swete ayre not drye and cleare not from wilde sauours and
from filthie noysome matters as is before rehearsed. And yet that
cannot goe to ryde or ells lye and loose. Or otherwise if a man runne
ryde nor goe abroad by reason of the sowlenes of the weather Let
him walke in the house, and there some rise and from place
to place still be reuerie, or take a staffe in his hand and cast it
like some take it from him by force, or hold a penny in his hand &
let one take it out by force. Or els cast and pende ye roynd ab
longe as ye can for that is good for them that shall runne, or caste the
the stone or such like, But of all exercises that is measurable

exercise of

exteryst of Stomake, for wssen a man dothe wast and rast out good humors to mutche he is more prone and inclined thereby, then yse he should lett out fortie tymes as mutche blood out of his body. And the order mutche hyndrethe the passage and many other disaseis. ℞ 1

The fyfte Chapter declaretht how a man should ordre himselfe in his dyett.

Now as their lyves some that gave all thinge at their will and pleasure, meate and drinke, and wsed alle their randesire, God other wise and wt lasse not his plentie yea gave scarce enoughe many tymes to suffice nature and yese are not found to observe the dyett prescribed. Yese rules therefore ensue for such as may make choyce in their dyett and lyve in plentie. Lett them therefore eate good wholesome bread drinke wholesome wyne or ale sodde on clene meate of easie digestion, calle merrylie att the table, eate not without an appetite therewith your meate slowlie not with a full stomake, nor eate till their stomake be emptie, nor yet full knowe by the desire to eate and by the wholesomnes of the bottle, and also by the desire of the appetite be kindled, yt full soone a good appetite from the stomake. And if yt eate without an appetite the stomake may not digest the meate by reason is colonis horrid. And to walke after meate is wholesome for the stomake.

The sixt Chapter declarethe the qualitie of meates and what a man should make choyse of such as are most agreable to his constitution and for the healthe of his body.

Flesh some thinge are salt and burnte the bodye as porck, Cunicle Onions, Cabage Myntes, Cresses, and such like, And some are dolce and chill the bodye as Lettuce Purslen Cowcumbers and such like. And yf yt feede on the watery meates they are apt to corrupt the blood and rott it as Puromberis Mellons, and yf a man use to feede much on drye meates they drye the bodye if yt meate be salt they hyndre digestion, yf bitter they are not nourishinge and if they be salt they burn and annoye the stomake and if they be sower they hasten old age, and wsed any of these meates are to much wsed they are contagious for the bodye, And nothinge more wholsome then those meates wch are moderate tempered of the three in the three qualities and participate somewhat of the

And

And therfore by naturall reason and iudgement of Physique they be good and holsome meates. viz. Lambe Kidd Hennes Capons Pigions Pheasants Partridge and Plouers, and all Land byrde But not Sea Fowle. Boiled fishe of running waters, white Egge Borage Langdebeefe good Clarets or cardi well baked, Messe of one be cloyed about the stomake put to it sugar Cloame and Spyce mather thon it is good to eate Sharpe sort meates and sower or those salt meates and other the tast wherof may be amended wth sweete apples, and Penny Drinke good old payne, eate Grapes Damsons and all monde of meate Peares Quantes Prutte and Parsons before meate. Vide to Sanguine men distempred Melancholique meates, and vnto Melancholique men distempred Pigion Sanguine meates. Eate not to mutch of the milke of Beaste and drinke not mutch milke and thyne Sugers for it ingendreth the Cprose and white Scabbes. Of rontemninge the quantie of meate to be taken or of drinke noe certayne Rule or prescription can be given, only this observe what quantitie doth the most good and doth best agree wth the and that to the. Sleepe not to eate presentlie after sleepe labor or bathinge, and before on of these meates the appetite desireth what pleaseth they be wholsom light and easie of digestion or grosse meates for suche as the Stomake warmeth digesteth and desireth it Lastlie and eagerly Latreth it longe holdeth it and well and perfectlie digestith it

The seventh Chapter teacheth certayne Rules to be observed rontemninge meate and drinke and about sleepinge good for the preservation of the Healthe of man.

It is not good at one tyme to eate diverse meates, for one turneth to grosse and Pasie Humors, the other to light and subtill humors and so the light meates be first eaten, they willbe first digested and drawen wth them the grosse meates that be not digested. and if the grosse meate be first eaten then the light meates will corrupt in the Stomacke, for they cannot passe because the grosse meates therfore light meates are best to be first eaten and grosse meates afterwards. Eate not rawe meate, good meate reasonable leave wth an appetite, and if the ouercharge the Stomacke it meate it prouoketh the to vomitt, and in that case either leape or walke softlie, and eate not meate in certaine houres after, And then eate a little and drinke a draught of good wyne Sorte and take rare the abouten after forward

Tuo.

Two thinges are causes of diverse sicknesse: As of grose and
vnordinate meates and drinkes, and of them be ingendred
vnprofitable humors some good and some evill.

The second is longe sittinge at meate, for the meate that
is first taken is nowrished and digested before any digestion of
the last begin, for the meate yt is digested draweth that yt
is not digested vnto the liver. Also drinke not to muche
at yo meate lest it cause the meate to go ovor sone out of yo
stomake, or make yo meate to swime in yo stomake, Also
abstayne from drinke presently after sleepe or greate labor
tha yu have walked or rested a while, Nor drinke by night
for that ingendreth yo dropsy. And after supper or after
supper rise to stand or walke softly vp and downe, till yo meate
be well setled in yo stomake, And sleepe a little vpon yo bed vsed
yerto, and bothe day and night best to sleepe on the right side
for yt maketh best digestion, for then the liver lyeth vnder the
stomake and the hart lyeth onder the pott, And after the first
sleepe turne yu on the left side till yu be disposed to turne
yu again, at the at yo ease so yu lye not on the backe, for
that causeth the superfluities to drawe vnto the hearte,
And observe this rule that the more yu eate, the more yu must
sleepe. And lothe bene said how to not to drinke much after
yo meate, for licke as cold water cast into a boylinge pott
letteth the boylinge heate, even so much drinke powred
into the stomake after meate letteth and hinder to begun to convert
the stomake after meate being hot begun to convert
Lothe bene said it is best and to stand or walke after
meate slower or dinner for it helpeth to digeste the
stomake and furthereth the good digestion.

The eight chapter, declareth what meates and
drinkes are best to be vsed for the keepinge of a holsom dyett
and also treateth of the diverse nodicie of evill dyett.

Your bread shalbe made of fyne wheate well leavened and
well bated, yo drinke shalbe good holsome wyne or well brued
ale or beare fresh and stall, with sage leaves and rosemarie
yo flesh of fatted beaste, shalbe beefe, mutton, veale
venison, kidd, hart, cuppy, lambe, porke, pigge
and wilde beaste, Capone, turkey, heare and fat chicke,

Then yo

Then yᵈ fowles / Calbe Bustard, Crane, Hern, Rone, Pheasant, partridge
Plouer, Rayle, Quayle, Cornells, Pigeons, Larke, Linstock, Mauis
Starlinge and all other smale birdes that are not food in ye water
your Water fowle are these, Swann, Storke, Heron, Bittor, Cosse,
Cothe wyld and tame, Garnacle, Mallard, Coales, Plouers
Oxeyes, Redshankes, Merles, Cormes, Sygons, Seadrookes
Snytes, Dobirde and such like / ye be mure Cotton roasted and bake
then boyled. And yᵈ pottage / Calbe made of these / Hares follouing
Viz. Stage, Curlew, Long bekes, Ostrige, Ostmarie, Rodes,
Heme, Hore, Cadowes and Moorhens, and these / Calbe removed from
Also for yᵈ Salt water fishe, yᵈ Salt ose Haddocke, Turnard, Dorrell
Podinge, Dorre, Mullett, Playce, Soles, Turbutt, Halebutt, Rase
Ling and Harte. yᵈ Fresh fishe / Calbe Crabbes, Crasifishes, Shrimpe
Wilkes and Perkes, &c /
yᵘ must refuse to eate Tunges, Dogge fishe, Rayes, Grete Salmon
Porpoise, Seale, Marsuyne, Makarell, Porpus, Crane and all other
Beastes fishe that liue by Prayes /
Those yᵗ Fresh Water fishe yᵘ Shall be free to eate / Shalbe / these Perche
Roche, Dace, Crocette, Gudgen, Tenche, Ombers, Breames,
Bleake, Trouth, Smelt, Menowes and Guggens; Crabbe
all muddye fishe yᵗ are slymye, as Eales, Tenche, Lorse and such
other muddye fishes /
All Spice moste be somewhat Contagious except Butter Eggs,
are good boyled roasted or porched, Also yᵈ Saure must be made
of Sorrell Myrth, Dostmarye, Dittany / Celletory / Porsley /
Clowne / Rosemarye Time and Endiue Compared with Vyne
Vinegar and Salt.
And for yᵈ Sauce yᵘ Shall be / Cloues, Mace, Saffron, Ginger
Cynamon, Longe / Pepper, Nutmegge, Synamom, Pepper / Sugar
for these are good and holsome.

De Mala gubernatione sanitatis

Many / these that do not only Will gouernem, in meates and drinkes
but also do defend and maynteyne their disorder with great Clamor
and many Contentious Worde: affirminge that they bel do best in Health
& liue most Cuse when they are most disorderlie in their diett and Lare
best rule to gouerne them selues by Reason and prescription of Physitions
and so they Scorne the / Physitions and these wise men that goe a
bout to keepe good diettes. And not regardinge the state of their owne
bodyes, their owne Healthe and noble Hart Expend their dayes in Surmise
Disputinge in Argumente and Suggestinge persuadinge them selues that

their

The discommodities of surfetinge & evill dyett.

Thes rontynuall dysease ofs surfetinge dothe them noe harme because they are vsed thereunto. But noe doubt they are greatelie dysposed for it hurtethe them wherin, muche, for it alterethe their complexion. It debilitatethe and infeebletho their vitall spirits, and filletho them full of grosse humors. Also de Gallion saythe yf one ofs those disordred psons fall into any sickness it is a harder matter to order them then vnto other that are ofs good gouernment. & thereby it is soone perfor dysease dothe arrest nature then it yeda or noe. yf it dothe arrest and agree wth nature then it may be vsed and kept yf not to be forthwth refused, and by litle and litle to be left and putt cleane awaye.

The Commendacon of Moderation in dyett. & ye evill of ill dyett & excesse in any thinge.

Constantine saythe that moderation in keepinge a meane betweene extremes is one ofs the most soueraigne and best things that ranne for the healthe ofs a mans bodye, for the excesse in any thinge is hurtfull. Comunly or vsually ofs meate or drinke, to muche watchinge or to little ofs meate or drinke, to muche labor and to much to muche sleepeinge, ouer much Labor and to much rest the extremes dryethe vp the ofs that or rotho, and engendrethe euell humors complexion, waste nature destroye the vitall spirits; & therby bringe a mans age in before the bodye in good gouernment fade from expresse in any thinge domorthe the bodye in all parts wherof followethe a mans best and vnderstandinge and dothe prejudice him in good vigor and disposition bothe ofs mynde and bodye, makeinge him more fitt to serue God and to manage worldlye affayres. And so to conclude lett vs ouer more giue laud and thanks vnto Almighty God ofs all mercies Lord wth out whose gyuen to vs no remedyes for all kinds ofs diseases.

The Preface of the author vnto his booke of medicynes

Nowe that I have written generallie of the fowre complexions of man and the alteration of them. & of the twelue signes wt their seuerall proprities And also of the vppon planets how they move and are disposed. And also of the sott diseases & declared certayne rules and obseruations also their cures pertayninge vnto the Regiment of healthe: Nowe will I showe you what medycynes are requisite and fittinge for the cure and remedie of diuerse sickenesses, and also what contagious hurtfull and not agreable wt the same sicknesses.

First there are twoe maner of medycynes that be requisite & needfull to seruice man in tyme of sickenes: The one is called a simple medycyne the other is called a compound medycyne A simple medycyne is made but of one thinge only, as some Dyle herbes, Water, waters distilled of herbes, wyne vynegre &c. Compound medycynes are made of twoe simple or more And therof many medycynes of the same kynd as Electuaries emplasters, Ointments, potions that be called drinkes Electuaries, syrrops, and waters to be outwarde & applyed or taken inwardlye by eatinge or drinkinge them for the comfort of mans bodye and for the destroyeinge and takinge awaye of disease and sickenes. &c

Also it is to be obserued that sickenesses and maladyes are cured by their contraries, As sott diseases are cured wt cold medycynes & cold wt sott. Dryed wt moyst medycynes & e conuerso. And those sickenesses that have bene caused through angry sorrowe and griefe of mynd are to be cured wt ioye and gladnes;

Nevertheles sometymes diseases and maladies have their cure not by contraries medycynes but wt such as doe accord & agree wt them. As fatninge and Breedinge be called wt sott medycynes but draw out vnkyndlye sweate, to draw cold medycynes doe inclose the sweate and put the patient to more payne In sweate also y't be sott vse one drinke rose water and milke it is verie contagious & perilous for the sickenes. And cold medycynes ayde God to sett in more vehemencie the sweate and much more augment the payne. For example of this take the sweate and much more augment the payne. For example of this a mans head be sott moderatlie putt it in rose water or vinegre and it will make it much more sotter then it was before. For the rose & vinegre doth prouoke and inclose the sweate in a close sweate then it was in before. And a hinge set in close in a little sweate putte more powder and sweate then in it at large. And so sometymes sott medycynes and sometyme cold As cold & sharpe But temperate medycynes are most profitable for all maner of diseases be they sott or cold.

Of the diverse hurtes that often tymes come by
dyuerse wonde vnto the bodye of a man in diuerse wayes. Wherof

Of the hurtes in membres bodyes some are ob and some are membre
dred like as they are diverse hurtes so their cure is diuersly medyfyed
as hereafter followeth.

If a mans heade be broken wtout bytakeninge of ye skinn Know firste
whether the skull be broken yea or not, And whether any of
the two skinnes that goe about the Brayne be perished, or not
The two skinnes are called Dura mater & Pia Mater. Of
the breakeninge of the skinn Goose are signes and tokens; A man
loseth his appetite to his meate, and cannot digest his meate
he sleepeth fearfully and hath litle rest. He maketh water, & greate
payne and goeth to the privie wth great payne, he falleth into
some fever. It will greeve and payne him to eate and drinke
or to speake mutch, and those are tokens of a mans skull being broken.

And yf the skull be broken it is to be examined whether any of the
two skinnes that goe about the brayne be broken: yf Dura mater
be broken or hurt (wch is the outer skin) you shall know it by these
signes: The head aketh, the eyes red the eyes are impay-
red both in color and in sight. The tonge maketh the patient
But yf it happen that pia mater wch is the skin next the Brayne
be hurt, then a man shall take sleepe, his senses will waxe
smale, his eyes will waxe dull and dym, and blood will issue out
of his nostrills and eares, and he will be drowsie and not
abyde or suffer any thinge downeward. And he dyes or lyes in
a daye he will fall into fevers and deadly wch is a most dan-
gerous most lothsome kinde of deathe. And sometyme the skinne
bowed in peare wth a stroke and the patient shall sleepe but
litle, and when he sleepeth he shall start and awake wth
wch mutch trouble in his sleepe. and he fancyeth dreames
frantike and would arise vpp and take weapons to fight.
And sometyme the head is swollen wth a stroke and the skull
not perished, and you shall know it by these signes. He may
chute wth and vomite and sleepe alsoe sometymes followeth
he into a fever for all his hurt. And these be the signes to know
by them you whether the skull, the skinne Dura Mater or pia
Mater be perished or not.

A medycyne for the heade when it is swollen & the skull not broken.

And yf the heade be swollen and the skull sole then it shalbe healed wth
medycynes that shall dissolve the swellinge. As thus, Take mugworte.
wormwood, & hemlock or wormeswode, and dammen, beate them altogether
& beate them small, & strayne it, & make a playster of it and laye it to the
head beate them in meate and make a playster of it and laye it to the
sore and chainge it often till the swellinge be abated and then it
is likelye the matter will turne into Cruddes and then laye a playster
to ripen it made in this manner following.

Take.

Take a handfull of Absinthium of Formice called wormewood & mugg
of mugwortes and a handfull of Horse stampe them altogither w^th
Sorbe Quarte of Egge greate, and put therto iiij ounces of swete
creame, and a little Coyne and iij Spoonefulle of honney, and
Scalye them altogither till they come to the thickenes of a playster
and make Emplayster therof and laye it to the Sore all hote as you
it Can suffer it, and lette then it be vnder, Then open it in the lowest
place and thrust out the matter as cleane as you can and Bath
it w^th a Decoate made thus:/ viz:/

Take y^e iuyce of Marshe, Herbe Grace, Flowers of Sowthy, Comyn seede
and make a Emplayster therof and laye it to the Sore till the matter
be cleane gathered out, the soreness abated and the mortifycacion taken
away, and then fill the Sore w^th fleshe Againe on this wise:/

Take Gwaiacie, Mastick, Pitche, rosell, Sowthred and waxe, and put it to
the Decoate afore declared, and make Emplayster therof, and Scalde
it upon the Sore./ And this treatt will Scale all manner of Swellinge or
rismacke and Sore, after they be broken. And yf yo^u be desirous
that the flesshe will fester, then put a little powder of Allume
in the Sore, it will Cause it and keepe it from festringe
and when the flesshe is growne Againe fayre ynoughe then you
will not Cause it, but Set it Layer theron the redd Ointment
or Apostolicon or else mixte the yolke of an Egge w^th Comfry and Lay it
therto./

Also a man may be wounded in the Skull two manner of wayes
The head may be cutt throughout perishinge the Skull And the Skull
may be cutt but Sure as the outward Skinn. And Dura Mater or
the Mater be perished throughout Sustininge of the Brayne
But as the Brayne be Sure and the wounde be eyther in
the fore part or hinder part of the head it remedyeth the
Brayne then it is Deadly But a wounde that remedyeth
from about downewarde throughout Sustininge the brayne though
it passe throughe the eare or Temple is not mortall
longe as the Brayne is not perished And it may be
healed in this wise Take the Clarte or whites of Egge and
Sweete oyle mixte them in a soft Cymon dishe and laye it in the
wounde so that a doble Clarte be closed therin and then
laye Splayster theron to make it quitt./

And/

And yf it be in Winter. Take Swallett Rabbet and
ij manner of Egges Yolkes and Yeritorie of Bay
a Sandfull Stampt them Together put a pound of Swynes
greace and sett it on the fyre and fryg it a while then
put into them ij Ounces of meale of Lintseed and of
Fenogreke ij Ounces of wheate meale and myngle
them altogither over a soft fyre and make a plaister
thereof and laye it to the Sore.

And yf it be Sommer make the Emplaister thus.
Take of the Rotte Rabbet one Sandfull Stampt then put
ij Ounces of Swynes Greace yt is not Salt, then
take the iuyce of Violetts & of Fungreene and seeth
worte, and put the mucke wringe Worte as it is the iuyce.
And take ij Ounces of wheate meale and the mucke
of Beanes and myngle all these together upon a soft
fyre and strayne it & keepe the Emplaister and put it
about the Sore till it be Colde. That when the woundwater
Sore drye it wt a Cymon Cloth and reparie it drye
laye Lint therin and over all the Cloth wt a Bolster put
in the lesse Linte. And when the wounde is dryed then
annoynte it wt the yellowe ointment that Chirur=
gions doe vse, for it is good for all manner of wounde
for it maketh good flesh, good Quitter, and draweth
out the corruptions of the woundes maketh them redare
and thus ye make the yellow Ointment.

The yellow Ointment How it is made

Take a lb of Moate Oyle, one lb of Hoopes Tallowe,
Calfe a lb of pitche ij Ounces of Colophony an ounce
of waxe, and yf it be in winter take of Olibanum mastick
Galbanum Armoniack Sarcocolle and Terpentyne
of, or other Calfe an Ounce, and melt them that will melt
wt the Oyle and make powder of the residue & myngle
wt the Oyle and Sope, and when it is sodden
them togither over the fyre, and when it is sodden
enough put yt Terpentyne thereto, then take it
up and keepe it, And yf ye will know when it is
well sodden put a dropp thereof upon a Marble stone
or an other cold stone & touche it wt yor finger when
it is cold and if it cleave to yor finger & beleint not then
is it well sodden.

An other good Oyntment.

Of many most excellent Oyntments.

Take wollbrodt, Solanten Mercury, Hyly Gotts and Litle Mayo & Smiten so and myx altogither and anoynte ye wound therwith &c &c

An other good Oyntment.

Take yl. or ij Bayy berrie of ye Lawrell tree, bray them, & Smiten, and put ye to ye mutt bord grease and ye must Sroye grease and as ye wound begins myx all ye rod Sodden Spery and when ye wound is rosed anoynte it wt ye oyntment & it will Sale it. &c

Unguentum Popilion yor it is made & wt for it is good.

Take iiij li of Poppler flowers, iij li of Sparbe Watter, one li of ech Sindarie of Sotte Morrell, of Orpen, of Longroone ye litle quantitie of Endive, mayden heid violet Watter dressed of each Salfa li. wash them clane, Stampe them and put ye to ij li of mell troyd bord grease, and when ye be well mixed togither, put it into a pott well rosed & lett it stand nyne dayes then take it out of ye pott and put it into a Spann, and sett it ouer ye fyre & frye it well & stirr it well wt a Slyce yt it stick not to ye Spann and when it is sett ynough take it from ye fyre and strain it into a possibb and sett it ouer ye fyre again & put yerto a quarter of a li of waxy in small peeces, & when it is melted take it from ye fyre and strain it into a Sossibb and sett it ouer ye fyre again & put yerto a quarter of a li of waxy in small peeces, & when it is melted take it from ye fyre and strain it it be volunted then take it from ye fyre and strain it & lett it cole, and put ye watter from it, then turne it & take away all ye filthye from ye under side, and sett it ouer ye fyre again & melt it, and wt a feather Skume it & put it in boyes. And this ye true makeing of ye oyntment is a Soveraigne medycyne for arsyes.

yet ointments.

Unguentum Pretiosum how it is made and wherefore it is good.

Take an ounce of Sulphur vivum fals an ounce of verdigreast and beate them to small powder, then take a li of oyle of lilies & medle them well together. Then take fals an ounce of Turbethe roote and myxe it wth the former & strain them well together; then take fals a li of fine grose and bruse it by it selfe & myxe it wth the other thinges. Then take a li of oleum Spicy and mingle it wth the rest. Then take the Roote of Eleampane and boyle it in water until it be as soft as grease, stampe it in a morter by it selfe & take out all the gravednes of the roote & dod it to the rest. Then take a quarter of a li of Rosin, an ounce of frankincense, a quarter and fals of Sarcocoll, waye & a little oyle of lilies and boyle them over a fyre a while, and then medle it wth the former receipt. and then put it in Boxes & so use ointment. for it is good for newe festers, newe wounde Mormalict of the legge or foote, and helpeth limbes that be swollen & ease the maladie if any be.

How to make Unguentum Sanativum.

Take Sitten verdigrise, Bugle, Sanicle, Pimpernell & tormentile, Robert Harbestaker, Cinke Spirit, Unguent, Solsticle, Centemonie, greate Consounde, mede Consounde, Betonie Consounde, Osmonde, Roote of Hemp, Roote of Bryony, Roote of Nettle, of madder of either of a like quantitie, and of Linseed almust as all the other herbes and in weight, Stampe them altogether and put to them a quart of oyle of lilies & straint altogether through a cleane clothe. Then put them to a quarter of a pinte and almust of Turpentine & myxe not grease an ounce of Frankincense and fals an ounce of Mastick beate them altogether and put it in boxes for it is a perfect Ointment to heale all wounde. Probatum.

An other waye to make this Sanative Ointment.

Take Savon, Sorbe, Elme and Cinkfoy of either of them a handfull and stampe them altogether and put them to half a pinte of Hogges grease Frankincense and Mastick in like quantitie as is aforesaid, and so make it up for it is good.

How to make Oyle of Henbane.

In May Iune take an howe earthen pott of a pottle or a gallon, and make many small holes in the bottom, & the pott and fill the pott full w^th the Droppes of Henbane, & rosted Rose then stop the bottome of the pott close w^th the mouth of an other pott fast closed and set them both in the earth by the space of 24 houres and then take them out, and ye shall find a rich oyle in the nether pott. Put this ouer the fire.

Vnguentum Pretiosum good to drive out rot taken in the Shoulder Neck Arme &c. Hyght or three, how it is made.

Take Soape of Cranes Fitton, Sage, Comfrey wallwort the tonder of Yue and of Sanicle, of either ij like quantitie and Damaske de muscat fulls the ij weight shred them small then take dogs grease Sheep grease and Burbel grease of either a like quantitie, shred the Soapes small, and salt them well together in a pott, and put thereto a quantitie of neate oyle & straine it, This Ointment is very good for the gout for cliffes and sprains.

Ytt oyntm.

An other Ointment.

Take Libwort Plantin dragon Mill folly, dompsarie Wallwort, Pamitorie, Erabiak, Sugle Eanirle a good full of either of them, stamp them together w^th Sewyne grease yat is not salted and so let it rest three dayes and then seethe it and put thereto a quantitie of wax and Turpentine and straine it, and rost them a little yuer the fire, and then it is good against scabbes.

An other Ointment.

Take an Ounce of Sodd way of Virgin and Dolefony ana, an Ounce and a halfe, of Thistle Tellers ij Ounces, put thereto as much Oyle as will suffice and myngle them altogether & set a Skarrole fyre, and when it is neare sod, make it stop and keepe it.

Vnguentum viride How it is made

Take the rootes of Sollondyne, of Coltsfoote, the leaves of Brabious of Mallowes & of Flos Campi, of eyther a handfull and washe them cleane, stampe them and put them into the Whyte wyne them well togither in a mortar and put thereto a li. of Hogges Grease and put them into an Earthen pott well closed y^t noe ayre come out of it. And sett it vp in a feuer & soe lett it stand 10. dayes. And then take it out of the pott and put it in a fayre pann and sett it on a charcole fyre Boyle it well & stirr it w^th a sticke and when it is soft presse and sett it againe on the fyre, and put halfe a quarter of mirrhe beate in smale powder, and when it is moulten put thereto one ounce of Frankencense, of Masticke and Gorde= grease of each halfe an ounce, all these made in smale powder and stirr them well togither vntill they be dis= solued, then sett them downe and put thereto halfe an ounce of Alocium Epaticum well poudered and searsed in warme eyle. This Ointment is good for all woundes and will gett away dead flesh & mirrhe & renue flesh & make them whole & sound.

Yet Ointm^te

How to make Vnguentum called Vade mecum.

Take the iuyce of Sollondyne Dock Fumetorie Brabious and Borrage of eyther of them a quarterne Eyebright Verue & Centum of eyther halfe an ounce mixe them well & beate to powder & boyled grease in like quantitie and set them ouer the fyre and when they doe melt put yo Sorrell powder thereto, and stirr them well ouer the fyre w^th a sticke. Then take it from the fyre and put it in boxes it is good for Brabes and Contumelies like.

The manner of makeinge Flos Vnguentorum

Take a pound of Frankencense and Rosen togither, of Virgin waxe of Turpentine halfe an ounce of Masticke of each Flos vnguentorum. halfe, & two drams of Camphire, melt w^ch will wilbe fatt, & two drams of Camphire melt w^ch will wilbe moulten and make powder of the residue. Boyle them well togither ouer a charcoale fyre, straine it through a strong

cloth,

clothe into a pottle of white wyne, and boyle altogither then
doole it a whyle, then put therto of Turpentyne, stirr it
altogither and lett it stand till it be cold, then part the Comm
from the wyne, and save yᵉ cloth wᵗ it, and make yᵉ playster
And it will heale de wounde and moost wounde ffor of all entrisi
this is the most redressinge, Soudringe, and will gather and heale
the flesh next in a night then an other Practic doth, in a
moneth ffor it will suffer noe corruption in a wound, nor ned
dead flesh to ingender therin. And it will draw out yron
shiverd. Thornes or any other evill thinge that is in a wounde
It solveth the spiritinge of a Starre noodle pinn or any thinge
thinge that sticketh the flesh. It healeth the bytinge of
venemous beaste and wormes It rotteth and rypeneth all
botches and byles, and healeth all festerd chankerd and Nolimetan
gered, It draweth out all arse from the Liver, It dissolveth the
swellinge of the gomitrieb, and all the members of a man
It solveth the Emrode and other paynes and diseases
of the Gutts bene proved and approved. One Mr Gerden
hath wrot an excellent chirurgion in this time did many
good cures by the same. vale

Vnguentum Apostolicon is good to soulder Bones
together and to make the skinn of wounded smoothe and
even, And is good also for the swellinge of the Epilem
for quicksilvered of the breast will rome of Curtis bruisinge
or fallinge. It is made after this manner following.

Take Gelt a q.s. of pitche, Galbe a li. of dolofony, of Galbanum
Serapynt, Armoniak Myrrhe ana of either Galf an ounce of
it be in Sommer put therto iij ounces of rosin and in Winter
iij ounces and make it in this wise. Take of Linsede and sett it
over the fyre put therto yᵉ pitche, Galbe, Serapynt and
Armoniak, and melt them altogither, then put and droppe therin
into rose water, and yf it receve an redd swart colour, then put in
yᵉ dolofony, Gumme poudred or salte an ounce of Mastick Galfe
an ounce of Olibanum, and mingle all these togither over a fyre
& mixe therwᵗ an ounce of Terpentynt and then cast it through
a cloth into rose watter. Then annoynt yᵉ Hands wᵗ oyle
and wringe out all the water, and so keepe it. It healeth so

An other Ointment good to heale a rupt and good for broken bonds for yt the said Ointm.
may rotte rosse the sore it, for it will suffer no
wound to heale till it be sundrie healed at the ground
and it will draw awaye the bruse blod & the blood,
And it is made in this manner.

Take Smallage Fibbwort, Plantan, water tug Docks of Sythye
in like quantitie, and a quantitie of Daysie Docks and of
sparde of Brare & stampe them altogither puinge out the
iuice and put it in a pann. And put therin Hyne rosate
flower & stirr them altogither vppon the fyre, then put to
a quantitie of May butter and stirr them well togither
and let rell, make a porge good Ointm. Laye it in
a wound & laye therwppon a Plesber of some good Treate.
And so this for it fully berie rosell approved.

Vnguentum Apij

Take the iuice of Smallage of Plantan & of Morsus diaboli
Salfe a porntie of all of them, of rosent flower iij ounces
of Honey a quarter of a li. Boyle all these togither till
they be thicke, then put therto a quantitie of Turpentyne
& stirr them well togither, and then make it vppe and keepe
it in boxes.

Ointms

Vnguentum Mundificatum

Take Yterosine waxe Oyle olive of either of them an
ounce Boyle altogither till it be rode then put therin an
ounce of Turpentyne.

Vnguentum ad carnem regenerandum.

Take two ounces of Clarified Honey an ounce of Turpen-
tyne a Dragma of Aloes and Myrrha & a scruple & halfe
of Dragon Vase & of mill flower dust almost Halfe a
handfull & thicke it w all and a little Bole Armoniake,
to fuller it. This Ointm. is good to clense wounde &
to make flesshe to growe &c.

Vnguentum pro Dolore in Carne & in ossibus. &c.

Take sage hyssop Crane, Lavorell leaves and Absinthium & stamp them altogither w^t^ Mair butter and put them into a pott & lett it stand three wynd dayes, then set it over a fyre & put frankincense therto, and stirr it well and put it in boyes and keepe it for a soveraigne Ointment for Aches.

Another good Ointment.

Take an old Gander that is fatt and pull of all the fathers and pull out all the Entralls redye to be rosted. then take a lytt batt, mowse rosyn salt and honey of eyther of them in like quantitie, then chopp them small togither and thrust foarth the Gander and on him fast drayne. then putt him upon a spitt and rost him till he be tender. Take the droppinge therof for it is a pretious Ointment for all chowes and chanbers.

Vnguentum Genistæ

Take the flowers of Broome and stampe them w^t^ Mair butter and lett it stand as might and on the morrowe boyle them well togither and straine it through a canvas cloth and keepe it for a soveraigne Ointm^t^. for the payne of the butte, and for diverse other yarbs

Ointm^ts^

Vnguentum album.

Take sweete oyle as much as you will and put it in a bason, and crumble therin Ivie gre and stirr it well a while till the oyle be fayre and cleare, the fowrth part of as much Ivie gre as of oyle then take bytturge of Leade and stampe it small and put it therin a little into the oyle a little quantitie therof and stirr it togither then take white Lead a to a Gill of oyle and stirr it well togither And take as much Storax fyne scraped and put therto and stirr it well. then take a shuttle bone scraped as gold smithes doe lose and put therto and stirr it altogither in the morne, till it be white for the longer it is stirred the better it is, and will be a good ointm^t^. But yf you will have it fyne put therto a lumpe or bytturge of gold

and.

and of silver, oyle olyffe, oyle of Lyndeby, oyle of Roses, This Oyntment is good against all Sott sores, Crabes, Cottes daunters and all manner of wounded &c.

An oyntment called Nevall riall.

Take a handfull of Sage of Bertue that bee hye not flowers, Rosemarie Sage Thyme Sammonyle Garden Myntt Arties mesia, Sorrell Crate Mapp, Costmarie, Garden Lawrell leaves, red nettle Mallowes & male mallowes Hyssop, wallwerte Elixer Pettyne, Watter dressed, and lavender of Eche of Sose a handfull stampe them altogither and put thereto iiij li of maij butter Grote grease and Bones greased of Dytcher iij li and a pynte of oyle olyffe and when they be well stamped then put thereto yo butter and grease Then putt it in a pann & sett it ouer a fyre till it bee well melted and mixed together Then put thereto yo oyle olyffe and boyle them altogither well, and then take it from the fyre, & presse out the iuyce into an other pann & put thereto a pynte of white wyne, and sethe them together till they be greene. Then draw it and dense it through a clothe and lett it stand iij dayes. Then take ij ounces of mastike, ij ounces of frankencense and ij ounces of mirabe olane rutt in smale poeder & put thereto, Then sett it again ouer the fyre & boyle it again till it be well mixed. Then straine it again and putt it in boxes well stopped And this is the best makinge of Water oyle Also this is a soueraigne Oyntment for Sores Brouses broken bones, or for the gout &c.

An other soueraigne oyntment for Sores.

Take Sage, Sorrell Crate, mormewood and lawrell leaves and stampe them altogither with maij butter, And putt all into a pott, and lett it stand nyne dayes fast closed, Then sett it ouer a fyre & strize it well together, and put thereto fyne powder of frankencense and boyle them well together, Then drawe it and straine it & keepe it in boxes for a soueraigne medycyne for Sores well proued.

An other good Ointement for all wounds of bruses &

Take Plantan, Ribbwort the dayes w^t the rootes a good quantitie of all stamp them and salt them in clarified May butter then strayne it and keep it for it will heale any sprout^t & ruvable.

An Ointement for Aches.

Take Honey of Rome, Pensiall, Thyme, Mounten, and Wallond oyl doun portions & stamp them w^t May butter, and put them into an earthen pot, and let it stand Twentie dayes in a dunghill fast stopped then take it out and strayn it, and putt thereto Sawsedge and stirr them well together and strayne it, for it is good for the Aches and for y^e Gout &c. Proved.

An Ointemente for all griefe in y^e joynes and in broken bones.

Take Honie Bonefulle of Aqua vitæ iiij^{or} Bonefulle of the gall of an Oxe, beate those together in a morter till they be mixed to xyse, then set it from the fyre and when it is cold annoynte the sore therewith then strike a plaister of Myrrhe upon leather and lay it thereto. ca.

An Ointment good for the Fistula Pockes and for Sm
Ointm^t. that is burnt w^th a Quare, and for Ypocis. ca.

Take Verdegrese out penny worthe, Oyle of Dayes foe
penny worthe, quicke Silver an ounce and beate them together
till they looke blewe. Then putt it in boyle and keepe it close
and annoynte the grieved place therewith evening and
morninge, for a burninge spread the ointm^t upon a browne
paper and lay it to the sore and it will heale it. Probatum
And for the Ypocis annoyte them therewith and it will helpe probatu.

Vnguentum Imperiale made as followeth. ca.

Take 1 lb of Storax 1½ of Galbanum and ½ of Oyle olive, boyle
all of them together till they be well mingled then take it and
put it into boyles, and it healeth all manner of wounde new and old.

Vnguentum Canatum.

Take Burnett, Daube Cormentill, Drosser, Spigle Camile Sraabe
Sohn Sraabe Robert Serbe Water Dorsaxe mistle Bottle daysyes
Se droppe of Sompe & nettle Red Bryer Red dole smaller
Pimpe Maior et Minor, Sriolitt, Dowe Hystell, grownde swell
Virgd Pasturis Water Cassell, Meadowsote Dronesyde Flos
Campi, Brome Clowred Gittem Transie Daysy Cuppernode
Yarrow, Strawberrie wythe Pympernell Plantago, Waysore
and Sobtongue of all Sysse in lyke quantitie Sysen take de
muse dstroyed de is all Sye other Serbe and all Sysse Serbe
is must be gathered in Sye monthe of May or elde bisse Midsomer,
& stampe all togither and put Serbe more & more May
Butter well cleansed togither and sett all in a Oldeane bessell
Syne dayes or more till Sye Serbe, Sysen Sresse it in a
Sour and Sraync it Sprough a Sandrosse Clothe, and let
it dale and passe it in rolle, open it ag stone Syrnge and let
out Sye water Sat is in Sye bottom. Sysen Sarfume it by ayest
Sye fyre and make it and put it in Boyled Syrnges a roundid man
must drinke first and last de must de annoynt and still Stale a
wpound of Sout Cake glasstex, Albert Longe Red dole Waste of Sye
round or a odd Bryer Caste and change it allwayes wssen
Sye a Sysd Sum drinke and it will Stale it sowthly.

Vnguentum Dialtea is a sett ointmt. called Dewtie de molefieth
Sicknesse Sclensethe all Sard rotte Sores & mesteles Sem Sat be
dryp, manelle in Sye Berst de Impostumes in Sye bottom in Sye Longes.

Take Sy moted of mistle mallowes Sistle of Sene raddes Sistle Sriskedde di: li of Madersse
mallowes di: li of Sorke Lisse mylte of roote, pli of Cypp outyne Galbanum
gumm of Sre of Sytter of Sem ana di: 3j of Dolorosum, Sryz rosenum
Rosinum of any of Sese 13. Beate all Sysse togither and put Sem into a
of fayre water sey dayes, and on Sye iij day boyle them on Sye fyre till
it waxe Sick. Sysen put Sem into a Sorbett and put Serbe a little sett water
to de drosse Sye mylumore and presse Sye Sorbett betweine two stones,
and take it pte of Sat Salt and boyle it ag mylte of oyle of olisse
till Sye Sird part be wasted and after Sat put in Sye powder Turpentyne Gum
de Sre Galbanu Sye poulder of Sese Sruz Cost tosen and wssen all Sysse
Sringes be entyred togither sett it on Sye fyre till a drosse Sereof
will stand vppon Sye mayle Sen it is well enowgh it is sold put it in
Boyles.

Sn other makeing of Dewtie.

Take Brorke Sleye dapone Hennes Dogge and Bores greast and Sye
marrowe of a Sore Legg of a Horse, Sye Suet of a Deare and Sheepes
Tallowe of Sese Sinne in lyke quantitie, Datts Mutts & Hares greases
Sen take Sye iuyce of Sis, Mallowe, Rubarbe Mowell Dewberrie
Daysy, Serbe of Crate, Maithe, Plantein Sarow, Matfellon Dockleaves,
mylte Sese Sinne fyne altogither in a pann ag all Sye said greases and
Sese Sese it is well sodden warme it Sprough a strong clothe & put it in potts
of Stone Sat is Sott and moyste of Sye nature of Syre & is wexe Softe.

Howe to make Oyle of Roses.

Gather a lb of Roses yt be full blowen early in the morninge when the dewe is goone from them and clipp of all the white of them. and put them in a glasse wth Oyle of the greenest olisse that ye can fynde well medled togither and soe stopped that noe ayre can gett into it. Then sett it in the sonne Twentie dayes and stirr it twice a day, then straine it through a peece of canvas from the grounde of the Roses, and put it into a glasse and soe keepe it in the sonne other xxti dayes and then it is made.

An other waye to make Oyle of Roses.

Take ye Roses and ye Oyle by equall portions of wch ye Roses must be smale stamped, putt them togither in a glasse boy water to the mydst and sett it and soe close stopped during the space of two Monethes, and twice a day stirr it and stopp it fast againe and at the two monethes ende straine it through a canvas and put away all the refuse of the Roses. Then keepe it well in a glasse, for some men saye that yt is the best maturinge of Oyle of Roses.

Always how to washe Oyle Olisse to make it more dull and savorie.

Take a pottell pott a smale mouthe and put therin oyle and water a like quantitie, then stopp the mouthe close and shake them well togither a good while, and sett the mouthe downewarde, and soe lett it stand and rest ten howres or more, then unstopp it sodenly and lett the water runne out, and when the Oyle comes then stopp the mouthe and turne the pott streight and put in more water and doe therwth as ye did before, and doe so iij or iiij. tymes or more as requireth.

Gather all sorts of sweete flowres when they be in their season and putt them in a glasse and putt to them Oyle Olisse yt is cleare and neate of the flowres may be well drowned in the oyle. and sett them in the sonne till the rest followinge may be gathered, viz. Calamint, Penyroyall, John Gaye, Egremonie, Eufforbium, Tormentill, Pellitorie of Spayne, Lavender, Pennyroyall, Rosemarie, Hammonell, Eyebright, Pellitorie of the wall, Lavender cotton, the flowres of Lyllies, of Tansie one handfull

We must

&c̄ must be gathered in the monethe of June Erynn
then stampe in a stone morter then take the flowres of
the dowslopes of the oyle and poring them softlye
vpp and sundre and put them into the morter wth the other
spardes and grynde them well together then laye them a
steepe in wyne a daye and a nighte then take them
dasely out of the wyne and boyle them in a soft fyre
wth oyle olyffe of the quantitie in sight of the same herbe
and lett them boyle till the watter and wyne be wasted
and then it shalbe knowne when it is well. Take
a spoonefull of the liquor yt is in the nether bottom and
if yu see no matter in the bottom of the spoone then
it is boyled ynough. Then take it from the fyre
Let it stand till it be nighe cold. So that yu may handle
it, then stronglie straine it through a dantake bagg,
and put the oyle in a potter or glasse bottle and it
will keepe well three yeares. This oyle is good
against Cowtes Bruse, all maladies that lye in
the synewes gotes nighe of the cold gowte or the palsey for
the fractions of bones done in the ioynte. It must be
made in the ende of Maij or Maydest of June.
If yu put thereto the herbes otes and barlie it is the
better and will last twentie yeares. Saulme,
herbe Robert Origanu, English madder Cyanu
Hillworte, Redmynt horse mynt Isope the fronde
Neptyall of eyther of them a handfull & two handfulls
of Ambrose and put them amongst the other spardes,
and dresse them as afore said. In Sommer tyme yo
shall annoynt yo grieffe against the sonne, and in
winter against the fyre, and after the annoyntinge
yu shall swadle yo wall yt with nowder to sod
and warme it well against the fyre for this
Ointment is of greate vertue as shalbe done wolle provid.

An oyle for the Head

Take Margarum, Taugr, Lavender, Yarbe of Grate the tender toppes of the Capt taste and damonde fulle a handfull of bothe of them. Boyle them in white wyne till they be tender. Straine them from the wyne & braye them small. Then boyle them in oyle Olife halfe a quarter of an howre, and stire it well for burninge and lett it stand a fortnighte or iij dayes. Then make it myldly warme and straine it thoroughe a straynor, and throwe yᵉ shell have & kepe oyle. Take a little throwe at onre and make it myldly warme, and therwith annoynte yᵉ sore head evenynge and morninge. And it will helpe that and other diseases.

An Oyle to heale a wounde, and for broken bones soe that the Oyntment may come vnto the bone. It will suffer noe wound to feale but first by the ground, and it will drawe dead flesshe and drill blood, and keepe wounde bloodie.

Take smallage, Dibwort, Plantan, and water Burdock dayfie leaves in like quantitie and a little Yarbe of Grate, Stampe them and wringe out the iuyce and put the iuyce in a pann, and put thorto fyne white flower, and sett it on the fyre and lett it be well stirred and put thorto a quantitie of Maij butter and stire it well, and it will be a goodlye Oyntemente. Then take Lynte and the Oyntmente togither, and laye it to the wound, and laye a playster of Excte thereunto, and soe lett it lye till neede be to remove it and so contynue ministringe vnto it till it be whole.

How to make an oyle for a sore.

Take a pynte of white wyne, & halfe a pynte of oyle Olive, and put it togither, then take Rose dampen, Crowne Imperiall, Yarrow leaves, Plantayne, Stampe them in a Morter, and take the iuyce of them & the iuyce of Celendyne, Stampe them in a Morter, and take the iuyce of them & the iuyce of Celendyne, &

To make an Oyle for any Sore that is in greate
Sporte close or Spedlinge.

Take Nightshade, Plantan, Elder Lyne soliche to smalage or Flowres or
Leaves of Carpe of these herbes two Sawcefulle but let the moste
part be of Splendor greate & small and Boyle them in Fayre greate
or Maij Butter, but stampe the herbes first before yu put them in.
Then let them settle till y Oyle be grene and take away y Skum from
it and it wyll be and when it is well boiled strayne it and put it
to. Then put vnto it one ounce of pudor oyle of Roses wch will be very
Costonlye Yf it be well put to yf Oyle a Sawcefull of Oyle y Sore be
& Mallowes leaves.

ffor to make an oyle to heale a bulle alone.

Take Plantan small & greate Bittony Selldndyne Valerian or ye Lyne Nettle
nigh shade Crowne Sell Woodbyne Leaves Mother wort Mallowes Nettle=
tworte & Catsfoote Settle all these wth Fayre greate But let them not Sticke
Dryed, and when they be well boiled strayne them, and take the wyne, and
put thereto Honey Turpentyne Mastick rosite ffrankencense oyle of Roses a
Little Rosen & Virgins Waxe. Yf yu make muche Oyle after the quantitie of
yo oyle temper yo Stuffe. Yf yu make of the herbes a pynte of oyle
then take of Mastick & rosite frankencense in powder of ye ounce, waye and
then take of Mastick & rosite frankencense in powder of ye ounce, waye and
Rosen ij ounces, put these into ye oyle and Stirr it well and when yu melt it
and when ye Leaves Skummed it, put to it of Honey ij. ounces oyle of Roses
ij ounces & of Turpentyne ij. ounces, and let them Settle Agayne Strayne it
Clere & yu make it ye it will be pure and greene, And yf a Little
Lyme to Laye it on ye Sore, and it will Heale it.

To make Excellent for all manner of sores, both white, red and greene Issues.

Take ij lb of Honey, a lb of Resin, and a penny worthe of Oyle Olive, relent them on the fyre and put to the Oyle and boyle them altogither and take it from the fyre and then it is white Create And yf you will have the other followed treate, then devide the white Create into three parts, and to the second part put a penny worthe of red lead and temper them well togither and that will make the 2dd treate wch is redder then any of the other by reason of the redd lead. And yf you will have it greene put to a part of this greene Ointment that hereafter followeth for the coloring thereof is more folsome then verdigrease for a sore for this Ointement is good to lay on a Playster wch is the sore for it will draw out broken bones, and is Sodraigne good for many other things and is made as followeth:

Take redd Worte greate dayshes, Osmund, Polipodie, Fugell of each alike quantities, and as much of Sarcocolla as of all together, and put to pigs Damise and Olyf Soape. a like quantitie and stampe them altogither temple in a morter. Then put to the Suet so much fresh grease as all the hearbes doe weye, and stampe altogither till they be mixed Then fry them in a Pann and set it in a close Vessell some dayes and then fry them again till they be throughe hott and then strain it through a cloth, and lett it stand till it be cold. And lett out the water & fry the Suet again and put it in boxes. This is a precious Ointement for all sores and it may be longe kept and wch this Create the other Create in winter and make it greene. And this Create should be made in Summer, and put thereto a quantitie of Verte Gruett, for it will be so much the better.

To make Apostolicon wch is a verie good Create.

Take wormewoode, Hoarehead, & Mallage, Dentorie, the Roote of Osmund in like quantities, and as much of Sarcocolla as of all the other wash them cleane, stampe them and putt them in a newe earthen pott. & put thereto a pottle of good Vineger, and bathe them in a Quarte strain it, and putt the liquor into the pott, and sett it over the fyre againe,

Putt thereto.

Putt thereto an ounce of mead waye, that is molted in pomand miller
An ounce of Allum beinge pounded, an ounce of blacke pitche
an ounce of Mastike beinge poudred, an ounce of Galbanum pon=
poudred, an ounce of Frankincense beinge poudred, halfe a quarter
of Terpentyne & quarterne of rosin, but not the Terpentyne
in till the rest be boyled and tempered. and when yu take it from
the fyre then put in the Terpentyne, and stirr them altogether
till they be well myxed and when the Terpentyne is melted
then straine it into a redane pann and
myxe of the taste of Wallwort by weyght as it is of the beinge
and myxe all well together.

To make Terpentyne for Excation.

Take three quarters of redane Resin, a quarterne of rosin,
halfe a li of Pytch that is greene, make pulver of yt
Resin and rosin, and putt the Pytch into a redane pann and
put thereto the Resin and rosin, and sett them on a Charcole
fyre, and boyle them softlye and not fastelie, and as soone as
the Resin and rosin are melted, and well mingled with
the Pytch then sett it from the fyre & sett it cool till the
greate heate be past then straine it and keepe it.

The Synnipall of all others called Gratia Dei,
Take Betanie Dragon, Sparke Robert, Sparke Walter
Hay, bread Smallage, Osmund Dragon Cucumis
Hedge Camps Bugle Tribroote Shepherds purse & litle quantitie
of Deuse rise and sandfull Poole, & all the Sparke flowres
put them all together. wash them redane and wring them small
in a Morter, and after put them into a pott and
putt thereto a pottle of good white wyne, and reserve
untill the pott be fully on the fyre till halfe
be wasted. Then take it from the fyre and sett it stand
to tie
to myre flowres, and sett the pott over the fyre dragg till
it be redde to be, then take it from the fyre and
straine it so that yt may have all the substance of the
Sparkes, then wash redane the pott with wyne &
sett it over the fyre dragging with the same liquor and sett it

Steepe.

ꝺꝺe ye agayne. Then take halfe a li. of mead wayꝺ rutt into ye
pottell and rast into ye pott, and stirr it well wᵗ a stick, and
stirr it often ye almost a quarter of an howre, and then set it
from ye fyre and put yerto an ounce of Mastick halfe a
li. of Rosen, ye two ounces of Ypocrasse, halfe a li. of frankin-
sense well beaten to pouder, and take a li. of Corpentyne
halfe a li. of Egrimonye clod and putt it all into ye pott &
stirr it well till it be rotte. Then take a poynte of Vinegre
and a poynte of ye iuyce of ye said garlick, and of ye
womant milke, and of ye iuyce of Celendyne of every
an ounce, and put it in a glasse till next morninge.
Then take out all ye moysture that is in ye pott and take
ye bridges of ye woman milke, and ye iuyce of ye garlick
put it in ye glasse, and myxe them altogether and
putt them into ye pott, sett it agayne over ye fyre
and lett it heate softlye a while. Then take it from ye
fyre and lett it cool till ye may suffer ye hand therin
Then take out ye Treate, worke it in ye hand against
ye fyre till it cleave to ye handes, for ye more it is labored
ye better it will be. &c. And yis ye foresaid Gratia Dei.
is ye most pretious Treate, for it will heale all
manner of wounde that may be healed wᵗ any manner
of Treate. And yf any wounde be to soone healed and
rankle wᵗin. Laye this Treate to ye plaster and it will
open ye wound agayne, and heale it agayne, yf ye
plaster be removed twice a daye in Sumtier and thrise
in Sommer, and at every tyme ye must take ye wound
wᵗ fayre warme wyne, and yf ye sore have fleshe wyne
then take Red wyne. and at every tyme ye remove ye
playsters wype it, for it will sore the playsters to. And
this Treate is very good for swellinge and rankelinge
of wounde for ye canker and for ye festers, for it is a
Treate, Attractative, Mittigative, Consolidative, Sanative
Mundificative, and may be accepted as well at ye best
Treate that can be made wᵗ mans handes, And therefore
it is called Gratia Dei, yᵗ is to saye ye Grace of God for ye
all thinge. /. r. r. /

How to make oxicrocion wch is a yellow Create,

Take 2 yards Suett and melt it in a yelam of Earthe
then take a portion of Rosin a greater quantitie of Mastick
of Olibanum, Lytharge of Gold and of Glister, and of Sirgin
poxe a like quantitie and a little bit of Oyle Olyff. Shaue them
well togither and then take yᵉ powder from yᵉ fyre, and Sale
it a little, and put thereto the powder of Saffron and the
yolkes of Eggs and stirr it till it be cold. And this a good
Create and best Sealinge and drawinge and it is good for
broken bones and for all maner of Sores in Horses legges
It loseneth Sinewes Impostumes, And therefore let Chyrurgions
of Salerne vse not other plaister but this only in all maner
of causes,

An other good Create.

Take good Fatt Cheese melt it in a yelam and lett it stand and
when yᵉ Fatte is fallen into yᵉ bottom power out the greate into a
possell and lett it Cole, Then take three li. of Rosin alsoe of
waxe, alsoe of Baton greace a li of Hogges Tallowe, a gill
of Gumm Galbanum, and lett yᵉ gumm lye in a little luke
warme water vppon the fyre vntill it be vollentted. Then
breake yᵉ Rosin & malle into a yeam, breake the waxe into
the Rosin and put thereto the Tallowe, greace and yᵉ water
the Gumm was in, and lett it ouer the fyre, put thereto a gill
of good Frankincense, Salfe a grie of Mastick & Sarcocolla
the yeos in fyne powdered, boile them till they be vollented
& well mixed togither. Then take vij pennyᵉ weyght
of Sodred greene ground & malle on a marble stone, cast
it into the yelam and stirr them well togither Salfe a gille
of Linseed. Then take it from the fyre and put it in a
bagg of Canbaste, and put a little water in a Bason,
& stirr it in the bottom and hold ouer the bagg wᶜʰ the Create
& lett it runn into the Bason and presse out the Create wᶜʰ
a payre of Tonge and when it is drawne throughe take
it hotte and put it waye the fraye about and so lett it stand
all one night and on the next morninge take out the Create &
scrape it drawinge by the lickeinge, for it is ill to grind be made
Create as if it should be in warrantise.

A good Excate to close a wound and seale it

Take ye whites of 3 Eggs Three spoons honny, and ye meale alike quantitie and take as much or more of ye Juyce of Marsh mallowes as of ye other and putt them to ye juyce of Comferie & of violetts, and seeth them together and make it thyn.

An other Excatt good to open a wound, to cleanse it to take awaye ye dead flesh & yt is rankled and corrupted.

Take ye juyce of wallworte, Mosthuim, ye crompes of redd nettles, and of Marsh ana. ye even portions and weight, and as ye whites of Eggs sometymes lesse and putt them to ye meale & seeth it till it be thicke. And yf ye wound be deepe put ye Excate on a clout and laye it on ye sore, and yf it waye draw vnwrap it wt ye juyce of Marsh &c

To make a good plaster to seale all wounds wt out Cont.

Take white wax, Rosin Turpentyne and oyle of Roses of each ounce. Then melt them & take of ye juyce of Hale wort, cropes of planton plantin ana ounce Woodbynd leaves and Bittony of each of them ij ounces or els stampe & seeth them wt sheeps grease or Hogges & putt till it be greene then strain it & put to ye waxe. Then put into it frankincense and Mastick made fine & powder and all them seeth together a Psalme or two, & it be rold. And to make ye Salve fayre and greene take ye sapp of Nettles & put to it &c

for to seale Sores and wounde.

Take Mallowes plantin and Bittony, and seeth them well and when they be well sodden stampe them then take of Harrowes grease and mixe wt ye juyce & then take a little frankincense white & pouder of Mastick frankincense and melt wt ye juyce and grease & stirr it well and. Then strain it. Then put Verdis meale to it. yf it be full of corruption then put ye Bittony into it, else take it not. but ye Mallowes & ye plantin And this is a worthy Salve good.

How to sett broken bones & care therin.

For Broken bones how they may be sett and cured.

Take ye lymm of ye broken bone & lay it on an table bord and wash it wt warme water, then sett ye bones togither. Then take ye glare of Eggs & fyne wheate flower made in a plaister on a clothe, and bynd it to ye lymm of ye broken. and lett it lye vpon vj dayes and vp. wch before yt remove it. And geve ye patient to drinke potte ale wherin Comfarie & Auduce first and last wt wyne and Rosemarie. And at ye vjth dayes ende, take ye same herbes, stampt them and frye them in fryse grease, and laye it in a plaister as ye first as hott as ye patient can suffer it. And lett ye patient drinke Cynamon and Dittanum wyne tymes and ye same herbes. This is good.

A Redd powder that will stanche blood, bruse bones broken & ye flesse and ye skinn.

Take an ounce of Comfarie dryed in powder an ounce of Bole Armoniake, two ounces of Coral, an ounce of Dolphinis, ij ounces of Sandragon, ij ounces of Mumma, make powder of all & keepe it for profitt.

An other powder that wthin two dayes will sodder a wound togither though it be wider then broade.

Take Olibanum, Sarcocolle, ana, Gilt an ounce of Aloes ij ounces make powder of them togither & strowe it vppon a wound, it will close it. Also ye powder of Harts horne burnte, closeth a wound, and gatheth apace drieth humors, and dryeth ye wound.

An other powder.

Take Dragon and drye it and make a powder wherof sprinkle dressed and laye it to a wound that is wrolde hurte, & bleedeth and it will stanche ye blood, and heale ye wound on wonderfull, and it hath been often proved.

An other powder to stanche blood.

Take Jasper Coral and Corse of Allume, make powder of them and put a quantitie thereof into a wound that bleedeth, and it will stanche it presently.

An other thinge to staunche blood.

Take a quantitie of Bole armoniak & myrre & sanguis draconis make them into poulder & myxe them with the glaire of Eggs, laye it to the wound and so lett it lye two dayes & it will cleave faste unto the sore; then to loosen it that it bleed not when it shalbe taken of. Take oyle of roses and annointe the plaister therwith and yt will suppe it that yo may easelie take it away.

An other for staunchinge of blood, souderinge of bones and bodynes and healinge of sores.

Take sanguis draconis, Bole Myrrh frankincense Mastike & bruse Litharge poulder of comfarie poulder of a roote of an elder yt is called Setwall, ana. Make poulder of them all & strew it on ye wounde or on the sore, and it will staunche the blood.

An other good Poulder to stanche blood.

Take an ounce of Incense two dragmas of Dragon Gallia dragme of Turpentine a dragme of Frankincense pare & medle altogether with the glaire of Eggs, and putt them into fayre linnen clothes and laye it on the bodyne.

For to stoppe bleedinge of a wounde or of the nose

Mallowes, Plantein, Violetts, Wallwort & water.

To make a poulder to heale a wounde and to stoppe blood.

Take Lyturgium Bolarmoniake or sanguis draconis or Hoc patet Mastike white frankincense or olibanum and make them all in fyne poulder and strowe it on fyne lynte, or white lynt in white wyne and laye the poulder on it. Probatum.

An other good poulder for the same.

Take Bolarmoniak or dragons blood, white frankincense or olibanum Mastike Lyturgium and the poulder of dobell fell burned made all into poulder.

To make a poulder to heale to clense to stoppe blood to keepe the wound from rottinge to comfort and to doulder.

Take mastike white frankincense dragagante Bolarmoniak of each halfe an ounce, myrra & borax of ye most halfe an ounce and put unto it a little quantitie of ye poulder of drabbe or else Lyturgium, for the myrre wch ye will ye may put Gumm Elemy ami then put to it a little dame gex ni poulder, And this will heale a wound to any ye noble. Laye it on with lynte.

A good drinke for man or woman yt is wounded.

Take Bugell strawberie leaves, daysie, comfarie, yᵉ droppes of a redd dock droppes of redd bryar, droppes of Osmund, droppes of hempe droppes of redd nettle, & mirtle, of eyther Cansie pimpernell Mousear, and Violett ana, of eyther of them one handfull, of yᵉ droppes and leaves of clivers two handfulle of yᵉ droppes & leaves of sparbe & fort three handfulle. And yᵉ weight of yᵉ third part of all these sparbes in Madder, take all these herbes clean and stamp them in a mortar, and put them in an earthen pott and put yᵉrto a gallond of good white wyne and boyle them altogither till halfe be wasted. Then take it from the fyre and cole it a little. Then straine it into the clean pot & put in a pottle of fyne sorrell, sweet basill Carlon yarrow. Then take a pottle of fyne sorrell, sweet basill rum out of the herbes without pressinge & clarifie it clean ouer the fyre. and put it to the said liquor, so that yᵉ have of them in like quantitie. Then boyle them together till the quantitie of the sparbes be wasted. Then straine it into a glasse & and make yᵉ it before Midsommer and eate yᵉ first & last week a spoonfull of fayre sperry drinke yᵉrof first and last & drinke warme water yᵉrto halfe pinte eache day, and eate yᵉ drinke warme.

To make good Balles for wounde, to knitt & mend bodyes that be bruised and to knitt broken bones or warrantise.

Take daysie, comfarie Osmund yᵉ droppes of hempe yᵉ droppes of redd dock yᵉ droppes of redd nettle, yᵉ droppes of redd thyme Butter woode Cansye pimpernell Bettony Bugell & mirtle Yodis Ivy Holde and drovers Wudrue and Madder a like quantitie by weight of all except of the Madder wherof take the muche as of ta yᵉ rest. wash them clean and dry and them small in a morter, and when they be small ground and well medled together, make Balles as bigg as of a wall nutt & rowle them on yᵉ bigg end of a wall nutt & rowle them on a fayre bord and set yᵉ bord w yᵉ balle in some convenient place

wher

nesse nor yor dome, wynd nor dyrt may come to them for drynge
to fast, and do vse dayr turne them and rowle them nr[illegible]
fendes, and put dwdyr yr wormes yr any be in them, And
yus yu shalbe them till yey be dryr and better Called be
not fonder yr dyr to knitt and for to heale.

A drinke for a wound that drivethout all corruption
and healeth it

Take Holyrnoode, Tansy red dock, Plantayne, Hoode strawberys Basell
& planten greate & small & pompt seede, stampe all yese togither in a mosse
wyne & a little honey & wasshe yr wound wth it and drinke it. or els yis
drinke. Vizt Pimpernell, Scabius Cole or Holyrnoode, Egrimony, Hoppe,
Tansy, Plantayne, strawberry, Basell, Bittony and red Mudderwort
and stampe them in wyne, pomegr and honey and yis drinke. and yr
or healeth a wound by it selfe wthout other helpe. proved.

To make a good drinke for all manner of wounde
& for an Impostume.

Take Bittony, violet Basell, Avetue, Plantayne, Tormentill, Pimpernell,
Egrimony, Bugloss, Plantayne, strawberry, Basell & them all and stille
them all wth sweete wyne, and put in it a little sugar when yu patient
dothe drinke it. or else steepe these herbes and bathe them wth wyne, and
wasshe the wound wth this water and laye yr leaves unto it. &c.

Some Potions made of Herbes are to be clarified and
made fitt to be dronken.

Potions for the Dirte are made of the wyne of these herbes above
spoken, and of wyne or els of water them wth and clarified or
wyne, and them rendred till it be cleare. And if the wyne of
the herbes be bitter put them to a little honey. And although
the wyne be never so thick, yt may make it all cleare and
wyne or water in this manner. Take the white of Eggs
and the shells small broken, and mingle it wth the wyne
of herbes, and set it altogither over a soft fyre in a fayre
pann, but let it not boyle or rost thereunto. and then the
strayned of the herbes wth the white of the Eggs shells
will gather above and the wyne underneathe will be all
cleare as wyne or water. &c.

Of woundes in sondrie partes of mans bodie how they may be cured.

If a man be wounded wth a speare or wth an Arrowe yf the wound be deepe yon it shalbe cured. And that manner of waye:

The first waye to heale a deepe wounde is: To make a tent of Linnen cloth and lett it be smale, that the poynte may come to the bottome of the wound and annoynte it wth the yellow Ointment. or wth some other good Ointment & putt it into the wound and laye a playster of Create theron. Butt lett the tent be soe bigg about as it may fill the wound open, otherwise the wounde may heale above but not within and that is verie dangerous for when suche woundes are not perfectlie healed, but breake out againe after yon and they worse to heale yon they were when they were first hurt. And therfore wounde must be healed at the bottom first and yon above.

The seconde waye to heale hurte woundes that are deepe in anye place except the head is as followeth: Take a yard of a Swynes Chrest the head is as followeth: Take a yard of a Swynes & make a tent therof yt will fill the wound, annoynte it wth the yellow Ointt. and laye an emplaister therto made in this wise: Take hoyne, oyle, Honney, Mealle, Smale Create Sauge and lose them in manner of an emplaister, apon the wound, and change it twise a daye duringe foure dayes to gither and order the wound healthye soe may be the tent of Stard losse and losse, and soe yu may heale all hurte deepe woundes.

How to heale a broade wounde.

If a man have a broad wounde in his head or any other place of his bodie. Some the lippes of the wounde to gither in iij or iiij places wth a quarrell needle & silke thrid, & leave a space in the middest of the wounde, and make a Ysplaister of Swynes oyle and wheate bread but it not sodden, & bynd them over the lippes, and therof Swadinge bandes & playster laye it to the wounde and after heale it wth the yellow Ointt. or some other good thinge. And yf the lippes of the wounde be greate and the flesh about it be softe and fowle Sprinckle, and the wounde ready posito it is good to lin.

Butt.

But yf the lappet be torn and the flaxe about it rejecte the sherd and sharpe, it will bleede the daunterynge. And to the wounde wodde slaked wyne: Then take a sponge dronge and wett it in the wyne of Longwodde, Myrrhe, Bdemy worte and Isopp and medle them and the flaxe of an Egge, Oyle of Roses or of Violetts and laye hitt to the wounde untill it be in good temper.

And yf wormes breed in a wounde. Take the juyce of an Ogob donge warme and put it into the wounde and make a plaister of the Ogob donge and laye it therupon with fyne cloth the wounde will be redd. and then shall it sup-

If the Skull of the head be broken or yf that peece therof be rutt awaye, how to knowe whether the braine may be raised or not;

Wounds of the head. Take Pimpernell stampe it and temper it wt water & the duste drinke it and yf he cast it out of his braine then he shall dye.

And in like maner the juyce of Mouseare and the juyce of Columbyne and Isabroste given him to drinke. Yf it come out of the wounded he will dye in short tyme after or els yf it come not but he shall live. Then yf yᵉ tyme in curable yf the weakned and feblines of the patient may endure it take out the broken bones if any be in the wounde and cleanse it. Then take a fyne peece of Linnen cloth yᵗ is smale cleane and softe, and laye it on the braine to keepe the filthe from it. Then laye an other peece in the breaking of the Skull, but put the ende of the peece in such manner that they may get under the Skull to keepe the filthe from the braine. And the dust spring for his purpose made of Myrrhe, tabe & Sulphur beate & sifted a fyne cloth softe and cleane, and when yᵘ have stopped well under the broken Skull and in the breache therof. Then take a fyne linnen cloth, and rolle it in the glaire of Eggs and laye it on the wounde and bynde it up the 3 day. And take the matter out that is putrified or lye in suche manner that the matter may come out of the wounde. And change it twise in 24 houres daye and night in a Somer's. and let continue therein till it be whole. And yf in a Somer's. and let continue therein till it be whole. And yf any corrupt flesh grow upon the braine, take a gobbett of

Spunge

Sponge yᵗ ye wᵒᵘⁿᵈ yᵗ is first washed and dryed and lay
it theron for it will draw it downe. And yᵗ ther growe
any dead flesh on ye skull shall it vnder & Ermedattolo
and when ye skull is pfectly rotted shall poure ye wounde
wᵗʰ ye Quintm. Apostolicon. And yᵗ is wᵗʰin all sure
wound and healed, when ye skull is perished:

But yᵗ ye skull be perisht must broken, and ye smale wounde
wᵗʰout. Then put in yᵉ finger softly and search how fare
ye skull is wounded, and when yᵉ know out. Take a
Razor and rutt ye skinn a broade wise, and wᵗʰ an other
instrumᵗ part ye foure quarters from ye skull, and hold
back yᵗ when together in manner of a rowle. and yᵗ ye
blood be not impedimᵗ of any bone ye may take it out
or els tarry till ye third daye but in ye meane tyme
put in dyvers of ye foure quarters a pouder of linden roote
rotted in ye glaire of Eggs. And yᵗ ye quarters shall
increase it is a good signe. After ye third daye when ye
haue taken out ye bones. Then heale it wᵗʰ ye aforesaid
salve And on ye seconde daye after ye medicin is put yᵉ
shall laye on ye brayne a cleane linnen rolle that it not
rotted in ye glaire of yᵉ Eggs.

And yᵗ Dura Mater be hurt that rolle that shall layd upon
ye brayne shall rotted in fayre warme water for hurtinge
of ye brayne But pradoen trust ye skull if so broken
but yᵗ cannot pceive it for ye smalnes of ye breache
and in yᵗ case yᵉ skull raise ye man to high and hyde it
moulde and his nose, and to pond it wynd to ofend and
of ye skull be broken then will ye wynd come out of ye
breache. And yᵗ ye wounde be so narrow as yᵗ cannot see ye breache
then make it bigger wᵗʰ a Razor at ye lips yᵉ ofence and
then at ye ende of ye breache in ye skull make two holes as
yᵉ see nede according to ye largenes of ye breache. Then
rutt away as much as is betwixt ye two holes and then heale
it wᵗʰ Unguentum Apostolicon as shall come said. And yᵗ it
cause yᵗ a peece of ye skull be rutt away and hange by ye skinn
be that ye skull be not rutt quite through to ye brayne Then
rutt ye bone from yᵉ skinn and strike wᵗʰ ye skinn again
and bott herbe ye sheate of sage yᵗ nose be strayne & otherwise stiffe
and bonde ye a good plaist must be ordeyned for yᵉ matter to
avoyd from ye wounde and stretch theron ye rodd yᵗ powder box that will
powder them together again. Then heale them wᵗʰ some
of yᵉ Quintments afore said. But laye not ye powder to about
twyne daye or twelue at ye most.

And yf she be the skull be rutt throughe and the poore sange be wel on
the skrim then shutt the skrim and take away the corne from it and
bring the two poores of the skrim to the skrim of the head and let
the middle poast bee open betweene them boyes and laye a softlymed
rowle vppon the brayne then goe vpp the skull as truly borne
before declared and sowder the ends of the two skrimes to the head
with the redd powder.

And yf the skull be bowed towards the brayne she must be
must be rutt away and then scrape it as before said And when yo
will putt it awaye make some yelke a rosse all it before said and
then putt from yelke to yelke and see yo skull be fast sawed the brayne and
the rimme of the skull.

And yf the skull be shutt through both sides with three arrowes
and the arrowe standeth on the one side then take a Lazor and
on that side putt the skrim or rosse, and part it from the skull
And if the skull make iiij yelkes a rosse about the arrowe head
that it may easlie be drawne out, and then drawe out the arrowe
head but drawe out the shafte on the other side first. And then
seale vp the wounde as it before saide.

And yf the arrowe pearce on the one side and not on the other
then putt the skrim a rosse from the arrowe and part it
from the skull And make the yelke large enough. for then
the skull be the skull the better then drawe out the
arrowe and seale vp the brayne as it before declared
And this done sufficient and sure good remedie saved done
saved yo for all hurts and wounde in the head.

If a veyne be cutt in any part of a man, how the blood may be staunched. or how bruised or veynes, may be soulded agayne togither that be rutt in sonder.

There are many thinge that will stentfe blood of veynes or wounde Viz. Take the droppes of redd Nettles but not to much and laye it on the wound and it will stentfe the blood.

The hearbe called Bursa Pastoris will doe the same.

The dunge of a Mare or of an Asse made in powder layed on a wounde.

The braine dunge of a Swyne.

The roote of Elder doppes.

The roote of a Cyrmindye.

Yese the powder of Bdrdom fyne sifted, and layd to a wound will stenche the blood and heale it.

Yese the powder of Saunders bound to a bodyne that bloodeth will presentlie stenche the blood but it is dayngerfull for yse fearce not the latter for it will make the partie to sowne.

And if a bodyne be rutt a sonder, then sone ytended agayne togither bothe about and breadthe, as like wyse. But be sure ye dresse not the bodyne wth stronge, and drawe the ended sotlie to gither wth all wyse for breakinge the skinne, see that the blood may not out bothe about and breadthe. And then wett a fyne lynnen cloth in the clere of Egge and layd it to the wound measurablye. Then laye an Emplaister about. If it be in winter wth Saffe bene declared in the wound of the Head. and if it be in Sommer lay it to the Egge of an Egge till the wound quitter. and then wth the yellow ointm. and other thinge ye engender flesh, hale up the wound. But if an Arrow or a Sparke, Bilder Sprin or any such thinge stirbe in a bodyne, first pull out the Arrow or what so ever it be and soe by bynde ab before the bone sowed. and then raste on the redd powder or some other thinge ab is a fore said. Or els take two ounces of Emerode one ounce of Aloes Epatic. one ounce of Sarcocolla beate small dyett, and gulfe be must of the clere of Egge ab is all the other and medle all this together and lay it a good quantitie on the bodyne that dare rutt. and lett it lye soe till it fall of by it self. And in most plaices of the body ye laye a medryne to mitrefy me and stentfe the bleedinge lett it lye fower dayes before ye remove it. And if a bodyne be rutt downe longe with the tweesers of Syluer to gither with fingers and then lay ye medryne to it as ab is a fore said. but sowed it not unlesse there be verie great med. but binge the brimbes together and then make the medryne. Take Sarcocolla popletree, Sandragon and ye white of Egge and laye theron. And if the medryne with the dryes and Sare will not hold, annointe it with oyle of Roses or some other thinge that will relent it.

Of a Synew be dult how to soulder it.

Take Angyll water wch must be greate mixed that hye knocked togither in Sommer morninge before Sonne and greate upon a litle bord hye hye in ye ayre a yse cliffe and laye them to ye broken Synewes and that will soulder them ageyne togither.

Also in this maner ye may soulder Synewes togither Some ye outermost skinne of ye Synewes togither, upon Sarcible upon ye Red coulder: and that will soulder upon ye Synewes And yf ye wound be fresh upon make ye medycyne & told ye before for swellinge of wounde in ye head. and laye it thereto that ye swellinge ye asswageth and abated. but yf ye Synewes be stricken or cut laye thereto emplaister made of Galbanum Armoniake Esula, Agapo= nart also of Sponge Benetflowred and Holyherbe. Upon Annoynte ye herbe and Synewes with oyle.

Ad extraigne Emplaster good and profitable for Synewes that be dult, hurt or broken.

Take two ounces and a halfe of Colofin two ounces and a halfe of Rosin, iij. ounces of Wexe one ounce of pitche. And of Olibanum, Oppoponax Mirrh alche quantitie. ij. Ounces, and halfe a pynte of Sengreen Make powder of that yt shall be made into powder and melt ye other and boyle altogither and make a plaister ye rose and laye it thereto/

How to keepe Synewes from ye Crampe.

And yf ye cannot kepe ye Synewes from ye Crampe upon dult ye Synewes all a sonder, and upon it will not ake and yf it be but somwhat dult or pricked upon it will ake. And yf ye hurt in ye Synewes a pynne Iron or bone Laye thereto ye vnder of ye Beetle or ye sooke of Claxie, or of Pitander And yf it be Iron laye thereto an Adamant stone And yf it be a Bone stampe fetched of a Smithe and ye stude of Claxie and laye it thereto, & hid cott noe water towards ye Synewes that it hurt.

How to draw out Iron, Thorne, bone yt stickin a Synewe/

Yf any Bone be broken or a Legg yf it be hurt or broken. yf ye bone be broken and ye Skinne be split on ye out side it may be healed on this maner. first ye shall ye broken Synewes and ioyne ye bones togither upon ordeyne ye mixture of Synewe Lymme of Cloth, and wett them in glare of Eggs, and laye them on downe side of ye sore, upon take a cloth of xij fyngers broad & wett it also in ye glare, And bynd ye Arme or ye Legge thereof about ye offend, and looke that ye cloth be layed down

that

that they make not splits or dents in the arme or the legge. Then
ordeyne them & lidde them and laye about the sore, and bynd them
fast with stringes, to keepe the lymm down, that it remove not
nether. And soe lett it be bound three dayes till that the bones
be soulderd ageyne togither. And yf it swell by the byndinge
then wasshe the legg (or the arme) with warme water, & herbes
or Wine or yf plantan bathe bene sodden in. And when it is well
washed, annoynte it with Mercator or with Dutie and soe continue
the working vntill it be hole. And in the meane tyme let the pa-
ient drinke the ayre of Dasies, Comferie and Columby nut seeds
for they ioyne will helpe towarde the bone together.

And yf the arme, or the legg be wounded in the bone or in the lymm
rutt asunder and yf any sliver of the bone be lost, take it away
and then sett the bones downe together, and sowe the outermost skyn
of the dryed of the lymm, and then wash & clothe in the glare
of Egge & laye it to the wound and cast some of the Redd powder
thereon to soulder the bones and bynde them together, then wash
lymm & clothe in glare and bynd about the wound then annoynt
it fayre and wash about in glare and bynd about it. Then & anoint
it and stirr it not till iij dayes be past and then remove it &
remove it, and annoynte the splint with the yolkes of hennes.
for it regenderethe splint cast the redd powder on the lymm,
& laye it about the broken bone & be contynuinge the working
And looke vnto it once iij dayes, And give him sutch
nurture every dayes as will soulder bones.

And yf it should or abe, by ill the lymm be shorter then
annoynte it with Dutie all about the sore or else make an Emplaster
of Sothlye Beetle, Sheepesfeete & Lyne seede powdred and beaten together
and layed to the sore. But in any wise see yf it be well bound
or els the bones will not soulder well together.

But yow shall one excuse that some wounde of arme & legge
are not curable but deadlie. As yf the braunche of the arme or the
lymm be rutt or extroyante, or a vaine or sinewe the thighe be rutt
that ynwards about the knee, it is verie dangerous. And yf the
other parte of the arme be swollen or have blacke and fatt thye,
that wounde is deadlye, meddle not therewith yf they cast not
these signes they may be cured by Gode helpe.

But in the hurtinge of the legg shall not the medycyne be to drawinge
vnlesse it drawe other matter to the sore. And if the sore be a longe
wound in the arme or in any place of the bodie, without breakinge of
bones of thymmockes, or puttinge of the thymmockes. Then sone the bande
of the wound togither as bifore. Sale bone stewed &c, And the
Redd powder and the yellow ointment &c may serue it selfe. /

And yf one be wounded vppon the Liuer or longes, the stomacke, the
Midriffe, the Reynes of the backe, or the Cruttibolle, & rounsolde &c
not to meddle with them. Nor with trepaninge bodyes in the skimm
of the hedd, be shall. For all these be incurable without the greate goodnes
of God. /

If the Ribbes be shatt or broken they may be sowlded and dressed, and the greate
Vaines or gutte of the bodye be perished or hurt may be healed better then the
smalle ones, for it is dangerous healinge of the smalle Vaines and gutte.
And the Lightes may be shatt and suffer medycynes for the Gatherd sore shut
fearfully knoe greate payne but of the necessitie of the hurt. If it dan=
gerous medlinge with any of these, for they be mortalle. If the Lighte be
shatt and come out of the wounde, That with bruised &c may shut and dry
and heale it and gatt it in, and then heale vppe the wound with salue. But
if the Vaines be shatt and come out of the wound, if they be redd: Then take
a Rushe and slitt him in two, and lay the hold vaines in the Rushe
till they have gotten a heate, And then make an Oister playster, and lett
it be small and soe longe that it passe the lengthe of the breache be
an inche, and put the playster into the vaine, and on it sone the ende
together at ij. stitches or iij. and soe leave a greate heate betweene &c
Stitches & &c take out the playster when the endes are sowed together, and
sowe it in that manner that the superfluitie &c in the vaine, may passe
through the playster without hurtinge and rense the mixtures of the bodye
that is in them, and then softlie gatt them in through the wound and
rest the Redd powder ouer &c sowinge twice daye till it be sowlded
and then take out the playster of Oister. And then sowlder vppe the wound
with the powder and take out the threades and heale vppe the wound sorthwith.
This workinge is good if the Vaines be shatt a litle not euen ouer=
throwart. Mannaes good the lorde. or els &c must shutt a mans wombe with
it greivous and perilous for any man to endure. And therfore of extre=
mions sure by these warninge deuised to make notions to the wicke that
will bringe a man a sette &c if it be a dressinge &c they shall stille
not passe. &c /

And surg. notions.

To cast one m a sleepe.

And such ꝓpcions be made in this manner

Take the iuyce of Henbane, the iuyce of Clarke ꝓpice or elle the seede of them, the iuyce of Mandragon or of his rootte or elle the iuyce of Lettuce, the iuyce of Mulberry tree the seede of Lettuce and opiū, Ꝓpobaytiū of ey^ther of them and a like quantitie 3j / beate them togy^ther in a brasen morter and sett them in the some bd tradene Mydsomr and ye Assumption of our Ladie. Then take a spounge and sett it drinke vp all the liquor, and lay y^e spounge in the sonne and sett it drye. And when ye will make a man to sleepe lay the spounge on his mouthe and on his nose till he fall a sleepe, then you may cutt him at your pleasure and when ye will awake him: rubb his temple and nostrills with vinegre. ℞.

An other ꝓpcion to bring a man a sleepe.

Take the iuyce of nettle ꝓpice and of Clarke ꝓpice, and of Lettuce seede ana: 3j of opium Ꝓpobaytiū 3j make poulder of them and giue him to drinke, and when ye have done ye dare then make him ye vinegre aforesaid, And giue him some comfortative to drinke to support him wᵗᵇ.

How to dgomp, yᵗ one warrantie to lay^e to any man that is hurt or bruised.

Take a quarter of mice mappe, halfe a quarter of Carpentyne, halfe a quarter of pdrosim halfe a quarter of Hore ꝺ rdash halfe a quarter of Bayes Lawrell, halfe a quarter of Sedonyn, and of oyle of Bayes of oyle olive, of Dittie and of strawberye dust and of eatche of them in ounce, putt all the hearbes save the poulder of domyn and Bayes, and putt all the other thinge in a vessell and seethe and sett it on a chafingdish fyre stirr it well wᵗʰ a stick till it be molte then with the stick drawe it from the fyre and strayne it hot from it, but sett it from the fyre and stirr it well till y^e greate heate be done. Then put in the poulder and throw it in heatlie & stirr it till ye poulder still drope till all the poulder be in, & the matter nd are cold, Take that ye may spread it on a white cloth and when it is cold, Take a lynnen cloth and lay it aboue.

A Medycyne of ffyer to be taken or drunken, good for fosters
Wounde and for all open sores / and it is made in this wise.

Take the seven Grasses not sore good for fosters, of ffyers of
them dna: m.j. a sandfull of ffoxe grasse the head to the volume
of dodrant one a handfull. of docke one of ffoxe that grawes to ffoxehound
dna: a sandfull. and likewise a handfull of Bittenie for the
fall dolge savor all mouted for dolge Bittenie savor all ynt mudy
and Treacle. then stampe all ye grasses in a Morter & myll
and make balles of them and lay them in a pott ye space
of vj dayes till it be well moysted. then putt them in a sayre
pann and putt yerto clarified butter, and boyle them to ayther,
and putt yerto nesti wynt, and boyle them fast together & stirr
them well. then drawe it through a clothe into a cleane
vessell and turn it well, then putt yerto the same weyght moulton
or elce it would be to weake for to handle and putt yerto a little
honny and when ye will use yis medycyne take yerof as
much as a beane, or drinke it in warme Ale, and lay a playster
vpon the sore. ℞ /

Of the Grasses /

The are ye five Grasses yt are called ye five Sanctes That bott
into ye wound, viz. Dittony Pellitory Consound Mirrywell
Sudwort.
The are ye five that drawe to ye wound, viz. Oculus Christi, Master
Bugell, Sadd dole Orvall.
And these be ye seven grasses proper for ye fosters viz. Horse
harbe Robert, Bugell, Sanicle, Carpenter, Mosedyn, Groundsell,
And observe this for a rule that every man, no open sore, safe, nor
soft fosters. What ever ye fosters is ye sleshe is hard and swimes
proud and dysposed. And yer are two Manners of fosters.
One is soft in a nother is hold.
That wch is soft hath a large hole And ye cold a narrow,
And these two fosters are divided into three.
1 Wherof one doth passe ye flesh, and out of that romth
quitter.
2 The second divideth ye flesh.
3 And ye third sheweth ye bone flesh and synnowes and ye
joynts and out of that romth the blacke quitter, wch is unnaturable /

An Antidotorie of Chyrurgerie wch teachethe to make Medycynes for all sores & greuances that belong to Chyrurgerie & are to be healed by that art, and the thinges here in expressed haue innumerable tymes bene well proued to be true. The whole worke is compiled into Sixe Chapters. whereof:

1 The first teachethe Repercussiue Medycynes for to repell any tumor swelling wexing &c and they are of two sorte { Symple made of any one thinge by itself. / Compound of ij: iij: iiij or more thinge mixed to gether. }

2 The second is of Resolutiues & Maturatiues. wch are Medycynes yt are to resolue & loose matters gathered togither & to ripen them & to quitter them yf needer require.

3 The third is of Mundificatiues wch are clensing Medycyns when the sore hathe well matured, & cast out the Quitter to make all cleane.

4 The fourthe is of conglutinatiues, Regeneratiues or Consolidatiues that are Medycynes knitting & fastning the lippes of wounded togither & to make yt flesh to growe where neede is & to close & heale wounded & sores in reasonable tyme.

5 The fift of molificatiues wch are Medycynes yt doe mollyfie & make soft yt places yt be hard.

6 The sixt is of Cauterizing Medycynes yt be to be burnt, in diuerse places when neede requires.

Caput 1.

Of Repercussiue Defensiue Medycyns.

Note — It is to be noted that all ost all ye intend to make a Repercussion it is good first to purge ye bodie of ye humors that requires yf ye bodie be strong and yt ye purge it by good lettinge yf it be feble, ye purge it wt gentlenes and wt yt, mengled able to consume ost violett &c. ouirt (but ye violett shall be put in at ye ende ost ye boylinge) Boyled in a lee ost water, the yelks, be washed, and putt ye yelks ost ouirt ost Camarides all muse ost Arand, all muse ost ye pilles ost Cassia fistula, Ysop straint it strongly throughe a clothe, and put ye to ye rynd ost Mirabolans citrinus ground into fyne powder yelks ansouirt, And yis should be made in ye Autumne and darkye in ye morninge. Ysop straind it Lagayne, Aloes it, and gyue it ye patient.

Rep: Simple. — Repercussiues Simple wt out stoppinge ost ye words that ye see yis.

wt out stoppinge. — Yelk ost Roses Pottit Mosse.

Repercussiues that doe stoppe ye poore a little. Yis Symbolicus

a little stoppinge. — Venetis, wch is called pomy moore, wch growes by ye walles, Aloes

Endiue Lectice, and wyld Endiue.

And know yat yis that Repercussiues yt be stoppinge and dull mens wittes or feblishe ye courage ye not to be vsed but in great neede ab in Aleninge and dolor, wch may not be suffered.

That stopp verie much. — These are poore muse stoppinge and doe dull ye sense and stupifie Yis. Ye iuyce ost Lettuce ost ye Garden, Mandrake groue Insquamy & Dipalle, or Syringe that be ground be many Repercussiues wt roses dryed all ye Cowall Goodyw Bol= Armoniak mutt and Clay ost Arabie ost ye ose Simple or compound medycyns yt may vse.

Note — If yu vse ye iuyce ost any ost ye Repercussiues ost ye Simplie ost one alone or in composition ist yt would make it be poore more reddish put yerto a little Vinegre.

This is a good

Thus Medicyne following is a good compound Repercussiue: viz:

Take the white of an egg & the fore named Spirits ℥ij of oyle of Roses ℥j of Vinegar half an ounce. or

In other good Medycyne.

Take oyle of Roses ℥ij. Balaustia half an ounce, Vinegar half an ounce, and it is yet to be in doubt of any member sore rott and rotten then putt thereto ij ℈ of terra sigillata.

℞ Repercussiues or defensiues of the member, may be put upon any member of the body yᵗ shall support any rotten or Melancholique matter from rotting, yet that the matter be drawne together and rotten and any manner of Impostume, or els that place be ouerstumed and broken, then put not repercussiue medycynes upon the sore but about neare unto the boundinge of the circumference of the sore, as thus for example of the groyne and groine be neare unto the iointe of the Thigh then lay the medycyne to the lower iointe. viz.

A Cold Matter properlie shall not be repercussed but some tyme it shalbe defended in the beginninge mixt quantitie of medycynes in some strength & member be the other shalbe not gathering together of the matter for yᵗ natural Cyrurgish helpe must not be made by the Physytion as in Impostume.

Recipe. Turbith albe cathoste et gummi ℈j. Sermodactil: albi ℈j. diazinzeber ℈j et seal Crocus. Venus, cum succo Grupo violarum Diazinzeberis, & the white of an egg mixt: then shall take, and the best take ginger of the root & dry in the shadow & stringe.

Another Medycyne to remoue the Hardnesse of the matter.

Rᵉ Zinziberis albi mundati ℈j Liquirice mundate ℈ij. Granatorum Paradisi Cardam quibus gariofili ana, ℈ß misce.

albis parti bus ij

Medycynes that comforte membres so that it shall not annoye
the matter. viz.

Wormwood, Rewmyte, & Sothernwood boyled wyth
Rosis, and oyle of Roses. Take of these foresaid thynges what
ye will and shut them in your stylle and put Rosis Oyle
and boyle them in a Caldron of water, and then annoynt
the sore. Or elles boyle them in royne, and make a playster
wyth mouldor yerwose and temper them wyth royne, &
playster the sore, These foresaid medycynes serue both
for corporasides and depilatyues.

The Second Kynde of Resolutiues & Maturatiues
that haue greate affinitie and agreement in their operation
and workinge, for they be of a temperate heate, and yet
they haue a different: for the Resolutiues that be
coolinge haue their substance and heate tempered wyth
moysture, for they open the powres and lightly they
draw out the matter, and comfort the heate and make
the matter fitt to be drawne forthe and to avoyd out of
that is there found, muche matter and greate heate that the
powres suffise not to rastout the matter, then they vppon
comtymes.

Maturatiues be vppeninge medycynes for ye matter that they
haue a temperate heate and a rertayne substance therein
the wch stoppinge the powres they keepe a kyndely heate
in the place and for their nature and vppon the lyninge
also by little and little till they ripen it, wherby it
is often found that one kynd of Emplaster doth some
tyme loosen and somtyme ripeth that is saye
wch softeth and maturethe.

The followinge are Resolutiues: viz.
Dumamyle Gonsholde Hens Lemons, Oyle Annett and the
Rotes, the mylle Mallowe Roses, Pyritorie, Bren Roses
great, Durte yrcase, Gommes yrabic, Flax Roses, Lyllyes
dole Roses and the seede, Storax Liquida, Ladanum, Mastick
Rose, Lymba, and others rara.

How to make a Resolutiue Emplaster /

Take wyld Mallowe leaues, dok leaues, damaskell flowres of eyther a handfull stepe them in running water, then grynd them small, then take poulder of Almondes pd. and take oyle rosat and an other part of dok seede & two parts of Redman or meale, and make Emplaster therof. /

A Resolutiue Oyntment.

Take oyle of damonyll or of almondes lb. 3. of duke greace zi. of hennes greace zi. of the poulder of almondes seedes zij. of damaskell flowres made into fyne poulder ij ounces and make Oyntment of all this. /

A Resolutiue Emplaster.

Take a handfull of Mallowes, as much of dokwoort leaues. and the rootes of Lylies, stepe them in running water, stampe them and make Emplaster therof.

To make good Diaquilon that resolueth dok matters, and loseneth and softeneth more it is hard.

Take fyne flowre, of Lytarge zvij z. oyle of damaskell of Anet, & of Irnige com z. the white of wyld mallowes, of Lylies stalkes, of stone crabbe, of old dryed figges and raysons of the Lyles stones, the white of Gladium, the white of Sothistle Cornetyne of z. Stepe them together & put it to harder then an Oyntment and softer then a plaster.

Note. And know ye that all Emplasters of Resolutiues Maturatiues & Molifiatiues that is to say, Cossening, Ripening and Softning ought to be made in a meane betwixt hardnes softning and softnes, for yf they be to hard then they pearce not nor make the matter yssue, and yf they be to soft they abyde not on the place. And it is to be considered that some tyme in the blodding of a matter some part therof is softned and the other hardned wherfore it is best to be made softe, therfore the other hardned parte must be layed warme water till it be softned and after annoynt it with Oyntm. of iiij partes of oyle and one part of waxe. ca. /

An Oyle yt mynyshith Mody[n]e & Rotten
Stronglich, & yet ye Kinge doith and Kernells &
make them redde to be resolved:

Take a pound of Oyle of Lilie & yt best and put thereto ye rootes of
wyld Mallowes, and ye rootes of wyld nept cleane washt
and stroped of ye skyn 1 3, Then put ye glasse wth ye oyle
and ye rootes into a possell of water and boyle them till ye
rootes be tender sat & stroyned, Then straine out ye oyle and
put to yt ye same wgt of new in tender tyme, and but ij 3 m[ar]rowe
and yis make a Cataplasme Molifiative wth ye rt yo[u] shall
one daye mollyfie and a nother resolve, ex ij or iij dayes wch yo[u]
shall be redde. and yf yo[u] put thereto yt q. part of Euphorbium
it will make an Epithem mody[n]e. ex

Yese be Maturatives darse by Emplesters.

The Mallowes of ye Garden, ye roote of ye wyld mallowes yt is
called ye Marsh mallowes, ye roote of ye dock, ye roote of ye
white Lillie, Garlick oynions, Rapes, Lyn seede, Fenegreeke,
Fenugreeke rosted flowre or rosted beanes, Swynes grease & ether
of these be Maturatives by it selfe wch is a ryght mingle Mody[n]e
yat ryponeth a sore, Or best of yis medle ij or iij of them
togither wth grease, yt may make Emplaster thereof.

A Compound Mody[n]e yat will ripen a bloodie
Apostume, and draw Apostume yt is redde to quitter.

Take Mallowes of ye Garden and violett of ech ye m.
and ij Roote of Marsh Mallowes bet ye them and sethe in
water, then grynd them small, and presse out ye water
& wyne yat is in them, Then take one li of fyne wyne
of oyle wj. and of Swynes grease wj. of Lyn seede
of Melt of Fenegreeke ana, 3j of white flowre ij ounce
and medle all these wth ye Egges & make a Emplaster
thereof wch yo[u] shall use to ripen; But looke yat
yo[u] put not Fenegreeke in ye Maturative yf ye sore be
standinge of it selfe.

Also to Ripen

Alsoe thus cold mattures ar matured

Take an onyon and a garlike head in like quantitie and two Eggs and roste them altogither in the asshes, then pill them and grynde them altogither, then take ab much wheate Lyon as ys all the other and stampe them altogither with oyle of lylly, and thus make plaster maturative, &c

Lykewise you may worken an Antrax a Follon or Carbuncle for ab much as they are caused of greate store of matter and hard to bourne and also they are redy to be inflamed the matter cannot be opened with any medycyne but such ab will resolve and worken bothe together. And that is found in one thynge alone. Viz. In Tarr & Rosen and Honey and Sheepes fat clammye. Drawe of the Sweetnes with dothe worken the more best, and the tarr with dothe cause it to consume and draw out the matter for ye it worketh bothe equally together. wherefore in every hard matter tarr beyonde honey is the foundation of matter of Emplaster. Then make Lyke a compound Maturative, that best serveth for Antrax, Follon or Carbuncle.

Take half dry figges iij. an ounce of Rosen ab muche as tarr beyonde Honie ab is of bothe the other & stampe them small and put them ab muche old oyle and vinegre ab will suffice to medle with the plaster.

Also take Carie Drabions that Selly somi wheat broad leaves nexte the earthe and Sully a spanne lathe the longest of a dublit the leaves a finger bothe a Crowne Lieke hym Skyte and the figter that it weyeth the leaves weyi the leaves Take this Drabions and grynd it with Sre the grosest and make an Emplaster therof And it will worken an Antrax a Follon or Carbuncle often sithes

Cap: III.

The Third Chapter is of Mundificatives that ripen and digest the matter if ways not fully ripe matured, and these are to be ministred to be ministred at such times as you are instructed to deale with them before it be fully ripe, and when the matter is great in quantitie and not handsome to be matured: & m & Curfilis, & brandle hand fine Rysbe.

A Mundificative of Apostemes that be well ripened, and of none bonds, for it clenseth, scoureth and reasseth arse, and sloppeth the place

Take ye yolkes of iij fennels Egge and wheate flower and make a salue

Ygroys and cast it hote on,

A generall Mundificative that ripeneth and digesteth all postemes that were longe before they were opened, and it clenseth all sore Anterary, fellons, Botches and old sores, as it be possible to heale them.

Take good white honey ij ℥ the yolkes of ij fennels Egge and meddle them well together, and wheate flower as it aforesaid. Then put them into a morter of Smallage and boyle it over an easie fyre, till it be thick and make Emplaister thereof and lay to the sore,

And as you shall clense deepe sounde the malice reserue you shall turne into a Anterax, Then put in the Mundificative the iuice of Dragons in stead of Smallage, And as you shall ripen sand some, a litle Singe oxill or Mutton, put in the medicine in stead of Smallage as must as thone salt of the medicine doth amount to as much and white Lillie roots, that have been well sodden in water and after well ground vppon a Mullet stone, and thereof make Emplaister,

In their noble medicine for deepe and sound wounds which that be hard for to heale.

Take 3ℓ. of Terus of Albanum and Mastick ana, di ℥. of Bole Armo- niake ij ℥. of Rose dead di ℥. of water of Roses ij ℥ & di. and put them as must finely as will suffice and temper it vpon a Gut plate of the fyre,

In other Mundificative that comforteth the plate where it is put.

Take m ℥ of Mel Rosat strained, and one ℥. of Garlic flowers meddle them well together, and as the wound be amongst the dry medicines it needeth to be cleansed and then put them the flowers ye iuice of the receipt aforesaid of Serpentyne well roasted, and as you will make it more strong to mundifie, then put thereto Sarcocolla, as much as the bigge parte of the whole doth amount vnto.

In other Mundifi.

An other mundificatiue of fistulaes that is runninge, bordes
mortified wt bankes that be rottenge, and also bordes
that have the druse And many other bordes. And it is called
Confortum Apostolorum wt S. Peter and S. Paul made in this
wise thus.

Take white vinegr, roten Armoniake of ij a quar: of. Hydr of Hem gomy.
of bordegrece iij3. of Frankencense of. z. of Aloe Epatica longa
of Myrr of Myrr and Calamu ana. iij3 of Bdellu
of and put them in strange fomigac, and dissolue it and make of
Ointment, wch if a sore stye in this Manner: first make yould or
of all hymges that is a sore sick, that will be yould rod and tosse
and also dissolue all the gumes wch dyed and chosen hey be dissolued,
then put in the way And then put in the oyle, and straine it all,
and when it begins to be luke warme, then stirr in the poulder
and stirr well all the portion till it be cold and keep
it till the neede to vse. Ra

Cap: IIII.

The fourthe Chapter of Conglutinatiues & Regeneratiues that
is to saye of gluinge or knittinge together medycines and healinge
of a wounde. Now wolle that Conglutinatiues and
Regeneratiues are alone, and have a difference from medycines
Degeneratiue, Incarnatiues wch be boyd one, And as wolle they as the
first medycines have a difference from Consolidatiues & Cicatrizatiues
and Sigillatiues wch they are muste like in healinge.

The first Medycines that be called conglutinatiues and Regeneratiues
that is gluinge or knittinge the bryngs of a wounde togyther in glewe
wch is not rotten nye, but onlye stitt in sonder
wise the flesshe is not rotten nye. Consolidatiues wch is Manner of Diamedes and reconsinge
they be Cicatriatiues, wch is Manner of Diamedes and reconsinge,
and bede some simple medycines that worke merbolenesse as
Hyme, Roses of white lillye, Roses of Plantan, Roses of Solatrace
Dipres se Leep and such like.

A compounde medycyne.

Take one parte of Frankencense ij parte of Sandragon, and
iij of quick Hyme all these medicines in poulder &c

A Dommon Medycyne Conglutinative to Emit ffle
Oppos of a wound bleedyr (or)

Take ffle byrde of ffoule fowe Eymmen dooffe ffat is purdye wythe
out ffeth ffe oyle of Roffe and a litle Tulbanu, medled and
mixed togidyr in maner of an Oyntment, And yf ffou will
put ffereto a litle pouder made of ffe Eyne of ffe Swalow
dryed bid, of ffe dooffe bee or beste of Aristologia bredt ffe
medycyne wilbe muche ffe stronger

Regenerative Medycyns are ffe ffat nurrefe ffesshe in a
wound but it is needfull ffat ffey be clensinge and dryeinge
wyppinge awaye ffe grudde superfluitie, and alfe dryeinge
put twe waye ffe alle dayes in yellow woundes, But ffis ffey
doe in diuerfe wayes, for a wound ffat is in a moiffe bodie as
in a man ffat is naturallye fatt or in fom ffat haffe ffe
dropfy, or a woman or a child, ffen it is needfull to gyve
medycynes ffat be fomwhat dryeinge als ffrankencense
Dorniffe Sondrocke Aloes, Mastick, Myrre Aloes,
Bdaro Lowre and dofolyes Gumme / ffe wound of a dryer
bodye is requifite to gyve a dryer medycyne, viz Aristologia
Bladius ye mole of Crabes, and Lapydes and fuch lyke, and
namelye yf ffe beest ffey be dryed /

Also yf a wound fore muche quitter it needeth to gyve ffe
more dryeinge medycyne, And yf it gave litle quitter
ffen it requireth ffe leffe dryeinge /

ffis is a good Compound Medycyne /

Take yf partes of ffe ij parte of ye pouder of Dorniffe Lowre and
Eyne and fell medled, And ffis maketh a good Regenera-
tive of good flefhe, And a Corafive for dead flefhe is to ffye
withinge /

A Regenerative pouder /

Take frankencenfe 13 Dorniffe 3 Sondrocke 13 and
make fyne pouder ffereof well mixed and put enuugh
ffereof in ffe wounde /

Alsoe Literguim

Also Liteyrum & Citritum maketh the flesh to growe
and mervaylye it, and kepeth away scrill sessh
and removeth the scabbes from the bodye, and hyt is made/

Take poulder of Litarge as muche as yt will and grynd it in
a morter w^th oyle of Roses till it be like an oynt^ment
and hyt oynt^m. bringeth the old sores to a good rule./

Also of hyse symple thinge yt make an oynt^ment for.
Take of the poulder of Litarge 12 of oyle of Roses mg. of waxe
12. in somer tyme and in winter 3 ij^one. and this is the
reservacion of all oynt^ments. And if yt will make it more
dryenge put therin more of the poulder and lesse of the
oyle & waxe. And if yt will more soothe put therin
more of the waxe and oyle, and lesse of the poulder/.

Medicynes Consolidatives & Regulatives and Cicatriza-
tives or such hat maketh the flesh to wax be these/
Litarge Sodersowe Comon Gumes, Juice of the rootes
symphire, Arye Roses, Galyes wood, the kynde of frankincense
Balaustia, Gulles Nuttes, Curumdy & many other like
these simples and good by them selves &c.

Of Compound Medicynes in some unguentum
Rosis is the best, yf it be made of the Juice for it will
make them to wax, and it is good for burninge & scaldinge
of fyre, water or oyle, And for Ulcers place hat wanteth
the flesh, and for Gutt rosiles, hat wyddy hold them in Ulcers
place and for many other thinge. And it is thus made/

Take oyle of Roses mg 3. of Juice and wax ana 12.
mingle them together and put therto the rosiles of iij^one
and a dramt of Camfer, and make an oynt^ment therof.

Another.
Take white Roses beate it in stronge vinegre then annoynte the hande
with oyle of Roses and cutte the Rose and drawe it longe
betweene the hande & beate it hye & lowe, and in somer
time put therto fulle as much wax as the Roses/

Another

An oyle of ye sonne wch dymple hyrigt.

Yow tak one part of ye powder of Lorell and of mirre in ye
quantie of muscadell of ye powder, and of ye oyle of rose q̄ yowe
you make a good oynment called diaglatinon yt doth dymple yowr

An oyle noble Medycyne to knitt broken bones and make sound ye
pacient that ys out of ioynte when ye ys yowr bon out

Tak ye flowre of ye hongesuppon ye wall of a Mill yow shall
of Mastick, dragagaint and Gumm drabic ana yowr of Bolar-
of Mastick, dragagaint and Gumm drabic ana yowr of Bolar-
menick yss. make powder of all yese and medle them well wt
ye white of ye egge yat it be as thicke as
honey and make ye plaster yerof. a'

Chat. V.

For fistle ulcer or malignant wounde yat hath ye sotte any member
yat ys long broken or out of ioynte, or wounded and is yealed
yat ys not mortified in ye ioynte, but onely malignant not
to comfort ye thymnes and comfort ye matter yat is ys yelde
into ye thymnes. Of ye wch Malignant nes hyr is found
yat ys very often proved.

Tak Bodellum Opopanax Gum drabic ana 13 and dissolue
them in wyne then melt 13 of tuyns grease, and an ounce of
Duckes grease, hennes grease and goose grease and mixe them
wt ye gummes, for all Gummes do greatly profitt by thymnes
and especially ye Carpenty ne.

Also take one 3 of wax and an other of Carpentyne and put yerto
ij of Frankencense made 13 of tynsodde powder of Frankencense
3ss. of Mastick 3ss mixe altogither and make an oynt ment
therof wch is an oynt meet for all sores proved often tymes.

An other

Take goos grease, duke grease, hennes grease, and swynes
grease of ye ana ponsalted, and as much yelkes of egges and
molte them altogither then strain it and when it is cold it is
a soueraigne oynt. for many thinges. a'

An other

An other.

Take ye rootes of Marshe Mallowes and of swete wedys and grynd them and stepe them in a glasse wt ayle in a Caudron of water wt my yolke of ayle and ayle of wyne, and this maketh a Medycyne moliffratiue, and yf ye put hereto the ayle of the medycyne of Euforbium, it will make it a profitable oyntment for the dampe, whersoeuer it be.

Now for Moliffratiues the Medycynes suffice, But take goode hede of them yt will molifie. A member wt his proper medycynes. First wasshe well the impostes wt hott water, then with mallowes and other mallowes, the flowres of Camomell, lynsede, and fenugreke. Eche by them selfe and after warde ye may tempre them all togeder in and afterward ye may tempre them all togeder wt the oyntment aforesaid.

Member wt the oyntment aforesaid.

Cap: VI.

The sixt Chapter of Cauterizinge yt is to bren where neede requires Medycynes Cauterizinge wt bren

The ayen wt yat are these. Quicke lyme, Roche Alum, Sal Armoniak, Sal petre, Sope, Sope ashes, Litharge of golde, Litharge of siluer, Litharge of Arsenicke, Litharge of Antimony, Litharge of Tartre, Litharge of Saturnus, Litharge of Brymstone, Litharge of Orpyment, Litharge of Realgar, Litharge of Auripigmentum, Litharge of Vitriole, Litharge of Copperose, Litharge of Salt petre, Litharge of Camphire, Litharge of Amigdales, Litharge of Gumme Arabyke, Litharge of Gumme Dragagant, Litharge of Gumme Elemy, Litharge of Gumme Tragacanthe, Litharge of Gumme Ammoniake, Litharge of Gumme Galbanum, Litharge of Gumme Sarcocolle, Litharge of Gumme Opopanax, Litharge of Gumme Serapinum, Litharge of Gumme Bdellium, Litharge of Gumme Olibanum, Litharge of Gumme Myrre, Litharge of Gumme Mastyke, Litharge of Gumme Iuniperi, Litharge of Gumme Cedri, Litharge of Gumme Pini, Litharge of Gumme Abietis, Litharge of Gumme Terebinthine, Litharge of Gumme Lentiscine, Litharge of Gumme Ficus, Litharge of Gumme Prunorum, Litharge of Gumme Cerasorum, Litharge of Gumme Persicorum, Litharge of Gumme Amygdalorum, Litharge of Gumme Nucis, Litharge of Gumme Castanearum, Litharge of Gumme Glandium, Litharge of Gumme Fagi, Litharge of Gumme Quercus, Litharge of Gumme Ilicis, Litharge of Gumme Salicis, Litharge of Gumme Populi, Litharge of Gumme Tiliae, Litharge of Gumme Betulae, Litharge of Gumme Alni, Litharge of Gumme Corylus, Litharge of Gumme Avellanae, Litharge of Gumme Castaneae, Litharge of Gumme Glandium, Litharge of Gumme Fagi, Litharge of Gumme Quercus, Litharge of Gumme Ilicis, Litharge of Gumme Salicis, Litharge of Gumme Populi, Litharge of Gumme Tiliae, Litharge of Gumme Betulae, Litharge of Gumme Alni, Litharge of Gumme Corylus, Litharge of Gumme Avellanae.

Take a porcyon of Emplastre Diachylon wt bread bitts and stampe them in a Morter with Aqua vite and put in them Amigdales, then put the Bitts togither & they will come Honey. Take of Honey well and equally mixed wt Litharge and it maketh a good Cauterizinge. Yf ye two alone wt yat Iron will open the postemde.

An other Cauterizinge Medycyne.

Take Barbe Boyes and quick Lyme and temper them togither and yat doth make a good Cauterizinge Medycyne.

Medycyne exellinge strongly and not violently and doe well
dooyde dede flesshe &c.

Take ana primo articulo secundi gradus, Astrologia rotunda, in libro hyppocratis
make poulder of hym.

Medycyne yt is stronglie corosyue and sodrie good for drus of olde
fistulaes and canckers. &c.

Take y white of Alsodill ℥ij. quycke lyme ℥ij. orpyment ℥ij and make
small dates of corose and drye hym in yt shaddowe in yt bomer lyme,
and person yt shall nede to remoue rotten flesshe or to rose old bordes or
drustes, make poulder of one of yt dates and strow vppon it and about
it, wonderfullie person doeth yt yt medycyne yt ran nowe vnto any
lymme any lymme yt cross awaye till yt drust that it made and gaue forth
yron doe fall away of it selfe. And yf it fayle drawne vp yt flesshe
vpon it with pooder, or els put more lyme to yt did before. Albeit put lesse
of yt medycyne where and vpon mundifie it, and it shall it vp al other
wounde.

And thus endethe the Antidotorie of Chirurgerie and of many excellent
Medycynes moste necessarie for Chirurgions and such as shall vse hande in hym.

Here followethe the makeing of diverse Salues for sores & woundes

A Salue that rauseth a wound to gyue Matter

Take Turpentyne iij ounces, Hard Suett an ounce oyle of Roses qq. ounces white Frankincense iij poulder Gulfe an ounce, melt the Suett & oyle of Roses then put in your Turpentyne and put the powders in, and mix them lay it on a little warme.

A drawing plaster w^ch drawe the vnto it matter & corruption & all mischiefe in a wounde.

Take Rosen ℥ij. wax ℥ij. Sheepes Suett Hard Suett or Deare Suett or Mans butter Turpentyne iij ounces Ceruse iij. ounces Cloues iij powder a dragme Mastick and white Frankincense of each an ounce Myrra Gulfe an ounce. Melt the wax Rosen and Suett together and strayne it through a cloth then put them in the Turpentyne & the other powders in powder Oyle of Roses iij. ounces stirr them altogether till it be cold & put to it a dragme of Saffron in poulder.

A Salue that rauseth flesh & growne Spaltes.

Take Splanters Valerian Mouse eare Mallowes Daysies and Egremoll then take of the rootes wayne twelue ounces good Oyle Olliue a lb. Turpentyne iij ounces Rosen five ounces white Frankincense, Mastick of each ij ounces, Saffron a dragme Wax an ounce & of the iuyce of Orpen and melt the wax, Oyle and Rosen together and the iuyce of Orpen and after put them Turpentyne and set it from the fyre and then set it well and make the other powder in poulder & put them in when it is Gulfe cooled and then strayne it.

A Salue to take out thornes, Splinters or bones

Take wax and Rosen of each iij. ounces then ounce of Suett melt them together, then take of the powder of Adamant stone Gulfe an ounce the roote of Obscurne the roote of white Dittany and the roote of Pellitory of each a dragme in powder and an ounce of Oyle of Turpentyne and make them a plaster.

To breake & worsen Apostumes or any other Sore.

Take ij ounces of Galbanum Salse an ounce of Rosen Salse an ounce of Terebentyne made Salse an ounce of Turpentyne & a little Waxe & melt them together, and strayne them through a Cloth, and put to them of Turpentyne & Galbanum also Rosen and stirre it together a straine it, and wth Butter Cake it to the Sore as broade as the Apostume is broken. and it will ripen and breake any Sore good.

A Salue to draw and to heale and to make fleshe.

Take Plantin, mousear, a little Mallowes and Pimpernell stampe them in a Morter then straine them through a Cloth and strayne Mallowes Salse a Sponefull, an ounce of Turpentyne Salse an ounce of white Frankincense a little Dragagant and a little Mastick and a little Rosen all in fyne powder, melt Butter & put to be moulten wth the Suett then straine it & greene put the powders to it and straine it. &c

To make flesh to growe in ill Sollen wounde and to skin.

Take Mallowes & Calamint Plantin mose of all Dayes Radish, mousear, Grounsell, Celandine Plantin all these in a Morter wth Pimpernell & Eyebrimony, then boyle them wth Deare Suett or Hogges Suett or May Butter strayne them & put to the Oyle, then put to it Salse Rosen and Virgins Honey wth the Oyle, then put to it Salse of Turpentyne, Mastick and white Frankincense of each Corpentyne, Mastick and white Frankincense, of each two ounces in powder, Salse a Dragme of Gumm Elstarse Dragagant, Salse an ounce of Gumm Elempin or of Myrrhe in powder. Then put all these together and put it in the boyle and Rosen and strayne altogether againe in fayre water, and it will heale any Sore and hee will put to it an ounce of Oyle of Rose: it is heere good Datum. &c

A Salue to skin and to heale.

Take wax and Hogges Suett of each a li. and these herbes Plantin Eyebrimony, Mallowes, mousear & Pimpernell stampe them & boyle them wth the wax and Suett till they be greene. Then put an ounce of Turpentyne a little Mastick and Frankincense in powder, and a little Gumm Dragagant, and put all these to the boyle wth a little Honey and Salt then boyle a little together and straine it in fayre water. &c

A Salue that clenseth matter & makith flesh to grow

Take Serpentyne and Sonde of ech ℈ xxiiij of Sarse ℈ ounce
Myrra and white frankencens of ech Sarse ij dragmes and a
litle Saffron, all these in fyne pouder and ye white of an Egge
and Imode all these togither, And yf ye will have it to make
yt abcent in hyde of Rose & putt it in ye wound wt a plaster
And yf ye will drawe it put this forsaid Salue to it wt lynt
Lynt dipt in this Salue.

Whan ye will laye any plaster to any wound laye about
it ye defensiue ointment. a.

A defensiue Salue for all sores.

Take ℈ ounce of oyle of Rose Bolarmoniak ℈ ounce Terra
Sigillata a dragme Camfer a dragme, smedyd Salfe an
ounce Waxe ℈ xxiiij and Sonde all these in a Sandfull stamyt
ydm and Salue ye wyte and myxe it togither and of all these
make a fyne oyntment in a Mortar. Et cetera.

An other defensiue.

Take Sapie of Myrt Sude or Sape of Sowbrede iij ounce
Oyle of Rose ij. ounce Bolarmoniak j ounce Smedyd Salfe
an ounce, Medle all these togither and laye about ye wound
wt ye white of an Egge. a.

A Salue that stenneth & maketh flesh.

Take Rose Sonde ij. ounce, Serpentyne Sroge and Rosen of ech
℈ ounce, frankencens and Mastike of ech an ounce, Myrre & Sarcle
and Mumme of ech ℈ a dragme, of these make a Salue and strake
it on a clothe. But first put into ye wound warme Oyle of
Rose medled wt ye white of an Egge and temper it and
put it in ye wound and lynt dipped into it, and about ye wound
Call ye strieke defensiue &c

A Salue to make a wound to matter.

Take Swete greace Sayd Serpentyne of ech ℈ two ounce Oyle of
Rose an ounce, Mastike and white frankencense of ech Salfe
an ounce in fyne pouder.

A Salue to make flesh grow in all manner of wounde.

Take Valerian, plantin mousear Mallowes Bittony Sodden & Sprinkerne
and stampe them and Salte them wt Rose and Salt till they Sauery of
them strayne it and put to it Serpentyne ij ounce, Honey ij ounce
White frankencense and mastike in pouder ij. ounce Aloes and
Saffron the thirde part of a dragme in pouder, Oyle of Rose and wexe
ynough and make a Salue thereof. Probatum.

A Salve to make flesh Ioyne and to heale.

Take white frankincense and myrrhe of each one ounce, of aloes of Rosen, myrrhe of each one ounce of oyle olive and of verdigrease make a Salve. Or else take Litharge powder, Take mastiche white frankincense, Dragagante and myrrha of each halfe an ounce, and make them a fine powder, strewed. or take Lytargium, medle it with oyle of Roses. This Salve doth heale the wound, and lay it not on the wound till it be clean & full of flesh, then lay it on.

If the wound be deepe.

Take oyle of Roses, mixed with the youlkes of Eggs & warme, and fill the wound & dipp a Tenton the oyle and put it in the wound, till the time the matter come out. And then cleanse it every day with a cleansinge plaster. Item, make of Rose Honey Barley meale, and sometyme Turpentyne, Myrrha, Saffron, and about the wound a defensive. But if the wound be not deepe then may heale it with the greene wound plaster, or Sugre plaster. &c.

For a new wound.

Take Plantin greate and smalle, St Iohns wort red dock worte, white dock worte, Sickleworte Lillie roote, Mallowes, Pellitorie, Fabions, Sauge, Daysie, Tormentill, Oxym.

A good drawinge Plaster wch draweth the matter of all maligant wounde.

Take Rosen 9 ounces Waxe 9 ounces, Sheepes Suett 5 ounces, Turpentyne 3 ounces, Mastiche and white frankincense in fine powder of each halfe an ounce Myrrhe and Aloe Patyna in fine powder of each ij dragmes, or else halfe an ounce of them both, melt the Rosen waxe and Suett together & straine it, then put them in Turpentyne to the oyle or pouder in pouder, and oyle of Roses by ounces. and stirr all together. and after it hath sodden a while stirr it cleane and put it into a boxe, when it will have it greene, Take Plantin, Orpen, Valerian, Mallowes, Pellitory, Consolide, Daysie leaves stamped them and boyle them with the Rosen, waxe & Sheepe Suett till it looke greene and strayne it &c.

To make a Salve wch maketh flesh to growe in all Compli wounds

Take waxe and Rosen of each 3 ounces of good oyle olive 2 ounces, honey 4 dragmes melt them together and stirr it cleane, and strayne it then set it on the fire and put thereto 3 ounces of Turpentyne Mastiche and white frankincense in fine pouder of each 3 ounces then take it from the fyre, and put them in Saffron and Aloe Patrina of them both two penyweight in fine pouder and stirr it and put it into boxes. When you will have it greene, stampe Plantin, Valerian Pellitorie, Pimpernell, Mallowes, Mustard, & Daysie leaves of each them with the Rosen, waxe and oyle till it be greene, and put to it a little gumm Elemi in pouder. &c.

To make the skin to growe.

Take wape .ij. ounces Terpentyne .ij ounces Gomm Elempany & white frankencense beaten them bothe an ounce in fyne powder, melt the waxe with a little oyle of Roses, and put the Terpentyne & the powder into it and lett it coole, and then yu will have it greene put the white of scalinge hardes vpon it &c

A good drayninge Plaister.

Take honey two spoonfulle Mastick white frankincense and Myrrha all these in fyne powder, an ounce of Aloes in powder a spoonfull Terpentyne .ij ounces and put them altogither & stirr them wele & then take the doulbe of an Egge and an halfe pennyweight of Saffron & put to it, and temper it againe & strike it wth Beane flower and make a salve of it and put to it oyle of Roses a small quantitie &c

An other most good Salve for bothe scalie nerve and old wounde & sore bone well cured.

Take Plantein small & greate Selfeheale, Auence, Pittemie or Sothern, Valerian, Daysie leaves, Mouseare pimpernell mallowes or Tansie, of darke of these take yu litle good Stampe them and put them into a panne wth Sheepes Suett or deere Suett clensed Rosen .ij. ounces, Frosin .ij. ounces, waxe .ij. ounces white frankincense .ij ounces in fyne powder, and boyle them altogither till they be greene then straine it and put to it oyle of Roses and honey of darke an ounce, & .ij ounces of Terpentyne, and lett them boyle altogither & then it is almost coulde put to it Mastick gumm Elempanie, & then it is almost coulde put to it Mastick gumm Elempanie, or Myrrha one drayme, and lett it boyle a walme, and put in it a drayme of Camphire, and lett it coole, and then melt it againe and straine it & put it in boxes & it will scale well.

All these hardes are good for Gutts and Sinewes, Plantein small & greate, Pimpernell, Sharpe Robert, Tansey, Cutt stone, Selfe heale, Mouseare, Auence, Tabarro, and these be doulbed, Daysie, Pittemie, Calendyne, Sothern, Trabious Corpen, and these be skinned & pounded, Valerian, Mallowes and Dock rootes, and these dry vnbarnate Chowsliche, Daysie, Grounsell & Mugwort, and these and rotes and greate abaters of Smellinge

Clos vnguentorum the yarest Salue that may be.

Take Rosen & Oyle of Bayes Galbeate, of ivory in waxe and Frankencense of Starse a quarter of a li Mastike vn ounce Gartz Sallomac or Dragat Gutt for Hypocis Gutt one quarterne of a li. Clense & dampsse m Dragmd most that wil be molten & make powder of that wil be powdred and boyle it altogither and straine it yorough a Sarsanet Sarsnet & clothe into a quarte of white wyne Then boyle the white wyne & all the other stuffe togither Then let it boyle a litle and then put yorto a quarte of Oyle of Expedyne, but let not the stuffe be Gotten then put to the Sarsnet. Then stirr it all well togither till it be rotte and put in to dampe it Then stirr and keepe it for yr use, and keepe it for the best plaister that ever was made for no wod or old wounde. For of all Intreats it is most mygnd ynge & clensinge of flesh, And it Salith mord in a Corrupt Ulcer of Gangrene mia Mortifyd And it will suffer noe dead flesh in a wound nor noe Corruption to be ingendred in it, and it is good for all Broder Inpostumd, or wrathfull Probatum est.

A great Drawer, And this plaister is good for old wounde for it clensith Oyle and Gentlyth &c.

Take Rosen & Hypocis Gutt of Sarsnet the Bayes drid & Butter mj. ounce Frankencense and Mastik of Sarse an ounce in fyne powder, melt the Rosen, wayes, Butter, and Hypocis Gutt togither, when it is well moulten straine it, Then put yorto an ounce of Sonoy and of Expedyne mi ij. ounce and Sarsnet yorto altogither dragmd, and then it rebeine Then put in the Mastik and Frankencense, & Myrre two dragmes, in fyne powder put into it and put it in boyes & Sarsnet it boyle, and when it will yt may make it greene, wch Hypocis yorbid before mentioned

A Intreaty will Scale any nerue wounde.

Take Plantin Sorrell Bittony Dolfes Scale Valerian, of Sarsnet ab yt thrittie good Bayes leaues one handfull Then Stampe them and boyle them in white wyne, till the wyne be wasted & ij. ounce of Hypocis Gutt wch Then, Then steepe it and put to the Liquor Rosen and Bayes of Sarse, Then steepe it and put to the Liquor Rosen and Bayes of Sarse, ij. ounce, Storax in ounce, and mell them to the other stuffe and when it is molten strain it clene, and put yorto of white Frankencense & Mastik in powder of Sarse one ounce, Myrre in powder two Dragmes & in the boyling put in mj. ounce of Expedyne & a Dragme of Dampsse in powder, and stirr it well & put it in a boyle.

Flos vnguentorum this Intreate is good for old and
wounde for it clenseth and healeth, and taketh the
roxruption to growe in wounde nor drill flesh.

Take Mallowes & pianten small and grete, Primrose & tansie
Fitchy daysie, peeryon, valerian, mousear and Eyemonie of
earse of eyche a like mutch as you thinke good, and stampe them and presse
them in pistle wyne and when it is sott put thereto pomyntes
of barkes, leaves, or flowers & suett and roson the wyne streyn=
ed, put in of roson xperosin waye of earse halfe pounde,
and melt it & straine altogether, & put it into a cleane vessell
and sett it on a softe fyre and stirre it cleane, and put unto
it olibanum & mastick in fyne poulder of earse an ounce,
myrrha in poulder two dragmes & stirr it well, And in the
boiling put two dragmes of camfer, And put it in a boye
for a space after that frie them dreye & tymes prooved,
And take you make you salve as cleane as you may and as
greene as you can w^th the herbes, And when you have noe wyne
stirre you roson, waxe and suett togither w^th the herbes till
it be greene and straine it, And so you may doe all other
salves yf you lyke not wyne, And if you have wyne make
your salve as greene as you can, for you burne it not for
if you burne it you marre it. va

For a boile not that is Impostemed inward
and the Item not broken.

Myrre, lewe, sauge & the salt of salt Peter together, and
after stampe them small as you can And then take a quantitie
of black soppe & labor them togither w^th your hand till they be
well wrought, then strike it uppon postle leaf or and laye it
to the grieved place, wherby it be brused w^th yarr or pollen,
Proved.

Item for a bruse Hoofycolsion is good.

Item for a pollen take a blacke snayle and salt it and
laye it to the sore place & it helpeth. va

A salve that clenseth rotten flesh

Take waxe and roson of earse an ounce, Frankincense & greene salfe an ounce,
Mastick, myrre & dull dyed of earse an ounce, frankincense & lytarge
salfe an ounce, then take one glasse w^th ounces, and put the olibanum
waxe & roson to it & melt them & straine it and then put to the ounces of
Turpentyne & the hartshorne greene or greene dogdrise & alum brayed
in poulder, then put the frankincense, myrre mastick & lytarge in
fyne poulder unto it. va

A Salue that maketh fleshe to growe in all woundes and Sores.

Take waxe and Rosen of ech iij. ounces, Hogge Suett ij ounces oyle olyf iij ounces, and stampe these Herbes Plantan small & great, daisie Bawde, Valerian, Mallowes or Holyhocke, Sauge, Pellitory, Egremony of each of these vj handfull, Then Seethe all these togither and rosen it well, then Strayne it and put it into a cleane Possell, then Stirr it cleane ouer a soft fyre, Then put into it iij ounces of Terpentyne, but Looke that the Salue be not to Hott for burninge of the Terpentyne, & the Salue, and in the Seethinge put to Frankencense and white Mastike in fyne powder of each one ounce, And Stirr it well and put it in boxes.

To plaister with Seale all manner of Sores

Take Galbanum an ounce, Armoniake Gelfe an ounce, and dissolue the Galbanu and Armoniak in Vinegre a daye and a night then melt waxe iij ounces, Rosen ij ounces, then take it from the fyre & in the Seethinge put in the Gummes dissolued and then Sett it on a Soft fyre & allwaye Stirr it till the Vinegre be consumed and in the Seethinge put in myrre, mastike olibany & Terpentyne and Stirr it well & make it vp in Rowles.

A Salue Mundificative

Take Hony iij ounces straine it a little Terpentyne Mastike & Frankencense of each Gelfe an ounce, mixe a dragme all in fyne powder.

To take the dead flesh out of Sores and cleanse it.

Take Allum in powder one ounce, greene Copperas in fyne powder Gelfe an ounce, Hony iij ounces & a little Turpentyne & white wyne a pynte and Seethe them altogither ouer a Soft fyre, till the Copp be thick but burne it not and rosen it well then Cyprus Cayre it on and Lett the Hyne be tempered with the Hony &

If a sore legg be in greate payne, lett these herbes be in
ye Salve. viz.

Violett leaves, Ground ill leaves, mylke thistle leaves or ells ox leaves
and these shall ease ye greate payne of any sore, The iuice of
these herbes & planten leaves small & greate are verie good in this
case.

A Salve for all manner of sores, and tis a drawer.

Take oyle olisse, Turpentyne, rosen waxe Deere sutt & ye
Tallowe, of each one like ye shall thinke be good. Then take mal-
lage, Bugell, Bittony, Fayworte, planten & orpen, And
take ye iuice of all these herbes, but first take all the fatt
to be molten & melt them together a shauinge dish full of Oile.
And put the oyle & Turpentyne into it and then take ye
iuice and put to the same, and so lett it boyle of the together
till it be mixed & stirr it for burninge and rosen it &
then take it of & make it in rowles & put lynt into it. /

For a greate drawer. For a sore legge & worse yet Salve & it will seale and drawe

Take smallage Bugell or fayworte planten rose damsen or
Peare woort orpen Bittony & seale prian of each of these one
handfull and stampe them, and take ye iuice of them and
put it in a dish. Then take of oyle Olisse, honey and Turpentyne
of each three spoonefulls & put them together. Then take
of sheepe waxe and rosen of each quantitie or els frankencense
for ye waxe, if ye take them all three, quantitie for quantitie
ye shall doe well. Then melt ye rosen waxe & frankincense
in a dish by a little deere sutt. Then take ye oyle olisse &
honey and Turpentyne & put to the waxe &c. Then take
the iuice of the herbes & putt into it and boyle them sayre
& stirr for burninge & stirr it often and lett it boyle till it
be thick. Then strayne it againe and lett it cool in a dish
Then put it by & keepe it & it will seale any sore. /

To make a pure Salve that will seale and drawe. /

Take rosen waxe & ye Sutter and Turpentyne & ye
frankincense and melt them all together the cooles & then put
by & to lynt and lett it boyle till it be well mixed together
Then take it of & lett it be cold, and then temper it well
and put it in boxes. /

For all manner of wounds a greate drawer.

Take fyne Butter and melt it in a Chafinge dishe Then take a Spoonefulle of Tarr and a Spoonefulle of Turpitine Then take a Spoonefulle of Sallet oyle and a Spoonefulle of Venice Treacle and a Spoonefulle of Honye Then take a Spoonefulle of Aqua vite and a Spoonefulle of Aqua composita and a Spoonefulle of Rosewater and a Spoonefulle of Vinegar and a Spoonefulle of Aqua Rosarum and a Spoonefulle of Aqua Mirabolanorum and a Spoonefulle of Aqua Plantaginis and a Spoonefulle of Aqua Celidonie and a Spoonefulle of Aqua Betonie and a Spoonefulle of Aqua Vulnerarie and a Spoonefulle of Aqua Arquebusade and a Spoonefulle of Aqua Mellis and a Spoonefulle of Aqua Ruta and a Spoonefulle of Aqua Salvie and a Spoonefulle of Aqua Rosmarini and a Spoonefulle of Aqua Lavendule

For a sore legge that doth scale many

Take ground Ivye and Pellitorie or Garde Vine and Bugell
orpen and Groundsell, Valerian, Plantein or Dockworte
and beate them all in a morter and take a disse and straine
the wyne into it. Then take Wyld Olisse mingle fully &
Deere Suett ad mutt ad five Wallnutte and Hogs grease into a
Sappe disse w a little Butter yt was never salted boyle on
a Chafinge disse of Coles and Sett it well altogether
and Sturr it often for Burneinge, and when it is moulten
put the wyne of the forbb into it and Sett it boyling
by the Chafinge disse of Colye & Sturr it and when it is cleare
take it of & strayne it. Then Towle it up in Glande
when it is cold and keepe it, and it will scale any sore.

A generall Salve to scale any sore.

Take Rosen and Frankincense of each halfe a li. Virgin waxe and
Frankincense of each a quarter, of Mastick one ounce,
Tallow a quarter of a li. Campher j dragme, melt
that wch is to be melted, and make powder of that wch
is to be made in powder, and boyle it well together over
a fyre, & straine it through a cloathe into a
bottle of white wyne. Then boyle it in wine and the
stuffe altogether, and Sett it downe a little. Then put
thereto a quarter of Turpentyne and Sett of the stuffe
to be but blood warme, and Sturr it well together till it be
cold. And keepe it for yr best Salve that may be made,
for it is proved. It must be made by in Towle.

For a sore legge.

Take ni of Terpentyne oyle Olisse waxe and Rosen Tallow
of a heepe or Deere Suett. and the wyne of the stirbe
Smallage Bugell orpen, Campher & Witsmit. But
first take the Terpentyne waxe and Rosen and Sett them
over the fyre together to melt. Then put in the wyne
with the oyle, and Sett them all stoffe together as long as
the Gum ys stiffe, Then take it of and make it up in a Towle
or Towle, and it will scale any sore that hath not
dead fleshe in it. is proved.

A Sr Leggs burne in great Heate wch will take away all Heate and make it in temper. /

Take the wyne of all these Herbes into yr Dish, & plant in Gonsliber Nightshade, & Coxpen. And it will take away all the Heate and make it in temper. /

How a sore Legge, for a Watt.

Take ye wyne of these Herbes, Crowne sell or Poors mouse Eares, & Eyebright & Eyebell or Orpen and put them into stone Pipkin & yolke of an Egg & Saffron & temper them, then take oyle olive iij. Spoonfulls and Turpentyne wch a little Butter and set them over the fyre and when ye Rosen wax & Butter begins to Heate a litle minge these ye oyle into it and let it boyle together for Halfe an houre till it be thick, and then take it off, and wch these Butter Rowls it up between yr Hands. Probatum. /

For a Canker, for the Throate, for Heat in a sore Take a Gallon of Smithes water and put thereto a quarte of English Honey, and ij Handfulls of Sauge, and let them boyle altogether and a good while and as the Scum ariseth take it off and it will be as cleare as water, when it is taken off put thereto a pinte of white Wine Vineger, and then put to allome in fyne powder not beaten, and let it boyle to allome in fyne powder not beaten, and let it boyle from a Gallon to a Pottle and then take it off & put it in a glasse and rubb ye sore wch this mixture morneinge and eveninge, and it will keepe many yeares & it will keepe good for yeares. Probatum. /

A medcyne for a sore Legge /

Take one Handfull of ground Ivie, and two Handfulls of Sorrell, and stampe them in a Morter and straine them, & take the juyce set it upon the fyre, and put thereto one Spoonfull of Honey & a litle quantitie of fyne white Sowre, and let it boyle together till it be thicke & stirr it upon the fyre for burninge and set take it off and make a plaister, as broad as the sore, and laye it to the sore legge and it will heale it. It hath been often proved. /

To make the stem to growe & to drawe and heale any sore place.

Take Bittony Orpen Rose dampen of each twoe handfulle and take the iuyce of them and put thereto twoe spoonefulle of stone honey & the youlke of a newe layd egge, and then spoonefulle of Creame and ij ounces of cleane Rosen and of waxe ij ounces and of deere fatt or May Butter or fresse butter ij ounces, and melt all these together a softe fyre, till it be somewhat thicke, and stirr it for cleane ende. And this will make the stem to growe yf there be not dead flesse in it, And yf you cannot gett the herbes get every thinge sold and it will heale a sore eyes well. And if you take the rootes and stampe them w[i]th fresse hogges grease, it will make the salve to be the better. for it is better for a salve then any other grease, and then must straine the salve when it is sodden and coole that the Limt may settle betweene the salve and the cloth and laye the plaster vppon it, or spread the salve vppon the Lynte. proved.

To make stem to growe quickly vppon any sore that hath no flesh in it.

Take of waxe and fresse Butter of each iij ounces and an ounce of pure Rose water, and ij ounces of Creame And let the water be hott before you put in the waxe, butter & Creame, and then let them seethe till the water be consumed, And laye this vppon fyne Lynte vppon the sore Probatum.

To make a good salve for a sore legge.

Take Valerian or Celandyne, Bittony Rose dampen Orpen Knott Layer, Arrsmarsell or Hempstone, of the juice of these one handfull Then take of Oyle olive, and white wyne of each a pynte & boyle them in it, Then take cleane waxe, Rosen frankincense of each of them ij ounces, and put to the herbes then, Then take sope & powder of Cexpentyne, Turpy of Gonty, and put to it, and seethe all these together, till it be white, Then straine it cleane and put it in boxes, This is a pure salve, or ointment yf you melt it, for any sore, And it will heale & draw the hard below well. And it is good also for a swelling If you make a deare deale of the salve, as broad as the plaster it is swollen.

A good salve for a bruse or a swellinge or any other sore

Take Bittony, rose champion or pon ostatse m. Lynd fulle Take the wyne of lyes & put it in a disse. Then take nsage and frankensence of eatse of lyes m. ounce & melt them wt fresh Butter. Then take blute hope iij & poune fulle of prosor or rosen ab mutse and put them to the rooke & let them stande boyllinge Then take the wyne of the sorde poune ounce of pyle of rose ab mutse of pyle of daromamell or pyle Glasse and sethe them togither till it be thik. Then straine it and let it be cold. Then spread it upon a lynnen clothe as broad as the swellinge or brose or ather ib, and laye it to the sore place, and it will helpe it wthout tyme laydinge to it. But warme the clothe alwayes when ye laye it to the sore. If ye rangett nue pyle take sheps Suett mynsed, and sethe all these thinge in it till it be thik.

But ye must put to all these thinge above written, three & poune fulle of Terpentyne, for that must be in ye mixinge at all tymes.

How ye shall make the salve to draw owte.

Take pyle of olyffe & pynte and of white wyne a mutse and put it to the wyne of ye make ye salve wt sorde: Take ye wyne of sorde ye wyne of ye make ye salve wt sorde: Take ij ounce of Turpentyne ab mutse and put them to the pyle and iij. ounce of Turpentyne ab mutse and put them to the pyle and a quarter of an howre then sethe altogither upon a softe fyre a quarter of an howre and stire it for burninge. Then take of Lorell in wayor rishe poudre ij. ounce of frankencense, ij. ounce of Mirre and poune of Tallow ounce of damysse ij drames. And molt all these wt Tallow or Hoggs Suett or fresse or maye Butter upon a softe fyre & then strayne it. Then they be molten put them to the pyle and sethe them sethe againe altogither softe for burninge & stire them often, & when it is ombssinge thike then straynte it into a fleame dysh and let it cooll and then put it into a Boyle or xonce it stop. Yet ye ramot get pyle olyffe or wyne wyne. Then take m ounce of Turpentyne ab mutse of Tallowe mixture and let them sethe togither and then put the other thinge before written into it & let them sethe altogither. And this is the best make inge of salve yt can be made. And ye may make ye salve of Lilled as ye list, for that it be temperd after the manner before.

A Salve to make ye skin to grow and draw and heale any sore place in sorte hynt.

Take Bittony, Orpon Rose dampon, Plantin, of each of them two handfulle take ye iuyce of these herbes, if ye cannot gett these herbes: Take Smallage, Tibb morte, Valerian and Mallowes and bruse these herbes in a Gallon of white wyne till they be tender. Then take ye herbes & wrynge & beate it in a morter. Then take a cleane skillet & put in ye liquor of it & and put of greson & rosen a quarter of a li. of Oyle and lodge a quarter of a li. of fyne iiij frankincense. And take ye rosen & beaten & poulder & put them altogether and let them boyle till they be melted. Then put in of oyle olyffe an ounce, of Deere suett a quarter of a li. of Turpentyne ij. ounces. And take them boyle altogether till it be verye thicke. Then strayne it into a Bowle And when ye will vse it make fyne Lynte and put ye Salve vppon it & lay it to ye sore, But ye must keepe Lynte vnto it always: And it will suffer more hard fleish to abyde in the sore ye want ye other herbes. Take Bugmorte, Lurre leaves & Comfrey and Crowne Salme like quantitie as afore said. And always stirr ye stuffe well for burning.

For to make a Salve to heale a Watt or any other hurt, and to draw.

Take of Oyle and wax & of Oyle rosen of each of them ij. ounces and of oyle olyffe iij ounces dim: of Deere suett, hartes suett or Goates suett, and take ye waxe and ye rosen and melt it w^th ye suett. or if ye will have it draw well w^th oyle. And if ye will have it draw murre, then put in myrre of rosen of wax, of eyther ounce of Turpentyne, Aloes frankincense & Dragon bloud beaten to fyne powder iij drammes fulle and melt them together. Then take iij ounces of ye iuyce of these herbes & put to ye Salve while it is a boylinge. Plantinor Rose dampon or pn & Bittony & let them boyle altogether a little while. Then put to it a handfull of stone Lyme & let them boyle till they be somewhat thick and fyne it for burning. Then strayne it through a Lynen cloth and keepe it till ye have occasion. Probatum.

To make all Sauces pure and good.

If you will make Sauces pure and good, you shall not be
soon nor suffer nyght or watch, but you shall order, or else
stamp them in bodye them in morter and drawne through
a Strayner and straine it and make a Sauce of it
or else when you have boyled them tender, put the Sauce and it
boyle together & straine it. And this will make any Sauce
pure that ye make of.

The way to make Sauce for Lamb.

Take vinegar and Roson, If you will have ye Sauce more sharp nyge
then ordinary, then take more vinegar then Roson, and if you will
have the Sauce Lesse sharp, then more sugar then take more
Roson. And if you will have it not to grow then take vinegar and
Roson in like quantitie. And if you will have it thin to grow
put vinegar and not Roson, If you will have it thick put more Roson
put to the Roson mingled of Mustard and Cleare vinegar.

To make a white Sauce.

Take white bread mingled with Gallingale mingled white Frankincense
mingled, Mastick mingled, dragons mingled, make them fine all into powder
& it selfe and the white bread & yolke of egge and put them Gallingale
quibibs Mastick and Frankincense and stirr it often times and put
Sugar sparingly put them a little rose water and when it be
ynough put to be thick put more of the yolkes & put Sugar a little
Cast water and make it so that it be neyther to thick nor thin.

Another white Sauce.

Take of the Crumbs of bread stamped white bread, vinegar Galingale
Ginger mingled dragons mingled, yolkes of eggs stamped them with
in a morter, Cast of all put in of them together & put them
together.

To make Brawne nyce & pleasant.

Take yellow Roson pouder Gingar Galingale & Sugar & Cinnamon
Turmerick mingled with white Frankincense & mingle all
Victorina of each Salt an ounce, melt the vinegar Roson & Sugar & put
together & straine it and put to it the Turmerick & the other powder
in powder and yolkes of eggs & stirr it till it be cold.

To make a Salve to clense and rause flesh
to growe and to heale yᵉ paine.

Take wᵗᵗe losen wᵗᵗe waxe, Tallowe of an oxe Marke pitche
Turpentyne myrrhe of Each iij ounces, and yᵉ white of
yᵉ Eggs sufficient of Swines dung yᵉ belonge to yᵉ making
of a Salve, and put yᵉ Ingredients in pouder Salve
an ounce.

A Salve that clenseth and rauseth flesh to growe

Take wᵗᵗe Turpentyne that is not washt iij ounces yᵉ
poulder of an Eggs and a little Barley meale, make
yᵉ rest a Salve.

An other Salve that rauseth flesh to growe
in all woundes of fleshe wounde.

Take Turpentyne iij ounces Honey Salte an ounce poudre
yᵉ Capsles of wᵗᵗe Frankencense a dragme, Saffron
yᵉ third part of a dragme, take all these ingredients
and wash them well and make a Salve.

A Salve that maketh flesh to growe
in any wounde of yᵉ yonge personnes.

Take Turpentyne that is not washt iij ounces Rose
Honey a dragme Saffron yᵉ third part of a dragme
and take all these ingredients and make a Salve,

A Salve that rauseth a wounde to grow matter.

Take Turpentyne iij ounces, Hartwarte or Yronte=
rose of a Beare iij ounces, Oyle of Roses one ounce wᵗᵗe
Frankencense Salte an ounce.

A Salve to rause matter to come in short tyme
and fully bene proved.

Take Turpentyne iij ounces, oyle of Roses Swappe of Each
iij ounces, melt them together, and yᵉ will rise it make
a little warme, and laye it to yᵉ wounde wᵗᵗ Cloathe that

A Sale that takes away sowre and is in any wound

Take iij vnces salt a li. sondry, a li. of parsley greene ij. ounces
Allume one ounce, boyle them altogether in fayre till it is
redd, for it takes iij hours ere colors in the decoction, if
it be sodden a little it seems the greener, if it be sodden well
it seemes redd, as it must when made.

To make a Salue to draw and to heale.

Take a quarter of a pound of sperme whale and ij ounces
of Venice turpentine, melt them together a little upon coles
in some fyne, put thereto an ounce of frankincense
fyne it well together, put it in Boxes or Pipes.

For to make them to grow on any sore.

Take hens mucke or yellow waxe one li. and melt it over
a chafing dish of coles then put to it ij ounces of the iuyce
of Plantan of oyle olive & rose water of each one ounce,
Cake & peny ale of sondry a little then all boyle together
and when it is somthing thick take it from the fyre but
be sure to stirr it often for burning.

To make a Salue to draw well.

Take wax ij ounces, rosen iij. ounces, frankincense iij poulder
an ounce, Turpentyne ij ounces, sondry one ounce, mastick ij
drams, Ammoniacum ij drams, oyle olive ij ounces, Hogs
suett, or deers suett or oyle of rose, or Mary Buttr or sheeps butter
two ounces, then melt all these in a pott fyne and strain
the rosen, frankincense and mastick in poulder and put
them to the wax & all the other, stirr the mixture of
them to the wax & then take them from the fyre & take
the Salue. Then take white wyne vinegar & take
Plantan, Sothern rose Daisies & red nettles of each ij
handfull and stamp them & strain them and take the
iuyce. Then take the iuyce with the wyne vinegar & put to the
Salue. Then straine them altogether & put them to the oyle,
then straine them againe and put them to the other powder about with
then take the iuyce of the roote of Comfrey & Bugle
and it is a great drawer & healer. But make not the Salue this
of Surgions of London doe for they make them dry & then they
do not draw well, but make them moyst and then they will draw &
heale well. Probatum.

To make a Salve that is a greate drawer

Take a handfull of good dreame sundy m. & pound fulle
Virgin wax an ounce and boyle them well together
on a dishe in fayre oyle Olive till the dreame & the wax be
well mingled & then take it from the fire & let
cool a little & put to it a spate flower and
put to it & stirr it better till it be thick and put in
yolke of an egge and beate all together & keepe
when it is cold & annoint the sore. /

A good Salve for a wounde. /

Take Mallowes Dock roote & Plantan & Eyebright of each
of them a like, and boyle them in Stampe water,
and then take old Barrowes grease
and a little Barley meale, myngle & mixe it greate &
meale altogether and make it fatt with Butter or
take the mixe and the greace, & meale them together and
strayne it clean & put to meale & strayne it altoge-
ther this is the better, or take one ounce of wax & melt
it & the greace & it is good. /

A Salve to Erase the matter and quickly stop
to growe, and drawe to it the matter in all perilous wounde.

Take roste Rosen or oyle Rosen. mayden wax of each
wax Gilte ah. Goose duett pon. ounce & Turpentyne
wax Gilte ah. Goose duett pon. ounce & Turpentyne
m. ounce, Mastick and roste Frankencense of each
an ounce, melt the wax Rosen and duett together and
strayne it throughe a cloth, & then putt them Turpentyne
& the other. Grille of powder Coyle of Rosse i ounce &
stirr them altogether till they be colde and of a fine Grene
it greene gelt Copper or Oxden, Elder, Goose blicke Barbrian
Gutten, Plantan & Mallowes, Duett them & Stampe &
Strayne them & the duett, and when it well colden strayne it
& make the Salve of the same duett. /

A Salve to Erase the matter & quickly
stop & to growe. /

Take Turpentyne m. ounce, Honey strayned one ounce
Frankencense Gilte an ounce or powder, Barley meale
or wheate flower Gilte an ounce, oyle of Rosse Gilte two ounce

the yolke

The yolke of an Egge and halfe a dragme of Saffron, and
anoint the Temples, Synnes and ouer all the Forehead with some
of the iuice of Roses, Then frame it and put it to the Barley
meale the quantitie of a Pomecitron, the quantitie of the Egge
and the Saffron and temper them altogether. ℞ / /

℞ Albes the fellie white flesse of all fresse
Eeggs and beate it and draw it with a wollen /

Take yellowes of .v. Eggs, good oyle of Oliues halfe a li. Ver-
iuice .iij. ounces, Saffron two. ounces, white
frankencense & Mastick of each .ij. ounces in powder,
& Saffron a dragme, oyle of Roses an ounce, melt the waxe
and Rosen together, & the oyle, cast them and put in the
Eggs beaten and clensed, and then set it from the
fire and straine it, take the Saffron and the Mastick frankencense &
Saffron and put it to the oyle, & when it is drawne, you must put the same quantitie
of waxe as you did of the oyle, and then shall your Cerote
be good. ℞ you will draw it to clense
it you must take the iuice of Bollendyne and Pittany, &
raile the Goate of the Dore Take Plantan small and
grate, Capers, Dyers Solicia Mallowes and Salvian,
the iuice of them & a little Cumi flowre. proued /

℞ Albes that is a good drawer.

Take Rosen in powder .ij. ounces, Pitch in powder .ij. ounces, Turpentyne .iij.
ounces, waxe .iij. ounces, oyle of Roses .ij. ounces, frankencense and Mastick
in powder of each halfe an ounce, melt the Rosen, Pitch, & waxe together,
& then put the oyle, Bollendyne or Pittany, and
last of all take the iuice and stampe them, Bollendyne and
two handfulles of Plantan small & grate all cattes tong. Handfulles Mallowes, Salvian & last of all .iij. or .iiij.
stampe them & straine them take the iuice and .iij. ounces of Hogges Grease
Deere Suet or Mallowes, and melt the Suet & the iuice together and strain it
Albane, then put it to the waxe & Rosen, Pitch & cast them melt to-
gether, & clense .iij. from the Filth. Then take it off & put to it the Turpentyne strain
& clense it from the Filth in powder, and oyle of Roses and then add a little Sarcocolla
frankencense & mastick in powder, and oyle of Roses and then add a little Sarcocolla
halfe in powder and a little clarified Honye, and a little Bean flowre four
ounces and clense. Also if you put a little iuice of Worme wood it pur-
geth from dead flesse. ℞.

For to make the stem to grow on any flour as Lilly and moll proued &c.

Take waper ij unces white frankencense & mastik in pouder of ech half vnce, Mallow, plantayn, valerian & Cutfame of the iuyce of them vnmouued added and eny[n]ed grease and roten the gravell to groend put the wexe and it together, & clarifie it and then strain it and put to it the poulder, & keep it to seale any bord. Probatum.

The yeares and labore good in any balod seyz. to seale any mould.

Eyblamorte, Lovearge, nigh shade, Matfellon, Egremond, wodrofe.

For to make an other balod Take of the seid yeres seyz Egremond seyz & mallowe, Burdocke cabod, Mallowes Eugill Rose dampon, Pittony Egremond gall of yelke Eugill Rose dampon, Pittony Egremond gall of yelke of wexe Pagmorte, plantayn, Orpin, valerian, wormwod, Rose mallowes, Lyllies, & white morte & lodder & temp all wods Rosell Lyllies, & white morte & lodder & temp all wods Rosell Lyllies, & white morte & lodder & temp all the seid yeares and good for balod but take yt dyse.

All the seid yrestis seales wt your no[n]t yeres. Seyz Virgin wexe or else and mayze, Oyle olyue, Rosen Turpen Virgin wexe or else and mayze, Oyle olyue, Rosen Turpentyne white frankencense & Mastik dampon, Turpentyne white Eyrne, Gorge, white waxe, Pede Cadel Pedes Egremond Egrimonie, Gorge, white waxe, Pede Cadel Pedes Egremond Egrimonie, Pitche, Tarr, Black sope & sope & suett Mary Butter or fresshe butter, Deores suett sapond, Mary Butter or fresshe butter, Deores suett sapond, Wax, Egrimonie, Grease, All these seales and drawe well,

To seale a bord.

Take Pittony Polypode and Valerian, Stampe them small and grynd them well. and then put to it a litle Honey and youlke of Egge and grynd them all in a morter a gayne. Then put to it a litle white Rose and a litle Barli flowr a litle Turpentyne and temper them altogether. And it is a good pleasir good diuerse tymes &c.

C. yᵉ will Drive a Cabbe to be a great drawer and to
Transpᵉ mutche /

Take Rosen in poulder & m. ounce, waxe m. ounce, Suitge m
poulder one ounce, Melt the waxe Rosen and Suitge together
and take the ujne of Sittenge, & Oile of yᵉ pin, Gonslake
Nigh yᵉ Sad, Dialthan Tutane and plantin Smallage beate
All Supmpoude or Contaredge Take yᵉ dapp of the first Gerbe as
munge ab will make it greene, put the ujne first into the pitche
& put into the waxe and Rosen and melt them together,
the Seperate Suitge, & myrrh & greate or Cullme, & Jn take
Turpentyne m. ounce & aurora & white Frankincense,
& Mastick in poulder of darse an ounce, But first put
in yᵉ Turpentyne Salt it bathe two walmes then take
it of & Strayne it and put yᵉ poulder into it & Stur it and
Salt it dake. /

For wounde in yᵉ wall that are in greate Soake
and for Swellinge

Take plantin of yᵉ mill Eyne, Mallowes & St Johns wurte
of yᵉ ujne of yᵉ Seede m ounce & of Rose or rose
leaves an ounce, and melt all these with waxe &
the Turpentyne an ounce, and Mary Mother and Dulcitte
Dumpe her and make Salue of them & lay it upon the
warme to the wounde, & ye ujne of Night Shade & goodalse
good. /

For wounde that Lurke deepe in & will not Gather yᵉ Shall
make a Salue to make the Flesh grow /

Take Mallowes white dockworte plantin, Mustard Rose
Lymmon or ujne of Rose, white Frankincense & white waxe
and make thereof a Salue in Turpentyne /

A greate Drawer.

Take Rose Lymon of ounce & m. bowles of Barlie flower
of ounce & Sodge them together & then take ij ounce of
ij ounce & Sodge them together & then take ij ounce of
Turpentyne and mashed white in Rose water, and put to it
and let it boile, And put this to the wounde for it is a greate
Drawer. /

A Salve to bringe wounde that be stanched or bringe or abringe in the bone temper dayne and tawe them w bare stanchinge and drawinge,

Take ye wyne of Smallage, nightshade and plantayne of ech parte in like quantitie and take Sonnes & the white of an Egge of each of like quantitie mingle a little Turpentyne and mingle them together till it be white and let it rome at nyght then lay it to the sore & it will close it and bind then lay it to the sore and temper the ye ashe and bringe it to the sore and Salve it fayre for it is a principall Salve to all old sores. Wallwort is good also.

To heale wounde

Take wormwood, Pittony, dentayne and partye bawes stampe them and take ye wyne and temper it w honey

Take cicle drinke w Malmesie fellye worme

To take out bone or splenter out of any wounde

Take Pittony sorbin and Trove, stampe them togither and mingle them w honey and a little Bonesflower or wyldate flowre, and the white of an Egge and make a plaster,

For a Legge that is in greate heate, To take ye payne from it and to coole it.

Take Maij butter & the sore sorbes, violett bawes, Sonnes Lettuse. Burdock Cromonell and Nightshade, for all this sorbis are rote in operation. Stampe them, and bathe them w Maij butter, and strayne them and burne them not in Setthinge Plantayne and Cromonie are rote also good

A greate drawer,

Take rose honey sq. ounce fyne boulted flower ij ounces and bathe them together, then put to it ij ounces of Turpentyne mashed white w rose water & let it roole. and laye it to the wounde And then put a healinge Salve to it. It is a greate drawer,

Yf the head be broken wt a clubb or staffe.

Take Allegatria, Sanguis draconis, myrrhe, olibanum, of each
in like quantitie and make them in fyne powder, and
myngle them wt the white of an Egge, & Spare of the Gume
and make a plaster of this and lay it to the head. ℞

A Mundificative Salve.

Take Mirrhe, Sarrocolle, Turpentyne and Sondy of each.

Ana drop pounde.

Make ointment of the iuyce of longe plantan wt hoggs grease
Sheepes tallow, Turpentyne, Frankincense & mayd all moulte
ton togither. ℞

For to make a pure Salve for a Sutt, and it will Scale
it in Short tyme. /

Take my. ounce of the lesse Sedge, of Rosen in powder dram ounce
Oyle olyffe, oyle of Roses & Turpentyne of each ounce & mastic
and frankencense in powder of each an ounce, Sommy clarified
Salte an ounce, Sarrocolle in powder a dragme. Take the yonge
Sondy and oyle, and melt them togither and clarifie them,
If yu will have it greene, Take yong plantan & small and great
Mullen, Orpin, Cutsane, Bittony or Celendyne,
Valerian and a little Night Shade, of each of yu Ymbs
good and Stampe them and bethe them wt the oyle, then
and waye over a soft fyre, till the wayle be greene then
Strayne it and put the Turpentyne and oyle of Roses
to it, and Sett them togither a little & take of
Gum, then Strayne it a gayne; then take the powder of
Mastick, Frankencense and Sarrocolle, and when it
is from the fyre put in the powder & Stirr them altogither,
And when it is cold, with Lynte lay it on the Sore,
and it will Scale it. Q. d. ℞

To make a good drawinge playstor

Take yellow rapp, rosen and frankincense of each ij. ounce & molt them in ye oyle of Roses & Turpyne & grease or sheepes tallt, or ellse suett, then take Birdlyme & Turpentyne of each ij ounce, And then put ye playstor to it yt ye will and frame it.

To clense a sore from ye matter,

Take ye plantyn, Salerum and Nettle or elle Sollendyne & Bittony & wash them & salt and stampe them altogether and laye it on ye sore, or elle take Nettle & Bittony & stampe them w[i]th salt and laye it to ye sore, and it will not suffer it to breed any dead flesh, and it takes away all roxruption. And put a little honey to it & bind it ever so tyme,

To clense a sore roson it is nerve,

Take a little Rosewater & ye white of an Egge & make in ointe, and a little playstor and laye it on ye sore to stopp ye blod put to it a little Bolus Armoniak in poulder w[i]th a little Sarcocolla, & a little of ye iuyce of Bittony & ye plantan, & a little oyle of Roses. and put all this together & dipp ye playstor in it and anthoynte ye sore rownd about.

An other to clense a sore. wch is good,

Take Rose water ye white of an Egge made in ointe and a little Turpentyne washed in Rose water till it be frothed and a little oyle of Roses & put them together and w[i]th a little playstor laye it to ye sore and it will clense it.

An oyntm to clense a sore

Take & traynd hoss honey, & turpentyne m. ounce & a litle Barlie meale, a litle ffrankencense & fyne powder, and a litle myrre in fyne powder.

ffor ioynts that wounde to purifie them & preserve from drill flesh.

Take honey water or honey & white, sawdr nere wyne & auge or m. dasit, Arabicus & niger, red cole worms and tamarinde water.

To keepe a wound cleane from fetting.

Take Bole armoniak an ounce & a halfe & beate a little quantitie & beate yn to fyne powder then take of camphire a ℈ and beate it to fyne powder but ye must beate m. Almondes in ye Morter before ye beate ye camfer, then make it all in powder & keepe it in a litle water or rose water, or m. wine of dasies and when ye powder is sodden a litle take it of & let it bake and not fynte with ye water layd to ye wounde & when it is dryed lay on more and this will clense any dirt and keepe it from dead flesh. & Gall bene good do rose thymb.

ffor to take out dead flesh & dirt any where.

Take woodbynd beard & small plantin m. ℈ and fulle & Sellendyne q. m. and beate them in a morter & straine them in a pinte of honey till they be well mingled then straine it and put fynte lay it to ye wound. ye powder of honey & Bole put to ye rest & beate dead flesh.

ffor to take dead flesh from ye Eare.

Take ye iuyce of woodbynd & hartes eare & mallowes of each halfe a pynte, & quarter of an ounce of Dogs turd burnt in fyne powder & halfe a penny worth of honey & a Spoonefull of rose vinegar. boyle all these together till they come to ye thirde of a pynte then take it of & keepe it for any old sore or where is any dead flesh or roxruption to be seen. & Gall bene good.

To cleanse and put away dead flesh.

Take a pynte of white wyne & muche of honey & m. & spoonefull of Allom beaten to powder & fyne white salt a Spoonefull in powder & sum madder & muste ashes ye bignes of a wallnutt or rayzinge and put it in a Lemon & slyce ye toppe and take them both together a gill of dan hyssop and as ye Allum rysith take it of, and when it is almost sodden take it of and straine it and put it in a glasse then take Allom & burnt & burne them both & pouder them & make pouder of them. Take of ye pouder & put it upon ye dead flesh & it will. then take of ye old fynte & put to it & ye fynte & myngle it ye oyle and laye it on ye sore. This pouder and this will take away all dead flesh and clense it. then take a knife and loosen ye dead flesh & cast it away. then lay on fynte. ffor this Gall bene good do rose thymb & honey & Bole powder.

A sore full of dead flesh and water to ye bone.

Take a pynte of muste wyne or running water & as much of honey & a Spoonefull of pouder of Allom burnt & beaten & put ye oyle & vinegar as is aforesaid written in ye 36 leafe & it will soke it out some wits a Tanser and put fynte into it, and lay a pouder & Sore plaster then lay a plaster of Diaculum leyd on it or any other plaster, and ye muste vinegar out ye madder into ye wyne & honey when ye have sodden it. good diete

thymb

For ye Eyemewes

An oyntement for Eyemewes,

Take Mallowes, ye middle Mugworte, Butter, Rosmarie Eyebright Rose leaves and Fennel, and make oyntement of May butter.

For Eyemewes that Eyrnike an oyle or Oyntemt.

Take fresh Swallowes out of ye nest & Rosmarie and red Rose leaves of each a handfull, Strawberrie leaves mallowes, Rosmarie & eyebright of each a handfull, and beat ye leaves & Swallowes together in a morter, then fry them w^th May butter and a little wyne & greate fry ye Swallowes, Gutts and all w^th ye herbes and burne them in ye frying. Then all w^th ye herbes and burne them in ye frying. Then straine it and let it stand in ye Sonne 10 dayes, straine it and let it stand in ye Sonne 10 dayes, in a glasse and clarifie ye oyle againe as ye and as may be from all moysture of filthye. and put to it a little oyle of Turpentyne if ye May Lard it. And ye oyle will make ye Eyemewes to stretche, and help them well be well mixt. And put to it a good ounce of oyle of Rose, and set it in ye Sonne 8 dayes more to clarifie. And this is a pure oyle & hath done wonderfull good.

An other makinge of ye oyle of Swallowes for Eyrnikinge of Eyemewes.

Take young Swallowes out of ye nest a dozen, Rosmarie Lavender Cotton & Strawberrie leaves & ye longe stringe call of each of ye a handfull after ye quantitie of ye Swallowes. Fry ye Swallowes gutts and all together w^th ye herbes in a Morter till they be all tend then fry them w^th May butter and not to much, and then put it into a pott & stoppe it close up 3 dayes, and then fry it againe in more May butter & fry it well & straine it, and when ye shall occupie it anoynt it against ye fyre, and annoynte ye Eyemewes that Eyrnike. Oyle of Rose is good & May butter is quick to make an oyntm^t. or to put into any salve.

An oyle good for Hymnoch that doe Hymbe after Hyrbe Hurt & Scalded.

Take Ensbut & Resolute, Frankencense and Mastick of each one ounce, Turpentyne & Hogs Gutt of Hymnoch grease and fresh Butter of each of Hem Hulfe an ounce Hem take an ounce and a Hulfe of Mapp, and an ounce of oyle of Olive. But a good ounce of oyle of Rose & Butter. Stampe Hem and boyle all Hese Hynge together & make it in manner of an Oyntement Sure to make Plaister & laye it on Hye Hymnoch Hat be Hurt aforesayd: and Hey will Hatche out, And Seethe Mallowes and Planton till Hey be tender, Hen stampe Hem & put Hye iuyce into Hye oyle &

An oyle for Hurt Hymnoch or for all manner of Swellings or Bruse.

Take Hyme Pennyroll Crowne Sell, Daysie & Hyme Sol, Planton, Sittery, Mallowes, Damamell, oyle of Rose, Woodbyne Leaves & Rose Leaf, Rosemarie, Camphire, & Egremony Hese bill Hye greate Heate of Hye Swellinge. Take of all Hese herbes as Hye Will Hynke good for Hym and Heare good all and stampe Hem, and & Mary Butter Seethe Hem till Hye bloyde be greene, Hen straine it and put to it oyle of Damamell the oyle of Rose of each one ounce, and Sett it in Hye Sonne Hye Space of Hayes & straine it. Also Hye take all Hese herbes, take of Mylke Hayes & straine it. Also Hye take all Hese herbes, take of Mylke & Sauge, Nygle Shade, Honesticke, Woodbyne & Oxpen, but a Sponge for Hye and Heare rolle in operation, or Att Hem agree in quantitie Hye Gall of Hese herbes & Hye rolle. Some doe take but Hese herbes, Pimpenell Honesticke, Planton & Hyme Sol Damamell Mallowes, Crowne Sell Rose Leaves Egremony & Woodbyne Leaves & Sponge and stampe Hem & Seethe Hem in & Mary Butter, And when it is greene put oyle of Rose & oyle of Damamell to it, and Sett it in Hye Sonne Hye Hayes

For Hymnoch an Oyle.

Take Muggwort Mallowes, Dammamell, & Butter and make oyle & oyle of lilie or Purslen grease.

Nouemb. 25th

For to make an Oynt ment called * Hexdall
wch is a pure oynt. for dymnesses /

Take wylde Gauge damamell Muggwoorte Gauge mallowes
Hollioke, Rost Laroes, Rosemarie, Cotsfoot wood and
wallwoorte, of each halfe a quarter wash them cleane
& stampe them well halfe a pound of smalage Butter &
put them into a quarter of oyle olive and melt them well
togither, and put them in an Earthen pott, and stirr
it, and lett it stand in a moist place vnto day.
then take it out of the pott and putt it in a pann, &
set it ouer a fire, and lett it boyle well together and
stirr it that it cleave not to the pann, and when it is cott
enough strayne it into a bason and set it on the fire
againe and put thereto halfe a quarter of a pound of
yarbe of mercury & Hellond mault pare: and a little
parte of spanish Hellond mault pare: and a little
Sonnes, and a gette of Frankincense in fine powder,
and stirr it well till it be melted then strayne it and
set it coole and let out the water and reserue it in the
other side and take anew the filthe and set it ouer
the fire againe till it be moulten, and so a fifth
time it and put it in Boxes. And this is the kynd of
Hexdall that I am made /

To make an oyle for a swellinge or for a sore in greate heate, or for hymorrhoyds.

Take of plantan small and greate m. handfull of Sperslicke as much of smallage a handfull stampe them and boyle them with swynes grease till the oyle be greene and strayne it for it is pure oyle of hymorrhoyds but put to it an ounce of oyle of Roses probatum.

An oyle for swellinge of the patient be in greate heate.

Take Rose water m. m. plantan as much Bittony Crowne sett parsley water, Sperslicke & Egremony of each an handfull stampe them and madbyne water of them a handfull, and j. m. of dammamell and fry May Butter & an ounce of Rose oyle and as much of the oyle of dammamell, Boyle them altogither with the herbes stampe them till the oyle be greene, and stirr it often for burninge, and strayne it into a glasse and sett it in the Sonne 40 dayes & strayne it probatum.

An other oyntment for swellinge and tirrold.

Take smallage plantan daysies Sperslicke Crowne sett and frye them with May Butter or Swyne grease and strayne it and laye it on rold upon the patient and if you frye a handfull of Rosemarie or put oyle of Roses to it, it is good.

An oyle for swellinge Bruse or drye.

Take a pynt of sod oyle Olyve and put it in a glasse in May and take penyroyall, sage, wormwood, Rosemarie Rose water Crome and dammamell myntes all these small and put to the oyle Roses and Rosemarie of each a handfull at a tyme of sage water & sauge salte a handfull at a tyme, Crome & dammamell of each a quarter of a handfull at a tyme, or els you may take of these herbes a little quantitie at a tyme but the greatest part let it be oyle of Roses, Rosemarie and sage water & then you may myxe them

together

the ostinder and put it into the oyle, for it will make the oyle & butter for the finer savor, and when yo put the herbes into the oyle, let the oyle stand in the sonne xx dayes, then put in fresh herbes again, and let it stand xx. dayes then in fresh it and put in newe herbes again, and do as often as it is before written and do by the glasse close and lett it stand in the sonne dayes.

For all swellinge in the legge skinne or any other part or place of the bodye, This oyle following is good and proved.

Take dammaskell, rose leaves, rosemarie leaves and flowres, honisuckle Mallowes, plantin, but most of all dronett leaves and the flowres, Hollyhock, Mugwurte, Egrimony & mugwurt & a little fumitorie & stampe all these and boyle them not upon a coale fire but some where els not upon steame it and put them into an ounce of oyle of roses, and as much of May butter, and boyle the first oyle and then togither & put it in the sonne after yo have strained it agayne xxx. dayes. and put to the herbes a handfull of Crowsell, and keepe it for a pane oyle Probatum est.

An other oyle for swellinge of legge or skinne.

Take dammaskell rose leaves honisuckle plantin mylfoyle, Mallowes, Hollyhock, Mugwurte, fumitorie, rosemarie, and Crowsell & stampt them and temper them altogither and put to it a good quantitie of May butter, and set it stand in a glasse in the sonne xx dayes & then boyle them till the oyle be greene & strain it, and put to the oyle an ounce of the oyle of dammaskell & an ounce of oyle of roses and sett it in the sonne till it be purified and strained after

Butter is good in the first dyett and role in the crowne, Esp and when it is the butter. It is good for the shrinkinge of the synewes for it relaxeth, suppleth & abateth heate and sharpnes and byndeth.

For all manner of Swellinge that be in greate
heate to helpe them and take away y^e Swellinge. It doth.

Take y^e plantan m. Handfulle Egremoniche pyolett leaves &
Arg^t Lyde leaves of dock pe a Handfull, woodbyne leaves
Fethe a Handfull, Holly Hock & Mugwoort of dat pe ij
Handfulle Rosemarie or pe flowres, pe leaves must
be myncid m Handfulle and Rose leaves of pe vth m^y
m. Handfulle and ist not pe oyle of Rose, m. ounce
and a Handfull of dayse leaves, & stampe them
Swete well in a Morter. Then take a pynt of
Swynes grease and put to them and let it owte
a fire Space till pe oyle be grown and strain it
Hot for burninge & straine it. Then pe woodbyne
leaves take Egremony ij Handfulle Then take
May butter ij ounces & an ounce of oyle of Rose
and put them to pe first oyle and let it stande
pe Some of 3 dayes. and straine it as byne ordered.

For Swellinge not broken, and for to drawe an Head.

Take oyle of Rose, Rose water, and pe white of an Egge & Hen pulle
Beane flower, and a little Saffron & temper all these
togither, and lett them on Embers till it be blod warme
Then rub a feather annoynte pe sore Swellinge 3 tymes morninge
& Evninge, and at Noone, and it helpeth. Proved dyvers times,

An other Medycyne for Swellinge.

Take a pottle of runninge water, and a greate Handfulle of Sauge
and let it boyle to a quarte, & then straine pe liquor & put into it
a pynte of white wine vinegar & m. Spoonfulle of Honny and
lett all these boyle upon pe fyre 3 quarters of halfe an howre Then
take a Brasen dishe & wett it in pe warme liquor, and
lay it upon pe Swellinge warme, and so doe it m or m.
tymes in 4 dayes almoste warme, and pe patient shall
find greate ease m it. Proved.

For night Swellinge may take small Nettles and a little Hunstonit. doinge well is good also.

An other for Swellinge.

Take Mylke & Otemeale and Sypolote of ys ye can gett them, & not ye Leaues. & if ye Eare be in greate payne take Mallowes, Damemell, Camamell, Smallage & Brokelyme of eu'ie of them a Handfull, and Stred them small into ye mylke, & then take Linsede and Fenugreke beate them to ye powder and put it into ye mylke, and so let them Sethe altogither till they be Sore that ye may strayne it, then take of Oyle of Damamell, Oyle of Rose & oyle of Costus of eu'ie of an ounce, and let all ye Sayd Ingredients be Sett together, and then take it from ye fyre & let it Stande till it be Lukewarme & then Sprinkle it into ye Eare, & Stop it with Cotton, & so Lay it from ye Eare & Change it morninge and Eueninge, and it will helpe in thrise Layinge or Sower dyes at ye most.

For Swellinge not broken, and for an Ache.

Take Lemons Marigolds, Sauge & Rose, and Flagge of eu'ie an Handfull & Bruse them in a Morter. Then take ye oyle of Roses & Sette ye Sorte but three from ye Barnes fire, and Sup them till ye Sorte be Warme. Then take ye oyle & annoynte ye Eare plate. Then Lay a Lynnen Cloth to it as warme as ye can suffer it. And this will drinke Sup all & will Remoue and purge ye Impostie, and Kill ye ache & make it Leaue Swellinge after ij. tymes dressinge. but take ye Stramin ye oyle of Roses. & ye take Wight Wade & ye Droppes of ye Sayd oyle. & ye Sette them vpon ye other Sorte it is Sodayne good; & Lay a Plaster of Egyptiacon and Lay to it. it is verie good

For a Swellinge, or for a Sore in greate payne or for Hymeneds that be hurt in Eyes.

Take Plantin Small & greate eq. Handfull & Sompliche as muche and Mallowes a Handfull, & Stampe them and Sethe them in Fayre Spring water till ye oyle be Sodden, and Strayne it, and it is pure oyle. & if ye Hymeneds be hurt put there to 13 Droppes of Rose. a/

For a Swellinge or for a Bruse or for ake inge.

Take a quarte of oyle Olyfe and put into it Baye leaves & Rose leaves, Isop, Rosmarie, Dammymell, Sauge and Lome and let all theise herbes be mynsed small & put into ye oyle and let it stand iij dayes in ye Sonne in a glasse Then put thyes herbes ffurmefulle of oyle of Rose to this oyle and let it stand the Sonne myne dayes And this is a pare oyle for any disease or sore tymes proved.

Thanke ye Herbes putinge fresh dreden tymes, At dooinge Soden dayes ende & shinge and strane them at ye ffyrste.

For a Swellinge that is of an Ayre.

Take of the powder of Bolus Armoniacus the oyle of Rose the youlke of an Egge & brane flower, and a little Vinegre and temper them altogither, then warme it a little and laye it hotte on the Sore, and so laye it to the Swolne place. If ye will have it to drawe muste make it thike of the flower, If ye will ye put a little oyle of Dammadmell unto it, Or the white of Egge is lickie or might stande good.

For a Swellinge Sore or Bruse.

Take Time, Sauge, Worme wode, Smallage, Brookelyme, Rosmarie flowres or ye leaves, Dammadmell, Rose of earth of all these a handfull, & bruse them in a Morter, Then take ye fatte of Muste wyne & bothe them till they be tender, Then take a good quantite of Hoppes & Talloe & put to it and lett it seethe till it be thicke, and stire it for burninge and ye muste have Hoppes & wott reddye mynsed to keepe it moyste as it seethe awaye. Then take this Medycine & beate it in a Morter, and laye it as warme as the patient can suffer it and it will assuage the Swellinge and kill the Sore, ye Em ployer or some times dressinge. But take ye keepe it warme as ye clothes & weeke together, and laye ye Medycine always warme unto it. This hathe bene often proved.

If ye annoynte.

If ye ameynte ye patient wt oyle of Roses wasshe ye swellinge
wt goote or wt ye oyle before written: And if ye take oyle of Hipe
oyle of Roses & oyle of Camomell. Beforse an ounce and halfe
of ye forsd oyle & straine it. It is a principall
oyle for any cleft in ye Joynte or any ulcer plate, wt ye
plaister of Hoggecroction ponto it &c/

After this manner Maunder May butter is made.

Take fresh Butter in May and let it stande in ye Sonne in a glasse
vessell. 3 dayes, till it be clarified from ye curd. Then strain it but let
it take noe water.

For swellinge Lumbes Boyle & use
For Burninge Gellifes Boyle & Anoynte & wash sodden & strayned

For a Bruse or Smallnige

Take Smallage, Brookelyme, Fenel, & Sauge, Dammanell Goutgerneed, Wormewood and Setterfenel of Darsy of ye Rose or Sandfull of ye Setye them in Runninge water or pisse till they be soft and tender. Then take ye Callewe and wynde it to ye oliffe, and put a good quantity to ye Sparbes, and let them seethe till they be almost sodden away, and stirr it often for burninge. Then take it and laye it on Hymen Clothes or Platye, and put unto it a little oyle of Roses, or old Annoynte ye Sore with it before ye laye on ye Plaster, and laye ye Plaster warme to it. Another waye.

Take ye Herbes aforesaid and wynde them, and Sethe in a quarte of water wynne till they be tender, Then take a pynte of Oyle oliffe, and put unto it, and Sethe ye Herbes with ye wyne fayre and softlye, Salfe an Houre, and stirr it for burninge. Then take ye Medycyne and laye it warme to ye Bruse or Smallnige, or old Sore it annoynt ye Sore night, laye ye Herbes warme to it. and keepe ye Sore always warme, & Sometymes put a little oyle of Roses to it, it is very good. And this will Take it whether it be Bruse, Smallnige or Bloodye is cold. As Salye bone Sarde well Sodd drinke of tymes

For a Bruse or Smallnige or Sore in Eye,

Take Night Sade, ye droppes of ye nettles Smallage Brookelyme Setterwoode, Wormewood Fenel, Sauge Dam Mell and Setterfenel of Darsy of ye Rose a like quantitie and Wynde them, Sodden Small. Then take them & Mix Butter or Fresh butter or oyle of Sweete Roote, and stirr for burninge, and laye it fayre and softlie till it be blacke, and then Straine it and take ye oyle warme, and put a Lymon

Sliced

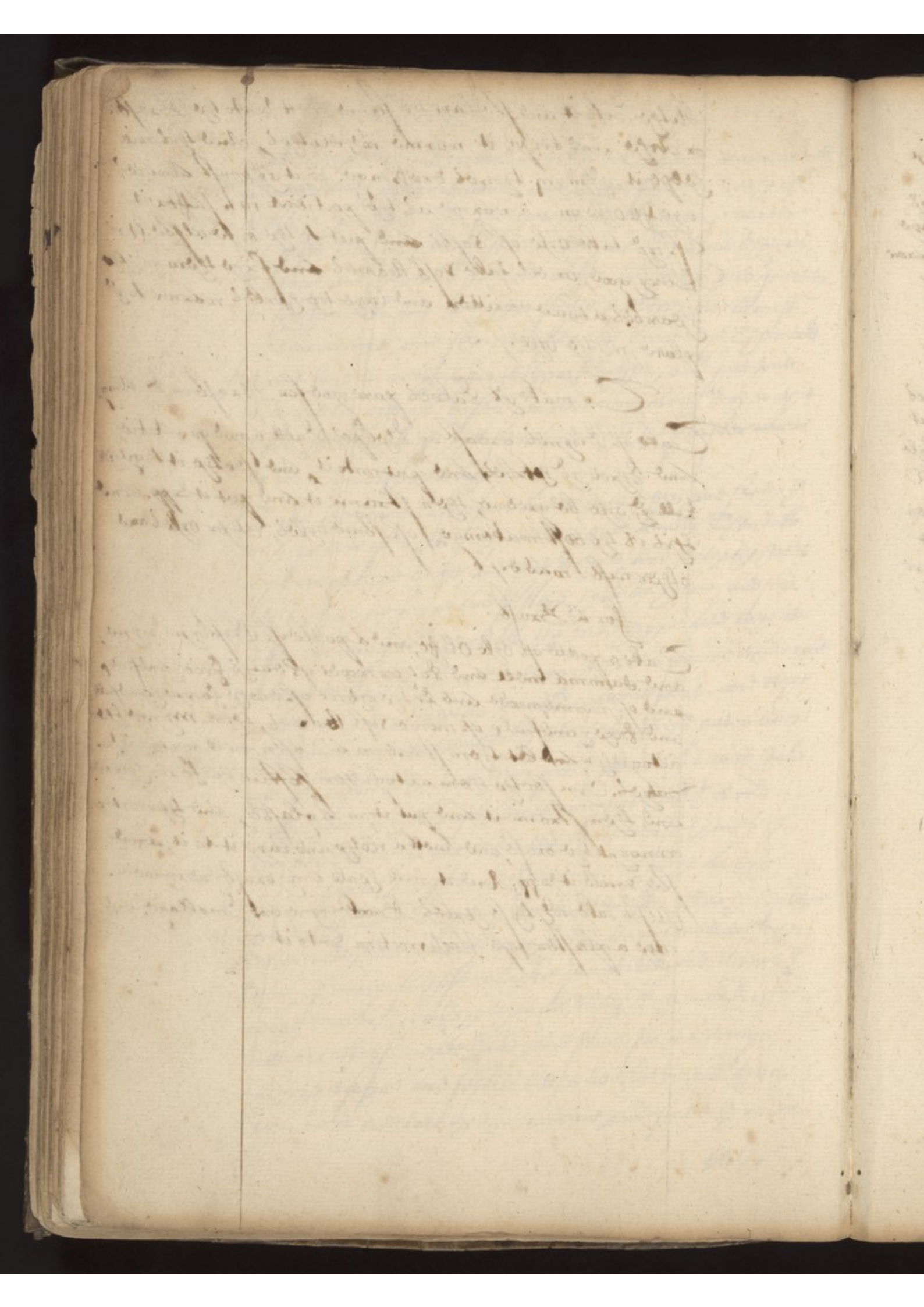
clothe into it, and soe laye the same warme vnto the Bruse or Arse, and keepe it warme w^th clothes, and this will helpe it w^thin 14. tymes dressinge. But y^e must alwayes laye the oyle on as warme as the patient can suffer it. Or y^e take oyle of Roses and put to the oyle all this Ivory wood, or els take Rose leaves and fry them w^th the Herbes above written and laye the Herbes warme to y^e place w^th the oyle. /

To make y^e Salve good for Bruse or Swelling.

Take of Enymes. greate or Hyssop Equall a good quantitie and Stamp y^e Herbes and put into it, and boyle it together till y^e oyle be greene then Strayne it and put it by. and this is the best makinge of some oyles, other oyles are otherwise made. /

For a Bruse.

Take a pottle of oyle Olive, and a pottle of Vinegar mynt, and Sammadrill and Dogges wood of each a handfull and of Wormwood and Feathergrove of each a handfull and a handfull of mirto Rose leaves, then mynce the altogether and let them stand in a Basen well covered 24. Houres. then boyle them altogether a little halfe an houre and then Strayne it and put it in a glasse, and therwith annoynt the bruse, and wett a clothe and laye it to it, and so cover it warme. And it will Heale any bruse how ill. Also take w^th the Herbes Brookelyme and Smallage, and laye a plaster of Hochstraction vnto it &c /



For an Arse a Poultis. /

Take milke and flower and boyle them till they be thicke and laye it to the sore place as warme as you can suffer it. ~

For an Arse in the Armes

Take some plantin, or some white flowres or the leaves of sage a handfull, of any them two of the two, of the most soote or May butter or Capons grease or oyle olive and fry them till they be black. Then straine it through a linnen cloth and when yo have strained it take yolke of an Egge, salfe an ounce of the iuice of flowers of violetts or of the leaves, and beate the yolke and it, and put to the oyle and warme it on the fyre, stirr it, and when it is cold take it off. And lye a peice ofte for the Arse. But myne the Grandes first. ~ /

For Arse in the Wrists or Joynts or of the Knees Coat & Swell or else. /

Take Lime and Lees of Sope and stampe them together and put thereto honey and make thereof a plaster and apply it, and it will take away the Swelling in the Arse. ~ /

For an Arse D.r Hausell

Take oyle of Roses, Ale, and yolke of new laid Egge beaten together and take like quantitie of the oyle of the Egge and let them be made like warme, and then put into it the poulder of Saffron and so annoynte the aboving place, and laye a cloth upon it and annoynte it often. ~

A Grave cloth for Arse. /

Take Lyon and the best stone pitche and the oyle of Roses pitche of each halfe a li. of waxe Venice Turpentyne of each two pony worthe and a prettie quantitie of Sheepes grease, melt altogither and make yo Grave cloth.

For Arse in the bones a pennyworth ointm.

Take of Aquavitæ and oyle of Bays of each a pennyworthe and mingle them well together but not by the fyre. And it will put away the payne for ever, & smige it warme, but ye must warme ye ointment a litle in a Panner before ye laye it on, And bynde it well till it be dryed in, and rowle it warme at all tymes till it be whole. Proved diverse tymes.

For An Arse in the Bones of the Legge and the Shin wrong.

Take a Clarke Eggepos head well and all take out the brayne and breake the bones in peeces. Boyle it well in good Ale put so it Juste doth cover, and strayne the broth, boyle them altogether till the meat be sodden to peeces, then let the broathe calye the legge well strayned a good space then laye the meate thereon and bynde about the legge and so lett it lye vppon. And so vse them once or twice tymes and every tyme washe it in the broathe as hott as ye can suffer it &c.

¶ Vnguentorum good for all maner of sores & wounde new or old, it is good for to put in all Treate. it preserethe noe corruption nor dead flesshe to growe. and it healethe more in a fortnight then 8 dayes. Then olyve is set in a Mondaye. and it healethe all maner of Botches and Apostemes / Proved.

¶ Take Plantein small & greate, Bittony, Valerian, Springwell, Sanicle or elles Goates Sorrell, Daysies, Mouse Eare or Centonie, of each of these 4 handfull good. Then stampe them and take white wyne a quarte and Sallowe, or Beech buddes or Elder buddes a quarter of a lb. and boyle the herbes in the wyne and buddes altogether till the wyne be almost consumed. Then straine it and put it in a cleane possell, and presse the liquor out but not of the herbes and put into it of Rosen & Perosin of each halfe a lb. Virgin waxe and white frankincense of each a quarter of a lb. Mastick an ounce, of Camphire 3 dragmes. But first put in the Rosen Perosin & waxe and melte it in the liquor; & stirr it well and then put in the Mastick frankincense & 2 dragmes of Myrra or gumm Elompany in fyne poulder, Then in the Turpentyne put in Turpentyne 2 or 3 ounces. But when ye put in the Turpentyne & poulders damper, looke at the stuffe be not to soft for burning for if ye burne the take ye more it. and stirr it well to gether & put it into a Barge. and keepe it for the best Vnguente that can be made on yearthe. But looke the poulders be very fyne ere ye put it in & put it in and stirr it well and strayne the poulder alwayes through a fyne sleeve. Proved.

¶ To make Gratia Dei.

¶ Take of Turpentyne Rosen in poulder of each a lb. Mastick in poulder 2 ounces, Virgins waxe 2 ounces, Olibanu in poulder 2 ounces, and Bittony, Valerian, Sorrell, Comphell & Mouse Eare of each in like quantitie & stampe them all to gether, Comphell & Mouse Eare of each a pottle of white wyne to 2 quarte, then take them out & straine the wyne into a Barge & set it over the fyre, and take a little fyne poulder of the Comphell put in the Rosen and the Turpentyne, the stronde by not poulder it & Comphell put in the Rosen and the Turpentyne, the stronde by not put in the Mastick Olibanu & the waxe, & let them melt altogether and straine it again. And this is Gratia Dei. And if ye will have it soften, Lytton and drawe it out put in an ounce of Callbanu, & an ounce of Borax & of Rosen and a little of the poulder of Myrra or Gumm Elompany &

for the wound of a Deare or any other Iron.

Take Cyrcmony w^th Juniper, or take y^e iuyce of it and the iuyce of Daysie, and a little honey Turpentyne Frankencense Mastike and a little Myrrhe & make it in poulder & molt a little Sheep and Tallowe, the iuyce & y^e Turpentyne and honey and frame it and roste it in some what rolde put the poulder into it & a little Borax in poulder, and Cyrcmony bruised it is good against a bruise bringe Lard Oyle Turpentyne wax and greast Leather & Lose. And it dothe y^e office and healinge.

for the wound of a Deare or any other Iron.

Take Cyrcmony Bittony & Plantan and a little honey & mingle and put it into the wound and it will Seale it as it is and wound.

Also that pulleth out the iont of all manner of Iron that abydeth in any bodye.

Take Magnite stone or adamant stone in poulder Salt mouue Dolepodion Diapumilly of each a dragme Hartes grease Lyme Oyle & Turpentyne of Each Salt an ounce, and make a plaster and laye to the wound.

The Roote of a Reede stamped w^th Honey & Plantan pulleth out Bones Stones or glasse w^th out any payne and healeth Good.

for wounde that be hollowe Ther as Arrowe Carbethe and to raise it to growe.

Take Mallowes Oke mosse & Dialthea to make a Salue to growe And nyne will serue a Deare to drawe roll, make a plaster of Cowrne Paper or else of white Leather w^th the Salue open it.

The poulder of Plantan & the poulder of Bittony are pur good to heale a Bowe. Good.

for an Ague and anquisinge in a Deare Legg a Bathe.

A Bathe of Eggwoode. Take Mallowes, of Eggwoode and Cyrcmon Sell and boyle them in fayre water & warme, bathe the Legg and laye the leaues about the Deare. Proued.

To make a Water to washe all Sores

Take Plantan Rose leaues, Mouseare, Bittony & Pimpnell Grabious, and stille altogither & washe Sores w^th it. Good diuerse tymes.

For a broken Legge Eybbe or Bone.

Take dayse Valerian and comfarie. And drinke the watter of the same herbes.

Or grayne of vengeable blood. Take Hasell water or water of myrtle and drinke it ofte.

For to sett Joynts or broken Bones. Take ye iuyce of comfarie and drinke it.

To make a Diapenll water for duills or Gurls in any parte but for poulters ye better.

Take an ounce of Allome and Salte an ounce of greene Copporas boyle burnte and molde in to fyne poulder. and sett a quart of Spring water vppon the fyre. put in ye poulder some and some and stirr it togeather and sett it rome on the fyre after ye poulder is in. and keepe it in a glasse. And yf ye will vse it warme yowre a Lynnin cloth and warme vppon the Coles plate. And yf ye make a Cent take lynnin cloth and warme vppon the Coles plate. and vse it morninge and evninge. and it is holye the dead flesh and healthe it.

An Excellent Salve for any wounde in the flesh.

Take ½ a quarter of a li of Yellowe Rosen, Salte a quarter of a li of redde waxe, and Salte a quarter of a li of Bowles grease, a quarter of a li of Synnibar, or some vse but lesse, bruse the bowles grease in a stone Then mingle them together in a smale pipkin and the Synnibar and Strumm of the frothe. then yf ye will it be well do ye rather. Then powre it out into water and so let it coole. The nature of the herbe Salue is Sure to put it under yo belye till it sucke drawe it out all the Corruption in the wounde, and then it healthe and maketh it cleane.

To breake any Impost and to draw.

Take ye poyson & two or three figgs as ye will make in quantitie & pownd them wth Comon Lymon or Orenge like quantitie but most part of ye poyson beate them altogither in a Mortar till it retain to ye thickness of a plaster then spread it upon Leather & ye.

To breake any manner of Sore, & Salve to draw thinges good.

Take Soape two ounces, Galbanu[m] Cayd in Vinegar a night and a Soape two ounces Rosen three ounces Turpentyne two ounces Oyle of Roses an ounce, or fresh butter or Hoggs Grett. Take and melte ye wax, Rosen ye Oyle or butter or Grett. Then take ye Galbanum and ye Vinegar and boyle them wth ye wax Rosen and oyle till ye Vinegar be consumed and then it for burninge put in ye Turpentyne and after it well together and straine it into fingers water or into a boyle. v

A very good plaster to cause a Sore to breake, or to breake a Wyle.

Take two handfulls of Beane flower and one handfull of roseate Bread, two ounces of ye meale of Fenegreeke and a pynte of new ale wyne or Vinegar, then a handfulle of Chimney Soote & three yolkes of Eggs and boyle it altogither then take and stirr it for burninge and keepe it to ye Sore as hott as ye patient can suffer it. And it will cause ye Sore to ripe and Grate and bringe it to issue, and cause often as ye change cause ye Sore to scowre ye matter. Cowcell roasted or a Lyly roote roasted in a browne paper in ye Embers will breake a Sore.

Or take white Soape and beate it small and temper it well wth Treacle and Sonnes and Salt it both together & make a plaster of it, or temper it with Cyssell.

Make a plaster of ye roote of Oculus Christi & addeth and it will breake a Wyle, and if ye will remove it keepe it two fingers from ye Wyle, and it will breake it ye sooner. proved.

To breake a fellon and Grate it on any other Sore proved.

Take ye strongest Ale ye can gett, and boyle it untill two pinte staying to keepe it for burninge) come to a salve.

To breake a Bylle.

Take Galbanum ij. ounces and lay it neere ye fire to dissolue and make a distortion and straine it in a cleane possell pot & wash and dry ye pot as cleane and Turpentyne and Rosen of ye bygnes of an ounce, and melt it and straine it and make ye plaister as it is told ye bigger ye bylle ye more Galbanum and Turpentyne and it will breake it, and it doeth diuers other things it will breake it.

To open and loosen Apostemes or any other sore.

Take ye poulder of ye Rosen ye weight of ye fine greene Turpentyne & a little Galbanum, melt ye wayte of ye Mallowes and Swynes grease melt ye wayte altogether and straine it. Then put in ye fine greene meale and when it is cold melt ye Barly lay it to ye place as broad as ye will haue it open and to breake or else make ye salue of fresh butter or May butter melt it or else make it of butter when ye greene.

An other to open Apostemes and Bylles.

Take Galbanum and melt it with fresh butter and drop it & straine it and put in a little of ye flowre of Lillie Roote & Turpentyne and temper them altogether till it be thicke, and lay a plaister of Barly on ye sore proued.

An other to open Apostemes or Bylles.

Take ij. ounces of Galbanum an ounce of Turpentyne a little Rosen and a little waxe, and melt them altogether in a little fresh butter and put to it a little fine greene meale and straine it, and lett it coole. Proued.

To breake a Fellon.

Take Ribworte, Sorrey and ye poulder of an Egge & mingle them and stampe ye Ribworte and wringe out ye iuyce into ye yelke and keepe it in a boxe or glasse till ye haue occasion.

To breake a Fellon in a night.

Take poulder made of Dantaroes and temper it with Barly meale & Rosen & Galbanum and make a plaister thereof and lay it vpon ye Fellon.

for a Fellon.

Take a sufficient quantitie of an egge, as much Barly grease as halfe an egge, as much Rosen finely tryed as an egge, a sufficient waxe of like quantitie as much Turpentyne as a hasell nutt, boyle them altogether vntill it be soft then salue them and when they are cold worke them vp in Barly meale and lay it vpon the sore.

To scale and draw a Byle.

Take ye Juyce of Crowndsell Pagg worte & Porrgworte and put to them Sonny ye youlke of an Egge and Saffron and laye all these to ye Byle and it will scale and draw.

For to kyll a postome.

Take oyle an waye and molt it then take Turpentyne and Sengreake meale and stir them together and put to it ye tolye and let them boyle a litle. and let it cole and laye it to ye postome cold and ye put a litle Galbanum strained to it, it is ye better.

For a Byle.

Take ye roote of an Egge Turpentyne & Sengreake meale, and temper it and laye to it.

An other for ye same.

Take Sengreake meale Barlie meale Turpentyne oyle of Roses & Sonney and make a plaister ther of. yis ye best not ye Galbanum plaister.

For ye Eye of Syde

Take iij. quarts of ye iuyce of Ribbworte and a quarte of Vineger and a pynte of Sonney and boyle them till halfe be wasted and put it in a stone pott and when ye will use it put a litle in a Saucer, and take a litle Flaxe & wett it therin and laye it on ye Eye, and it will kill ye Eye. 7 robatum est.

For Brewinge.

Take ye wyne of ye Mallowes, ye plantan & Honysuckle and potte it wth ye oyle of Olyve or Almonds greene.

For Brewinge and Stalinge.

Take Honysuckle, ye plantan wth ye Hade and Slott bases and frye them in fresh butter and Hasewood Suett, and strayne it thorough a cloth and keepe the oyle in the Hose And it will Hale it thorough

Also yt frye the Herbes aforesaid wth Mallowes till the oyle be greene and strayne them, and put to the oyle a little waxe and melt the oyle and waxe togither. It is very good

The Makinge of the Oyle of Egge for Brewinge or Stalinge. Probatum.

First roste xx^ti^ or xxx^ti^ Egge till the youlkes be blowe then take the youlkes from the whites and crome ye youlkes into a cleane frienge pann & fry[e] small and lett it ooze the fryed and tarne and tosse them till it come to oyle The pann must be holden a slope wyse wch the youlkes doe make to tarne to an oyle for that all the youlkes will hange to the syde and the oyle will droppe and runn downe Then Breake Eyndyrne and then lett it stand in the frienged pann till the same of the Goate be past. Then powre it into a dishe and anoynte the Hose therewth.

For Brewinge and Stalinge.

Take of the Juyce of plantan ij. ounces, of Nightshade ij. ounces, of Hemp seede beaten to powder one ounce, of Fresh Swynes grease ij. ounces of the oyle of Egge iij. ounces, of Hony vj. ounces of Mair butter one ounce and of the Juyce of Crowne Gall, and of Honysuckle ij. ounces, and boyle the Juyce of Crowne Gall, and of Honysuckle ij. ounces, and boyle it till it be somewhat thicke, then strayne it and keepe it for your use.

Hemp seede

wyn bread and make it as broad as ye bord plate, and
it will seale it. Also take ye minor pillos Elder
and fry it wth ye oyle of Spike written for burning and scalding.
Also take ye planton, Night shade, Hen's lice and Hollyock
leaves and seethe them wth swynes grease and May Butter.

For a Scalding.

Take unwrought ye eggs, May Butter and grownd Ivie
leaves and boyle them togither and strayne it and it will be
like a salve, and wth a feather lay it on ye bord plate
and seethe some Ivie leaves & flowers in water and Bords
grease or May Butter and presse ye Bord in an oyntment
laye ye leaves vppon it, and put ye yolks of Eggs
ye salve.

For a Scalding.

Take Sowthistle Sparge and seethe them in vnwrought wattle
till they be tyrk and tender and strayne ye stuff out
& twist and make oyntment it, and laye it vppon
vppon ye bord and laye ye oyle vppon ye oyntment
and so laye it to ye bone.

A good Medycyne for a sore Head or
for any sore in any place.

℞ Take Oyle de Baye ℥. ounce, the fatt of a Hogge halfe
an ounce of Frankencense and Brimstone in Powder
of each a quarter of an ounce, Baye Salt crayed
a groate weighte. The iuyce of Semetorye Borrell
Plantayne of each of them an ounce and mingle
them togither, putt to it a little Wax molted and
halfe a Spoonfull of Honey and make a Plaister
thereof and laye it to the place grieved.

For Breaking out an Ointment.

Take dryed Handfulle of Sauge in Maij, and boyle
it in fresh Butter strayned and when it is halfe
colde and dry strayne it and annointe with it.

For a sore Itching

℞ Take Baye Salt and dryed it in an Oven two or three
tymes, then beate it and temper it with a quantitie of
Hogge grease and so annointe the itching place,
and it will heale it.

For a Feaver.

Take a pynte of Stronge Ale a penny worthe of Cloves Coporas & a penny worthe of Allome, and Sethe them to gether. and when it is cold wash the Feaver wth it. And put into the powder the Juyce of Limon Sol, and a good quantitie of Sweete butter, else the pte must have Currt Allome and put the powder theroff upon the Sore, And it will helpe any Feaver if it be wth Applyed Morninge and Eveninge. Proved often.

For a Canker

Take also a pynte of Stronge Ale, and put it to a quarte of Sonde after that the Sonde is settled cleere and ale Skimed off. put to a litle fyne. Then put therto also a Spoonfull of the Juyce of Sauge, and as much Burnt Allome as a Walnutt, and a Spoonfull of Baye Salt. And lett it boyle also Longe, and wash the Sore therwth good

It is also expedient requisite & necessarie to be ingrowne that good regard
be vnder their handes to take in tender consideration the paines and game[s] made
and agonie that their patentie doe sustaine and suffer in their attendance
in sayming tides. In consideration whereof to prepare the ingrowne to make for them
more comfortable and welcome home At their returnes Certaine Articles & Orders
and good & expedient to commande them in tyme of their agonie & payne, to
the intent they may be the more watchfull & attentyue to their dailye
and for that cause & purpose to serue yt the makinge of this Order of Roses
and many other good Orders &c.

Concerninge the Roses is made in this wise sayinge

First yat they & every of flowres of Roses yt ye ran hand and take awaye all the pickle
from the flowres. Then take vnto weight yt will of the flowres when they be
small crayed in a Morter, and put them to twice the weight of sugar, and
crayne them well together. Then put it in a glasse and sett it in the Sonne by
the space of fiftene dayes and every daye stire it vnto a wooden spone
and at the dayes ende put them to the third parte of the weight of the flowres
of Roses and stirr them well together. and put them in a Cruse well stopt
or in a glasse well closed. and see yt it be full lastinge. yeares and
vse the Confection be not strong enough of the Roses in the first yeare, then
take the flowres as ye did before and crayne them in a Morter longe
cleane and wringe out the Iuyce into a fayre Cesse and myxe your
Confection and the said Iuyce together, and lett it stand in the Sonne in
a glasse for as longe as it did before tyme and stirr it twice with
and then ye Confection will be the better and the stronger.

Confection of Violetts is made in this wise

Gather the violetts in the Morninge of a drie and pluck away all the greene
stalkes from the flowres & crayne them in a fayre Morter, and put to as much
sugar in quantitie as ye did to the Confection of Roses, and stirr in the
Sonne after the dayes or more till they be Confortlie synged. Then
put it in boxes as ye did the Confection of Roses and if it be not strong
enough of the flowres, then ye may strengthen it yet next yeare after
wise as ye did the Confection of Roses. &c.

Conserue of Rosemary flowres how made &c.

Gather ye flowres in the moneth of June, pick them cleane and take nothinge but the cleane flowres, stampe them and take the weight of them and ye shall finde as much of the Rose and violets and put yerto a like portion of Sugar and lett it stand in the Sonne 40 longe as ye conserue of Rose did till it be tyned and keepe it after the same manner for this 40 conserue 40 Dor diall &c

To make conserue of Rose in an other waye.

Take Rose before ye Sonne be vp and for principall ye budde of them and clipt away all the white neere the knob, and stampe them small ye smaller the better. then put powder of Sugar to it and after braye them till the Rose be fully rubbed to Sugar. Then take all & put it in a Pann, and put yerto a pound of Honey dispumat and softlie w a gentle fyre let it boyle till the Honey be consumed then take them of and putt them in a pott & you must stirr them till they be colde. Some men doe not to boyle them but reason will the contraxie &c

How to make conserue of Damaryndes

Gather ye Damaryndes in the latter ende of August for then they do not fullye ripe, then slitt them on the syde in a possinose water till they boyle then put ye water from them, and slitt them cold, and when they be neare cold straine them through a dullinder and when they be strained put all that is strained in an earthen pann & slitt it doth ye fyre and stirr it well and if it hope doth thicke put yerto a little of the liquor it was sodden in and boyle it softlie of a easie fyre, & then it cleare and lett it boyle till it hope thick. And then put to euery Pound of Sugar 40 will suffice ye quantitie of a rose & stirr it well for burninge till it be well standinge. Then take it from ye fyre and stirr it till it be colde. Then put it in a Dyge that is well dryed or in a Chest of powder or Glasse, or elles ye conserue is no longe kept in a Chest of powder or Glasse, or elles ye conserue is no longe kept And this conserue is verie soverane for them that have the Apo. And if you have not Sugar you may make it w Honey: then make it as is said before, & take that the liquor that the Honey is sodden in must be often sett on ye fyre and lyther taken from the fyre till it be thick colde, And this is the discourse of making conserue of Damaryndes w Honey & Sugar. That w is made w Sugar is good for them powdersomes, and yt w Honey for them y are in Choller &c

Conserue of Quinces ye newe in ye moneth of Iuly.

Take yᵉ Quinces when they be ripe pare them and pick out ye core then pare them and cut them in a Bason full of water, and boyle them in faire water till they be tender. Then straine them through a fine cloth and after through a strainer, then put it in an Earthen panne ouer ye fyre & let it a good while till it be warme standing. Then put in yᵉ Sugar or yᵉ Honny and boyle it till it be standing and then it is comfortable to ye bodye &c.

To conserue Quince in Syrrope allwayes redye to be serued when ye will.

Take yᵉ Quinces be pared and cored, & then them till they be tender and after yᵉ Quinces be pared and cored, & then them till they be tender and take them out till they be cold, in ye meane time take of ye same liquor 7 Quarters or more according to ye number of ye Quinces that ye will keepe and put them in ye cored and some of ye liquor in all quinces put in small glasses, then them in ye liquor to make ye Syrrope strong. Strayne them, and put into ye liquor being two or three quarts. one pynte of Rose water and six ounce quarter of Sugar one pounde of Sugar. Then them again ouer a softe fyre together till ye Sugar be incorporated with ye liquor, then put in ye Quinces. Let them boyle softly till yᵘ perceyue yᵗ ye liquor be as thick as Honny, then take them out. Laye them in a Trayg or Expene platter, till they be cold. Then take one ounce of Cruse of Guina mome, and some rose cloues put them and some of ye quinces in ye Syrrope, and when it is cold, laye a Lardge of quinces in ye glasse called a Portiton glasse or an earthen pottnet glasse. Then strowe a little of ye Syrrop mome vppon ye Quinces then powre some Syrrope stays on an other Land of ye Quinces and then powre some Syrrope again of ye Syrrop and so forth till ye Glasse come and cover them ouer with Syrrope about two fingers, cover them close and when two or three dayes cooke to them and when yᵘ fynd ye Syrrope dunbe put in more and so serue them. They serue to be placed into ye table in Syrrope.

To preserue Quiptte Cydd.

Take of ye mornay of ye Quinces and cutt them in quarters and put them into water, and boyle them till ye water be of ye colour of claret wyne, and boyle them till ye water be of ye colour of claret wyne, then strayne it out. Then pare ye quinces and put them, and put to them strayned it out. Then pare ye quinces and put them, and put to them double weight of fine Sugar & to ye Quinces and after of Sugar. put in all to gether into ye pann and let them boyle softly till they growe tender and ye skum taken away, then cover ye and let them softly tender, and ye skum taken away, then cover ye and let them softly stand & coole, and ye them to be kept from ye Sturring and they will growe redd as ye can. &c.

Pottage of Quinces it made in Lent

Take ye parings & ye cores of Quinces and scalde them & tender and ye rann, strayne them fayre fro all ye liquor that they be sodden in. Then putt all ye matter into an earthen panne & sett them over a softe fyre, and stirr them well till they be stiff. Then put thereto a quantitie of sugar or honey. and yf ye will take it stiff put thereto then put wheat mutt grated bread, as it rondomient, and when it is stiff put thereto powder of Ginger Cynamome Pellingall Cloves Mace and Graynes and stirr them well together Then put it in a close vessell of Earthe or of woode, and it will last sylfe a yeare. a.

Chard of Quinces it made in this wise.

Take a quarte of clarified honey two dozen of peppers small scarsed mingle them well together. Then take xxx. tie Quinces and pare. & Candent. pare them and scalde them in good worte till they be tender, Then braye them in a morter small, strayne them & put them to ye honey over the fyre and boyle them till they be well medled and thick. Then take it from ye fyre and stirr it well, and when it is neare cold put thereto powder of Ginger, a quarter as much of Cynamon as much of beaten well poudred and myx them well together and a fyre. Then sett it cold and put it in boxes. And yf ye will make Chard of Candent then put xxx tie Candent and ye Quinces and make it as before. a //

A good way to make Conserue of Quinces. Fieri.

Take ye Quinces pare them core them and then wey them, and take to every pounde of Quinces a pounde of Sugar. Then put ye Quinces to the fire in water ye will boyle them in and put so much fayre water to them as will halfe couer them, Couer them close and then sett them boyle in that water till they be tender, then powre them out of ye sirrup and more sirrup ye Quinces, let them boyle close couered till they be of a color of good Claret wyne. Then keepe ye fire quicke and stirr them contynuall till such time as they come to that height as they come cleane from the skillet. /

A Syrroppe shall manner of infirmities in mans body. ℞
Take Hops, Egrimonie, Saxifrage, Celedonie and Enula campana
stampe them and straine them. Then take liquorice well brused
Figge and Raysines well broken and put it all to the liquor and
boyle them softly over an easie fyre till it be well. Then cast
it a little and straine it and keepe it in fayre possell for
this is Syrroppe compositus that will heale all manner of
infirmities that is in mans body. ℞

A Syrroppe of five herbes doyz.

That is Fumetorye, Endiue, Wylde Borrage, Dowe Nettell and Mary-
golde gather them in June, of each of them in like quantitie
but of Endiue and Wylde Borrage, for they be dry & therfore ye must
take the more of them after the quantitie that ye will make your
Syrroppe. Then stampe cause of these herbes by them selfe in a morter
and wringe out the Juyce into a fayre Vessell. Then take
in like quantitie of either of them. and put them togither
in an Earthen pann and make this Syrroppe as hye or
this made before and this is good to take euerye morninge
for all euell and corrupted Agues. ℞

To make greene Ginger.

Take Parsnepps of Ginger as many as ye will & pare them cleane &
Cayse them in fayre ale and water and let them steepe in the same
water .iij. or .iiij. dayes & then take out the Parsneps. Then boyle
water ouer y^e fyre, put in all the Parsneps when the liquor is rosted &
let it stand .iij. or .iiij. dayes. Then take out the Parsneps as ye did before, and
boyle the same water againe, and put the Parsneps againe therein, and
so do them till the Parsneps be softe and well swolne. Then when the
water is neare rosted take a pottle of the best wyne that ye can haue for
the better the wyne is the better the Syrroppe will be, and put therto of sugar
of clarified Honey, and set it ouer a softe fyre and let it boyle easily
Then put therto .ij. penny worth of Ginger scrapped & quantitie of
Cloues Mace Graynes, Sanell, one made in powders finely & fyne, and
let it boyle well togither till it be somthinge thick. Then take it
from the fyre and let it stand till it be milde warme. Then when ye
may put a quantitie of powder of Ginger. Then take the Parsneps
and put them into the Preserie in a close possell till ye do desyre
to take them.

Syrupe of Pumetorie how it is made

Gather yᵉ Pumetorie in ye Monthe of June, pick it cleane and braye it in a fayre Morter, and presse out ye iuyce into a fayre bason and stirr it well. then take ye weight of any one newe layde Egge take out ye dorbe and roste them in a dishe till they be white. then put them to ye iuyce of ye herbes and stirr them well together. and sett it on ye fyre till it begin to boyle. Then straine it through a fine strainer. Then put thereto ye other quart of ye white of ye Egge and as much Sommer or Sugar as will suffice ye liquor & sett it over ye fyre, and stirr it but little, when it begin to boyle take it from ye fyre and straine it againe. then sett it over ye fyre againe and let it boyle easilie, till it be ye thickness of Honey. But let it be well stirred that it burne not to ye bottome. and when it is cold put it in Urinalls pott of glass or of Stone, and stopp it fast till ye will vse it.

Syrupe of Roses

Beate ye leaves of ye Roses small and take ye iuyce from them. Then take to two pound of ye iuyce, one li. of Sugar clarified and one li. of Honey clarified and sett them over a fyre and let them boyle softlye, and then take them of.

Syrupe of Violetts

Take ye Iuyce of Violette cleane strained and put to it as much Honey clarified medled proportionable much Sugar clarified as is of ye iuyce before said, and let them boyle softlye over a fyre till ye Sugar doth predominate, then take it from ye fyre and put it vp for vse.

Syrupe of Fumitorie for ye Gadarie that remaineth of ye Iuyce of ye Stomake.

Take ye Iuyce of Fumitorie cleane purged, and put thereto Honey and Sugar medled together. Then sett them over a fyre and boyle them softlye till ye Sugar be perished and in ye boyling put to it an ounce of Vinegar and when they are boyled take it from ye fyre and when it is cold put it in a Stone pott. &c

Syrrope of ffennell.

Take ffennell rootes cutt them small and take the Juyce cleane strained and soe much sugar & honey cleane clarified, and lett it seethe softlie over a fyre till the sugar have the dominion. then put it up. &c.

fennell rootes in Syrrope for the collick.

Take ffennell rootes cutt them small longe wayes. then seethe them in fayre water as you may drinke them vsuall. Then take a lb. of cleane clarified sugar, and adde vnto a quart of clarified honey, and soe lett them seethe, but the sugar seethe not fyrst. Then put them in an Earthen pott and date them as the time doth require good morneinge and eveninge.

Syrrope of fumitorie.

Take the Juyce of fumitorie cleane strained and take sugar & honey cleane clarified, & put it to the wyne and seethe them as is aforesaid, and when it is cold put it vp.

Syrrope of Vmdyne.

Take Vmdyne seethe it softlye, then it cleane, then take it of & and put thereto two parts of sugar & honey as aforesaid seethe them in all degrees.

Radish rootes in Syrrope.

Take Radishe rootes, seethe them in fayre water. soft and tender then seethe them wth ounces of sugar and ounce of clarified honey. then it and put it vp.

Oximell

Clarifie honey fayre and cleane and lb. of honey must have salte a pounde of sugar clarified. seethe the sugar and honey & put them till it be standinge most part of honey. and then strayne them and put them vp.

Conserve of Quinces

Pare ye Quinces and dore them and bestr them in wch ye wyne is sott and tender, then put to them rose and clarified sugar ab much as ye quinces sufficient, then sett them over a fire and sett them boyle softly till ye wyne be wasted and consumed, then set them passe dasolit ye paste of Sulfr. a quarter of an hour. then take them of and sett them on a Barrell and wt a round staffe stirr them softly till they be mard rold. ye groste spyces pouder, then put them to cinamome Ginger, Ball nigalls, Graynes and Longe. Pepper of them portions and stirr it till it be rold & then put it up in yr Glasses.

Conserve of Wyldings

Take wyldinge and pare them and bestr them in fayr watr ab tender as reason requirethe & as softe as may be. then strayne them & wast ab ye dores. & then muddle them wt sugar & put to them a quantitie of Synder & softly sett them dissolve, then take them of & stirr them till they be rold. It raysthe an Appetite against sott savors & sott dgues in ye stomake.

Conserve of Wardens.

Take Wardens pare & cort them & bestr them in wch ab tender as reason requirethe till ye most part of ye wyne be consumed, then strayne it & put it into ye same clarified sirrop or paste clarified sugar and sett rd and clarified sirrop & then put to them round Pepper, Cinamom, Cloves, Mace and Ginger in like quantity and of Sanders in powder as much as sufficient ye other & prod, and put strayned dates & Almonds thereto. Et sadtū et.

Conserve of Burrage flowrs

Take Burrage flowrs and bate them small & muddle them wt sugar & after wt Syrup as is aforesaid & so boyle it as aforesaid.

Conserve of Buglas.

Take ye flowrs of Buglas bate ym small and temper them wt sugar then take 1 lb of Synder dissumat & so boyle them up wt stirringe after ye tubstance from ye fyre till it be rold. then put it up. Et sadtū.

To make Methaglin.

Take Agrimony, Sauge, Hysop, Savorie, Rosemarie, Tyme, Pentriall, Egrimonie, the Roote & Leaf of Englishe Madder, the Roote and all the Sapinstance of Dark of the Stone Bursfull, also of Puliall, mountaine & dotender, Spearmynte, Gallamynte, Bittony, Shordystread Roote, all of Sharpe Sauge, Burrage, Bayetrees, Salte a Handfull of Dark of these, Heads of Clarey, Mousear, Daysie, Primrose Roote, Hemlock Roote, Hollandtongue, Pelletor, Lobden, the Roote of Elenaranana, Origanum, Clarymadell, Mugwort, Wormwood, Quarter of a Handfull of Eatse of Hyde. Gather all these Herbes before May sonnrise for then Hir Nature is most in them. Pull them & chop them by Himselfe, And this proportion of Herbes will serve for a Pipe of Methaglin. And when ye have proportioned your Herbes, rosse them cleane, and bruse them in a Morter. Then proportion the water by the Gallon for the most Methaglin as ye will make and set it on the fyre in cleane possell & Herbes, Hyssop and Borage then well together. Then take out the Herbes from the Liquor and wring the Liquor. Then take the Herbes and put them in a cleane Boulted and put to a payle full or two of Hott water, and let it stand till ye ran indure to strayne the Liquor with a pann or Ladle Yeroughe a Hayre of Sackcloth. Then put to the same some Gallons of Liquor & Gallonge Honey for more if need be and stirr it well together & longe tyme. And if ye will prove whether it be stronge enough or not: Take an Egge and put them, and if ye may see it the breadthe of a Sixpence above the Liquor then it is stronge enough for the Honey. Then make fyre under the Liquor & rosse it brisk and when it begin to boyle skum it cleane. Then withdraw the fyre and when it is a little cooled put it in a cleane Mashinge Tubb. And let it stand there in a daye and a night till it be colder then Blood. Then Yeast will rise & swelle and cover it. Skum it twise cleane and let it stand an other daye and night then skum it cleane Agayne. Then put to a payle full of good Ale and skum it cleane Agayne. Then put to a payle full of good Ale Barme, and stirr it not but let it stand another daye and a night, and skum it the third tyme, and set it stand another daye and night & skum it not more. Then drawe it as ye doe good Ale. and turne it upon the Lees fast stopped with Sayre Hayre, but not any rag to come out then. & And if it be Yeast made it is as good as Syrup. &c

To make a Tysan to clense the ppyes.

Take a ppynte of Cleare Barley, and dyght ppynte of good stale ale or of running water then boyle them a wyll together and put therto a quantitie of Annys seede boyle them a wyle together, then take therto of Cole wtramppana clenge washed & myxed, and a handfull of Oryganum & a handfull of Sage & put it wth the said liquor & boyle them till the liquor be fallen wasted, and then streine it, and drinke it warm : probatum.

A Confortative to make in this mistro.

Take a pounde of Dates, put out the stones and the filme & stampe them in a Morter. Then take a quantitie of fyne sugar and melt it wth the Dates & wth the yolkes of iiij eggs. Take Galingal, Nuttmegge, Cloves long pepper, Mace of each of them halfe an ounce and a gte dele sugar. beate the spyces to fyne poulder. Then medle all these wth the togither, and boyle it on a softe fyre till it be stiffe. Then take it from the fyre and put therto an ounce of Comigen & stirr it altogither till it be cold. Then put it in Boxes or Glasses & use to eate theroff a dragg morneinge & eveninge, for it will restore man or woman that have in feeble & debile estate of nature.

To preserve Apricotts wt ye fruit pfect

Take ye Apricotts and pare them beare them and put them into somt deepe bason till that they may be rubbed and beate ye sugar beare fyne and put to every pound of Apricotts a lb of Sugar. Then put ye Sugar upon ye Apricotts and let them stand till the sugar be melted of the iuyce of the Apricott. Then put them to the fyre till they be boyled enough. Any tyme of the yeare may be preserved after this maniere, but in any wise they must be boyled wth a soft fyre.

For the great and necessarie vse that they do of Sugar and of Honey in Conserues Syroppes and many other things for health good and comfort of man and that being clarified and purified they last a long time without corrupcion some for many yeares it is a pretty pull beginning to know how to clarifie them.

Sugar is but clarified

And the paines of Sugar must have some ounce of water, and when they be dissolued put in the white of Egg and beat it vp with a stumpe of a birch rod vntill the water & egg be somewhat thick then let the water & egg settle from the Sugar dissolued doth the egg and take it out softly but leaue it and keepe it till it corrupt it for then you have nothing to doe with it. Sugar must have an ounce of honey to Conserues. Syroppes take of either like quantitie.

If opinion of many men is that Conserues are made but principally for the vse of honey that Syroppes should be added for the same cause liquid. But for Conserues to be taken small and mingled with liquid. But for honey howsoeuer it is to be considered that some is mingled with honey Howsoeuer it is to be clarified. As it appeareth by sugar is flegmatique pulpie it is clarified. As it appeareth by sugar handy pan it is altered by clarifieing. Therefore they have you conserue and make the greater rabble is meete to be vsed conserue and Syroppes put vnto honey is quantitie.

But put not honey to Conserues vnlesse it be a small quantitie To take the sugar an ounce as clarified honey. But vnto Syroppes put vnto honey is sugar as salt is meete, and so doeth of either conserue.

Honey is clarified in this manner sowe

If you will clarifie a quarte of honey put to it to the fire of cleare water and boyle it ouer an easie fyre till the water be wasted away and then it reteine and then it may be put in potions or other medicynes or Conserues without perill. or else not.

To clarifie honey with Ingredients

Put to honey in a pann a little ouer a soft fyre and when it beginneth to boyle put to it sugar of Ginger cloues Cinamon long pepper and Cum mine and let it boyle till it be as thick as it was in the beginning and it is to have my. Gallond of honey put to a pottle of the wine of Ginger, and see you may make the portion after that rate. or

How to make greene Apples.

Take yᵉ Apples while it is small and greene about the bigness of a walnut, then take them and lay them orderly upon till yᵉ pooles may be taken off then poole them and put them into yᵉ same water againe and let them stand upon Embers till they bee throughe greene. Then take them from yᵉ fire scalding hot and yᵉ hard together, Then take yᵉ pulpe and put it into a Dish upon a chafingdish of Coales and dry it over yᵉ heate of Coales on Paper. Then must take a like quantitie in waight of Sugar and yᵉ stuffe yᵉ sugar being made very fine beate them together and strowe yᵉ sugar on yᵉ Apples as you doe Suckets, and when yᵉ stuffe is stayed from yᵉ Apples and yᵉ sugar melted put them into yᵉ fire and yᵉ stalke put in yᵉ Apples made of a Card. To make it yᵉ best waye put in Amber Greece. and dry them upon a Plate.

Medicines for the Head ache.

Against the paynes of the Head reumige and Rewde. Take a Handfull of Sage & stampe it small w^th salt, and put ther to two or three spoonefull of Vinegre, & let it on the fyre, putting ther to a few drumbs of Rose water & Redde, and put it in a lyttle dish that may be suffered, from one side to the other, and rost it for it is good for the Head ache.

Another for the same. N.

Take Bittony, Ale hoofe & Dammonmell ana. Springle the rost over w^th a little rose water and warme them over a chafinge dishe of Coles, and then lett the Grieved Head, and bynde both the pynes therto. &c. An other.

Take Hemlocke and seethe them till they be just a pappe, then laye them to the Head where the payne is, and it will ease it, and in the morninge lay on an other playster of the same, and so do two or three tymes, and yo^u shall be sound.

Take Sage, Betony and Rosemary an Handfull, beate them in a morter & lay them to the Grieved Head bitwene the Crowne and the nape of the Neck. N.

For the Head Ache.

Take Redd Rose leaves or oyle of Rose, Rosemary, Marygrum, Camamell, Betony and Lavender and stampe the herbes, & put the oyle & herbes all will purge the Head put yolke of Eyes into it and it will helpe them. Also still the herbes and lay the water to the sore Head and to the pulses, or bathe the Head in running water, and strayne the water and lay it warme to.

To clense the Head and to put awaye the filthe and to fasten the teethe yat be loosed.

Take the roote of Pellitorie of the wall one handfull, wash it clean & dry it well & beate it to powder, then take the powder of Pellitorie & put it in the mouth of the pype that you smoke in, and so take the smoke therof often in a day, and it will clense the Head and doe away the Reume, and fasten the teethe that be loose.

For an Ake in the Head.

Take a Rose cake and laye upon a Lymon cloth, and put powder of Nutmegge into it and a little rose water and so laye it to the Head and it will ease it.

For to take awaye the payne in the Head or deafnes.

Take Marygrum and bruse it, and stoppe the eare with it and it will take awaye the payne. N.

For the Head Ache.

Take Dammamell flowers & Rosemary flowers & Salendine of each a quarter of a Handfull, and beate them in a morter, put Gumme in powder an ounce & Marygrum in powder, and put all this powder together in a bagge as bigge as a Dottle or Paxsonett, and make the bagge as bigge as the palme of your Hand. And make two bagges and laye one to the crowne of the Head at night & the other in the morninge and when you take awaye the one, warme the other & laye it to the same place. N.

For ye Head ache.

Yf ytt be of hott moiste nature yn ye winter & colde of ye Rose yelowe ye Feaverue yf it be annoyinted therwth.

For ye Megrom in ye Head.

Take m. j. weight of ye roote of Pellitorie one penny weight of ye Pitchenard and grynd them small togither & boyle them in good Vinegre &c. Then take a Sawserfull of Honey & halfe a Sawserfull of Mustard, and putt ye liquor ib boyled dob ye Mustard and Honey togither & make them altogither; And of yat let ye patient eate halfe a Spoonfull at a tyme, and hold it in ye mouthe ab longe ab a man may saye two Creedes, then spitt it out into a peice bolle and after take more & doe so tenn or twelue tymes, and rynse a little possible after thou hast eate. And then afterwarde a little before thou goe to bedd spitt it out and when thou goest to bedd powre yn a dish & take yr mouthe & nose a dreught & then goe to bedd & keepe yr head warme & dry & then shall ye rome from ye m. dropp and ye hurt be made sounde.

Another for ye Megrom in ye Head.

Take an ounce of Gall ingale an ounce of Ginger halfe an ounce of Nutmegge a quarter of an ounce of Cloves, a penny weight of Damaske Rose & Fennell seed & Fennell a penny weight, of Annisseed a quarter of an ounce of Cynamon a penny weight halfe an ounce and an ounce of Liquorisse & Sugar of both an ounce and temper all these togither in Fyne powder and bott ye like wt yis powder. One Spoonfull at once, and it will helpe by Gods helpe. Amen.

For ye Megrom or for ye Ague.

Take Stone rope a handfull of Rose water & Mustard & farthing worth and of ye Juyce and stamp ye Herbe and putt ye Juyce into ye Ale and Mustard, and strayne it & drinke it luke warme; And if you take it to purge ye Head, put ye Juyce of Pellitorie into it. And yis will take ye filthe out of ye Head. Probatum.

For ye greatest and oldest payne of ye head.

Take ye Juyce of a rounde Onion put it in a Spoone and snuff it vpp into ye nose. It purifieth ye head mortifieth and taketh away ye payne. Verry well good.

Also ye Juyce of Onion put into ye nose helpeth ye Polipus in ye same sort.

For Impostemes in ye Head, or for Emyms in ye Eare, or for any deafnes in ye head or deafnes.

Take Onion shut a crosse ye in ye middle, and pare of ye outermost skin of ye Onion and ye outter most barke and take ye middle white of ye Onion and rost it and stroke and slice it then take ye Juice of ye same water, and put a little in ye eare on that side that is grieved, and stopp ye eare with black wooll, and so do ye other eare likewise. Probatum.

For one that hath bene deafe a longe tyme.

Stampe Onion and put ye to ye Juyce of Onyons Garlick or Knott grasse and let take two or three droppes at a tyme into ye eare where ye good is to bee stopping ye eare with black wooll.

An other for deafnes.

Take ye Juyce of an Onion that is Roasted put in a spoone with a little Sugar and put a good quantitie of ye same into ye eare and stopp ye eare with black wooll, and it will ease ye deafnes. Probatum by one man that hath bene deafe a longe tyme.

For the Ymm & the Webb & to cleare the sight.

Take Red Rose leaves, white Eyebright, Fennell, Celendyne and Fenel or Lobbon, and boyle these herbes in running water, & very well an strayne the water & not the herbes. Some take but Rose leaves, Rosemarye, Thyme & Isope, and boyle them & strayne the water, and put a little Allom to it. And these two Medycynes have been proved divers tymes and doth always helpe, And put a droppe in the Eye at a tyme, & these herbes be sodden in white wyne it is pure good.

For the Ymm and the webb in the Eye.

Take three baked grasse Hilt full a Spoone of white in it and take the wyne of it, and droppe it in the sore Eye, and it will kill the ymm & the webb.

Against the payne in the Eyes or the Webb.

Take Celendyne, Violetts, Celendyne & white of an Egg, Fennell, Rosmarye, and the water of Endy, and take for Rosmarye & Strawberye if ye will, All these waters be good.

For the Ymm and the webb in the Eye.

Take Daysie leaves and roots ij. Handfull and of the Ymm cleane and stampe them, then strayne them and take the white of two Eggs and beate them, and put the cleare of them into the Juyce of the Daysies, and halfe a Spoone full of Smyrne & little Sperab white, and temper all these together, and so droppe the wyne of all into the sore Eye Morning and Evening patient lying in his bedd, and it will take the ymm and the webb. But he must forbeare Eggs, Onions, Mustard & all strong drinkes and Spyces, and keepe out of the wynd, and rise not till it be noone.

To breake the pearle being olde grown on the Eye.

Take Rose water & put three to a little white Sperab. Then take Daysies that have a white flowre, and add unto about the bigness, the leaves and the flowres, and so it be in winter take the roots and put the juyce of them to the water, and it will breake the pearle being dropped in the Eye.

For sore Eyes.

Take Celendyne & it white and still it, and take a Spoonefull of the water and drinke it fasting, and so the

For Runninge Eyes. /

Take Rue & Endyue & boyle them in Runninge water, and take the
grease that is on the water and annoynte the Eyes. or still them /

For Watteringe Eyes. /

Take a redd dogs Coppe and annoynte it w^th the water of an Egge
and Carye it to the watteringe Eyes when they goe to bed. /

for to clarifie the Eyes and for dymnes of them. /

Take Rewe Eyebright and Celendyne and stampe them
a Little Fyne & put it in a Lymon & Clothe then put it betwen
two basons close and still it over a pott boyling hote & Dryne
and take the water and put a drop in the Eye at a tyme /

for dymnes of the Eyes. /

Take Rewe and Red Fennell and stampe them together and strayne
it and Cast a Little Rose fall vppon the Balle of the Eye and
doubles it is a pretious water for the Eyes and dreth tyme
proved. /

for the sight of the Eye Dor^r Hawswell. /

Take mans Milke and Rose water of Each of them a Spoone
full and put to it the whites of two Eggs beaten but the
Strings Cast from take Linnet or Fyne Clay and put it in the
Rose & prepared Eyes being tempered together and so put
them Carye it to the Eyes night Bye And it will Coole it wonderfully
be it blood or other wise Quest. Probatum. /

A pretious water for the sight of the Eye. /

Take Rose Cloves Redd Fennell Rewe Pellitory Cardamony
Pepper Nutmegs and Cloves of Each a Like quantite
and bruse them Alone and stampe them and boyle them
in a quart of white wyne till the Liquor be almost sodden
then strayne it and putte it them Spoonefulle of Sugar
and boyle the Liquor a little Carye it and bottle it Clarifie
strayne them Againe and put it into the Eye a drop at a
tyme and so doe often but Cast it be told when you vse it. /

Oyle of Rose marye Flowres stilled w^th Some
Due in Rose rosewater & Eyebright & Celendyne & Fennell
and all other paynes in the Eyes Allay Spotts &
mistes in the Eyes. /

Take Rosemary Flowres and fill a Glasse full stop it close put a Lymon
Clothe wet & straine and Carye it in Hand a Month or more fill
the Flowres up Rosemary & water, and strayne it and purifie the
in the Hand. /

To clense the face or any other place.

Put dragagant & Nitre in rose water, and in the morninge put therto Borax and a little camfer and Annoynt the face therwith.

A Medicyne for rednesse and pimples in the face.

Take a spoonfull of the wyne of Sorrell therwith of one Egg beaten into an Ale Two spoonefulle of Gallitt oyle, salte a spoonefull of vinegre salte a spoonefull of rosewater. Beate all these well together and so goe to bedd and so doe three nights following.

For bleedinge at the Nose.

Take the powder of Mumme & put into the nose, or make a plaster of the powder and the Clare of an Egge. and lay it to the browes.

To stint bleedinge at the nose

Take a Cole redd Hayre and burne it upon a dish that it may smoke and then rubb out the fyre and put it to the nose and lett it not longe tarrye there but take it out & rolle and put it in a rag and doe so twice or thrice and it will stoppe the bleedinge. Also the bone of a dogfish beat to powder and given the bleeder to drinke is verie good.

For bleedinge at the nose or any other place or wounde or for shuttinge of blood.

Take plantan leaves small and greate, some slicke leaves & Bittony leaves and stampe them in a morter with salte & salt and lay it to the nose. And if it be for a bone take no salt. And this doe often times proved.

for the same for spotting of blood.

Nose take Mynte, Rose and Bittony and stelye them well in good
mylke and geue it to drinke it at morninge & at night.
Mallowe leaues & woodbyne leaues & Redore longe leaues and seeppe
good for the same. But woodbyne leaues to restraine the gore blood.

A powder to stoppe blood.

Take Sanguis Draconis. Gumme of Arabie, Bolus Armoniak and
make them in poulder. Also the yelke of a rawe egge is good alone by itself.

for spitinge of blood.

Take Iuyce of Bittony and temper it wt Rose milke, and let
the patient drinke thereof two dayes.

A medycyne for the Colye Nolye.

Colye Nolye. Sethe gliet grieued by cold the Gall perysheth about the liuer coleth and the liuer
drowne vppon the bloo vppon the same side that the gliet lieth the bloo on ouer
then take a little Angelica, the greate Centorie seede, and some lettice
quantitye of the ioyce of bitter Almonde & poured to gether in a mortier,
and afterwarde let betweene the fingers some what drye of the same
mixte the earthe that hath receaued of the gliet grieued and put it into
the fashion to bleede vpon.

for the Colye Nolye.

Take in owre of the roote of Pellitorie of Spayne in poulder, and of the
worthe of Ginger and the nuttes pepper beaten to poulder and
fyneliye dressed, And put all the poulders to gither and temper
them well to gither, Then put a little of this poulder doer the
Coales and it will take awaye the payne, and make the mouthe to
water, and spitt out the water do it wonderfye. But looke ye
take of the poulder of the pepper and Ginger & the pomy wate
to the poulder of the Pellitorie &c

An other for the Colye Nolye.

Take a broad barke of white Hasell, a quantitie of Pepper
& Bay Salte and beate them all to gither and then make of the
small Balle of the bignes of a pease and then put them
in Lymon or Orenge and lett it lye fast wt them. Then take
them out in a Saucer, and boyle the Balle in it vppon a Chafinge
dishe of Coles. Then take care of the Balle one after another
and lay them fytt to the sore to lye on it, and it will helpe
it good.

If the Colye be hollowe take Honye and beate it to poulder
and molt it wt waxe, and make a little pellet & put it into the
hollow tothe.

For the Ache in the Eares or for
Swellinge in the ffoote. /

2625 Take fresh Butter and melt it w^th a little Sauge and
ffrankencense and put to it a little pepper w^th three droppes
of Aquavitæ and melt them altogither, and if the Eare be
sore stopp it w^th this, and anoynte the gummes and
ffoote w^th it. And keepe out of the wynd three dayes. /

For the mouthe that is full of Bladders
or in greate heate. /

Take Honey, and Vynegar vnmixte of each a pynte, and sett
it over the fyre and skum it as it ryseth, and put vnto it
a spoonefull of burnt Allom in poulder, and fulle a spoonfull
of salt, and sett them boyle altogither fulle an houre.
and put it in a glasse and annoynte the sore place. ffood.

Another for the same. /

Take Sauge, Origanum and Redbyne boards of each a handfull
and boyle them in a quarte of Rayninge water till they be softe,
Then put in a peece of Allom as bigge as a walnutt and ½
a spoonefull of Honey, and strayne it throughe a cloth when
it is well sodden, and then rayse the sore mouthe therwith
hotte. And keepe a spoonefull in the mouthe a greate
while; Then spitt it out and take an other. And so three
and put a spoonefull of Honey vnto it. ffood. /

A Soveraigne & approved remedie for the Equinantia or Sore throate. ∞

Take Sauge, Sammandl, woodbynde and Dudombynde of each a handfull, Angellica, Dragonde, Plantein, Mousare, Bayes of the two barde grasse, Rosemarie and violette of each a quarte of a handfull, Shred them and Cast them into all these in a sufficient quantitie of running water ouer night, & strain it and put vnto of the decoction two ounces and of Sondrie sweete & good Syrrop like quarte of an howre more. Take of this water and all to wash and gargill the mouthe and throate thereby, and when it is well cleansed let the patient & roll a sponge sowne vnder the water let dropp drying And so it doth two or three tymes in a daye till he be well.

An Ointment good for the same

Take Sauge woodbynde, Dudombynde, Sammandl Angellica Dragonde Plantein Mousare & Rosemarie of each halfe a handfull, Poplar leaves, Sweete Ladder Turfe halfe a handfull, Shred it the herbe by Spotte in the leaves longe, Cut of the white of the herbe Sothernwood Origanie Longe Zedoary, Smallage Fennell, Crowne weede Dill, wormwoode and Feuerfewe of each halfe one handfull Boyle all these in two pounde of Mein butter clarified three quarters of an howre. Strain it and of two ounces of waxe make thereof an Ointment. Do it this amongste the plaster aforesaid. And make a plaster soe broad as will rodder the grieffe all ouer. Dothe it morninge and Eveninge till he be well remedye approved by one person an hundred tymes and more when the Pestilence could do noe good either by bloodletting or otherwise. ∞

A Medcyne for ye swelling in the throate, and for the stomake.

Take Malmsey halfe a pynte and mingle yt with butter as an Egge and Sarsse boyle together. Then take Nutmegs and a little English Saffron and make them to powder & put boyle yeast powder together to yt malmsey & butter, and boyle all yeast together a little, and put a little Treacle thereto, and give it ye sicke to drinke as warme as he can drinke it as often as he will. And Then he lay in his bed, and rubber him wt many cloths yat ye may sweate and after yis sweate let him be kept close in his chamber three dayes yat he take not ye ayre. And yis will helpe him wt Gods helpe & ye ayre.

To make one have a stomake to eate.

Take ye water of Dentorie and make Dossers of Barberies wt it or els take Dossers of Barberies and put water of Dentorie unto it, and let it stand iij. dayes in ye Dossers and then take of it a Spoonefull & drinke it is good for ye same.

for ye Glutt in the stomake.

Take Dentorie and boyle it in good stale Ale & when it is sodden, and then it beaten stampe it in a Morter and boyle it againe wt ye same liquor & then strayne it and put into two spoonefulle of ye Juyce put in a spoonefulle of Clarified honey. And prepare then ye sicke and kindly after his manner, And then boyle it well together againe, and take three sponefulls in ye morninge &c.

For rysinge vnder the stomake.

Take pepper, longe pepper, Graynes, saffron, Ginger, Annys seedes, licoris & sugar, and beate them all in good stronge ale till it be thicke, and strayne it then, and geve it the sicke to drinke. & Sanabitur.

To destroye the yll in the stomake.

Take good olle and put therin thynne of the browne bread and lett them lye therin an howre, and boyle it well and stirr it. And drinke thereof two or three dayes and it will helpe.

For all evills in the stomake.

Take the seedes, Gynger, Cardamin seedes of eyther in like quantitie. And geve it to drinke wt Lettwarte or Alle.

To avoyde fulnes of Stomake.

Take Burrage, Marygolde, Langue de boffe of eatche a handfull, Rosemaryes, Origan, Lovage, Centorye, Parsly, Fenell, the rynde of Fennell rootes, & the rynde of Parsley rootes of eatche of these a handfull, and bethe all the in fayre water till halfe be sodden away and then put in muche sugar & will make it pleasant to drinke. And so drinke thereof every daye after dinner & supper three or foure spoonefulle at a tyme.

To make a plaster for the stomake.

Take Yarrow, Fell Fennell, Seed mynte, Burrage, Lovage and Betheny, Sage, Hole Barell pellitorie, Egremony of every one in like quantitie, and put them to the grease of a Weathers fatt, and for a woman the grease of a Bulle fatt. And bethe them altogither in good Ale and make a plaster thereof and laye it to the stomake, & Sett it may be suffered three tymes. Amen.

For the stomake in greate heate and
for the drye and pestilence.

Take violett leaves or the flowres, endiffe, borage, straw-
berye leaves, tormentill and scabious, stampe them, strayne
them, and a handfull and straine it, then take the Juyce and
a pynte of white wyne & mylke and make them a posset and
when a little sugar, give it the patient to drinke warme, but
none of the curdes. Let him drinke a little and often. And if
ye posset be curded in the posset ale, it is the best waye, after
the curdes is taken away.

For him that cannot keepe his meate.

Take endiffe water and myntes, and seethe the myntes till the Juyce
be in the water and straine it, and seethe it w^th sugar, and
then geve it the patiente.

For the liver, and to destroye wormes
humors in the stomake.

Take scabious seethe it in wyne & drinke it, and it is good for
the liver & to destroye evill humors in the stomake.
And drinke it fastinge and yu shall never have Impostems
noddinge upon yu. And there is noe man adoeinge &
knowinge all the vertues of scabious.
It purgethe the vrine. It putteth away old Agues and doer
also putt a man in lustie lustinge.

Entorye is hott and moyste in ye degree. It is good for dymnes
It is good for the stomake makinge an Electuarie the gross
w^th clarified sugar & polented well together. and take the gross
and it will make one have a good appetite to his meate.
Also it is good for the dropsey and many other distemper,
and it helpe now then an hundred vertues. /a.

For the liver grovelinge to the side.

Take wormwood, damnd mell, hay sped, yorrow, fennell
knich, domen, and the barke of an asse. and boyle all these
together in two pottes of water and wyne and drinke them. y

For the liver yt is passed.

Take a good quantitie of Avens rootes and brasse it a little and then
seethe it in good strong ale, w^th a quantitie of Rubarbe and
drinke a quantitie of a hyndfull every morninge.

Same on the other side

61

For the payne wthin the right Side wthin the Body.

Take water Endiffe and Lettice rootes and make broth and drinke it.

For Shortnes of wynd and Brest.

Make pouder of Anise Seedes Cynamon and Ginger and Elena campana Rootes, and put to them ab mutz Sugar and ppar.

For the wyndinge of the Gutt and straytnes of the Brest.

Take the Juyce of Rodd Dole and Salt it boyle well in faire water and put an ayge the same and Strayn it through, and when it is cold sodden put in a penny worthe of Saffron, Clen Sake of Honey and Sugar and Salt. and so make an Electuarie and so the Morninge and Eveninge wynd dayes and you shall be wholie Disvolinter.

Or els this

Take Eyebright, Isope, Marie, Fennell Seed, Liquorice, pulidall Mary and Hoppe by even ptions, and put yerto the powder of Pepper & Honey & Sodden all these in possett ale or wild water and drinke a quantitie the Morninge & Morninge. And this Electuary is Brest, the Lyuer, and the Molt and is good for the Gaule.

A remedie for the Gaule Tisick and Shrame.

Take Eyebright p. penny wright Isope dryed 3 penny wright Anise Seed pd wright, Rootes of Elena campana 2 and a ½ penny wright, Sugar Candie pd wright, Make all these in pouder and take three Sundrie Morninge and do Eveninge mixe wright, Then put take small Raysons and Cruse them small and put them in the water and Sett it stand stirr often, and when the Sun is Least noone, And drinke that pouder wt that water it is verie good.

For the Gaule and Sinewes take Dole.

Make a toste of Bread and Laye the best Cruste of Beare or ranged or Rye Dole of the toste wt a little aqua vitæ upon it and when yu goe to bed take it & drinke not after it that night, and take an other in the Morninge and fast two houres after wt

A good Medicyne to avoyde Wynd

Take parsley roote and fennell roote, Hysope and Bittonie and sodde them in good Ale wᵗ Licorisse and a quantitie of Clarified honey and vse to drinke it and yᵘ shall soone well hoodwillinge.

An other good Medicyne for Wynd &c.

Take a pynte of Endiffe water & a Halfepenny worthe of Centum, and of Ginger beaten as muche, and sodde them small & put them into the water, and Wett it stand still and settle and vse to drinke as yᵘ good needs, drinke it and it will purge the Wynd. ℞

For the Stuffe

Take dryed Annes or Seede of an Apple Tree, and drinke the powder fastinge in the morninge a Spoonefull at a draught. Or els take the Budde of an Apple Tree, the Clarkel beinge taken away, & take but the greene of the Budde vppon they be tender, and make the powder of them and put a Spoonefull of powder to three Spoonefulls of drinke and drinke it warme. This ℞ Medicyne moer or Lesse the. ℞

For him that hath greate Thirst.

Take the Roote of Sorrage and Stampe it and temper it wᵗ water and give the Sick to drinke therewithe.

For the drye Hyrsnes

Take a pᵗ of Lime Water a litle Rosemarie, the Rootes and an ounce of Licorisse. Sethe take Rose fennell roote and roote of Parsley and Seethe all these together in a gallon of running water to a quart drinke it ℞

A good powder for Moystnes & Rhewme

The Wynd dollick ℞

Take damin Graynes, Liquorish sticks and Sugar Candie an. in any waise set that they be all Sodrye pure & good & then Beate them in a Morter of Brasse put them to fennell Roote, and Beate them well together, and then Sarse it through a fyne Sarse, and Keate of it. and it will keepe yᵗ moiste & from the wynd dollick. ℞

For the dolour of the belly.

Take the Iuice of Dandelion with two Ly[e]s of the Ashes of Mallowes & Nettles of Brasse, braye them small & fry[e] them with Butter and laye them as a plaister to the side greeued.

To make one to vomitt.

Take the nitre and pill of Elder that lookes greene and stampe it in a Morter. Then take the white of an Egge & warme it till the Egge be melted and drinke it warme and it will cause you to vomit.

For the measles or yellow Jaundice or any other disease with in the bodie.

Take a pinte of Malmesey and make a possett of it. Then take of the Iuice of Celandine of the possett ale, as much as a Spoonfull of Vinegar of Rosa solis, and of the water Imperiall and a Spoonfull of Vinegar of Rosa solis, and of the water distilled drinke it as warme as he may suffer it. and se keepe him fasting three houres after. And this will bringe out the disease. Then looke you keepe him warme after the disease doth appeare.

For the yellow Jaundice.

Still Celandine & Fennell and drinke three of in the morninge & fill Celandine & Fennell and drinke it in the Eueninge in. or iij. dayes, and it will some what ease him.

An other for the same.

Take a dutch Soape and scrape it and drinke it and it will helpe.

An other for the same

Take Endiffe dryed and the inner barke of the Barbaris Tree beaten in a Morter, and a little Isopp & scraped and make powder of all these and drinke three Euenings & morninge.

An other for the same. Probatum.

Take greene Elder or the white Elder that groweth in some Ditches and stampe it & straine out the iuice and drinke three wholl moste mornings and a little Euermirth in. or iij mornings fastinge & it will helpe.

For ye Clarke Saundrie

Take longe wormes & slitt them and stowre them wt salte wt ye dew gatts them wasshe them verye cleane and stampe them and straine them wt claret wyne. And so drinke them in ye morninge fastinge &c

An other for ye same. proved diverse tymes.

Take Liverish rubbed one penny worthe and m. stemed rootes also take iij. figgs and two handfulle of endyffe and stampe them in vinegar. Then putt them all to soden in a quarte of fayre water a pynte. And yt to drinke it bloodwarme &c

A verie good Medsine for the Ague.

Take a Gilse pony worthe of Aquavitæ a Gilse pony worthe of Cumin a Gilse pony worthe of Coarle of Geane, and a Gilse pony worthe of Graines. pound small yᵉ graynes and put them togither wᵗ the fore said thinge and beate it all Golte as yᵉ can suffer to drinke And lye downe vppon a bedde and be warme couered, till yᵉ have sweate Inough. And vse this twise or thrise. Et sanabitur probatum.

For the Same.

Take droppes of Nettles, the Dure roote and Dandelion of either of them a Handfull. Bruse them and drinke them in three peyntes of possett ale boiled to the Gilse.

For the Ague a principall Medycyne.

Take Sage Bayes Basell and Camamill of eache two Handfulle and Stampe them straine them and take the iuyce and put to it the third part of a Spoonefull of pepper, and put it all in a little drinke And att the Gilst drinke it hoten the fitt romet the vppon him, and lett it abstaine three houres after.

Water of Camamill is for the Gilsekinge drinke.

For the Ague good. Gall Golden many

Take a younge Gole Bayt Basell three Handfulle cose Sorrell Gilse a Handfull, of Bittony two Handfulle of Sauge one Handfull: And beate them in a Morter, and take the Iuyce and put to it the poulder of pepper Gilse a Spoonefull. And stire them togither vᵖ a Spoone la good nosle. And before the fitt romes the giue it to the patient fastinge. and lett him eate him selfe fastinge my. houres after. And lett him take this medsine in a little strange Ale Gule warme.

An other for the Ague that hath bene of verie long time prooued.

for an Ague that comes the of cold.

Take Sage Basell my. Handfulle of Lilly worte, Sauge a Langwede boothe of eache two Handfulle of Plantine & Strawberrie Basell of eache one Handfull, and beate all theise in a Morter. then take the iuyce put therto a little poulder of pepper, and a little Ale or Beare & the patient best Gike the Gole drinke the Iuyce as sone as they rise romthe. & lett him be well stirred & make him Gule warme. And lett him eate him selfe warme fastinge my. houres after. nor he must not drinke my. houres after. This hath holpen many.

For a fever.

Take Sauge Bayes Leaves or a little Rosemary or Betony Stamp them in a Morter and Strain them & take the Juyce and put to them the powder of Ypocras. And put all this in Wine or Beare and the patient may drink it at once and let him drink before this Ague come. And it will help.

For the Fever.

Take Liverwort, Pimpernel & Langwedebeefe and Stamp them and Strain them. And take the Juyce and drink it Lukewarme before the Ague come. Probatum.

For the Gripeinge in the Belly.

Take Time take grass and boyle it well in running water and a few flowers of Rosemarie & put them well togeather, take this Water or small Ale and boyle them together. And at Night the patient may endure it, lay it to the Belly. & it shall

A present Remedie for Gripeinge in the Belly.

Take Salfe an ounce of Cinamond and boyle it in Sayne water & a little Honey, then Strain it and drinke it Lukewarme. it

For the Wynd Collick in the Belly.

Take a spoonfull of Malmesey an Egge shell full of Saffron and two Nutmegs and Grate them together small in a Morter, and take the wyne and put it in a Dish and warme it but not the Egge, drinke it over a fire, and then put to the powders & drinke it Milke warme when the Servant Kitchen comes from Supper and so Sup it & it will help.

A Poultice for the Stone.

For the Stone. Take a good handfull of Pellitorie of the Wall of Smallage & Dammomyle the like quantitie chop them altogether and boyle them in three pintes of water the space of one Houre. Then take Grumbs of Bread & make of Roasted Grated, and so thicken it to be a Poultice, when it is thicke enough, put into it a quarter of a pinte of Oyle of Dammomyle or of Dill or Sparke Greare, for want of these take Gallot oyle. This being done put it into a white Cotton bagg, the Cotton and bringe in Vrine. Apply it as hot

as may be endured. Then take of Gott ale made hot Grate in Liquorice and the drinke bringe take of Ale and white wyne mixt together bringe good, Eate this Custard ale made of Sparrowes &

the yolke

For the Stone A pure Medeyne.

Take grene Sperrits and stampe them, and put them into rennesheyne and let them stand in stronge heate 8 days then still them. Take a dramgett Sperrs and put them to a spoonfull of ballet oyle and a little sugar & drinke them first and last. Also noyme yt cannot gett Sperrits then take of Romish tryne halfe a pynte and of Syne ballet oyle a spoonfull. Sett it to the fyre and put a good spoone of sugar to it and a greate nutmeg & let it boyle then drinke it warme first & last.

An other medeyne for the Stone

Take an herbe wch is called Lamb in May or June when they be budded Roote and all, and drye them in the Shadowe and not in the Sonne. and make them pouder, and put them every day in their pottage or in their drinke. this will breake and destroy the Stone.

For the Stone.

Take two spoonefulle of white Castle Soape into a pynte of Ale and heate them well in a pott by it self till the Soape be consumed into the Ale. And let drinke it fasting in the morninge wch noyme wch yt can suffer it. Then take three spoones after from meate & drinke, walkinge & stirringe about in the same heate. And take noise at night three spoones before yr supper. And so the next daye togither more or less as yr lyne it worke.

An other for the Stone.

Take the red barke of the roote three dryed beaten to powder, and heate & beaten also to pouder Lyne powder and Soote and bringe made drinke them wth Synne beere or Ale blood warme. And lose five or sixe tymes &c.

An other good Medecyne for the Stone often proved.

Take Thyme, dammamell, parsley, Beane stalkes, parietorie of the stalke & Pappe seed, Caryes them in possitt wyne a night & still them and drinke of the water it will gyve

Also parietorie. Thyme and parsley stalkes them seethe and laye to the priuities warme. Then seethe Thyme parsley and parietorie in sweete wyne tender and strayne them. and to it a spoonefull of Aquavitæ and let the patient drinke it. probatum.

Also drinke the wyne that a Rabbit hath eaten fyrste sterid and seeth it fatt, drinke of all night. All Goose are good for the Stone. ℞.

For to breake the Stone in the bladder.

Take Millepedes Lovage and Saxifrage and straine of the iuyce like quantitie and boyle them in a gallon of the iuyce of Pepper Running water and put thereto a quantitie of Sugar clarified or Sugar not clarified, or Syroppe. and drinke it Morninge & Morninge. and so continue it twentie dayes and it will breake it without fayle ℞

Sugar

That the Stone fall nether downe into the bladder after it is broken.

Take of Drummell seede and Pappe seede of each a.li. of the rootes of Dolcamber seede, a quarter of a li. of Fennell pressed and seede. and grynd all these ingredients in a Morter. and drawne dayes dated & Spoonefull given in the potinge. Et fiat.

To make him ryse for the Stone to force & expell urine.

Take parsley, Butterbumpt & parietorie of the roote all and stamp them & strayne & drinke till it be grone, but barme it not, and strayne it and annoynte the patient with it warme at the nauell & small of the belly. ℞

for the collick and the stone.

Take a handfull of dandelion, Tyme, Mercury, parsley, strawberie, damaskell or pellitorie of the wall of both like quantitie. Wash them fayre, stampe and strayne them in a quarte of ale to a pynte. Then straine the herbes & put the liquor ouer the fyre and put thereto a pynte of white wyne and powder of Cytron, Ginger, cloues, mace, annyseede, Long Pepper, small Raysons and saffron of ech one a little quantitie a salte penny worthe and three penny worthe of Sugar. and when they be altogither a little warme, and straine it and giue the patient fiue spoonefulle in the morninge and fiue in the euening and warme it. 9. dayes first & last. V.

for to breake the stone and to make one make water.

Take three handfulle of Pellitory, 3. of Tyme, 3. of Centaury 3. of Saxifrage two of Alexanders rootes and one handfull of Damaskell and boyle them togither in fayre water from a pynte vnto a quarte. then put to them two spoonefulle of Aqua vitæ. Then straine the liquor and giue the sicke to drinke. And after that the herbes parboyle warme to the small of the belly in a cloth and it will raise the stone to breake and vomite it. & let him drinke it fower dayes togither. If he haue greiued before it in white wyne, for it will breake then water.

A drinke for the stone to breake it within the bladder and to put it out, and to make one piss. probatū.

Take Pimpernell and pellitorie of the wall and still them togither and take fower spoonefulle of the water and drinke it with white wyne or strong Ale. And if you cannot get Saxifrage then take Damaskell, Alexanders and parsley and still them with the pellitorie of the wall. diuers tymes proued.

For the dollicke and the Stone a Storye proued moste true.

Take Persley seede, Fennell seede, Cromicke seede, Alexanders seede, Fennell seede, Plantein seede or dolcinder seede of euerye of these a quarter of an ounce Nutmuge, Cloaths, Cynamon, Galle, an ounce, Sugar Cloaths Cynamon & Sarsed throughe a fyne Sarse of three ounces, and put all these togither and let them be well mingled. Then take of white wyne vyne three spoonefulles, and as much of the powder as will fill halfe the shell of a Nutt shell and put it into the wyne and let the patient drinke it three tymes and it will helpe.

And if the patient be sodden sore, take an Ointment called Altea and Oyle of Roses of each of these an ounce, and annoynte the place where the sore is against the fyre as hott as may be suffered and it will cause the Stone to Skayle in short tyme. &c.

A precious Remedie for the Stone and to make one to make water when he hath an Impostume, and that will breake the Stone when Surgions cannot.

Take Virga aurea and make it into fyne powder, and put a Spoonefull thereof into a sodden layd Egge of the roste, and give it to the patiente to drinke in Ale or in the morninge to his breakefast and let him not eate three or fower houres after at the least. And then he shall make water in haste then hath an houre. And if he be his dontymade the Spare of Sommer twelue dayes, it will cause him to make water and cast out the Stone without any payne or greefe. &c.

For him that hath lost his water and for the Stone dollorke

Take Radish rootes Grated and lay them in white wyne a night and Strayne it and give it the patient to drinke and it shall make him make water good.

ffor the collicke

Take mustard seede, ginger and pimento, & stampe them altogether. Then take them and lay them to the belly rote. w.

for the collick and to make one pysse

Take one handfull of Fennell and three handfulle of Parsley and seethe them in white wyne or running water till they be tender, then put them to three or fower spoonefulle of Aqua vitæ then straynde the said liquor and give it to the sicke. And after laye the same herbes to the small of the belly in a cloth and it will cause him to make water. Good.

ffor to make one pysse

Take fennel and Parsley and stampe them and seethe them in white wyne and strayne it, and put to it sugar, and put it in a glasse and drinke two or three tymes. w.

for the Strangurie

Seethe the under rynde of the young braunches of the Pasque in small ale until halfe be consumed, and drinke a good draught thereof and it is a present remedye. Use it till ye be hole. w.

ffor them that cannot hold their water

Take Goate dunge and burne them in an Earthen pott all to powder and take of the powder in pottage. and it will helpe.

for one that pysseth blood.

Take Almerose and Milefol of ech like quantitie and stampe them & temper them with Cotes mylke and drinke thereof. w.

for to restore mans Nature againe lost by women

Take mylke of a Cowe that hath given mylke long time and of an Ewe. Mingle them both and take also the mucilage of Quince seede and mingle them together & drinke it. and this will cause dooings beyonde. Also it is good for bleeding wondes.

ffor a woman that hath lost her ffloures
& hir Mother and wooer sayth.

Take ye roote of Gladen w^ch hath like ye ffloures & leaues and beare hym a
ygallorse flowre, growinge in dyge Meade: and seethe it in drinke
or wyne, and when it is well sodden, sett it on the ground, and make
hir stride ouer it, so y^t noe dyse goe from hir but to hir ffriendes
& hir wooer sayth. But take heede she be not wt child. ℞

ffor a woman that hath to much of her ffloures

Take ye roote of a Lawe & burne it to powder, and sett hir drinke of ye
powder wt & make Ale first and last.

ffor to stay the fluxe of ffloures in woomen.

Take a quantitie of Sperma Ceti and dissolue it in Rose wyne
vppon ye fire, and lett the patient drinke it as warme as she
can suffer it in the Morninge fast. ℞

To make ffloures to goe.

Take Nettle rootes and seethe it in water till it be tender and
sett it vnder a fellons dripping, and lett the woman sitt ouer
same, so close hir about wt clothes that noe dyse goe from hir but to hir.

A Plaster for Nurle and ffloures.

Take Mynts, Worton, Mother woorte, ypolipodie, of sett Cockes,
Wallwoes, Organe and rosett boyle and seethe them in white wyne
and make a plaster & laye it vnder hir Nauell. ℞

ffor Ffloures in a Woman.

Take Southernwood sodden in water, and make Almond Milke
& drinke and lett the Pacient drinke it. ℞

ffor a woman that labours of ffloures in hir labor

Take iij droppes of Nepte and as much of Bittony and iij
droppes of Rede Nettles, and stampe it & straine it wt
the spirite that goe out.

ffor y^e ffluxe in a woman.

Take Lymmon and Plyes Tyme and Sa and lett it lye a daye &
a night in fayre running water, and must she may be drunke at
and drawght. ffinis.

For ye Molyor

Take frankensence, a lyttle of mumamone and a fewe blodes, and bett yem fyne in a clese fellow glasse wt bloode clese about yer Eyes. Then rast yem powder vpon a hott tyle and drinke yer That ye smoke may assend vpp into yer bodye. Then bett yer stand and take Rosestroder or suant water and yelo it yer nose.

An other for ye same.

Take Gumm Dragon, and then take a pcell of Graslett bloode and rutt it round like a pell myne, and strike ye Gum on ye bloode and lappe it ouer yer Nassell that saith ye molyor and so bett it ye till yee be well.

For ye bloodi Flux & good Medycyne

Goe to any Lyme Pitt and fynd a Lyme stone yt hath bine burnd round ball like an Egge wch is called a Flynt Egg, breake it and yen in yo fyll burnd a lyttle of mumamone wch yu shall put into stronge Ale or Milke Posset and drinke it good.

For to stopp any Lapp.

Take Rose powder and put to it dragamone in lyke powder halfe an ounce, of Bole armoniake wch pouny weight, of Lyme ashes in powder halfe an ounce. And temper them altogether wt a little Sugar and Rose water and drinke it. and bett yem not drinke in Clem Lemond Water nor bett yem date any Butter. Also Dodg. gum Arabick in fyne powder in redd Rose water and drinke it wt ye wyne.

To stayr ye Flux

Take my. Nutmegge pricked full of holes and stoope them in Lemon water and wright. Then take them and roste them in Embers and Bake them all to powder and drinke of yat powder in redd wyne Dodeye morninge & fasting.

For to stopp a bloody flyx.

Take the rynde of a pomgranade and stampe it to powder and put to it as much of the galle nutt as will lye upon a groat and drinke it with good strong ale blood warme. This will bynde and stanche the bloode by great mrn.

For the stone.

Take Beat rootes and boyle it in Milke till it be molted and let the patient receave unto it some of the ranfeffor it. And in this maninge of it, it will helpe him.

For a laxe or disentarie in yonge or old good medicyne.

Take the yonke of the Egge and pull out the stones of the Egge and rube the stones drye with a knife and then beate them to powder in a Morter, and let the patient take a good Spoonefull of the powder at a time and with Beare or ale let him drinke it downe, and so may staye the laxe as well him selfe without any danger. It hath ben taken my. or 6. times in this maninge will staye a verie great laxe. bynde in this maninge good.

For the tayninge of the tayned good.

Take two knuckles of Mutton, take them well with a knife and breake well the bones and boyle them in. pinte quarts of newe milke with the yonke of an Egge and a spoonefull of honye & a litle Saffron, Sugar, Pepper, nutmegs & salt to the full. and in the boylinge of them anoynte the salt that the milke may be the redder. Let the patient drinke halfe pinte not sooner in all and let the patient drinke three Mornings and Eveninges, till he be sole. This will helpe drinke. This the patient keepe the bones all the while and eate them at Mydnight and drinke them in the Shilbone, and they will keepe in sorte all the while & the better good.

For ydoments sore Brests not broken &

Take Sauge and Marygolde hat beare the blake seedes and pottage of ye strongest ale ye can gett a handfull, and bruse them altogither and so laye it to ye brest and it will coole it from vnkindnes.

For a woemans sore breast broken or not broken.

Take Sylke of Roses, Beane flowre & youlke of an Egge a little fenidgreke and temper them altogither and sett them upon ye sore Embers, & it may be stand stube warme. and then anoynte a feather stroke it vppon ye sore Breast Euenings and mornings and at Nowne. Doe this and it will helpe. vid /

For a sore Breast.

Take a pottle of Runninge water and a greate handfull of Sauge and let it boyle a quarter. Then take ye liquor cleane from ye pynte of white fenidgreke, and three Spoonefulles of good honny and boyle all these together ye space of quarter of an howre Then dipp a Skarlett cloth in ye Liquor and laye it close about ye Breast. and doe it soe three or foure tymes in a day alwayes warme. And it will helpe. proved dto doe so tymes. &

An approved good Medicyne for ye Stone

Take white wyne and make a possett, take young Cocks of a yeare old grene Sage and take ye inner barke and stampe it and straine it into ye wyne before ye milke be put to it and drinke ye more of it at ye euen. & morninge and morninge wyne & fast a day together in ye fall of ye Leafe or in ye Spring. and rabbet vppon it and it will dissolue ye stone in ye bladder. make it not at ye first to stronge

Take a Hare alive and strangle it, and then only take out ye Stones and put it into an Oven and drye it till ye may beate it into powder and then drinke of ye same in white wyne or beare, and this is an approved good medicyne for ye Stone.

Diverse kynds of Laxatives. Necessarie bothe for men & weomen.

Take Stamone Rabarbe Sugar dandie quantitie for quantitie but more of Rabarbe then of the other. to the value of all the rest comme shall serve. Viz; Stamonie iijd Rabarbe mixe Sugar dandie ob. Pound all these together, and drinke it with a little quantitie of wyne or ale.

Memorandum. That that taketh this Laxative or any other that is dangerous. Must take it 3. dayes before the change or 3 dayes after. 3. dayes before the ground or 3. dayes after 3. dayes before the full or 3. dayes after the full. probatum.

A purgation called Diagrodij

Take of Gorgs sa quarte and of Sugar a lb and seethe them till ye ran make a droppe to stand on the finger, then strayne them upon of Cowslipp water. Then take it of and in the doing ye put to it 2. z. of powder of Stamonie and rast it on a rold borde. and when it is rold rutt it in Losenges and put it upp. for it is a strong Laxative for grin of ran blare it.

A Laxative for the dolfin substantially and mery tymes good seruie good.

Take blare and Nepp. Stampe them and strayne them through a clothe and make a possett of the strongest ale ye can gett. and looke that ye have ale ruddy and not pale. and before it mannor of ale but not fully so. and before ye can gett ye must take to make ye possett for ye have a quantitie of good sweet butter and melt it and put it into the posset drinke when it is passed through a sieve, and make the possett of all the strayned liquor and gett of the patient can drinke it, yf not it will serue the dolfin. and after him some gett upon a Boord that he may sweate, and by the grace of God he shall be well.

An Excellent Lapatiue

Take Bone Alexander of ye barke an ounce of Ginger and Liuerwort of ye barke an ounce and beate them in a greate stone morter alle, and putte it in ounce of Sugar candye, and drinke it alone and take straine it. probatum est.

An other Excellent Lapatiue.

Take good handfull of Spurge of ye Ginger & Sugar of ye barke a dragme and make them a poulder and take them in ye Morninge in broth or two before yᵉ xyse. and vse this Et Sanabis. ℞.

An other Lapatiue.

Take 3. Dates, and bruise them 3. graines and bruise graine & Carnes of Spurge, and medle them altogither and take not more at a time then will lye vpon a pennye ℞.

An other Lapatiue

Take halfe an ounce of ye powder of ye barke of ye Elder ye Oke and of roote of ye Bone in poulder. and take fine ounce of ye Honey and boyle it and put to it ye poulder of ye powder of Bone and mingle them and sweet stone pepe in poulder, and boyle it till it be thick. and make vnto balle them and take one or two of them at a time fasting. ℞.

A Lappositorie Excellent.

Take damaske Mallowes & Mynt of ye good quantitie of Mary batter and a good handfull of grape & salt and boyle all these together in a good quantitie of running water to a thicke and when it is cold make it Lappositorie et fiat. ℞.

An other good Lapatiue

Take Burroni Endiue Prolett Dates Strawberry leaues, Fennell & Sparagus roote of ye pithe taken out Rayson of ye Sonne and Figges

boyle them all in Gaynd water and when they are well boyled take of ye liquor of ye water some 3. or 4. spoonefulle and put in it Honey some & Sugar candy & of 4. ounce in some and when it is cold administred and lye vpon it of 4. in Saffron and a little Cynamond vnto and let it stand vpon

† Embers killing it then straine it and put to it two spoonefulle of rose lye vpon it put to it a little it will not hurt and this will serve

For the Cataria in the Eyen

Take a Cowle, cutt of the head and Clyse and take out all the bonde, then stampe it w^th Summin Seede beaten into fyne powder. And applye it to the sore eye at night and to bedd and in the Morninge take it away. ℞

An Excellent Remedy for the Gowte
For Aches and payne in the Joynts.

Take Mylke of a Colored Cowe and reserate mbalm and meddle them together and stirr them till they be thicke, and stirr it well then cast in the Juyce of Sloes or Smallage. Then spread it plaisterwise on a Cloth and lay it warme on the Knee or Joynte.

A sure Medicyne for the Bonde.

Take iij^li of Swines Cleyes a li of grose Sinoper petrise made in powder, salte li of Roson at muste of Sarcocolla q^ta quart of Blood & muste of Mirrhe ij^d weight of Saffron and put them in a Dishfull of stronge Allome water & let them boyle w^th a quart of good Stronge wyne & the muste of white wyne. Then put in the Sinoper petrise in small powder, the grose Sinoper petrise and the Roson, and when it almost is Sodden then put in the Sarcocolla, and let them boyle well together. And stirr it well w^th a Sticke for that purpose to the quantity of
Then take an older parsnip and scrape it and Sodde it in Stronge vinegar water and then take the Liquor & strayne it into a quarte pott it ode the Sirrup together & let it boyle a little longer. Then take it from the fyre. Then take Sinoper and Mirre well beaten and searsed in a fyne searse and at it double cast in the Sinoper, and when it perfectly cold, then cast in the Saffron, small grownd as possible, and when it is almost cold take it up and put it into a Boxe or Barrel. And when the Bonde is come take and make a plaister of it to the patient and it will heale [illegible]

For ye Gott Comte.

Take Sparbe Grate and dollendyne of barlye a Sandfull and Ynee Spoonefulle of blacke Sope. pound it and straine it throughe a cloth and annoynte ye place and bynder it with Lenet Cyrpos Leather. ca

For ye olde Comte.

Take a pynte of good Allo clarefied ouer ye fyre, put ynto a Sandfull of Bay Salt, and stirr it well a good while. Then put ynto ye Spoonefulle of blacke Sope and bringe yt to ye Boyling ouer ye fyre. But first take from ye Glandes of ye Gelse an Ounce. ca

For Comte.

Take a quarte of sperme whale, and put ynto ye dongde of a Cowe and boyle them togither till ye be ynke and pestle them ouer ye Comte. ca

For Comte or Swellinge in ye Knee & Poulte

Take a quart of Sower Vnslod, Gelse a pynte of Sonezalle of blacke Sope, ye yolkes of Twelue Eggs and a la. of fine Bate Sope altogether boyle Small till it come to a perfect Salue and ye on a Ly men olofte and Strowe on it some Sanquit dra= gons beate into Small powder and lay it to ye Sore very Warme

An Excellent medycyne for ye Comte.

Sera 3 ounces Turbits hulfe an ounce / Mirrho: 2 ounces ffermo: an ounce.

Take of Sperma Ct. m. Turbith Ens. Wyldsaran Ʒ ij. Camarise m. m. Epithymo dartilis Ʒ i Nutmegge & Ʒ i. Diadragon Ʒ m. Mace Ʒ m. Cloues Ʒ i. Callingall Ʒ i Polipodium Ʒ i Roman wormwood Gelse an Sandfull red Sage Gelse a Sandfull of Egremonie Ynee Sandfull Alle these put ynto a Ly made of Lime & Bl. beaten to pon dered and ye rest all put to gither in a flannell bagg and Steepe it in a Stand of Ale of Christi pynte and Sett it in the Sonne a Weeke or vntill you will in ye afternoone about Supper a Weeke

A generall purge.

Take of the rootes of Parsnips, Fennell, and Asparagus of each two ounces, of Bottome Dalme, Hope, Bourage Buglosse, Endiffe, Succorye, Violett and Sorrell flowers one handfull: Boyle them in a pynte and halfe of water in a quarte of water vppon a softe fyre till halfe the liquor be consumed, and then straine it. Then take halfe a pynte of this liquor and put into it an ounce of Senne, of Rubarbe three drames cyted. Cynnamom and Annisseede of each the weight of dram. Cynnamom and Annisseede of each the weight of dram. and let them infuse in a close bason all vppon embers, but not to boyle for twelue howres or more. Then take it from the fyre and when it is almost cold straine out the liquor and put thereto three ounces of Syrropp of Roses, and yf ye will a spoonefull of Sinegre and a lyttle Cynnamome powder, and so deuide it into two portions for two seuerall times, to drinke.

dl Dramme is the weight of a beyd. or a shilling.

Another purge.

Take halfe an ounce of Senne Rubarbe a quarter of an ounce Annisseedes a drame Cynnamom halfe a drame, this is to be boyled in halfe a pynte of fayre water till the bitter part be consumed, then straine it and wringe it out hard throughe a

7 or 8 of bay salt grayns

course clothe and dissolue it in an ounce of Syrropp of Succorye & Rubarbe or els Syrropp of Roses or Violett wch ought best to purge: Cleame or instead of this Syrropp ye may take ij drachmes of fayre water: Let the Senne & Rubarbe be cutt small & put them to the strayned liquor: Then take halfe a pound of the rootes cleared and cutt into smale peeces & boyle them in a quarte of Lignum Sanctum in smale chippes three drames of Liquorish an ounce and a halfe of Sassafras shaued or slyced strengthen and boyle these in three pyntes of water in a close pipkin till one or twelue howres be past, & then strayne it. Then to the liquor wilbe ten pyntes remayninge. Wherefore yf ye will take out or bruise some of the Senne must be well closed in a roode when this is strayned throughe a rotten cloth and not ye may vse it for ye ordynarie drinke for 28. dayes together. vv. Do: fol:

Disclosed and proued by their learninge studied many
thinge yt belonge to Physique & Chirurgerie, by the wch they haue
well approued by their dyuers Effectes yt Herbes Frutes and flowres
that be growinge vppon the Earthe are domestable and moderynable
for mens bodyes: for sicke and their are foure complexions in mens
bodyes that is to saye: Sanguine complexion wch is hott moiste,
Flegmatique cold & moiste, Colerique hott and dry, Melancholique
cold and dry: So they Synde by their learninge that
Herbes growinge vppon the Earthe haue the forsaid complexions
Wherfore they haue devised and proued yt and committed to
writinge the Natures and kyndes of diuerse Herbes to
helpe and comforte men in tymes of Sickenes &

Absynthium

Absynthium is an Herbe in English called wormwood an Herbe
soe commonly knowne that it needeth noe discription of this read Plinie.
It hath many vertues. It is Lapatiue. It comfortith the Stomake
It clenseth the Liuer. Neuerthe lesse sometymes it is hurtfull
Digestion and Liuer of the Stomake is it be not right ordered.
It must therfore be sodden in Rayne water and it must stand allmost
wth the mouthe of the possell open in some vale and colde that the vapor
may come into it and in the morninge drunke a quantitie hereof
fastinge and abstayne till noone, and soe vse it many dayes
vse this Herbe dayes and it will comfort the Stomake and clenseth it
of Colder, Cleareth and Gladeth. It will asswage the swellinge of the
Stombe and killeth wormes therin. It will purge Choller that is superfluous
linge in a mans bodye, yf it be myxed wth a Drye Pouder & Salte
wood. And it will put out an Abortiue. Also take decrip mor tayne, Pickmar
oyle oliffe & boyle it well wth Aysell & the Iuyce of wormewoode, then streine it
and drinke it and it will put away all Drifte about the Harte. It is called Dan
delia, and of the Liuer it is called Hepatica. The Juyce dronke is good for the
Jaundice. The leaues therof stampred wth Aysell is good for the mydriffe. It is
good to put away drunkennes. And temperately Eaten it is good to put away swellinge in
mouthe if it be dronke. And it pulleth away the blacknes about the eyes & clenseth the sight
The Juyce or the water stilled put into the nostrill dryeth the moystnes of the head. The Juyce mixed
wth gall of a bull bringe put in the eare it killeth wormes in the head. Wilde Time
dryed & layed among Clothes it will destroye moathes. and laye it vnder the Pillowe
head dare the Louse it & it will make him sicke. The Juyce will kill mysts in the head if it be mixed
wth honye. The nature of this Herbe is hotte dry like vnto Fyre & of subtle partes.
The Juyce rather it in May. The Leaues washen & stamped & strayned

Abrotanum. Sothernwode.

Abrotanum is an herbe called Sothernwode in Englisshe.

The vertues and proprieties therof.

The seede therof brayed and dronke with water healpth the stone and the paleshe. And drinke it with wyne, and it helpeth the bytinge of serpentes and beestes. The powder of this herbe medled with barlye meale and honye and layed to, healeth and dryeth. And drye it medle it with oyle and annoynte the place that lacketh heire and it will make it growe againe. Also seethe it and wash it therwith and it healpth the swellinge of the Brest. It destroyeth the wormes of the Belly. Drinke it with wyne it healpeth the payne of the backe and the payne of the moneth. It healpeth the stone. It clenseth and it maketh good bloud. The seede therof healpth against the Adders and other venemous beastes. Also seethe it in water and drinke it it healpeth the rotten sore. Or bathe it in water and drinke it it healpeth the bodye before the sore remedye. It healpeth it to Ache and sperd annoynte the bodye before the sore remedye. The Juyce therof dronke healpeth wormes in the bodye. Also seethe it in water with honye it healpeth the Jaundice. And a drinke that is called Malacidonia it doth and also a Diet called Empatike. And stampe it with Beanes eate also or with Callence and make a plaster therof and it will draw out Thornes or Arrowes out of the flesshe. And if a man drinke poyson or Lapis pricilis and a man drinke of the seede it entoxicateth him to Sodenlie. And if drinke poyson a man from Disease keepeth him in his Bloode.

The nature of Sothernwode

It is hott and drye in the third degree of the nature of the Earthe.

Acedula. Sourdock in Englisshe.

The vertues and properties therof.

Eate in Somer and it maketh a good stomake. Stampe it and laye it to the Belly that is hotte, to the gott it doth drawe the burninge gowte to it. The dwellinge Eyes and it healeth the fulle. Also the greene leaves therof with oliffe healeth the old soare and if it be applyed therto. And drinke it with wyne and it killeth wormes in the bodye. It wasteth the Stone. It healeth them that hathe dronke venemous. The Juyce therof stanched the sore. Also the leaf bounde about him shall not be bitten with Serpentes nor with mad Dogge. If one take his Eyes closed with Sumach or gumme and take the wiyte therof and annoynte the Eye lidde therwith it healeth them. This herbe is cold and drye in the third degree. And is of the nature of the Earthe.

Asphodillus. Lege Plinium.

Asphodell or Kenches or Centum Capita. is an Herbe the leaves wherof is like Leeke & leaveth a yallow flowre and round Codde. the Rote is like vnion Rootes.

The vertues and proprties of Asphodell.

The Braunse stamped and dronken Healeth the Dropsy. Also the leaves & the flowres dronke with wyne Healeth the bytyng of Serpentes mouth beaste and wormes. The iuyce with the taste a little Pepper & Saffron added to it Helpeth with rotte wyne the Rednes of the eyes Healeth running eyes. Also the Rote beaten to powder and dronken with a little Honey and annointe the place therwith Healeth Scabbes and it will make it grow Heyre. Also take the Iuyce of Rose and rotte Rotes of Lylye therin and rubbe the Morphewe therwith and it will take it away.

The nature therof is Hott & drye of the 3d degree.

Agnus Castus.

Agnus Castus is an Herbe called Tutsan or Pleke Weede. This Herbe Helpeth Weed Hemmock & Pleke Plantan and leaveth a yallow flowre with blewe Berryes when they be ripe and groweth in woodye and drye places.

The vertues and proprties of Agnus Castus.

The Seede of the same Herbe doth it mightely to Helpe Sorenes of the Iuyce and Seede of the Herbe and to Helpe Helpeth against Serpentes. It openeth the pores of the Bodye and Cutteth out evill Humors, and dryeth mens Seede. Eaten it with Honey Seede & Rye Bread and it is good to destroye the rotes Dropsy. Also Eaten Seede & Rye Bread and it is good to destroye the rotes Dropsy. Also Eaten with the Herbes with Smallage and Sauce in water & Salt and bynd it to the Grinder parte of the Head and it Helpeth the Lyturgie. And bate it rawe and it engendreth the Head ache. And Eate man or woman Rawe it abouteth there makeing Sleepinge and it will quenche the Lust of Generacio. And it destroyeth the Seede & Stone of the Bodye & the Melt

The nature of it is Hott & drye.

Agrimonie otherwise called Eupatoria of K: Eupator.

It is discribed in Plinie

It hathe leaves like Tansy but greener and a yallow flowre, the Seede like Pleke & Beard Burre & will stinge on ones Hose. The proprties is it be eaten greene with Eyes it helpeth the Aking of the Stomake & wombe. The powder therof dothe the like effect. And stoppeth the Rednes of the Eyes. Eaten it with Rye Bread it is good for a Dead that is hurt with Eyes. Eaten it with Rye Bread it is good for the ache and the Sore of the Melt

It is good for the Jaundice.

It is Hott & drye.

vide plinium

Alexanders or Stanmarche Hipposelinū græcè.

Alexanders or Stanmarche for called is a common Pearbe
It hath blacke Roode wyth Stronge. The Properties & vertues
Put the Roote thereof in Pottage and it will destroye all
manner of Pestilence. And the Roote thereof eaten every
Daye destroyeth the Stone and helpeth the Trembling of Palsey.
It taketh the wringe and Torments of the Gutts. The Seame
beinge boyled & dronke with Wine helpeth the Straingury
and difficultie of makinge water. The Roote Sodden in Wyne
Dooeth Stone and Gravell by urine & putteth away also the
paine of the Reynes & Blanke and Sore. Taken in Drinke or
applied as a Lyniment it helpeth the Stinge of a mad Dogg.
The Juice thereof Drunke Purgeth Flegm yat and Bodye to chill and
be frozen wth Cold.

Ach.

Ach hath these Properties
It is a good Pearbe for sore Eyes, Sore Throate, and for the
Pate & Burninge of the Stomake. The Juice mixed wth
the Crumbe of white bread made in a Plaister Mitigateth
the Swellinge & ache of the Eyes. The Roote Sodden
Dronke and good for the Stronge. It ouercometh wyckednes in a
woman beinge Dead. It destroyeth Venome. Steepe it in water
& drinke it and it reddily easeth. Dose to date of Pasting
Leaves and it will make one pell soundly and it destroyeth
Tertian Fevor. Drinke Rose and Fennell to purge it
destroyeth the Dropsy. It helpeth the Spleene, and putteth away
Scurfe. Also a Plaister made of Rose Egge and Dust of
Barley Meall in like quantitie, helpeth & will Scald wounde & sore
& sweld. This Pearbe is hott and dry.

Gladiolus. Acorus. Gladiatus. Pettie Gladen. Flags or Sworde wort

Acorus is an Pearbe called Gladen. The vertue and Properties
The Roote Sodden in Wyne and dronke helpeth the Cough, and hee that
is Envenomed. It healeth Lymme. Put are dronke wth Esell.
The Roote thereof put into a wound. Staunseth the bloedinge thereof.
It is hott and dry.

ther are according to plinie & Dioscorides of Plants lib. XIX. Nat. Hist. one growinge of Pettie in moste grounde in Pooles Bases Lakes & Waters called in Greeke Helleospleon. i. Smallage 2 wch more Pearbe in dry places named Hipposelinon. i. Alisanders.

Found in Mountayns called Oreoselinum. i. Mountaine Alisanders Pearsley of Pyrenie and the Roote thereof roten is called Perselye Roote of many Kinde Groes.

Alleluya · Oxis. Cathowes meate wodsorrell or Sorrell de Boise or wodsowre · or Stokeworte ·

Alleluya is an Yearbe that growethe in Woode. And hathe Yeare leaves Yeaven fallinge downe plated and a litle white flowre.

The vertues.

This Yearbe yf it be prayed in the leaves of Cold Water and rosted in Embers and laid to a Wound or Sore. It will Sett out all the deade flesshe therin. It will destroye warttes & Corrnes. It is singuler good to be geven to one that hathe lost his stomake and appetite to Mete. They also that have a Rupture and other Bulls fallen downe take Yeaves to Yeare good yf he Survive. Also gather a good quantitie of this Yearbe bruse the leaves. Stampe it betwene two Trayes and it will take out Yron moulded out of Cloth, Layeinge them on a Fayre Close in Summer and yf Salter annoynt the Yron Mould often Yeares and as it dryeth in Still annoynte it until it be all white as the rest of the Cloth. It is Sott and dryo.

Allium. Garlicke. Lege Plinium Lib. 9. Cap. 6.

Allium est Triacula Rusticorum. called Garlicke.

The vertues and properties

It Symbidethe stoppinge and Will wynde in a mans bodie and maketh good Joynte. But it is contagious for the sight. It healthe the byting and stinginge of Adders. Nor Venomous beast will touche a man yf Annoynted with it. And the juice Yeare. The juice mynged with Honey is good for byting of Hownde. For bruised Sarte, paine in the bodye and Bladder. Also let Garlicke be layd in a Plaister of Cloth and let a woman stande over it, that the Vapor may ascend into her Yeare and it will bringe Yeare the Stone Burstinge of the Child. Yf it be taken Yaue or Sodden it will clense the Lunge and Chaste the Cough. Eatinge it Yf Dentarie and it healthe the Dropsie, and Dryeth will Humors of the bodye. And it helpe the Frantick man and the Fallinge Sickness. Drinke it Yf Doria and Ox wyne and it helpethe the Jaundise. Eatinge it Yf Beanes and rubb the Temples Yeare Yf it is good for the Head ache. Also Sodden it Yf Salt Yearbe in grewte and it is Yolsome for the wombe. Drye it Yf Drynes grieffe and it assuageth Swellinge. And bodye it in Sweete Wyne and Honeye and it killeth wormes in the bodye. And whoso Yeateth to Date fruit Yeare Vaine Daye. It will keepe him from Drill Agues & from the Pestilence. It is Hott & Dryo. ℞

Althæa Holy-hocke · De Althæa lege Plinii lib 20. cap 21.

Althæa is an herbe called Holyhocke and yelo Mallowes. The properties
If it be stamped and layd to the Podagra it will
heale it in three dayes. If it be sodden in Wine and Honny
and layd to it will draw out all evill moysture and
will gatherynge to fester in a mans body.
It is Temperate betweene hott and dry.

Amarusca

Amarusca is an herbe called Maythe or Maydweede or Dogs fennell
It is like to camamell and it hery common.
The Juyce thereof Dronke healeth the Canker. The vapor of the
Endroder. There be two kyndes of them. One beareth a white
flowre and the other a redd. And it groweth to common amongst
Corne. Annoynte the Equinantie with the Juyce of this herbe
two or three dayes agaynst a hott fyre and it will helpe it in
short tyme. Stampe the stalke of this herbe and all and good
it from to drinke that hath lost his hearing Suddenly by Thunder
or otherwise and it will awake him speake agayne in short tyme.

Ameos.

Ameos is an herbe called Amoo, Wood nepp or yellow worte
It hath Rootes like Chervile but they are lesser. And hath
longe Branches & it hath flowres and seede like yellow Dill
The properties
If it be Dronke with Wyne it killeth wormes. It heateth the
Stomake yf it be cold. The liver and the Raynes. And it helpeth
the byteinge of venomous beasts. It provoketh Urine &
is wholesome by grosse Humors. It Consumeth greate wyndes
It breaketh the Stone in the Bladder. It purgeth the
Raynes & Matrice if it be dronke with Honey.
It is hott and dry.

Anabula Centemalles · wyld Spurge

Anabula is an herbe called Centemalles or wylde Spurge It groweth stoppe on
a plaine stalke, and beareth no leafe but at the top and spredeth from the bowde
& is rounde rompasse & when it is broken the Juyce is like mylke.
The vertues and properties
Take it when it is younge and the Barke rowed from the stalke and boyle them in white
wyne untill the wyne be consumed then it is good to make a plaister. Temper it
with quick Silver that it lose not his fastinge Ointment. Annoynte therwith
well together and dryed dayes Annoynte the dry Scabb therewith and it
will heale it. The mylke thereof will Kill Warts and is good for Dolyharts

Auancea

Auancia is an herbe called Egrimonie. It bringeth a yallowe flowre. The properties and vertues.

If it be dryed & drunke in wyne it dryueth downe the stone and is very good for a diseased. And it is comfortable for the lyuer & reynes and maketh good digestion.

Anet.

Anet is an herbe called Dill. The properties

It maketh good loyne, and strengtheneth the braine in the body, and destroyeth the ill. The seed of the same burnt and stroued vppon a wound maketh it to sett to and keepeth a man to be drawen on the members by a woman. Also make a pleister of Egrimony mingled with the same powder and lay it to the Emroide and it will heale them perfectly.

It is hott and dry.

Amisum. Amicetum

Amisum is an herbe called Annys. The properties

It bindeth and breaketh the wynde flatuositie. It engendreth in the Lunge and putteth the ill wynde out of the bodye. It openeth the stoppinge of the Liuer and Milt. It driueth the melancholy from the heart. And it profiteth the mother or matrice in women's breast. And it profiteth the mother or woman in the worke of Nature. It maketh good loyne. And temperately the woman's breast. It is lyquatiue. And maketh fatt and tender the woman's breast & powder of the same vsed is good to breake the stone. Also drunke hott & powder of the same vsed vnder the head doth stanche and it will open it and roast vnder the head doth stanche and it will open it and roast out the corruption thereof by vomitt. Also take the seed & stampe it and drinke it and it is good for him that hath a payne in his backe. This herbe is called sweete Cummin. It may be kept in vertue three yeares. It is hott in the third degree.

Lege plinii & Annotatores D. Hollandi in Margine lib 20 cap. 11 dicit Apiastrum la. Ranunculus. 1. Crowefoote. calld Flamula or Spearwort or Apium Risus.

Apium Risus. /

Apium Risus is an herbe called Oppositte or Herba Scelerata It hath small leaves like Spurlork but they be smoth in Savor and bearethe a small white flowre not longe & like otes. The hole herbe is about ten fyngers full nye Sugler doe grin Sarmi and he that drinketh it with wyne, shall make water very well. And it reasolue the stone in the raynes and in the bladder. and doth purge well wyndes from the bodi, the stopping of the wombe and of the liver And it helpeth to gode rounde. and wt Lye & pastinge Als a plaster of this herbe stamped with Oyle it resolueth wyth Sugar and healeth the Canker. This herbe is one of the small herbes and is called Apium Risus Crowfoote or Rose It groweth on Sandye grounde or on gravelie lande. This herbe bayed in a Marter or Sauce drynkt doth ease in the plaster and layed to a bolne will breake it in short tyme And it may be ministred all tymes of the yeare. vz

Apium Domesticum

Apium Domesticum the brode small Lage or Stammarse or Marse It is common & hath a stronge Savor It mekly good for the Stopping of the Liver. The seede therof dronke maketh the heard & open the wombe and prouoketh vrine. It pelle drawe all evill humors in the mouthe the procreation. It pelle drawe all evill humors in the mouthe the procreation. It pelle drawe all evill humors in the mouthe the procreation

Apium Silvaticum

Apiū Silvaticum is ben ſpaube ſalle & ben ſoyſe it growith
lyke medbyne and hath a roſſte ſtewed ſtalke & lyke but lyte
& ſharpe. The properties

Stampe & drynke it wt honey and it is good for the cauter in the
mouthe. Drinke it wt wyne and it ſhalthe the ache in the wombe
Alſo ſeethe it in wyne or water and waſſhe the hed therwt and
it helpith the dull called the Lethargie. Alſo ſtope it wt the
bleſſe and roſſe & ſpoyle dallome and it is good for ſore hym-
rodes and hymbes that be taken wt role And ſome hyde
ſperinkle dothe the ſame. It is hott and dryſe in the vtmoſt degree

Apium Ranarum.

Apium Ranarum is matter growe ſoote It hath yallowe ſlowres
It hath a ſtalke & ſubit ſighte wt ſmalle braunches growithe
in ſtatyke plattes. It is one of the ſmalle ſortes. Drynke it in wyne
and ofte ſith it be ſoften then ſtraine it and ſett it doer the hed
wt wyne and make therof an oyntment wt dothe gode gradate
romfort to the ſpleane that is gridded by melancholie humors,
& reſiſtith abundaunce of ſtarvinge romthe. a /

Apium Emerodarum.

Apium Emerodarum (and growe ſoote it hath ſmalle
lyke fames ſoote and beareth a yallowe flower. It hath a longe
ſtalke and growethe in Wodowes and moiſt plattes. Eſpi
ſparſe ſodden in wyne is good to laye vnto the Emorodes
and the yuyce therof with blode or the Emoline and the powder
therof is good for the ſame.

Arnoglossa.

Arnoglossa is a dommon sparbo called ye plantan or waybreade
the vertues and properties.

If one have the head ake let him take ye roote of the gross and hange it
& hange it about his neck and it will helpe him in short time.
And if one suffer an aborings in his wombe let him drinke
the iuyce of gross and it will asswage the payne. Also if
a man suffer swellinge in any part of him let him
stampe this sparbo & lay it to it & it will asswage it. The
iuyce of gross dronke comforteth the brest & helpeth all
diseases in the bodye. Also stampe the seede of gross & pandor
& straine it vppon a mouse and it will asswage the heate &
burninge of gross. Also the iuyce of the gross mixed
with honye & dronke stoppeth the fluxe and tempereth the
wombe. And drinke the iuyce of gross with wyne and it
destroyeth ye wormes & byssinge of serpentes & addres
& mad dogge. and destroyeth wormes in the bodye if
it be stamped and layd to the navill. Also take the iuyce
of gross & temper it with the glaire of an Egge & beate parsley
& rose & beate them & lay it as a plaister to dowe by it,
and it will heale it. and for swellinge and rotinge in ye
mouthe take ye iuyce & spoute it in ye mouthe & it will asswage the
swellinge. Stampe it with honye & make a plaister of gross &
it healeth and healeth well wounde. Also seethe it and make
worte and eate them and it healeth the dropsy. The iuyce of gross
dronke healeth the fallinge of the fronsey and the dankes &
helpeth the goute and swellinge of the eyes. and healeth ye
losse about ye gummes and preserueth vnder the eares.
This sparbe and the seede in wyne and dronke stancheth the
monstruous fluxe. The seede of gross dronke are good for sores
in the bladder and for the paines of the backe. The roote of gross boyled
about one worke will heale them from collers. The herbe plantan ye is called
arbworte will do all these thinges aforesaid. And the iuyce of gross
& honye geuen to a woman with child dronke will make her delyuer
easily & the child of the wombe. also ye iuyce dronke stoppeth ye bloodinge at ye
nose. The iuyce mixed with honye and powder of allom healeth sores & ranker
in ye mouthe. The iuyce mixed with ye iuyce of lettice & the white of an egge
flower made in plaister & laid to ye right side of the liuer & the left side of the
spleene & the iaundise. it is best. ammultes

Arthemesia

Arthemesia is Mugwort. It is like St Johns wood but it more
greene. The vertue and properties of Gross.

If a woman drinke the Juyce of Gross in the time of her flowres it
staieth it will cause her to conceyue a child. and causeth a vo=
mane to be deliuered of a child. Or put in her clisters it speedily the
mother of Trouble make. and Guardeth. It is also good for the Jaundis
and maketh one well coulored. Also make poulder of Gross and of Gard=
sound and strong it appeare. The leaues of the Emerods and it will
speed them if they be first annointed with the Juice of the same.
make a pouister of Mugwort and laye it vpon the backe of a wo=
man in labor it speedeth child and it will make her to be deliuered.
The Juyce of Gross drunke speedily the stone in the kaynes of the backe
and maketh one to make water well. And if one goe a iourney let
him beare with him in his shoe and he shall not be faint
nor weary of the iourney. Also amongst the Salues of the Leeches it
goeth into the and it comforteth the greately. and stemeth it the Gross
gathering of the eyes, Itching and blaineing of the same. Eyes
the other Lymbes. If this Gross be kept in a house the same shall not
wicked Spiritt. Haue power to doe harme or abyde in the
Gross. This Gross drunke in Muscat is good for many euills: for it
comforteth the Liuer, the Stomach and all inner parts of the
bodye in many diseases. Also make poulder of Gross and drinke
it with Lukewarme water, it is good for bytonges of Venemous
beasts. whose annoyntedye with the same Gross and oyle of Olyue
euery day shall haue not feuer nor Spleeny Sore. Eyes
this Gross poulder & take mixed with oyle and annoynt the same
take not rest it is likely to liue if he take rest, but if he can
take not rest it is lickely he will dye. It is Hott and dry in
the third degree. The poulder of it layd vpon the place
grieued speedily helpeth. ☞

Astula Regia

Astula Regia is an herbe called Wodroff It is like a medde called Eratige medde or Hichens moate and be it sauoreth best when it is greene and when it is dry it is verye sweete. Is cure Gaue a disease in his mouthe Let him boyle this herbe in wyne and wasshe his mouthe therwith and he shall be healed. w.

Astrologia Longa.

Astrologia Longa is an herbe called Madder. It hathe leaues like vnto Madder Roote and is one of the kyndes of Madder And hathe many longe braunches & sabill many small braunches comminge out of the roote. and the braunches haue many small knottes and be sweete smellyng a white flowre. If it be dronke in Wyne it will breake the stoppinge of the Liuer and will wynde that are stopped in the bodye. Also this herbe vnto the wounde that paseth not and wolden. drinke it in wyne and it will purge it and worke vnder. & helpe all manner of sorowe that is in the bodye. Also the Iuyce therof & the Iuyce of Elder and Hyndes tyed well togither and annointe therwith the Gumme & Hemes & it will take away all the blackenesse and filthe of the bodye. and drinke the Iuyce therof with Wyne water and it helpeth the Epilen the Feuer & the crampe. Hypocondria Morbo daduro. The Lone of the wombe and Hot palsey. The smoke therof drieth the Reume out of the Heade and comforteth the Epilen and helpeth the Lienterie. Some men call this herbe gatisente. It is dry in the first degree and Cold in the second. It is attractiue of Colerique complexion and of Oriental kynde Maskuline. w.

Astrologia Rotunda.

Astrologia Rotunda is an herbe yt some men call Gallingale. The leaues therof are somethinge like to the leaues of Garlike saue yt they be greene about and nothinge soudern at the and but one braunche. The vertue

Yf rotabo be dronke in warme water it is medicynable for them yt are stopped in the brest, and for them fallinge downe the podagra and the crampe.

It florisheth in it more Bitternes but the flowr is white and must be gathered in Iune best. And it is one of the kyndes of rudy madder and is hott and dry of the nature of the fyre. It is better in the sequel, the rootes are better then the leaues if the herbe be gathered before it bare flowres. The powder of the rootes is good for them that haue the Gaynes of mynte wastinge dead flesh. And make a Cent salue with honey and this powder, and it healeth the fistula and emplastringe herbe bringe rest vpon them.

Asterion

Asterion is an herbe called Lunaria. It groweth in Sicile placed amonge stones. It flowreth by night. It is found most by dispersed in the fielde. It hath yelow flowres and round like a dorke ball or like the flowre of Sage flowred. The leaues of this herbe be of an Indian blewe. And haue them the moone in the myddest of the leafe as it were haued grasse rounde as a penny. This herbe hath a redd stalke and smelleth like Muske and the iuice therof is yellowe. And it groweth in the nombre of the moone put leaues, and dayes it entreateth a leafe till the moone be at the full. And dayes after it lesseth a leafe till the moone be at the dorre dayes. It groweth in greate quantitie where it groweth Swayne. It groweth in greate quantitie where it groweth vppon rotes. The vertue of this herbe after the full of the Moone vppon the signe is in virgo. It must helpe him of the fallinge euil. Also if he beare it about him he shall it will doe the same vnto him put doubt.

Auricula Muris

Auricula Muris is an herbe called Mouseare. It hathe small leaves like unto Gratia dei, growing about a rounde bredthe with a yealowe flowre. And it groweth redepended upon the ground without a stalke. The juyce of the rote is like Mylke and the leafe heales like a mouse eare. If ye drinke the juyce it healeth the Quinsy And ye juyce of the rote is good to heale all kynd of wounde. Also the juyce dronke with wyne and strong ale, and annoynte the payned with the blood of a Hare and it is a soveraigne medycyne for the stone. And take the juyce of the rote and the juyce of Millefolie and drinke it with white wyne and it will cause one to make water freely. Also is one that is sicke of the juyce is to hote it he shall live, and if he doe not it is token for deathe.

Arthemisia media

Arthemisia media the Middle Mugworte. It helpeth the stranguree the payne in the bladder. Also take the juyce a pynte of wyne and put herto a dragme of Mugworte Vagantes and give it to him that hath the fever with warme water and it will helpe him. Bruise it with vinegre and laye it plaister wise to the bone that is out of joynte and helpeth within three dayes. And for payne in the synewes take the rote of Mugworte in moate ale and laye it to the grieved place that hathe in moate ale and laye it to the grieved.

Arthemisia Minima.

Arthemisia Minima the least Mugworte is called Matricaria. Salt a savor like Elder when it is bruised. Drye Mugworte with it is good with Sothernwode to make a plaister herof and laye it warme to the breast and it will make it whole within five dayes. And laye it under the sole of the foote that hath no body the juice goeth to the foote and heleth it. Also the juyce of the rote with wyne or ale annoynted warme on the synewes or

drinking

or Hyssopp Fennell or Celendyne Sanbe and washyt hyr
eyen: It is said that the Goddesse Diana did fynd hyrbe first
Mugwort & hyr vertues and she gaue hyrbe to Centaures.
who proued the vertues of hyrbe dyuers tymes. And therfore
Diana is named Artemisia. It must be gathered in May
and July.

Atriplex.

Atriplex is an hyarbe called Orache or Orage it hathe vertue
to dryen ye woombe & mollifieth all hardnes and swellyng
of opilations caused of the said hardnes. This herbe put
in glasses hathe the vertue in the eye and clarifieth the
sight and stopped and layed in Apostemes it ripeth hathe
and openeth them. Eate it is good for them that have
the Jaundise by opilation or stoppinge of the liuer.
The drinke that Orage is sodden in is good for the
Jaundise. The water that the herbe is sodden in with
Rose of Rapes and a little pepper dronke in greate
quantitie purgeth the stomake of fleame and cholor
and is good against a disease called Water dymi or Yell
Hyrbonige stamped and applied hereto. And it will
helpe the Podagra or Gowte. The dwellinge of the flesh
if it be bathed with honey and pomegrane and applyed.
It is cold in the first degree and moist in the second.

Asarabacca.

Asarabacca hathe leaues much like to a violett leafe but that
it is a more darke greene. Drinke the stronge or ye water that
this herbe is sodden in and it prouoketh vomyte and flowres
in women and it is good against the opilation of the liuer
caused of cold matter. It is good for ye mylte the dropsy
Saterik gaslio and the Matrice It openeth the good colour to the
face and is Asteries or the Jaundice. It purgeth the woombe
It breaketh fleame and rauisheth vomitt. And is almost as
Ellebor to prouoke vomitt as white Ellebor or Pellitorie
but it is not so stronge. And therfore the naturall

Strengthe

Strengthe of ye patient ought to be considered yat it
shall myniſtred vnto and of wat complexion he be
whether he be leane or fatt. for it is more giuen vnto
fatt men then vnto leane. And yus it ought to be giuen.
Take Spiritus Vini of Asarabacca and keepe them in
wyne all night and in ye morninge beate them well
& giue them to drinke wt ye same wyne. or else
at ye time of ye yeare take them wt fatt broth and
giue it to ye patient to eate. and after drinke strong wyne.
how ye will. Spiritus Vini is to be giuen to ye strongest
complexion and to other after ye strength of ye patient nature
And when it is giuen in weightinge as this wch Asarabac-
caria then it is monte ye rootes and not ye leaues.
but when ye leaues, then to oppresse ye mouth. vz.
It is hott and dry in ye third degree. vz.

Avena.

Avena is a graine called Otes. It hath like vertue
as Barley. Take Otemeale grotty & leane and temper
beate them in a Morter and put warme water thereto by
little and little. then straine it through a fine and
strainer, and boyle it till it be thick. then put thereto
a good quantity of Almond milke and Sugar and
this is very comfortable for them that have the Colt
sore cough. And it is a soveraigne thinge to myxen
in Apostemes. It is rotte and moyst in ye third degree.

Balsamum.

Balsamum is an herbe called Bawme or Melissa. The hertue
steepe it in wyne till it be thorough wett and make water thross
be distillation and drinke a spoonefull or two wyne morninge fastinge
and it wonderfully the brayne and refresheth the wittes and make
otte ones the hard neddye complexatue of any thinge to fatt
done or fall dow. Also it is good for a cold stomake and
maketh one to have a light stumte and keepeth him from
sadnes. It strengthneth the harte and the mynde of
It will helpe them not have lost their speache. It helpeth
the palsey. And is one fatt stirte his Conge let him wett a
clowe rotten in this water and drye it thorow and it will
heale it in short tyme. And it is good for all other diseases in
the mouthe. Also it is good for salte fleume sores, for it
maketh gouse fayre his face. It reduethe a woman to rounde
and helpeth all diseases of woomen. And for the fallinge
sickenes take the iuyce thross and drinke it wt a little Excetle
vinegre and it will helpe in short tyme. It healeth the goute
fastinge and it will helpe in short tyme. It healeth the goute
the Apostume, the palsey the fevor quarten, and it breake
the stone and maketh it to descende put into
the stone and maketh it to descende put into
payne. It descendeth poyson and healeth the sore in
the bladder. Is ybus printed of this water topon
have flesh thes will not corruption come thereto
And if a bottell of wyne be changed put of this water
into it, and it will come againe. Also the iuyce mixte
wt oyle oliffe and the head that annoynted therwt
it will put away the ache and payne. The iuyce dronke
bringeth forthe the stronge burden of a woman. and made
it wt sinegre cooleth and it helpeth the podagra from
swellinge and maketh it whole. This herbe boyled in
water is good to washe him that is skabby or sore of skabbe

Basilica

Basilica it an herbe called Basill. There are three kynde one hath coarse mussh like vnto my flowred & savoryes of frankencense, an other hath a blewe flowre and the third it called Garifolaton. The vertues of the my the blewe flowred it. Eate it fastinge in the morninge and it will make a glad harte & put a gaitinge and suspition it healeth the burninge of cholor. It helpeth a sike stomake and comforteth the brayne. It maketh one to sleepe well. Also for swellinge of the body. The Garifflaton it strongest in medicyne, and the comforteth the stomake and maketh good digestion. It is good for the cardiake and the sicke of cholor. and for pleasure. Also put this herbe into the Nostrilles and it will purge the lowe humors of the brayne. And if one swell of bloodletting drawe it and laye it to it & It is good for the eyes.

Balsmita

Balsmita it an herbe called Costemynt and it common. some men call it water Mynte for it growth mussh in water & savoreth like vnto other Mynte. It comforteth the stomake maketh good digestion purgeth well the bodye and maketh one to stoppe well. The dwye herbe medled with wyne and sonne it is good drinke put downe out of the stomake & dull wynde. Seethe the dwye in wyne and give it to a woman that travaileth with child and she shall be soone deliuered. There be two kyndes of them. It is hott and dryye.

Barba Jovis

Barba Jovis is an herbe called Jubarbe or Semperviue.
Barba Jovis is one sorte of those herbes that we call
Stonecrop. Some call it Poticary Houseleke. Some
Syngreene. Some call it Poticary Houseleke. Some call it
Tellestone. Stampe all these together in maner of a plaister
and lay it to the Apostume and destroyeth it. And if stone be
burnt with fyre or scalded with Lye: take the iuyce
of this herbe Oyle of Roses and Wulfe and make an oyntm
Therof and annoynte the sore but the first three dayes after
it is hurt and it will helpe it. Also this Iuyce is good to helpe
all wicked sores, Swellinge and hard nes. This Iuyce
Stamped with Vinegre and Rose leaues and Oyntment
Vineas helpeth all Swellinge Sicknes. It is cold and moiste.

Bauca

Bauca is an herbe called Carrott or Pastinaca. Some
two kynde of them. It is good for him that have bene bitten
Dirke and lye, Melancholike persones vse this, take them raw
or sodden. It is bittr of taste then Fenell. Their is a confection
made of this herbe with honey and it maketh the lust of the
worke and rauishe good digestion. Some vse the roote in the sharpe
west running water, and when they have sodden a good
while take them in small pecces and fasten them vnder a
Conge, then strayne the water and bolge them againe with
fresh till they be soft enough, and stre them with Salt
Pepr, Vineger and Oyle, and in the myddest of their
Sallatte put sweete blanched Almonde, the seede of Peper
apples blanched, Ginger Synamome, Galingale with
Water & Nutmege and put them altogether and stre them
till they be cold. And take heede when ye roote for it
greatlye vnwholsome. &c.

Bardana

Bardana is an herb called Lappa Maior. It is ye
Clott or Burr that grows on salt grounds. Ye roote stamped
wt a little Salt healeth ye byting of a Mad dogg.
It helpeth ye Gott Aque. And for stinking wounds
wash them wt ye water that it is sodden in, and make
an oyntmt of ye rost, mingled wt a little Salt ister and
white wine and powder and lay it thereto. Ye Juyce
of ye leaves drunke easeth ye payne in ye bellie.

Beta

Beta is called Beetes. Some say it procureth ye Seed
and Fallen sickness it is not good for them that have much
Gall. but he saith it is good and holsome for ye that
be Flegmatique. and he affirmeth that it is holsome
for ye Stomake and maketh a good colour. He that
wisheth it wt pouder shall have good talent to Get waste.
It wasteth ye Stomake. The Juyce of it and ground
itt, or ye water stilled and myxed together and gyven
to Drinke helpeth ym yt have lost his hearing.
The Juyce thereof put into ones Nostrills
doeth purge away all the Humors out of ye head.
Ye eate it or drinke it & laye it to ye Pyles and it will
helpe them. The Juyce thereof fastened ye the heare
of ye head if it be washed therwt. drinke it wt
vynegar and it maketh one to sleepe well. And maketh
a Nurse to have store of Milke. It easeth ye Gripe.
Strengthen ye sight and putteth away ye swellings
of ye eyes. And preserveth safely ther two Humors
thereof. ye one Cholor and ye other Melancholy.
It is hott
in ye first degree and moyst in ye second degree.

Betonia Bittenie or Bisshopes worte. stampe
the yearbe and laye it to a pounde in the hed and it will heale
it perfitly. if it be vsed thrid thirde daye it will heale
the bolter and drawe out broken bonde of the wounde. Also
muddle the stuffe of Bittenie in warme water and drinke
it fastinge and it will breake the webbe in the bye, and clense
the sight, ease the waterninge of the eyes and make them cleare
if it be applied. And if the hed ache in the darke take the
stuffe of Bittenie and a little rose water and warme it and
put it into the eare and stoppe it well and it will make
the ache to cease. And if one bleede at the nose take Bittenie and
the white. And if one bleede at the nose take Bittenie and
salt and drawe them well together and stoppe the
nostrille therwith that it fall not out and it will stanche
forthwith. Take Bittenie and drie it in the
shade and beate it in pouder and searse it in the
mouthe till the third part be wasted. then fold it in the
mouthe till it be rolde and it will helpe the toothache.
For the cough take two ounces of the pouder of Bittenie and
set the it in honye dobe and bake it in a
paye. And if a mann cannot digest his meate take
iij. ounces of this pouder and medle it with clarified honye
and drinke therof. and then make smalle pelletts of this said
pouder and honye as muche as an hasill nutt and take thrid
daye three of them. and drinke therat daye of the medcyne
with wyne iij. quantitie and it will helpe. Also if a dronde
yard be driven on the stumpe Bittenie and temper it well
with wyne or vinegre and laye it therto. Take Bittenie
and drie it in the shade and beate it in pouder. Take Bittenie
and drie it in warme water till the third part be wasted
then take out the yearbe and stampe it and laye it warme
to the foote for the podagra. Also take every day like
quantitie of Bittenie or the pouder therof fastinge and
fyue daye one shall not be dronke. This pouder taken in
honye fastinge is good for the stomake the cough the
dissett and many other diseases. It is hott and drye in
the third degree &c. //

Bicula

Bicula is an herbe called Bugle the bee loue Spirit Ghost. The vertue of the first stamped it and drunke it wt wyne and it reuiueth the dead Collor and purgeth the burninge of the stomacke & of the liuer and it clenseth the blarde Collor that is called Cardiaca and helpeth ill humors of the lunge Also the Iuyce mingled wt wyne and if it be rost among coales at a feaste it will rauish from the glad and mirrie wit.

The stronge Bugle hath leaues somwhat rounde of a sadd greene the flowers blewe. It will stale rounde in a mans hande and if it be stamped and drunke wt wyne. It strengthneth the broken bones in the head. And they are to the Colde dry.

Bearefote

Bearefote hath vertue to soften and lyne. Dothe the hearbe in Broth greace and laye it to the Apostemes of the priuie membres and it will heale them. Also for paine of the mylte and wynde of Synewes that be Swolne. Take Bearefote and Pittomie and laye them longe in Wyne Oliue and then heate them on the fire and put thereto Virgin waxe and make an Oyntment thereof and it will helpe. In this Oyntement the leaues and the rote be stamped wherin they be greene. It is Colde moyste in the first degree.

Berula

Berula is an herbe called Cole. It hath leaues like Watercresses and growe in waters and hath a longe stalke. The vertue of this hearbe is verye profitable to wyne Sores Byles & Botches. For it is Colde and drye.

Burago Domestica

Burago Domestica. It is an Herbe called Borage. It clenseth the rede chyler and it is good for the cardiacle and supposed that doe engender of blacke chyler. Borage put in wyne maketh the dronken mery and drinke therof. Dicit Borago gaudia semper ago. and that dayly it taketh away all sadnes. Also braye the roote of Borage and temper it with a litle stale ale and saffron and it taketh the Jaundise for this herbe is hott and moiste in the first degree.

Borago Silvestris

Borago Silvestris is called Borage or Gallenworte. This herbe hath greate leaves and broden longe not soo broad as the other Borage and hath blewe flowres. It a greate roote. It groweth on drye ground and on wayes sides.

Bugala.

Bugala is an herbe called Brome Bugill and some call it Bell Heale. The portues therof. It will heale a wounde in any part of the mouth beinge chewed without helpe of other thinge. It dothe close and destroyeth the Quinsey in the throte and the stopinge and abominge. for it is hott and drye and therbe and floures therof.

Brokelempe.

Brokelempe is an herbe growinge like myntt and is it boyled and medled with Hoggs Tallowe and made hott in water or in a morter of a Wallnutt shell and layd to any manner of Swellinge it will in short time dissolve it.

Burnetta

Burnetta Burnett hath leaves like Cansy and blowe flowres. It hath vertue to destroye grosse humors and to reast and staye the Lasse. It openeth the stopping of the liver and it maketh good bloode. Drinke it in wyne and it helpeth the Jaundise. The juice of his herbe and gumme dronke helpeth unbyndeth the bowe under the ribbes and bad bloode. The tow & third of his leaves and grownde in gardens and good grownd & the other in Moddowes and ofte plashes.

Bursa Pastoris.

Bursa Pastoris is the shepeherdes purse. It is to be gathered in June in the wayninge of the Moone. The herbe stanseth the blood at the nose if the patient bende it in his hand grene or drye. Also the pouder hereof dronke helpeth the Lyen hurt and bruised or sore the Lasher. And is a bodyne to dutt drinke the juice of it and it will stawnche the blood. It healeth wounde and reasteth them from festring. It is cold & dry.

Brioma.

Brioma is called Cucurbita agrestis or wylde Hopp. It groweth in Hedges and hath long leaves like Ivy and two kinde of flowres the blacke and the white. The white bearethe the redd seede it is called the blacke and the other hath a white seede. The blacke is the best. It is good against Spasma. But it is over hayne drawinge or gouttes. The roote is sanged about the patientes neck it will helpe him shortly. The juice dronke hee or forced by mens helpeth them that spitt blood. Drinke the juice of the roote in wyne and but weake yt shall not be dronke. Also drinke the broathe but it is sodden in wyne and it will take away the payne of the Collica passio & Ilica passio. Also for the stinge of a Scorpion drinke or other beastes: take the roote of Brioma & Astrologia in like quantitie and beate them in wyne and grease and laye it to the. Also for them that have broken bones in their hande or other places: take the juice of Brioma and the rootes of glasse broken and boyled together in iij. dyalles of wyne

till they

till ye two partes be wasted. Then strayne it and geue it ye patiente
to drynke. Ye must a man put all ye fore parte of ye hande
dalen and warme wt ye bitende, and ye rest ye medcyne and
make them rype. Also take ye barke and rootes of Egremoy and
warme them & washe them and medle them wt ye grece of ye same
beaste & make an oynt̄ment and ye remoyneth wormes and
ye will fall of. Ye iuyce taken in ye morninge taketh
ye dim̄nesse of sight. Stamped & layed vnnynge
water and ye water dronke & vomit̄ made ye patiente shall be
voyded and drawen in and it will mortifie and ease ye payne.
Also take ye barke yat growe aboue & gather and it helpeth
ye fedor of ye mouthe if it be dronke before it vomit. Also ye water
yat ye rootes be sodden in doth make good breyne and
maketh a woman yat hath lytle mylke to geue mylke plentifully.

Buglosse.

Buglosse is an herbe called Lange de boef or oxes tonge. The barke is full
of prickes and beareth a yealowe flowre. and it muste be gathered in Iune and
July. The moste vertue in yat herbe is yat flowre. Dioscorides and especially
ye Buglosse of ye flowre shalbe gathered or one of the rootes. Take
ye Buglosse of ye flowre shalbe gathered or one of the rootes. Take
ye water yerof and medle it wt sugre to drynke. Also stampe ye herbe
ye water yerof and medle it wt sugre to drynke. Also stampe ye herbe
wt honye and medle it wt ye iuyce & make a plaister therof and laye it to an
wt honye and medle it wt ye iuyce & make a plaister therof and laye it to an
yll sores and drawe of ye bread and make a plaister therof and laye it to an
yll sores and drawe of ye bread and make a plaister therof and laye it to an
ye hyppe bone and it will heale it and purge it. Also ye iuyce dronke wt
ye hyppe bone and it will heale it and purge it. Also ye iuyce dronke wt
honye vomitteth ye wt abundance of ye blacke and cleareth ye eyen. The
honye vomitteth ye wt abundance of ye blacke and cleareth ye eyen. The
water of Buglosse yat hath ben sodden in Selondyne dryeth vp and taketh away
water of Buglosse yat hath ben sodden in Selondyne dryeth vp and taketh away
ye spottes, ye dryed spotte of ye blacke of ye eyen. It dothe vomitte ye blacke
ye spottes, ye dryed spotte of ye blacke of ye eyen. It dothe vomitte ye blacke
ye iuyce dronke profitteth muche ayenst ye dryed goute. And ye water
ye iuyce dronke profitteth muche ayenst ye dryed goute. And ye water
yat ye herbe often eaten comforteth and stablisheth ye mynde of man.
yat ye herbe often eaten comforteth and stablisheth ye mynde of man.
And if it be eaten wt Lettuce it maketh good temperature and good blode. And
And if it be eaten wt Lettuce it maketh good temperature and good blode. And
rootes of Lettuce tempereth ye grene gall. Ye water of Buglosse yat hath ben sodden
rootes of Lettuce tempereth ye grene gall. Ye water of Buglosse yat hath ben sodden
for dothe slaketh of dompame yat ye water of Buglosse yat hath ben sodden
for dothe slaketh of dompame yat ye water of Buglosse yat hath ben sodden
in and grinded it taketh away ye spottes or plate wyse dompame & ye iuyce & ye
in and grinded it taketh away ye spottes or plate wyse dompame & ye iuyce & ye
will make them all away. And ye ende of ye
will make them all away. And ye ende of ye
The first kynde hath a flowre blewe or a Violet. The second kynde
The first kynde hath a flowre blewe or a Violet. The second kynde
a white flowre. The thirde blacke wt spot and white wyse. And ye
a white flowre. The thirde blacke wt spot and white wyse. And ye
stalkes like dalle tayles. The fourth yealow flowre & small leaves
stalkes like dalle tayles. The fourth yealow flowre & small leaves
full of prickes & therfore some call it Asperago for Asparell. But ye
full of prickes & therfore some call it Asperago for Asparell. But ye
for Asparell ye blewe kynde is best in moderate Iune Iuly hote and moist
for Asparell ye blewe kynde is best in moderate Iune Iuly hote and moist
in ye first degree.

Calendula

Calendula is an herbe called Mary golde. & Jacobea. Heliotropium, & Solsequium. & Solsequia, & Consolida Solis. & some call it Calendula because it bareth his flowres all the moneth of his yeare. The Juyce of his roote dronke or take in a clyster Engendreth the redomens flowres and comforteth the stomacke. Also the Juyce of his roote put into the Nostrilles of one that is payned with the Megrim or sore eyes. And is good for the Lytton of any venomous beast. And his herbe and it will heale them. & the Juyce of his roote dronke helpeth the stopping of the liver. And it helpeth the yellow Jaundise.

Camelion

Camelion is an herbe called Cardus Stellatus. It hath his a redd flowre like unto a Thistle. & his roote is like unto a Carrote. & some call it Carduus Benedictus & some call it Cnicus & some Centaurea. & some Cardus Benedictus & some Carduus Benedictus & some Cnicus & some Centaurea. & some Cardus Benedictus & some Cnicus & some Centaurea. & some Cardus Benedictus & some Cnicus & some Centaurea. & some Card

Capillus veneris

Capillus veneris is called in englishe Haire or water worte. It hathe many litle stemes but they are smaller. It growethe mosse in walle and stones, and in the middest of the leafe for it is stringed like blacke haire. If it be dronke it wasteth the stone and breaketh the stone and destroyeth all maner of sickenes. ou. p.

anapis

Anapis is lyke grasse but two braunde of the common grasse. The rote is galle and bryttle in the ground of the rote. The leafe is small and longe in the ende sharpe and smellinge on the backe side like the leafe of grasse and like a plaister laye it to the sore and it wille drawe and ete the flesshe and smellinge and it ryghte all rawe flesshe and bruse the stone. The braye of the rote imbibed with vynegre and put to the sore drawethe the bone out. If it be the rote that nowe is of olde. and if it be imbibed with nette sede it waste the olde impostemes and breaketh them. ou. p.

Cardiaca

Cardiaca is an herbe called vylefor it hathe a sore like the pyle pettle. and it will growe somethinge lyke to Conye and it bare the a litle sede in small bobbe. If it be eate or dronke it is good for the falling evill.

Eidanum. Carthe nutt.

Carthe nutt or Eidanum is an herbe that hathe leaves like Cornell with flowres and small stalke and growethe in woode and mossie. and if it be stamped and layed to a sore wounde it will fetche out all the dead flesshe out of the same. Also make a plaister therof and laye it to a plate that burnethe fyre and it will restore it againe. ou. p.

Carduus Benedictus.

Carduus Benedictus called in Latin Cnicus it beareth a broad leafe full of white prickle and in the tops of the stalke it beareth a white Burr full of sharpe prickle Gather it in a Iune or July dayes till it be dry. Then lay it upon a faire table in the Sunne and when it is throughly dry beate it to powder. And if one feele him ill of a pricking of the pestilence take the same powder with the weight of a penny after the said pricking and mingle the powder with the quantitie of a walnutt or more and as much Treacle and as much water of Dragons and mingle them well together and take it fasting the poynte of a knife and cast it into the wound and it will cause the pestilence to breake out in diverse places. And this medicine is as precious for poyson. Keepe well this powder for it is worthe gold and helpe bone well prooved. Ca.

Caraway.

Caraway is a gentle sharpe and Dumm cooleth his strength when Caraway is present. If it be stamped and drunke it strengthe the stomacke it will destroye the wynde in the bowelles. It pulleth and pyne the bowels and healeth them wch are inflamed wch frensie, or bitten wch venomous wormes or beastes. This sharpe medled wch vinegar healeth the bubbes and maketh faire to growe in bald places or heade if they be annoynted therewth. And drunke it wch stale ale and it healeth the menstrues and swelling of the flanke. Eate it or drinke it and it causeth good digestion. It bloateth wormes in the bowelles. It helpeth raysing the gut rouptie of Bleame. It pulleth out drill wynde of the bodye. It moysteneth the stomake and maketh good wynde. And if it be eaten it destroyeth itche, and skabbes. It comforteth the wynde and cleareth the voyce. It is hott and drye. Dum Caraway carui tunc sine febre fui.

Cassula maior. Orgyn.

Cassula maior is called Orppyn. It growth as Orgyn from Hyrcania
one stalk. The vertue of it is. That it be stamped and layd to a wound
it will hale it wthout pelpe of any other thing. w.

Cassula minor.

Cassula minor is an herbe called Stonecroppe. It groweth lowe and
sometyme coppeth moste walled and fenced. The vertue of it is. That
it be dronke wt boyled wyne or ale it helpeth him from burstyng
out dronkelye it w.

Calus Domesticus.

Calus Domesticus is dole or daborye. The vertue thereof is it will
hale all fistye and old wounde. Also washe the canker wt saltwyne
and after stampe this herbe wt wyne and lay it thereto, and it
will cleare the canker. Also take this herbe and myngle
it wt the wyne of dole, herbe Grace and Doriander, well stamped
together and it will hale the podagra, the Gowte. Let be
rubbed with quedgeon and swelling. Also the wyne of him
that is bytten of a madde dogge. Let be washed wt
this wyne it will kepe him in good health. And if a
man dole it presently the first fyttes. And it will helpe a
nurse have plenty of mylke. It clenseth the mouthe
and rotteth out the bad fleshe out of a wounde. And it is comfortable
to the stomache. And if it be sodden it mollifieth the mouth
and if it be much sodden it hurte the mouth. Also stampe
dole wt Allom & Honey and it healeth the liver. And it maketh
fayre to grow after it is heard. and it helpeth the swellinge in the
privie members. and mixe the better if it be sodden wt Peares. Also
drinke dole and Sandyx with Honey, Strayne it and
drinke it, and it helpeth if stones of the members. The podagraisye
maketh a plaister of the herbe and laye it thereto. Also anoynte the fistle
of dole with this moysted wt oyle rose made in ointment
of dole. This helpeth the poynt in the nyght. Also the seede myxed wt
honey helpeth deafe. And drinke it, it avoydeth wormes out of the body.
The Juyce of dole put into the nostrills putteth out blame out of the
head and purgeth the brayne, the breast and the moyst. Also the pith of the
stalke taken beareth a man from dronkennes. Also take the
leafe and let it stande not more the ground, and let him that hath swollen
heard some thereof about his neck and it will take them away. w.

Centaureus maior.

Centaureus Maior is ye greatter Centaurie or Earthe Gall. It hath barke like ye lesse Centaurie but ye lyppes be rougher. It beareth yellowe flowres on ye toppe of ye stalke. Yf it be sodden in wyne & drunke it pourgeth ye patient of ye lyppes and it draweth owte humors from ye myltes & lyuer yt hath be not well purged. Ye water yt ye barke is sodden in is good to wasshe rounde towards a dauber. It groweth on dry grounde and on hilles. It is hott &

Centaureus Minor

Centaurie ye lesse is hott and dry. Yf it be stamped and layd to a wound it maketh it to goe together that hath ben cutt. Ye water yt it is sodden in, is good to wasshe ye mouth for ye ptenes. Ye Iuyce drunke in wyne or ale, prouoketh flowres and easeth ye out an abortiue. Drunke ye Iuyce in wyne and it helpeth ye ptell in ye wombe. Eatyn it in barbest dry it in ye Oven, make powder ypreof and drinke it in strong ale or wyne, and it helpeth ye ptell drunke lykewise, or be bitten of any venemous beaste.

Chelidonia

Chelidonia is called Celondyne ye herbe two kyndes of ye yelowe and good for ye eyes sight. Plinie saythe yt ye younge swallowes amoet ye untill ye dame doth lowse ye eyes of ye parte and therfore ye swallowe is called Chelidonia. Celidonia of ye parte saythe his name. Take ye iuyce of ye flowres and putte it in yelowe in a vessell and let stand till it be ripe and kept is a pretyall medicyne for ye eyes is ye be often annoyntid therwith stampe ye roote therof and temper it and roynd ex dyssolue and vse it drunke often, and it helpeth ye Iaundice. and ye Coughe at ye roote will kill wormes in ye bodye if ye roote be holden in ye mouthe betweene ye teethe, and it easeth ye ache. And it helpeth ye fistula, ye dauber, ye dolliuh and many other diseases. It is hott and dry in ye seconde degree.

xtirundo. Chelidon.

Cepe

Cepe called oymon. Some saye yt it is tontaqueus to the sight and to the head. Galen saithe it is not good for them that have cholerik mighe gall. But it profiteth muche to melancholyque men. Plinie sayth that it is good for them that have a man. it maketh good boulet and pulleth the wombe and stampte it with honey or perridge or boyle it in payne and it will scale the skinne of the hande and all the postemes with in three dayes. Also stampe oymons with salt and the juice Exare and it will scale the bytinge of dogge that are mad, & all addres. Also the juyce of oymons and woman and myxte boyle the payne in the dare. The juyce with water boyle them that have lost their speche. And the juyce put into the nostrille pulleth owt all the head. Take them or drinke the juyce of them & it purgeth the moyste flewme. Take the juyce of an oymon and mingle it with vinegre greece and annoynte the feete yt be dryed with labor & it sleepeth them. Also the juyce purgeth and in one mouthe washeth the toothache. Eate oymons in ashe and eate them with bread & it helpeth to scale the sores in the mouthe and scaleth the bleadre flux and for the head that lacketh haire annoynte it with the juyce of an oymon and it will growe. And drinke it & it maketh a good apetite and easeth the stumbringe in the mouthe and is good to annoynte sore eyes. Stampe oymons and laye them to the temples and it taketh them. It is sette in the yerd digeste and maketh the semen.

Comin

Comin hath a strong savour. The leaves are like dyll. Hath many braunches coming out of stalke. Take it in meate and make powder of the seedes & drinke it in wyne or ale and it will gett owt of wyne out of the stomache and the bowelles and maketh good digestion & good payne and maketh one lesse of boules. It stoppeth the fluxe and letteth & drye it is good to scale the bytinge of beaste. Also bolye a handfull of the powder in good wyne from a pottle to a quarte, and drinke thereof it hott as ye can suffer it fastinge and morninge fast and last and healeth a dogdraigne made hyne for a stinkeringe breathe. It is hott and drye.

Cicuta

Cicuta is an herbe called Cicumbork. The rote thereof eaten in stede of the herbe maye saufelye one to eate his rootes. Albeit there is a speciall medicyne thereof yet. Drunke stronge wyne after it eate will helpe it. The iuyce stampt the blade & laye it in plaister to a sore head it maketh it whole. Also annoynted the eyes lyeth wt the iuyce thereof and it helpeth blearednes of eyes. and helpeth the Gout called in Latin Herpes in English holye fyre. Also put the iuyce therof bruised and it swageth the swellinge of them and dryeth them vp. Make a plaister of the roote ground wt Oliue oyle and greace medled therwith and it is a medicyne to put awaye the heate of burninge and pulcion of the mynd. And make a plaister of the heade and laye it vpon the Podagra and it helpeth it and all hote mynd heates. Eate it rawe and drye in the third degree.

Camamille

Camamille is an herbe very pleasant both in smell and taste. Drinke it prouoketh vrine and maketh good digestion & breaketh the stone in the bladder. and purgeth the stomach in a moneth in the matrice is the best herbe. Eate it and drinke it prouoketh vrine and it abateth the hurte and swellinge in the stomache. The decoction therof healeth the Jaundise and the Dropsie. The decoction therof healeth the Jaundise and the disease in the mids called Hypocondriacke. good for an ointment. Eate it drunke prouoketh vrine. Holsome for the Gout ointment. Take two penny weight of damaske and the penny weight of white pepper and drinke it dayly fasting. Helpeth the Dysenteria. Helpeth the ill blaynes in the mouth. Also make a plaister of the iuyce and laye it to a wounde and it healeth it. Also sodden in water and washe the head therwith. Eate and drinke it asswageth the Apostemes.

maculæ, scabiei, pam.

Calamynte

Calamynte is an herbe of a stronge sauour it bearethe hyte dryeth vpon is stronge of vpper is hote & hys kynd is watorie and all hys Hypocrates saithe destroyeth wicked Galient, like it is hott and dry in the third degree. Drinke the Juyce thereof with hott mylke and it will make all the bodye sweate. Eatyn it in oyle and annoynte all the bodye of him that hathe the feuor and it will helpe him. Also it healethe the leprosie in the beginninge. Braye it and laye it to the stinginge of an adder and it will heale it. Drinke the wyne of wyne and that healethe all poysonne and deadlye wormes in the bellye it healethe the bydnes and all euille in the liuer. Stampe it and laye it to blacke woundes and it will bringe them to their perfect coulor again and dothe awaye the blacknes. and see muste the herbe is put in wyne & layd to as a plaister. Also drinke it with wyne and it comforteth the stomake, & letethe vomytinge and stoppethe the appetite of Eryseipelis. Stampe it and laye it in a fyne cloth and it will not rotte nor any venomous vapore haue power to defyle within the house. Also who so drinkethe the wyne of this herbe and the wyne of Wormwood by the space of three dayes by fastinge it will heale him of the yellow Jaundice if it be curable per warrantise probatum est.

Cenapium

Cenapium is Mustard Seede. It hathe vertue to drawe out humors of the lyuer. It strengthethe in the Seede. It quickenethe the witte and bringethe the memorie good to myxe. It maketh good vrine, it prouoketh the flowres. Eaten it with honye & it expelleth the wilde Steame out of the bodye. It comforteth the syght. It dothe make the breste whole from the Cyssike rotteth, the Longe and the old abidinge of the mynde it clenseth. It drawethe all euille out of the Bladder. It helpeth the swellinge about the harte, the Spleene, the mawe, and helpethe all the euille wynde in the bodye. Also they make plaisters hereof for stingings of venomous wormes and many other bringe hyer and roste in Mustard Seede it is good. Take Mustard Seede and beate it in a Morter with a third parte of Honye of white Breade, Eruye Figge and Honye and dyssolue and make a plaister and laye it to sundrie diseases afore named and it will helpe. Take the Seede and the leafe and stampe them Must or elles it be roste, Strayne it, and that drinke is comfortable for the Spleene the Stomake and the heade. Eate made of the Seede is a sure helpe for the Stomake and the heade. Eate made of the Seede stamped prettie Ointment for arse & for the Hemmerod. Also the Seede stamped with Mele and barrowes grease is good for the wayfaring in the nose. The Leaues & Stalke burnte (the asshes thereof) is good for the sallinge sickenes. The Seede stamped with Figges is good to take for the Sciatica, the Stonginge disease of the Seede Eaten with barrowes grease helpethe the Dropsie & putteth awaye the Stubbe & Staruinge if they be annoynted therewith. It is hott & dry. per

Centimodum.

Centimodum is an herbe called ye plaster herbe Comfrey, Strill or Knyppe dressed. It is hott and dreye. The wyne drunke wt good ale or wyne breaketh ye stone in ye bladder.

Columbina

Columbina is Columbyne. It is hott in ye third degree. There are two kynde of them. one hath braunches wt his flowres and ye other blewe and hath but one lieffe but for ye color & vertue. The wyne drunken water raiseth out abortives. It purgeth ye cough and bruse. Drunke wt Oxell and it dryeth ye splene. Drunk wt wyne and it purgeth ye flowres. It purgeth ye dropsy in ye beginninge. It healeth greene wounds. The wyne medled wt a little honey is good to annoynte sore eyes. Also stampt it wt oyle and annoynte ye body it helpeth it. It puttefyeth alwayes ye rotten and bringeth it into temperate heate.

Colorago.

Colorago or Colorage is an herbe called in Latin perfriaria in Englishe Rue & smarte it is rommant and groweth in wett lande & orchard hedges by ye highwayes.

Coriander

Coriander is cold of nature. Galen sayeth, Take coriander and stamble it and it killeth wormes in ye bodye. Make a plaister of coriander rosen Oxell & honey & laye it to ye swellinge of a mans bodye & it helpeth it. And make a plaister of ye wyne hyssop wt wheate bread and laye it to any plave that is akinge & it easeth it. Take ye poulder of ye seede and drinke it fasting to drinke that taketh ye feaver quotidian before ye fytt end come upon him, and it will helpe. Coriander seede taken a woman lateliye at once so many dayes ye flowres shall stand.

Consolida Maior.

Consolida maior is Comfrie or some doe like it hath leaves like Docke broad and longe. The vertue is. If a man be bruised within ye bodye take ye roote hyssop & roast it well in hott Embers and hott eate ye patient take it wt honey when he is fastinge, and it will heale him in short tyme. Also ye wyne drunke healeth and knitteth broken bones. And if a bone be broken in one nose stampe Comfrie & give him ye wyne to drinke in stale ale & ye blood will staunche.

Consolida minor.

Consolida minor is an herbe called daysie Brosewort or Bondwort. The vertue therof is. Stampe it & laye it to a botche and it will breake it. Stampe it & drinke the iuyce and it will heale broken bones together. and that drinke will asswage aking & swelling. And if one be brused with the bodye make pottage of this herbe and dominge with perbe if it be in the season therof and lett him vse to eate the pottage & it will make him hole. It is a kynd of Consolida.

Costmarie.

Costmarie helpe cureth that be sett in operation. wch set tableth from it make him to have ill digestion of his meate. It maketh good bloode. It comforteth the liuer. It helpeth the dought & cate with honey or stamped it, & it reuiueth the bodye of Molde & Spotte and Freckles. The roote therof sodden, stamped and layde in plaister to a wound it will draw out broken bones. The seede therof sodden in wyne and dronke healeth the Morsen. Distempered Bysteny and the gall mixed together healeth the Morfewe & the blackness of Stroke if it be anoynted therwth. Vse this to eate therof in butter or in Sawce it comforteth the sinewes & maketh of kynd.

Cresses

Cresses is an herbe wch the hote vertues stampe the seede and myxe it wth Garlic meale & it helpeth the Lunemes of sight that riseth wth Quitter and abateth the aking. The Iuyce therof abateth the Toothe ache if it be put on that side that aketh. And that iuyce fastneth the Gruise of the Head. The seede therof dronke rayseth the dead sleepe out of the mother & wombe. The small therof maketh sodden to ease the plaro wch it is. The iuyce therof dronke with Bysop helpeth the Epilepsie. Make a plaister therof lay the seede vpon greene and dry all & it helpeth the payne in the Eyes. Dried and drawe grosse myngled together will kill Lyce and nytes in the Heade. The Leaves stamped & sodden in Goates myelke supplieth the Roost & abateth the dought.

Daucus Asinus

Daucus Asinus is an herb called Daube or Bird's nest it hath black roots Lomlocke it beareth a white flower. It is good to heal & consume, and the bitings of all venomous worms and beasts. It unbindeth the stoppings of the liver & Milt. Worms if it be stamped & drunke. It is hott and dry.

Dens Leonis.

Dens Leonis is an herb called Dandelion or Lyons tooth stamp it & drinke it w^th Ale and it helpeth the Quotidian feaver. drinke it before it cometh.

Ditame

Ditame is an herb y^t pulleth the bitings of all venomous beasts. make powder of the herb and drinke it w^th wyne and stampe the herb & frye it w^th fresh grease and lay it to the venomous and it will draw out all the venome. drinke the same & cast away the swellings. And it is good for Morbo Caduco to take the powder of Ditame & Castor and to let the sicke drinke it w^th the wyne of the herb Friar's Cut some throwe in the Nostrills. Also is one to dissolve and rub about the gumbe wherein teeth be broken and then receive them throughe the herb and put herbe two drachmes of powder of Ditame & let the sicke drinke therof first in the morninge fast, and cast in the Evening warme. And is a woman to w^th a child, take the wyne therof & myngle it w^th wyne and put it in a horne and doe it in hir dores. And is vyper or thorne be in, once boyle it some drinke that drinke and it will cause it out. It is hott and dry. a

Ditame Minor

Ditame minor is dry of nature. Stampe it w^th oyle & anoynte a sicke mans head therew^th and it will abate the grief. The smell therof assuageth the corrupt humors from the eyes. Chalcitis therof made w^th Oyle is good for the stomake. It draweth the Ditame from the gumbe into the tunge. The seed of Chalcitis breaketh the Impostume and is good for the toothache of the gumbe. This herb hath the same operation & vertue as Ditame but they be weaker & lesser and hath a sweete savour. a

Dragancia Masculina

Dragantia masculina is an yearbe called dorpentyne or Passilike. It is good for stringe of ye bodye. also make powder hereof and take two quarte spoones & hye hyed yeast of ye fenkell seyme and myxe them togeyther wt brede and ale & colloster bayd it to & drinke & it will heale it. Also take ye powder hereof and temper it wt ale wyne & eate yt. Ye powder hereof in wounde and it is in drinke take ye grene yearbe of Passilike for it hath more vertue then ye powder. Ye powder blowen into ones nose draweth ye vuenninge of it. This yearbe destroyethe ye dough. and helpeth ye distemper of wounde. It groweth in wode & on fielde & hathe stalke like an Adder. and ye bulbe and somwhat yearpe at ye ende. It is hott and moyst in ye thurd degree. and it is to be gathered in June & Julie &c.

Dragancia Famina

Dragantia famina is an yearbe that hathe leaves like Ivie but they have white blotts vppon them. It beareth a yallowe flower and a stalke of two cubitts in lengthe in manner of a roobed staffe, like to smalle, and it bareth seede above like a cluster of grapes. and when ye seede is ripe it is yallowe. Make powder of ye seede and medle it wt ale and put it in ye eare that ramot yeare & it will helpe them. Ye juyce yeroof put into ye nostrill wt a little woole doeth ye yeat & ye nose. Also stampe ye roote of ye rose & ye roote of a white seyme & temper them wt honey and it is good to heale a drunken in wounde. Ye yeat annoyeth ye stomacke wt ye juyce of ye roote of this yearbe ye may take vnder wt yt bene stamped ye ramot hurt them. Take ye juyce of ye yearbe and annoynte ye eyes therewt and it quickly auoyde ye darkenes of them. And if a man drinke ye juyce wt wyne it stirreth him to ye desire of a woman. This yearbe groweth in moyste & dyke yeates.

Herba Cruciata

Erba Cruciata it an yearbe rulled drosmerte. It beareth yo small leaues muche like dorkle & a small stalke and yelowe flowres like a crosse on one syde. And it is good to hale old wounde.

Herba Johannis

Erba Johannis beareth a yallow flower and hath many stalke rumnyng out of one stumpe. Stampe it and drinke it wyl stable blode it is good for all swoord. Hange vppe this yearbe in yor house and noe deill thinge shall hurte yor howse neither storme or dou thy yerke. If it be watered on Mydsommer Eue before ye sonne rise and sett it in yor doores of yo house & make a crosse in Nomine patris &c.

Herba Ypseri.

Erbe Ypser Mustulyne hath leaues like dronsope but they be rester & beareth a yallow flower. It is good to drinke for ye plague pestelence & for ye feuer. And stable ye nose of horse & oxe yat eate it stampe them & drinke ye wyne wyl stable blode by a good fyer and it healeth ye stitche.

Herba Ypseri Femina

Erbe Ypser femine it an yearbe yat hath leaues like yerbe Ypeter but they be not fullie so rester. It groweth by waters & hath a longe stalke.

Herba Roberti

Erbe Robert hath leaues like yearbe Bonnett ye stalke grene & rodd wyl a little rodd flowre, and hath a stronge sauour like ye asshinge of ye fyer. It is good to heale wounde. Ye powder of ye rootes & leaues ye same. It groweth in shadowed places. ca.

Herba Petri

Herbe yeldor is called donslopp or yslaght. The vertue of the herbe is good for the stomake yat wedolfe. It cauſeth good digeſtion. It clenſeth all ſuperfluite in the bodye. If yat be dronke it maketh good bryne. It helpeth women moſtlye of dronke. Drunke it wt wyne and it paſſeth all venome or yt nigh. If it be brayed & layed theron. The ſame herbe is good in Elephantiaſis. But it is not good for Lepra. Yat is ſcabbe nor skurfe. It is hott & dryc in the 3rd. degree.

Herba Gualteri

Herbe Walter hath many leves as yong lay but they be ſmaller & rugyd and greene they bere a cod yat is rounde & blacke & under the leaves. It hath a ſtrinke in Februarie and Marche in June. The vertue therof is. It is a herbe good & wonder for ye ſtone.

Herba Ive.

Herbe Ive hath a rede grownd rote downe into the grounde & ſmale leves by the grounde. The vertue therof is. It is a mervelous ſtedfaſt in ſtie & eaſe yat hath the herbe and bolye it in wyne, oyle and vynegar, and make a plaiſter therof & lay it to the eare & it will dryve them. Alſo the knobbes of the rote dryed & made into powder & dronken mervelous expulſive. Alſo take the knobbe & the roote and lay them a whyle in roſe water & ſett it in the ſonne till the roſe water be conſumed and do ſo twice or thryce and rubb yor face wt the powder therof & waſhe it wt water of roſes & it will make yor viſage goodly fayre & cleare. Yat powder dronke quickly awayeth the ſuperfluities of the ſtomake. It is hott and dryc.

Herba Benedicta

Herba Benedicta it an yearbe called Benedict or Blessyd, the vertue theros. It will keepe many dead yflyppes from infecting yeate. The sayde heros mingled wt the Epums of Elder & drynke yeate helpeth the gott Podagra or Gowt & all gott swelle. Also the water of this yearbe is Podagra wt drynke annoynte the Joynts but also is theyr be swellynges against the fyre. It comforteth the stomake & strengthe the Heror Quotidian. It is good for the cramps that cometh of cold. Stampe it and laye it to the bytinge of Spdermoul beast. Temper it wt Rysell for the morfewe. It voydeth Phlegm both waies stamped and layd to. The roote stoppeth the nosethyrles Bourst being drunke. It is cold and dryed [illegible]

Ebolus.

Ebolus is an yearbe is an yearbe called Walworte. There be two kyndes theros: the one white and the other the darke, The white is more violent in operation then the blacke. If a woman put it into her brestes it purgeth and clenseth them abortive, The powder theros snuffed into the nose doth draw away the paine in the head. and mixed wt powder wt the iuyce of Bollendyne and yearbe Grate and it clenseth the eyes. But none of this yeate in pottage But this yeate in smyllet will kill flyes but hye theron. The water that this is sodden in helpeth hyse that be madde, as they drinke theros in the beginninge of their madnesse It helpeth the dropsye the Melancholie and durethe morbū caducum. It clenseth the Lyver It reasethe the gnawinge in the stomake. Provoketh and digesteth the meate that is rawe not aboue digested to the nom but will clense, nor in any wise to purge it to ofe men digesten nor vomen wt drinke, but to helpe nature and strenge nature. Also let one seethe Walleworte in water wt smallage & [illegible]

the bottome wherin and rob barke and let one bathe
him therin and it helpeth the bruse and arteth to the
part of the body. Stampe it and drinke it the wyne
and it helpeth the paleye and draweth grisly the
humors and oppilacyon blacke yelowe and flegme,
It remoueth the yelowe and stampe and laye in
plaister draweth the dropsy and the swelling thereof. And
the hardinge also eate it rye to the bare two dayes. It
remoueth grauell. Seethe it in oyle and hold it longe in
mouthe and it helpeth the toothache You must vse
but fewe penny rodyll of the roote. It is hott and drye
in the seconde degree.

Etropium Helitropium

Etropium is an herbe rallod Eyonsa Solis or Cuery it groweth
in fast grounde and in medowes and is a straight herbe of
the bodye of the somer, and hathe many braunches the leaves
the bodye of the somer, and is rounde in the seconde
hathe the color of the somer, and is rounde in the seconde
degree, the vttyr is the herbe hathe the fyfthe
of the hedremons vse in and bathe, and is good for
the hoppinge of the myst hathe ouerthe of cold, and
the oppilacions of the raynde The vttyr drawethe
the powder puttethe forthe out of the bodye in sweat
hym Stupe the herbe and laye it to a wounde
doddes and it will gudnes the hate of Sparke vnder

Eupatorium.

Eupatorium is an herbe rallod myst Saliua agrestis
It is hott in the first and drye in the seconde degree.

For a tetter

Take ashes of ashwood Blacke Soape and
Pouder of Pepper mixe and anoint and at 2.
or 3 dressings it kills

A Medycyne to take away the Greate in the Eare.

X Take the fatt of a pullett that never Layd eggs, and ounte, a quarter of an ounce of Campher, a quarter of an ounce of Lytharge of Golde, the muche of silver & Crude Lytharge, Greate q.d Campher & q.d Lytharge & myngle all these fatt of the pullett. and putt it into a pott or glasse and when soever they shall any Greate or ystrynge in the fatt annoynte it therwith. essoryalle at night. ℞.

To make a bagge to Comfort & strengthen the Stomache.

+ Take a handfull of mor nue woode the muche of Mynte dryed redd rose Clowes knot beine stalkt, or in the Sommer fresshe leaves of the redd rose. Drunnes of nutmegs. Cloves, a little Saffron Greed ye nutmegs. Cloves, a little Saffron Greed ye Sparkes small and beate them Grossly altogither. and put them into a pewter dishe with all little redd rose water & myngle them put them into a Lynnen bagge as bigg as will cover the stomache. quilt the bagge and applye it warme & Lappe it about the stomache renuinge it everye daye with fresshe water & vinegar therunto applyed.

A medycyne to take away the shaking of the Ague.

℞ Litle before the fitt come take Yarrow two little handfulle and put vnder each nostrill with a pitt one.

Another for the Ague

℞ take the iuyce of Yarrow and of Plantan and make some clean possett ale or Butter, then to the Draught of the possett ale put to them of your fulle of the iuyce. Then drinke it blood warme an hower before the fitt come. probat. vse it till you see the fitt dimynish. &c.

Another for the Ague

℞ Plantan, Yarrow, Scarbe Grass bay salt, Sulphur. of euery a little quantitie, mingle it with a little wyne vineger spread it vppon lynnen clothes bynding it as strayt as they can indure it about the wriste a little before the fitt, lettinge it lye till the next fitt come & then renue it.

Another for the Ague

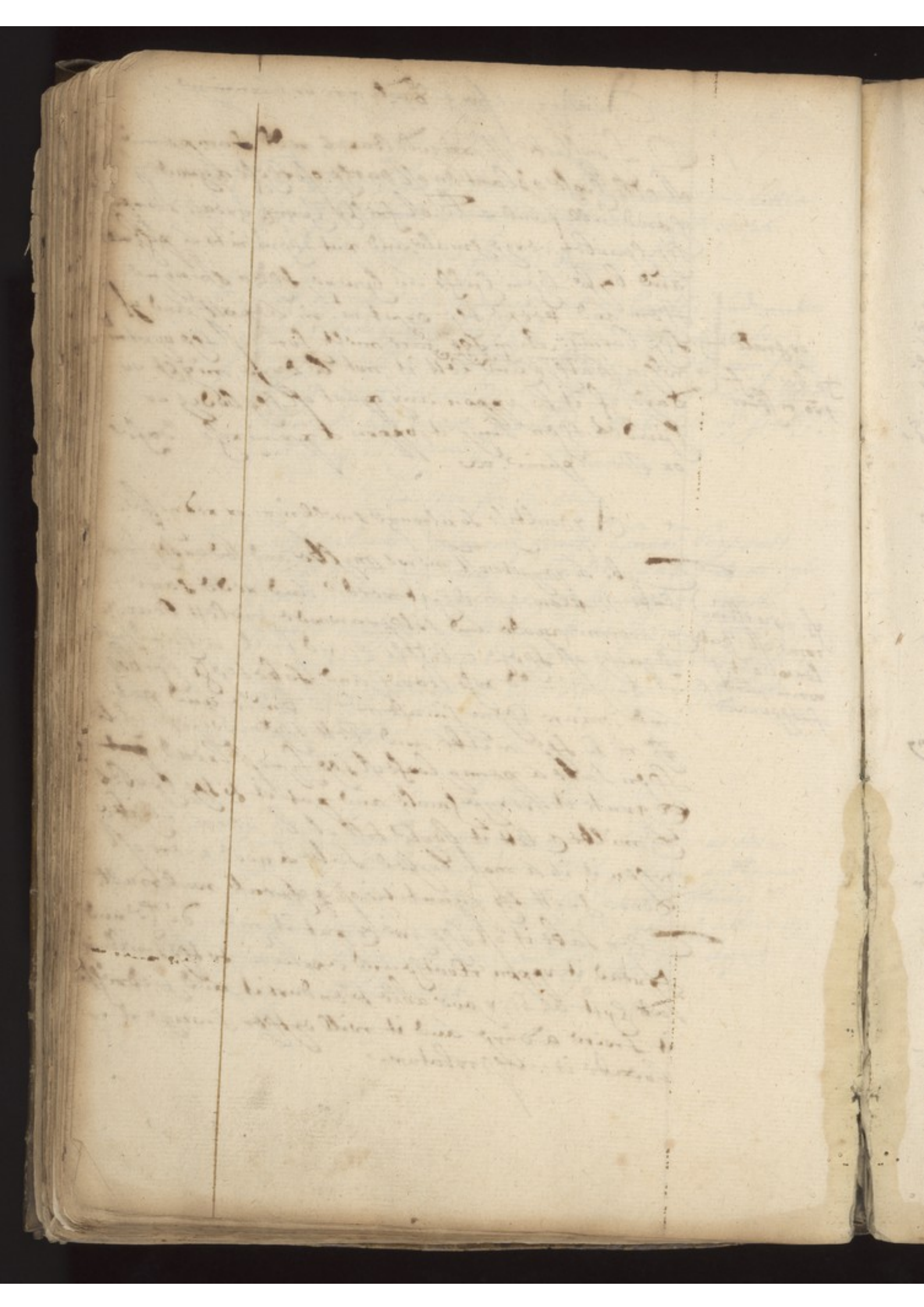
℞ take wyne water of Shepeherde purse and strayne them put to them of Plantan Betony and Sage the one by one put they must round about the nether stringe it fast as they can indure it and so wrest about the nether till they be dry and then yf the ague continue renue it.

A medycyne for a Scaldinge or burninge

Take Lyncklibe Marigold leaves and dampenie
of eche Lyke q̄ntitie of barlye of the fyne dowed
sandfull and a lyt. of fresh Lyarge greace stampe
the Lyarbes verye smalle and put them into a possnet
and bayle them Lyell in Lyrine then straine
them and keepe the oyntmt. in a pott and yf
the burninge be in the hart melt some of the oyntmt
or scald myg. the fyre and a feather and lett it not be drye, myght or
To keepe yᵉ fire from a sore. daye. yf it be vppon any parte of the bodye or
hedde then take it vppon a penniroyall leafe
or dampenie. &c

A poultise to aswage swellinge or rednesse.

Take a pynte of newe mylke and sodden fyne
Sake Mallowes & Sperkwedde and redd sage
& wormewoode and Sothernwoode violett leaves
of each of them a little hand full & a handfull
of bryed rose leaves. and Sake the yelkes
and myne them smalle myg a knife and put
yᵐ into the milke and lett them boyle a lyttle
then take a penny loafe of fyne wheat bread
& grate it verye smalle and put it to the herbes
& milke & lett it boyle till it be verye thicke
vppon it is a most Loyall Sake de quod potest of
Detre Swith the quantitie of sage & walnutt
then Sake it of the fire & put it into a dishe and
spread it vppon cloathe and applie it to the Swellinge
Sake lytt as hotte as ye can able to endure it and sodnesse
it Swine a daye and it will dysper Swage it or
breake it. Ex probatum.



An Excellent Medycyne for a Dolt and to make one Idrowde Give his Eyes that is growen blind.

Doct: Mathias

Take the mucy dolt Roote he will make a quarto of / nyght beinge stamped and strained, then sett it on the fyre in a pipkin, let it boyle, then clarified with the whites of two Eyes, beinge well clarified, let it boyle with a good quantitie of Rayson of the Sonne / ann Sodden and liquoris bruised a good quantitie of Sage / and fulfe a pynte of Englishe Synge, All boyled till it be reduced, of this take two Spoonefulle in the morninge, two Spoonefulle at Noone reserve in the afternoone / and two at nyght when you goe to bedd. Contynue the use of this and you shall find great good in it.

An Excellent medycyne to staye a fluxe.

D: Mathias

Take fulfe a Spoonfull of Oyle olive to a pynte of / milke and boyle it well in the milke and then / make a possett, take of the Curdes and the Curd / and then sweeten it with Sugar, and drinke of it euenynge / and Morninge

Doct: Mat.

An Excellent Medycyne to stope bloode in a greate / Sore in the Arme.

Take Dolt Roote and Mylke and stille them togither, and drinke of / the water with Sugar and rose water &c.

Doct: Ma.

Also to dolt in Sorbe

Wash your Sorbe with the white of an Egg beaten and rose water / beaten togither &c.

Also yf neede be annoynte the Sorbe with Unguentu Rosatu, / & infrigidatis Galleni.

To Corrupt Sleepe and settle the brayne.

D: Ma: Take a good Gaudfull of Dowslips pull off the flowers, boyle them in a pynte of Muskle, strayne out the flowers with this Muskle and also make a possett, drinke of this often with the syrope of Cowslips flowers the oftener the more the better. And this will Corrupt sleepe, and stupe the brayne that it distempered.

An Epethemt Cordiall.

D: Ma: Take two ounces Sparkes of Amethist bruise them, put them make putt in a pewter pott and put to them a pynte of redd rosewater, a pynte of Muscadell, a Quarter of a Marigold, a stick of Cynamome, steepe these in a pott of boyling water for my Lord, straine out the liquor, grind of these with powder of Mamis Christi made with Gooseberry, the oftener the better. Season it with sugar of Lemons. &c.

A playster for to kill wormes in a Childs belly.

D: Mathias. Take Aloes and Myrrhe and beate them to powder steepe make them take a pinte of strong Vinegar and boyle it in a Mustkedyne, and make a Clyst in the Vinegar for the Crawles. then straine the powder upon the Vinegar and add a spoonefull of honey make it to Incorporate and when the patient is a sleepe put it out and make an other.

A Volatile Glister.

Take a quarte of Muskle Milk put it to boyle then put in it a good spoonefull of the sugar of Lemons, then let it runne, take a pynte of Cowes Creame put in it my spoonefull of Cinamome Sugar, a little butter and the yolke of an Egge, minister it blood warme. Also you may boyle Mallowes, Violett leaves with Bloudy, and then straine it, and with a pynte of this liquor take one ounce of Syrope of violetts a spoonefull of oyle of roses and the yolke of an Egge make a glister and minister it blood warme. &c.

A Clister good for the yellow Jaundise.

D: Mathias
D: Rogers

℞ Take of strong Barley Gruel a Handfull, some three pynts of Fayre water, boyle them and add thereto of Diamoll, Cole-borage, Cichorie, mallowes, prickt Cabbages, yelke turne of the male mullett of Coarse a Handfull: of Cypt Bodi an ounce, then being well boyled togither, take a pynte thereof and dissolue therin an ounce of Diacatholicon, three drachmes of Cydonium hiera simp: Gal: two ounces of Brown Sugar Candie, two ounces of Syrupt of roses, some three spoonfulls of oyle of Almondes and the yelke of an Egge mixe them all well togither and moderately warmed let it be administred about 5: or six of a clocke

A receipt ye against ye falling Sickness

Take live frogges by ye Synder leggs and stroke them upon
ye heade and amaze them, and before they be dead slitt
ye back and take out ye liver and ye mawe and wype
them very cleane and dry. Then take a wyde vessell
worth glasse wrappe them one by one in plicate in ye glasse
and put them in an earthen pott that hath never bene
vsed, and close vpp ye pott very close that not ayre may
goe out and bake them in an oven wth bread, then when
they are very dry beate them to very fyne powder
and searse it. Then take an ounce of ye dead mans skull
that dyed wth a sound Curte, and an ounce of ye powder
of ypryme roote. To every ounce of ypryme roote &
ye dead mans skull ya take take two ounces of ye
frogges and give them to ye patient at one time at mun
as will lye vppon a sixpence, drawne as ye bole
ye disease comming vppon him. Approved.

The liver of an Hare grinde Coarse that they be a grease in ye Hand. boyled
and dryed & beaten to powder.

A most excellent plaister to emitt a joynte that
hath been displaced when put in ye place again

+ Emplastrum Stipticum Paracelsi.
to mollyfie Vnguentum Altheæ cum gummis

A most excellent plaister

+ To Bath ye Legge

Ye Mucilaginis of Quarte &
Camomile flowers
Mallowes
Ye Roote of Pondrous Lilly
the Leaves of Rosemary
Ye flowers of Rose Cipres
Ye flowers of Mellilott
Ye flowers of & Johns wort
Knotts Nettle Seeds Crated
Boyled together

of Barley & Sandstone

To clense the Stomarke of ffleame.

Take a quarte of running water, put into it two ounces of ffrenche Barley
– two Stricke of Licoris cut in thine slyces one ounce of Annisseedes
a quarter of a pounde of reasons of the Sonne stoned Let them
boyle to a tyme then straine the Liquor out and put into it an
ounce of Sugar Candye Then every Morninge fast[ing] or myd
sponefulle and drinke it.

ffor one that is troubled with ffleame.

Take a quarte of Rosen water and a quarte of Sacke water put into it licoris
annisseedes and reasons of the Sonne stoned of eyther a like quantitie Let them
boyle almost halfe away Then straine it and set the Liquor ouer a soft
fyre and put some sugar therin and anon it will be a syrroppe then of
take a little with a licoris sticke when ye are troubled with ffleame.

A Drinke to Comfort the Stomarke

Take a quarte of Aquacomposita put into it sowre pennyworthe of
Cynnamon slyced therin, two pennyworthes of Cloues bruised a quarter
of a pounde of reasons of the Sonne stoned, Sowre Cloues of Mace
one Nutmegg slyced a quarter of a pounde of Sugar, when all these
have stood a-formyght then drawe out the drinke into a bottle and
Sigill vpp the forenamed Syringe with Aquacomposita for they must not
stand long dryed nowe when ye settle ye Stomarke ill drinke a little
now and then.

An approved Medytyne against the nowe burninge feaver

Take halfe a pounde of frenche Barley, boyle it in two waters vntill
quarte at a tyme then change it into three quartes and put in halfe a
pound of reasons stoned one pennyworthe of Annisseedes one penny
worthe of licoris boyle all these in the first water vntill a quarte
of the liquor then drinke of it often in the burninge fitt.

Dorture of Dillon bygd water perie good for all manner
of diseases. w

Take Galingale, Clowde, Quibebs, Grigers, Melelott, Cardimom
Mace, Nutmegge of euery of the iij drams, and of the iuyce
of Salyndyne a pynte, mingle all these made into poulder
with Synamye, and put hereto a quarte of the best Aqua vite
and these quantite of rosse water & then distille all togither
in a glasse still, you must drinke hereof in Sommer euery
weeke one spoonefull, and in winter two. w

An excellent medycyne for the cough of the Lunges.

Take Fennell seede, Anniseeds, Liquiricampane rootes of euerie
two ounces, hyssope and hore hounde dryed of euerie one ounce,
of Ginger an ounce of Liquorice two ounces; Beate all
these into fyne poulder and searce them. Then take a pynte
of fyne honye and clarifie it verye well, and put hereto halfe
a pounde of sweete butter, then putt all these poulders by little & little
into the butter and honye and put to it of the Syrupp of
hyssope, hore hounde and of Liquirampane of euerie of them two
ounces, and then keepe it all wch stirred till it be colde. And
take the quantitie of a Walnutt at anye tyme or ells you shall
not feele coughe but thrise a day first and last morninge and evening.

Mordiall broth. w

Take mother worte, Liver worte and Longe worte, of Eyebrighte
Sauge, Fennell rootes, Parsley rootes, of Marishe Mallowe
rootes of euerie a handfull, of Burrage Buglosse a handfull
Cinamon of the same one li. stamped, currants one pounde, Figges
one li. slitted, a Loafe of bread cutt in Collops, a dozen of Eggs, two
Gallons of water, Mayden Heare a smale quantitie boyld
all these with a softe fyre till halfe be consumed. Then take
the broth and strayne it in a mortar, and put it in a grayne
pot close and stampe it in a mortar, and put it in a grayne
into the liquor & sett it boyle a little while. Then take it of
& strayne it. You must drinke it morninge &
eveninge. w

For an Vnguent to dry the Eyes.

℞ Take Cuttle fish Alexandrin one ounce beate it
perfectly fyne, put it into a quarte of rose
water, put to these one ounce of Red Coste beate
well dryed beate them all together till they be
verie fine, put into the eyes two drops at one
time the eyes all Vnguents in the like.

For to stay a deughme

℞ Take of Rubarbe the waighte of 3ij. ounce of Annisseeds
and waighte of Cypresse three ounces, Spermaceti
three ounces, Orrals three ounces, Gumdragon three ounces
fyne sugar halfe a pounde, put the Gumdragon fyne
and cleane and steepe it two dayes in fayre fountaine
fulle of rose water, beate all these aforesaid verie
fyne and make them in manner of sugar cakes
dry them in winter vppon a paper by the fyre,
and in the Summer in the sonne, and be carefull
to keepe them alwayes verie dry.

A water for the eyes to recover sight
and to clarifie it

℞ Take three drammes of Cuttle made into fyne poulder
and al muske Aloe Epaticum, in poulder, two drammes of
fyne sugar, sixe ounces of Rose water, sixe ounces of
good white wyne mingle all these together and putt
them into a Bottell of glasse, and being close stopped
sett it in the Sonne for the space of a Moneth together
often shaking and mingling all these things together
at the least once in a day, for the space of a moneth
that they may incorporate well together. Then vse it for
the mendinge of yᵉ sight, by distillinge two or three drops
into yᵉ eyes in the morninge and euninge. Probatum.

A medycyne for one that is broken.

Take two hands of the fattest sheepe you can gett dresse the
and sethe them thoroughly as it they should be eaten.
Straine the broth and take 2 handfulls of Mallowes two
handfull of Smalage and put them into the broth then
sethe them untill the herbes be consumed to pieces
then take the herbes out of the broth and drye them
in the sonne, wth the salt of the broth at gott at the patient
can suffer it, dose this 3. or 4 tymes. Dr Wainman.

Another for the same

Annoynte the sore wth yolke of Eggs.

An Excellent powder to preserve and restore sight
and keepe good against all stoppinge of the eyes.

Take eyebright when it is most flowred & slippe of the leaves
and flowers of the toppe of the stalkes, dry them either in the
sunne, or by the fire till they will yeld to powder, then beat them
in a morter until it be smale, then take to every ounce of that
powder, one ounce of sweete fennell seede beyng put into powder,
then take a prittye quantitye of mace, or nutmeggs to mixe with it,
and when you take the powder, put to it as much fine sugar
as the quantitye of powder you take.

jiiij for the tyssick

Shak ij quarts of small Ale and put into it a quarter of pound
of figes sliced as many resones of the sunne stoned one ounce of fenell
seed one ounce of caraway seed one ounce anyseede one rout of parsly
one rout of smalidge one rout of fenell tak out the pithes of all
and let them boyle to gether thell half the ale be consumed
Keping it close covered then take it of the fier and
Repeat maclose pot all to gether and drink half a pint
morning and when you go to bead

A speciall remedy for a consumption, cough
& for seuerall other diseases.

+ Take 2 spoonfulls of y^e^ sirrop of domaske roses, 2 spoonfulls of y^e^ sirrop of violetts. 3 drammes of succus rosarum, one ounce of Manna: pound y^e^ Manna & straine it, & mingle it with the other things & take it in a little posset drinke in a morning fasting, and afterward drinke some posset drinke warme an houre, or 2 after.

Ger: Blackwall.

A Medicine for keeping y^e^ small pox from pitting, and to take away y^e^ redes of the face.

+ Take a pint of white wine, & a q^tr^ of a pound of figs, slice y^e^ figs very small boyle them in y^e^ white wine, till halfe bee consumed. And when the small pocks begin to dye, bath the face very well with this liquor warme; then take the leafe of a hog, & put it on a spitt, & roast it, & let it drop into red rosewater, & beat y^e^ rosse water, & that together, & anoynt y^e^ face, after it is bathed with this. You must use this often, till they shall bee of, and afterward, to take away y^e^ redes.

~~And after bath may the~~

Anoynt y^e^ eyes round about with saffron & milke to keep the pokes out of the eyes.

Eat conserue of red roses to keepe them out of y^e^ throat.

Dr Burges's medicine for y^e^ plague.

+ Take 3 pintes of Muskadine & boyle therein a handfull of Sage, & a handfull of rue, until a pint be wasted then straine it, & set it ouer y^e^ fire againe, then put thereunto a pennyworth of long pepper, halfe an ounce of ginger, & a q^tr^ of an ounce of nutmegs all beaten together, let it then boyle a little, then put thereunto halfe an ounce of Mithridate, & halfe an ounce of treacle, a quart^r^ of a pint of hot ~~water~~ angelica water. Keepe this as the life, aboue all treasure. Take it alwayes warme, both euening, & morning a spoonfull, or 2, if you bee already diseased, then sweat thereupon: if not, once a day a spoonfull is sufficient in the plague time. Trust this for a certaine ~~remedy~~ there is neither man, woman, or child by this deuised, if the head be not possessed with the disease. This is likewise prepared against y^e^ small pox, ague, or feauer.

For the Scurvy.

Take of Scurvy grasse 4 handfulls, of water cresses, brookelimes, wild tansey, & fumitory of each one handfull, stampe them altogether & take of nutmegs, long pepper, graynes of paradise, juniper berryes, sasafras, licoras of each an ounce, of saffron halfe a dramme, powder all, yt are to be powdered, grosly, & slice ye wood, & licoras & mixe yt powder wth ye hearbes, put them into a bag with a wayt thereon, yt they may sinke, and let them worke in 4 gallons of new ale, & then drinke thereof, when it is ripe. /.

A medecine for a cough

Senna	3	at 1. 0
Rubarb	1 1/2	at 1. 6
Agaricke	1/2	at 2. 6
Annis seed	1	at 0. 2
Fennill seeds	1	at 0. 3
Licoras	1	at 0. 4
Polypody	1	at 0. 4
		6—9

A Water for Soare Eyes.

Take of ye distilled waters of white wild roses halfe a pound, of ye water of celadine fennell, eyebright, & rue of each two ounces, of cloves an ounce, & halfe, of sugar candy a dramme, of camphire, aloes succotrina of each halfe a dramme, of tutia prepared foure ounces:

Prepare ye tutia thus, fire it in a crucible, & when it is red as fire in a charcoale fire, bruse it into an earthen dish, wherein is a quantity of white wine by discretion with a little white wine yt is good & strong, & reiterate this seven times.

Then pulverize it grosly, & ye other ingredients each by themselves but you must bruise ye Camphire with ye sugar candy, after you have mixed all upon a paper, put them into a halfe gallon strong glasse & poure ye distilled waters thereupon, & then put to it three English pints of ye best french white wine can bee gott, & jumble all till it bee well mixed, let it stande in the sunne for a month, shaking, or jumbling it three or four times a day

times ~~a day~~ a day: but remember always to keepe y^e glasse mouth well stopped: whereof^t use it.

A purging ale verie good in y^e Spring

ale .12. gallons, Sena .8. ounces, Jolop 4 ounces rubarb one ounce and halfe, agrick one ounce and half anisseed .4. ounces, fenell .2. ounces, lickorus 4. ounces Polypode .4. ounces, currence .16 ounces reasons .16. ounces water cresses, Brookelime, strabery leaues, Sassafrass, Scurvigrass a pecke and half made in iuice

Another red docke: Sena Scollopendra hermodactiles caper roots ashen keyes cloues aniseeds oreng pils cummin seeds, fumiterrie Succorie Scurvigrass water cresses of each halfe a peck

Greese y^e bagg often in y^e working of y^e ale

A Receipt of the Blacke Jaboo.

Take one handfull of Smallage, a handfull of Hyssop, a handfull of Camomill flowers, one handfull of pare buds before they come out, one pound of Deare or Sheep suet, one pound of Barrow hogs grease.

An approved receipt for the Stone either in the Bladder or Kidneyes to be made in May.

Sr George Hastings gave 100 £ for this receipt.

Take Saxifrage, parsly, Time, winter savory, Jormander, Lavender, Fennel, those being shred small put them into a mortar, & slice 2 or 3 nutmegs: put of each of those hearbs 2 good handfulls into 3 gallons of ale, put the hearbs & ale into a Limbecke: then take Venice turpentine (scarce to the quantity of a walnut) & beat it with two spoonfuls of English honey, till you have quite broken y^e body of the turpentine: then put y^e hearbs & ale to boyle, & at the first beginning to boyle put in the Turpentine & Honey mixt together, continually stirring it till all be well incorporated which will quickly be, then close up y^e Limbecke & set under y^e Receiver. Keep the first quart by itself. which is the strongest, then draw 3 pts more in Foorball glasses. The last is much y^e weakest.

The Vse of it.

Take halfe a pint of white wine & put in 2 or 3 spoonfuls of y^e water or more, if it offend not y^e stomacke, & soo drinke it being sweetned with sugar for y^e best & vse some moderate exercise after it if you can.

For want of wine you may drinke it in beare, or in any water distilled of any of the hearbes aforesayd.

To cure y^e Spleene, Obstructions, heat in y^e backe & groynes, grauel, stone, melancholy & Vomitts.

Take fifty pints of running water of a French measure y^t is, noe Scotch or English, put it into a stone pott, & add thereto halfe an ounce of Roman Vitriol, as much sal prunella. Let them dissolve 3 dayes in y^e water, then with a pipe such as Vintners vse to racke their wine with draw out the water quietly from betweene the scumme & the bottome for as the grounds may remayne below. Let the body be a little prepared with physicke before you take it. Then take of y^e water sixe pints in a morning for fourteene or 15 dayes together. You may sweeten it if you please with Acota Montana, or some other syrr^p that hinders not the operation. You must drinke 4 or sixe pints in halfe an

3 pts

3 qrs of an houre.

It is of better effect (the proportion of the Mineralls being as aforesayd equally mixed) then the waters usually drunke either at the Spaw or elsewhere / receiving from thence either too much or too little of either.

This was found out by a Counsell of Forreigne Physitians for Cardinall Richlieu.

From yᵉ Lord Leicester
Boy Aylesbe.
For Arthur Harris Esqʳ at his
Chamber in Lincolnes Inne /.

A Receipt for yᵉ Stone.

A singular Medicine against stone either in the bladder or reynes. It hath binne often proved to yᵉ great comfort of those that have binne grievously tormented with that Malady. /

Take nettles grosly pounded, & drinke them in white wine. It expells gravel & provokes urine. The leaves of any kind of nettles, or the seeds worke the like effect; but not with that good speed & so assuredly as the Roman nettle.

See Conrads Herbal

Nettles stamped & the juyce put in yᵉ nostrills stop yᵉ bleeding of the nose. The juyce is likewise good against inflamation of the Uvula.

An infallible Cure of an Ague.

Make mustard with Vinegʳ & put 2 spoonfulls of it into a pint of milke ready to boyle. And it will turne it to a posset. Then straine it. Then 2 houres before the fitt, goe to bed. And drinke a good draught of it. This will breake the fitt, & taken yᵉ next time drive it quite away.

A notable exp[er]ime[n]t of John Bennt a surgeon at Maidston in Kent for an Ague.

See Gerrards Herbal

J. Bennt being desired to cure a brick boy of an ague wch he grievously tormented him promised to give him a medicine & for the p[re]sent for a drift or two carried his Gerrard tooke out of his garden 3 or 4 leaves of the plant of rubarb, wch he stamped & strained wth a draught of Ale: & gave him to drinke. It wrought vpwards & downwards & the boy in a trice was cured. In the end his strength ouercame the force of the physicke, & the boy lost his ague. But a cure might be had of the quartan, the former quartan being too much.

Sume talpæ viventis dentem & da illi cum aceto contacto.

Take y[e] tooth of live mole & it cures y[e] toothach wth the touch.

Take Camphire half an ounce, put it into a little bag, thou beat it, & lay it vpon the pulse of the left wrist an hour before the fitt, & the like upon the pitt of the stomacke. This will infallibly cure an Ague.

For the Toothach.

Take Canarra, Tacmahac & Burgundy pitch of each an equal quantity as much as will cover a plaister of y[e] bignes of half a crowne: Spread it upo[n] a piece of leather & apply it to the hollow of the eare. I.

Dr Wrights prescription for ye Smale pox for Kate

℞ Syr de capill. Ven. ℥ij ß
Acetos. simpl ℥j
croci pulver. dr solut. in ℥ij
Aq. Thymar stillat. gr. j
misce sumat cons. 1. q. bid
bis terve in die aut nocte.

℞ diacalat. solut. dr Camomel
℥ij croci gr. vj misce
detond. fuj lindu & rogione
gutturis

Mr Goldsmiths child.

℞ pul. zx cui olim cancr cupos. M
detr cui possit prescript
hac nocte aut alia
qua urgeat occasio.

Mr Goldsmiths child
14 Xbr 1654

℞ pill zx aloe Col. cum succo
ros ℥j q. pill x sumantur
hora soni sequenti mane bibat
℥j mane in jejunio.

ye gossell drinke yt is vsed at ye first to bring them out is fiue or six figues, a spoone full of hollis horne a fore mace ~~mary~~ marygold flowers, a fewe Safron seeds a good licorus sticke sliced, boile these in about 2. q.ts of posset ale, being put into a little linnen bagg. you must haue 2. baggs and boile ye old with ye newe to make it ye stronger: let them drinke of this till they are fully come out:
at ye first lay saffron baggs vnder there arme pitts to keepe ye cold from striking them in. and lay on ye plaster for ye throate aboue written. at ye first sickening. and vse ye medecine to keepe them from sitting, as soone as they begin to die wch is set downe in this booke

℈ 13 Novembr 1682.
Mr. ffosters prescription for K. D:

℞ Aq Scorzonerᵃ
Cithorij ℥ vi, Sina
Orientat. ℥ij Cinn.
Tartari ℥ß Coriand.
Pᵛʳ pat ℥ fs. Coq. ad
Consumpt. tertia p lib
Colatura ad Syr. ℔ß
Cithorio cum Rhubarb:
℥ij fiat potio.

by John Everell apothecary at Towster

St wrought gentlely.

℈ 16 Novembr 1682
Mr. ffoster-

℞ Mucil opt: Cum
Amoniaci in Aceto
Soluti, et traject p
Setaceum aty diverum
inspissati an ℥ß
Corti Martis Antimony
diaphoret. an ℥ß diagrydij
℥ß cum Oximel scillit
fiat Massa Pilular:
de qua cap: ℈ß singulis
diebus p 20: aut 30 dies

℞ Cum Amoniaci ℥ß
℥ij dissolvantur in
aceto forti, postea colentur
et bulliant ad Consumpt.
aceti, deinde adde Corda
parum et fiat Emplast.

the 11th. of January 1682 Hooker for K.D.

℞ Spor. Diaxyhod. abatib.
℥ss. Croc. de Rhab.
de Cuppibus an ℥ij
Antimony Diaphoret.
Croc. Mathb. an ℥iij
Mollib apt. Dorpid mut
lib. ss fiat Elect. cui
adde Tartari vitriolati
℥ij ss. Cap. quantenuris
Mostratæ singulis diebg
mand tantum.

℞ Spor. Diaxyhod. Abbat.
Salib primellæ an ℥ss
Santhar. albi ℥ij fiat
pulvis.

Hooker

An excellent ale for the Scurvie

Senna Alexandria .6. ounces, Polypodium .4. ounces, bay berryes .3. ounces, Asshen-key kernells 4. ounces, Sweet fennill seeds 2. ounces, roots of Saxifrage 2 ounces, Rubarb one ounce, Scurvie grasse a peck, beate all except the scurvie grasse and the Senna, the Scurvie grasse you must stamp and straine out the Juice and ye Senna— you must rub to peices betweene your hands, stamp the rest and put the Senna to them and put them in a course linnen ~~cloath~~ bag with a flint stone, put these into 3 gallons of stronge ale

this ale must be used in the spring from mid-march to mid may three weekes ~~togt~~ together & in Autume from ye beginning of September to the 15th of october. 15. or 20. dayes, drinke every morning halfe a pinte 2 hourer after take a messe of broath every night 6 ounces if you use exercise after it it will worke the better if it give 6. stooles in a day and a night ~~it will~~ tis well if fewer not so good if it give more take lesse

To Make a good plum Cake

Take 2 lb of ye finest flower well dryed over coales stiring it so that it do not lumper then beat 2 nug nutmegs a little cloues & mace but most mace & strow into your flower with a little salt and a qrt of a pound of loaf suger beaten & searced then worke in 2 lb of pure butter with your fingers so small with your flower that it may be all broke then beat 4 yolks of eggs & but 2 whites and a full porringer of pure ale yest together and straine into it then strow in 2 lb of currants purely washed and picked and worke it little and sett it in a bould covered to rise while ye ouen is preparing then put in halfe a pint of pure thick creame scalding hott and 2 spoonfuls of rose water and sett it to rise by ye fire then powre it into ye hoope with white papers and browne tyed about ye bottome well buttered and ye sides of ye hoope that you slide it out use it before you take it out halfe an hour will bake it

To make a Carraway Cake

take a lb of flower a pound of butter a pound of carraway comfits a qrt of a pinte of rose water a qr of an ounce of mace one great nutmeg some beaten a little ginger a little salt beat and sift your spices into your flower stirring it well then beat 4 eggs but 2 whites and a porringer or less of ale yest and straine it into the flower then melt a pound of pure butter and dreane it from ye dregs and pour it in and worke it into a stiff paste like a light pudding sett it before ye fire to rise a qr of an hour then pour it to a hoope with a white paper and a browne tyed about ye sides and bake it in a quicke ouen well cooled on ye top with a wet broom and let it stand in halfe an hour y then use it if you please

Esp Cumbrod sum id id sot
And it will risk no more
Because it was sib sapplod lurke
to marrie wt a wyse A

Esp Cumbrod sum id sot
And wunder drawoth ant
How little Foben Gsapph no more
alab sib Poird id gone

S Pouge a Kingt a viranube E an Earle
from Gretland Come and married wt the Erle
Suse some to sune weare nen seene before
Swise and bige a murtyse Danyone

At Kayserne Derke yere sammyd a Pinke
wt soue sie loike det did not Pinke
Cumbrod se lay at Esse Roue
E yperbring drigging Cande good Roue

Sut Roue distasted to ende
wt wind in roure vse saile to bent
At Rosestes se Rutur rast
wt Candebuy did distast

Sat wimpi wt Elid sibre
did-sald to Roue Hobyned wsely
se Cuab weake sidde and did wede
for Comm bound yes Rede

to ballance yes and mend yes saule
And make yes sit Cis gude wede

Medicyne for the Stone Colicke.

Take eggs rosted a great quantitie and a great quantitie of Crompe rosted and beate them to a smale powder and beinge beaten to a verye smale powder put it into a glasse and drinke of this powder in white wyne in the morninge fastinge for sixe weeke space for a woman, and a man three monthes and this will breake the stone.

For the wynde Colicke

Drynke of stilled parsley water, greate store of ginger beaten, and a good quantitie of good sugar.

For cuttinge of the Laynes.

Take a pottle of Muste dyne greate store of Comyn puttle, muste them and put them smale cloathes out the water, and boyle them in the Muste dyne till they bee tender then take them out and presse them betwene two trenchers and so eate it in the morninge in Eyle cold and sweate thereon.

For the Mysles.

The medicine is good for a man the morninge. Take the Blossomes of Marygolde a perte dodrype three morninges together fryed with two white eggs or three eggs fryed with sweete butter like a pancake and so eate it with sugar or honye.

For a stitche.

Take a good quantitie of Mormes, a good quantitie of Annyseede and fennell seede a greate deale and drinke it in white wyne vinegar three tymes and powder them rawe and eate it fasting.

For the Ague.

Take two graines weighte of Gaberlicke and stampe it and drinke it with white wyne after it hath been stamped with the wyne it will expell an Ague that hath longe continued in the bodie.

For a sore mouth or Eyes.

Take a good quantitie of Alume and stampe it to powder then take a good quantitie of redd rose water and a good quantitie of Englishe Honey and mingle theise together ouer night and then in the morninge a good quantitie of theise shee minged and hold it a good while in yor mouthe and afterward swallowe it downe.

For deafnes.

Take Honey and put of it twice a daye to witt morninge & and euenninge and put of it into both the eares and bath it warm into yor eares to bed. then take a clowe of garlicke and pill of the skin and pownde it and wrappe in the Honey and laye it in yor eare but in noe sort let it goe in to yo head. twice a daye doe this vz morninge and euenings.

For a Cough hott or drie.

Take a pynte of Aquavitæ and a li. of Sugare and dissolue the aquavitæ with the Sugar till it come to a Syrupe then take thereof.

For the Mother heat or the Suppard

Take a pottle of Muskedine and a li. of the best Raisins dismembre and steepe it from a pottle to a gallon and take a spoone and take it morninge or when the mother remoues before yo take this take in a penny worth of Saint Anes Cretle and at night drawne water and take this for 4 morninges.

For the Mother downe ward.

Take Balme water or a Sandfull of Balme boyled in wyne ordinary and drinke it.

To cleare the skin & take away freckles.

Take 3 pints of white wine Vineger, rosemary flowers, elder flowers, bean flowers of each a good handfull, pumpkin seeds a good quantity, a q^r of an ounce of Camphire, bitter almonds a handfull, an ounce of flowers of brimstone, the weight of ten pence in Mercury: putt all theise together into an earthen pan, & boyl 3 new laid eggs in it, till their shells be soft: then take them out & pricke them, & putt them in again. Adde a white lilly roote broken, & Strained with some of the liquor.

for Spotts or freckles in ye face.

Take a quarte of spring water and let it boyle then put therin of mercury ye weights of 6d but let it first be killed then let ye mercury boyle but a little while but take it of and strain it, then take a quarter of a pounde of bitter almonds and blanche them and beate them verye smale and put them into ye water after it is strained and take two good full spoonfuls of white Lilly roote rosted & beate them and beate them verye smale and strain them ye water, then take three ounces of perin Creste and a quarter of an ounce of Camphire and put them into ye water, and shrie them verye shrike a good pretty while and vse it.

a Salue for a Sore legg

take halfe a pound of white leade and halfe a pound of red lead and a pint Sallet oile. and let the leade be seared verie fine, and boile it at first verie softly and ~~stur~~ stur it still and boile til it black

a nother Salue

take a quarte of verie Stronge worte of the first running and boile it til it come to a Salue

an excellent cooling water for a hott tumour flowing from ye matrix

take Ceruse tenn drames Saccorol Sarrocoll three drames Starche tow drames gum Arabecke, gum Tragagant of each one drame, & Campher, Opium of each halfe a drame: take three quarters of a pint of plantine water and a quarter of a pint of ~~plantine water~~ red rose water and put ye afore Sayd things into a morter of Stone you must put in but a Spoonefull of ye water at first and breake it verie fine and so more and more till all be disolued, all those Gums and other things are to be sold at ye apothecaries ~~in~~ within Christ church hospitall and other apothecaries ready made vp in little round cakes, ume five of them makes ye proportions above Sayd. you

shitty grains is a dram. half

ye blak plaster it is veri excellent to strengthen a weake backe

take of pile olive olive one pound of red leade eight ounces of white lead foure ounces of castle sope fiue ounces, let these boile gently on a soft fier and when ye colour turnes some=what darker then oile, and yt it will vpon triall on a dish side com off with out sticking like birdlime then put it into ye pipkin wch must be large one, an ounce of barrowes grease with halfe an ounce of oile de bay letting them melt in ye stuff off ye fier at ye least while heate remaines put in halfe an ounce of gum taccamackhacca prepared and desolued in vinegar, and one ounce of burgina pitch together with an ounce of white bee wax when it is made powre it into a broad pann and keep it for your vse.

A most excellent drinke wch doth cure all wounds inward and outward and cankers fistulas fretting eating or filthy sores and vlcers

Plantaine Sanicle Bugle cumferrie of each .3. handfuls of Scabious egrimony Aluens wood Bettany Dasie roots and leaues Bramble tops Speedwell mugwort Charrill of each one handfull of wormwood halfea handfull wash them and shred them veri finly then put them into a Brass pott with a gallon of spring water and couer ye pott with a wooden platter and past it vp veri close setting it to boile leasurly ye space of .7. howers by ye time ye liquor wilbe wasted to one quarte or .3. pints straine ye liquor from ye hearbs and make ye pott cleane and put ye liquor into ye pott againe with one quart of white wine and let them boile for ye space of halfe an houer

being covered, then put in halfe a pint of ye best honey and let it have half a score vrames scuming it very cleane then put it into some wooden vessell to coole and so into ~~rose~~ bottles for your vse. take heare of ye quantitie of a quarter of a pint at a time made warme at .9. at night and at .9. in ye morning and at .3. in ye afternoone fasting .3. hoores after it, also if there be need squeet some with a scringe into ye sores

scringe

An approved good water calld ye Snayle. water good for ye Jaundise, collicke in ye stomache, the consumption, & the passions of ye heart.

Take a pecke of garden Snayles & wash them in beare, until they leave frothing, then put them in a great earthen pott, or Crusible, & cover it with a tile; make a soft charcoale fire about it, & lay a few coales upon the tile; stone, then let them stew, till they leave hissing, or making a noyse: take a quart of earth wormes, fill them & scoure them with water & salt until they bee very cleane, then beat them wth ye Snayles in a stone mortar to peeces, then take a pott yt is fit for your still or limbecke, & put therein 2 handfulls of Angelica, 2 handfulls of Sallendine, then lay therein ye beaten wormes & Snailes, upon which lay 2 quarts of rosemary flowrs, a Sprig of Agrimony, of red Docke roote, of ye inner barke of barbery trees, of wood Sorrell, of betony of each of them a handfull, of rew halfe a handfull, of Sennigricke, & of turnericke of each an ounce, halfe a handfull of beare foot, of saffron beaten well to powder ye waye of 6 d: then poure 3 gallons of ye strongest ale you can gett, & soe cover ye pott, & lett it stand all night in the place where you are to still it the next day, in ye morning uncover ye pott, & put thereunto 3 ounces of ye powder of harts horne, 3 ounces of Ivory, then take it off stirring it, but Sett on ye limbecke, & make it fast wth rye dough & put under ye fire, & soe receive ye water; the first is ye strongest, & therefore must bee kept by it Selfe. S.

A Dyet drinke
for
Mrs Harris.

Take water cresses, brooklime & Agremony of each one handfull, Sanicle grasse 2 handfulls, boyle them in a gallon of spring water, until halfe be consumed, then straine it & put to the strained liquid Sorrell 2 ounces polypody of the oake three ounces, Aniseeds, fennil seeds & Caroway seeds bruised of each two drams; Let them stand all night on hot embers, In the morning boyle them gently until a pint be consumed, then straine it & put a pound of sugar to it & boyle it scarce or soare halfe.

Take of this drinke first & last a quarter of a pint at a time: increase or diminish the quantity as you find how it worke.

A Sear Cloth for the Backe or a Strayne.
in any other parts.

Take a pint of ye best oyle olive & put into it a pound of red lead & boyle them until it be blacke, then let it stand, till it be almost cold then put in halfe a pint of rozen, & 2 penyworth of soft red wax, & boyle them altogether over a soft fire, until it be well mingled: stir it very well all ye while it boyles, then take some oyle & oyle a board well, & make it up in rowles thereupon.

How to make Pills of Amber wch wonderfully preserveth ye stomacke from all diseases & suffereth nothing to putrify therein, therein likewise it expelleth all humidity & unnaturalness of ye stomacke & banisheth ye same: they wch use it often & at needfull times shall never more any payne in ye stomach: they cause mirth, they strengthen ye head, stomacke, they cleanse ye reynes, & ye wombe exceedingly, wch are made as followeth.

Take ye white or other Amber & Mastiche, of each one quarter of an ounce, aloes fine drachme, agaricke one drachme and a halfe, right Aristolochie halfe a drachme: this being beaten small & tempered with the sirrup of Roman wormewood make thereof a masse of pill, & forme 50 or 60 pills of one drachme, take always 2 or 3 of them, when you goe to bed.

If you were lost take halfe those quantityes & so make halfe the masse at once.

for a consumption

Take a pint of lince honey sett it on ye fier and clarifie it well then take a good handfull Speare-mint as much woodbetonie stampe ye hearbs and straine them and put ye juce into ye honey and boile it to ye thickenes of a concerue, take of this 3. times a daye, in the morning at 4. a clocke and in ye afternoone, and at night lieing downe

An Speciall medicine for a Consumption.

Take new milke & white wine of each a pottle, put into it red Sage, balme liverwort, & Speermint of each a good handfull, of raysons of the Sun stoned 2 pound, of figgs one pound, of aniseeds an ounce & of licorus halfe an ounce both bruized: among all these put a pottle of garden snailes first throughly purified clensed & taken out of their shells, then putt all these into a Still & still them with a moderate fire till they be all throughly stilled, as long as the still will goe which will be about 24 houres, by no meanes letting the fire goe out, till the still cease going. Into the glasse into which the water runneth at first setting it under the Still put halfe a pound of white Sugar Candy or very fine loafe-sugar of the finest sort & so let it stand to receive the water that comes from the Still.

Before the snailes be put into the still, whereof there must be wth their shells 3 pecks at the least put them into a boule & sprinckle them well wth salt wch will cause them to purge, which they be well purged wash them in 2 or 3 severall waters to fetch of the slime cleare from them, when they be so done then cracke their shells, & take them out of their shells, & see if there be by measure a pottle of them: if there be so many then put them into the Still with the white wine milke & other things & so still them altogether. Of this stilled water let the patient take every morning fasting 8 spoonfulls & so much at nights going to bed, or in the day time if he find him selfe faint & ill 2 or 3 spoonfulls at a time.

Let him refraine from old cheese stale beere, salt meat, drinke his drinke very warme: Calves feet & all poultry are very good, & so be crayfish: boild snayles in milke are very good: to keep licorus in his mouth at all times will helpe his coughing & at night take some Confortes of red Roses, & be sure he keep himself warme especially his necke & feet. & through gods blessing next under god this will cure him.

For the Piles

the quantity of a walnut coes it.

Make a posset of Allum, that is turne the posset with a piece of Allum put into it, then dip two peices of scarlet hoyes in them one after another, & wring them well; & then apply them to the piles some ten times together as hott as you can well endure them, till they be coole, and then apply another. This is said to be a present remedy, & that the next morning they will be gone.

another

Take Orpine alias Pilewort, & mutton Sewet, shred them small, & boyle them together, till it looke greene: then straine it, & anoint the piles with it 3 or 4 times a day.

for a lasse take three pills of lint, made of holland, and in beare or sirope or anithing they can best swallowe it, in this is an approved medicine;

An excellent medicene for ye scurvy & for toothach comeing of scurvy

Take a pound of honey, an ounce of salt of scurvygrass, an ounce of flower of brimstone mixe them well together & take morning & evening ye bigness of a smale walnutt & fast 2 houre after, take ye whole quantitie out spring & fast

Ye Lady Lewes her medicine to keepe ye smale pox from pitting

Take six penne worth of Sperma Ceti, one ounce of oile of sweete almonds ye bignes of a large walnut of butter fresh out of ye churne dissolue this by degrees upon a soft fier, then anoint ye face there with, you must be pleased to begin ye 8th or 9 day & so continue, & in a short time ye smale pox will be gon without leaveing any pitts at all.

an excellent remedie for ye headack
or ye megram

Take barley meale finely searced & as much cumine seed beaten & searced, mingle these with ye white of an egg thicke enough to make it like a plaster and lay it on ye ackeing place of ye forehead

a fine purge

a scruple of jallop, halfe an ounce of sirope of succory & rubarb 6 or 7 graines of creame of tarter a little sliced ginger, take this in possett drinke

another fine purge ye may be taken a month together

Take 3 spoonefulls of burrage water, 2 spoonefuls of sirope of violets as much salt of tarter as will lye upon a sixpence & fast an houre after it

to stope the bleeding of a veine yt is broken
or for any inward bleeding

Take in the month of March the sparrow of swallow & nine yt is a bird & keepe a peice of new linnen cloth therein, which is to be shorn with which then dress & dig it againe day & nine times. take small peices of ye cloth & rowle it up & swallow it & it will stope the bleeding.

For the Piles

the quantity of a walnut covers it.

Make a posset of Allum, that is turne the posset with a piece of Allum put into it, then dip two peices of Scarlet hoyes in them one after another, & wring them well; & then apply them to the piles some ten times together as hott as you can well endure them, till they be coole, and then apply another. This is said to be a present remedy, & that the next morning they will be gone.

finely

[illegible] grated with Sugar [illegible] them small, & boyle

To make Jumballs very good with almonds or without

Take a pound of very fine flower & a grd halfe a pound of loafe Sugar beaten fine, a halfe spoonfull of carraway seeds mingle them well together with ye flower then have in readyness ye yolkes of 5 eggs newly laid & one white well beaten for an houre together 2 ounces of pure butter a gll of a pint of thick creame barr measure 2 spoonfulls of rose water put ye creame eggs rose water & butter into a pott & put that pott into a skillet of boyling water and stir it well till all ye butter be melted & a little thickned then take it out & continue stiring it till it be quite cold then mingle them all wth your flower into a very stiffe paste then role them into small roles wth as little flower to keep them from sticking as you can & make them up in like ye figure of 8 or in what fashion you please upon a pye plate finely buttered wth butter in a cold Cloth you may stir in a gll of a pound of blanched almonds beaten with a little rose water if you please to make them ye better before you make them up upon the plate take some double refined sugar mingled thick with rose water & ice them all over with a feather & sett them quick in an oven well heat ye they may rise quick & when ye edges are coulered take them out and loosen them and if they be soft at ye bottom put them in againe,

a very good Sirope for a consumption

Take a handfull of coltsfoot, a handfull of comfrey Roots halfe a pound of Raisons de Soli, halfe a pound of figgues, 3 or 4 Dates Boile them in 3 pints of running water vntill halfe be consumed then straine it & put therein a conuenient quantetie of Honey then let it stand vpon a soft fier & scum it when it is could take of it at any time & add as much sac licorishe as you think good

An excellent medicene for ye scurvy & for toothach comeing of scurvy

Take a pound of honey, an ounce of salt of scurvygrass, an ounce of flower of brimstone mixe them well together & take morning & evening ye bigness of a smale walnutt & fast 2 houre after, take ye whole quantitie out Spring & take

Ye Lady Lewes her medicine to keepe ye smale pox from pitting

Take six pence worth of Sperma Ceti, one ounce of oile of sweete almonds ye bignes of a large walnut of butter fresh out of ye chyne dissolue this by degrees upon a soft fier, then Anoint ye face there with, you must be pleased to beginn ye 8th or 9 day & so continue, & in a short time ye spotts will be gon, without leaueing any pitts at all.

to keepe ye smale pox out of ye throate give once a day a smale pellet of sugger white candy beaten searcht & beaten made into a past with oile olive

pills for the stomach

℞ pil. stomach cum gummi ʒ i ß Agaric. Extract Rudij ana ʒ ii. olei anis. gutt ii ℈ pil vi pro drachm capiat tres post primum somnum bis in hebdom.

a surrup to purg melancholy

of the Juce of pipens a pint, of the Juice of Burrage and balme of each a pint, clarify the Juices of the hearbs, then mingle them and add 4 ounces of Senna picked cleane and shread & halfe an ounce of Epithymum, and lett it stand upon embers about 12 houres then straine it and to every pint take a pound of suger & boyle it to a sirroge of this take 3 or 4 spoonfulls in posset drink.

A receipt for the green sickness or obstructions

Take a handfull of fennil roots, as many parsly roots ye pith taken out & a handfull of couch grass, an ounce of licoras & halfe an ounce of sweet fennil seeds a qt of figs halfe a pound of raisons of ye sun stoned & a qt of blue currants, an ounce of coraline prepared put all these in a bag with a waight to make it sink & put it in 3 gallons of new ale, drink of it morning & at 4 a clock in ye afternoon and use exercise; you may put in an ounce of elicompai

A water and powder for y^e^ teeth

Boyle^s^ abrans^d^ of rosmary in a little more then a pint^s^ of water and when it is straynod add to it fifteen dropps of spirit of vitrol or 18 dropps^s^ if it be not too sharpe

the powder
Take of mastick powdered of Sarrocolla of each a dragme of white corall and red corall of each half a dragme and one drops of oyle of sassafras powder and mix these altogether

To Make an orringe pudding

Take 2 orringe and paire y^e^ pele thim and beat them very fine with tow ounces of sugar and Twelve ounces of Butter then take 12 yolkes of Eggs beate them with y^e^ past and put it betwen two peeces of paste and bake it halfe an hour

A water for the wind

Take a gallon of sweet gasrine wine then take ginger gallingale Sinamon nutmegs grain^d^ cloves mace any seeds fennell seed caraway seed flaxen of every of them a grat^t^ weight then take sage red mint and rose leaves time pellitorye of Spaine rosemary wilde time camile flours Lauender before it knots dry these hearbs and pick them well from the stalkes then take of each as much as you can grasp in yo hand then beat them spines and all the^e^ hearbs and put all in the wine and let it stand 12 houers stiring it divers times then still it in a limbeck and you may draw a wine quart of the first the second is not so good but you may give it Children for the worms and when you have stild it put som musk in and some refined sugar what you think good

it is good to take of tond mornings a little fine troll and sometimes at night the quantity of a nutmeg of the best methridate and a little Conserve of biliny or roses after it and som posit drinke this is best to be taken after the first sleep I vsed this medicion and am very well of the sounding sickness and in very good health god be praised for this water hath many vertues in it

An approved medson for the Colliksand ye stone

take of ahorse radish a inch in length and stopp it in half a pinte of ronish or white wine ahole night then take of ye powder of ye pissell of ase horse as much as will cover a groate and of ye powder of ambo as much as will cover a penie ye like of gott and also the same quantity of the gall of an ox and having bruised all these together having so done then of the wine take a spoonfull and put your powder into it forthwith supit up and after it drink ye rest of ye wine doing thus for nine mornings together fasting untell it will proue well

Sirrupp for a Consumpton

Take 4 groate handfulle of sallo & of dryed spodmell comfory agrimony woodbugle Bettony Dusy wats & leaues bramble loppies unset hysoppe colletfoote ribwortes rubous of oath of them 2 handsfull pick the leaues from the stalke wash them in 2 or 3 waters put them in to a flasket to drain them stampe them in a stone morter with a wodden pestell & strain for them the iuce into an Earthen basen Take too quary pinte of the iuyce & of fine sugar set it ouer ye fier when the sugar dissolued haue redy a basen to quary pound of sugar the white of one egg you must beate white of eggs with som of the cold iuce or with fare water wrought when you haue Rought and beaten ye egge and sugar well together let it stand ouer a soft fire stiring it continualy with a ladle til it be scalding hott that the rurd may rise by degrees then clary fi it as you do sugar take of the frum straine strayned the liquer into a basen then put it into a clean skillet set it ouer a parllels fire where it must boyle very fast you must open skill take of ye frumme as it riseth when it is boyled to a sirops with you shall know by ye sirops thirkes hanging to ye spoone you shall know when it is enoyf by blowing to ye spoon sirop in the spoon it will ronne you must be very Carefull that you doe not boyle it to high for then it will Condy let stand till it be throughly cold in an Earthen basen put it up into glases keep it for your vse

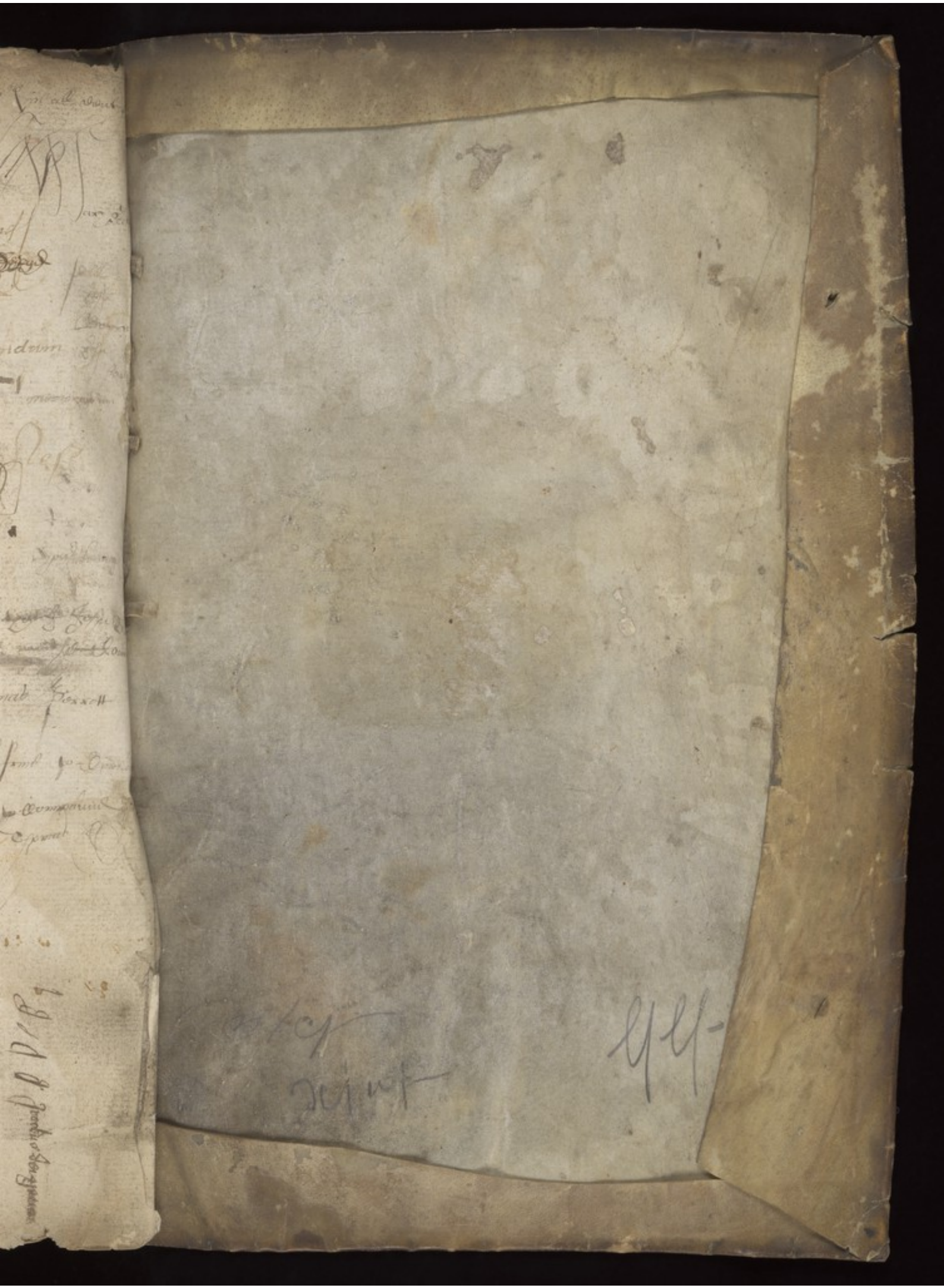
for the yellow Jaundice

Take Selendyne and yarrow and drinke therof night
morning (in the Evening if) or iij. dayes and
it will cause wast away.

Beate the gumm

Take gum dragaranth small beaten, and infuse
A 12 houres in Rose water, Set it stand
vppon hott imbers, till it come to A mussilage
make the mortar hott, and beat your gumm
Arabick well, and then putt in your gumm
Sarcocolla, soe beat them both together
with the starch and struse
into a fine powder, and scarse them
with the opium and grape the Camphire
soe dissolue them vppon hott roabes
in plantaine water, when they are
well dissolued strain them hard,
when you make them vpp into A body.
take the powders mingled together, then
add your gumms dissolued to them
soe make them vpp into a past with
as much mussilage of gum dragant
as will serue turne.

y^e weight of y^e quantie of is put into a pint of water is 3 drames
and 19 grains



0 Cm 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25
0 Inch 1 2 3 4 5 6 7 8 9 10
The Wellcome Library

x-rite
colorchecker CLASSIC

To make an oyle for a Swellinge or for a
sore in greate heate, or for Synnowes hurt.

Take of Oyle of Planten small and greate iij handfulls of
Sperme Cliche ij unces of Mallowes a handfull Stamp
open and bodge them wth Sweet milke as much as will cover the
herbes ground and Straine it for it is pure oyle of Synnowes
a hurt put to it an ounce of oyle of Roses Probatum.

An oyle for Swellinge in the patient be in
greate heate.

Take Rose Water iij. m. Oyle of Planten iij unces Butter
of Crowne Soape Sperme Cliche of Camomyle a
handfull Solomon Seale and mashed in Water as much
as a handfull and j. m. of Camphire, and let Milke
Butter & an ounce of Rose oyle and let them
[illegible] altogether and let them
be ground, and stirr it often
[illegible] into a glasse and set it
[illegible] Straine it Probatum /
[illegible] for Swelling and tis good.

[illegible] Day sick Sperme Cliche Crowne Soape
[illegible] Butter or Fatt of Sweet milke
[illegible] or rold upon the patients
[illegible] of Rosemarie or put oyle

[illegible] Bruse or drye
[illegible] and put it in a glasse in May
[illegible] young Bays Rosemarie Rose Water
[illegible] Camphire mynt all good Small and put to
[illegible] Rose and Rosemarie of each a handfull at a tyme of Bays
[illegible] Sauge Sellie a handfull at a tyme, Time & Camphire of
[illegible] a quarter of a handfull at a tyme, or els yo may take of Sellie
[illegible] a little quantitie at a tyme, but y greatest part let it be
[illegible] Rose, Rosemarie and Bays Water & Else yo may omytt
Hyssop

The Wellcome Library