

## **Culpeper's complete herbal, etc / [Nicholas Culpeper].**

### **Contributors**

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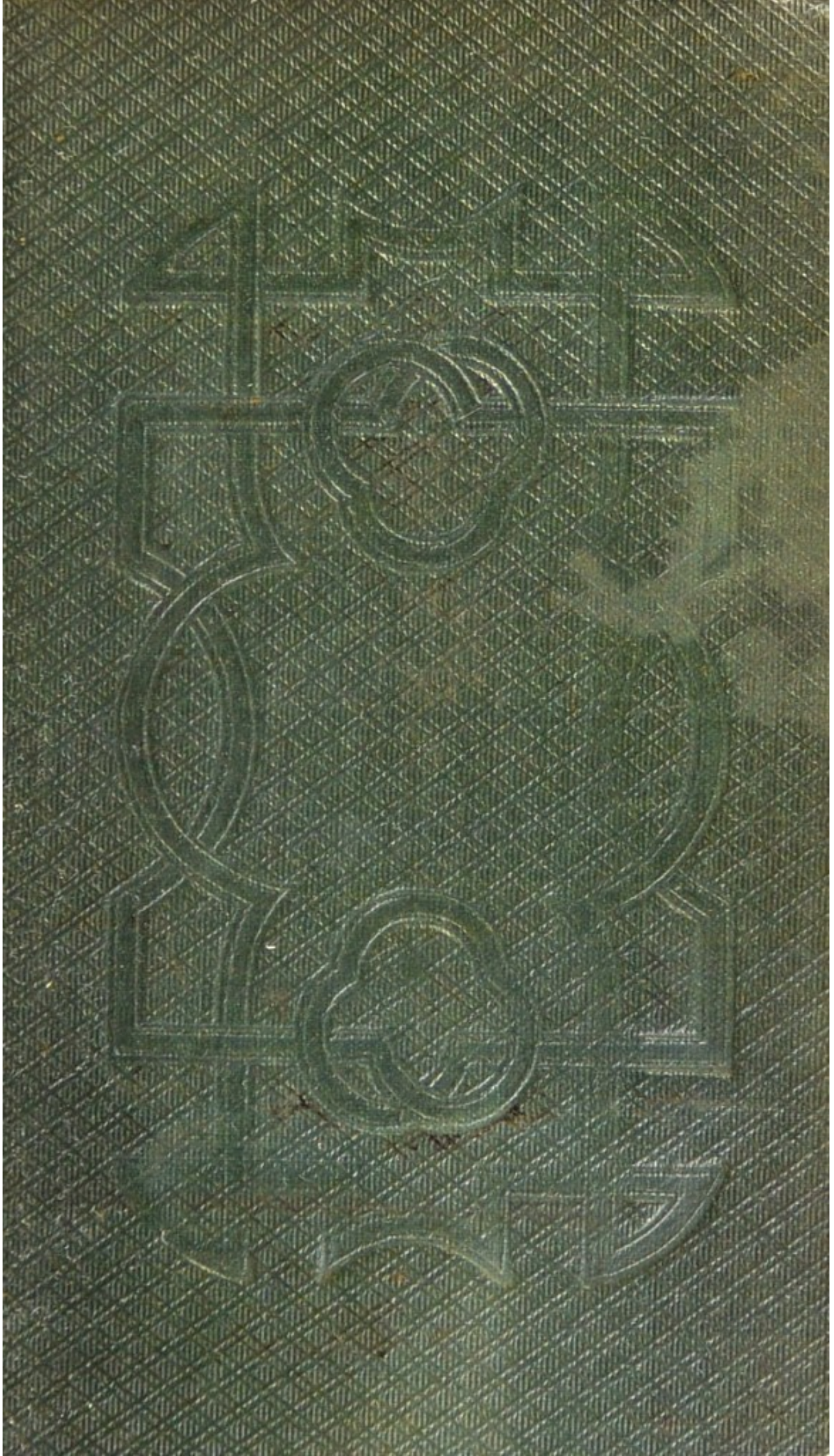
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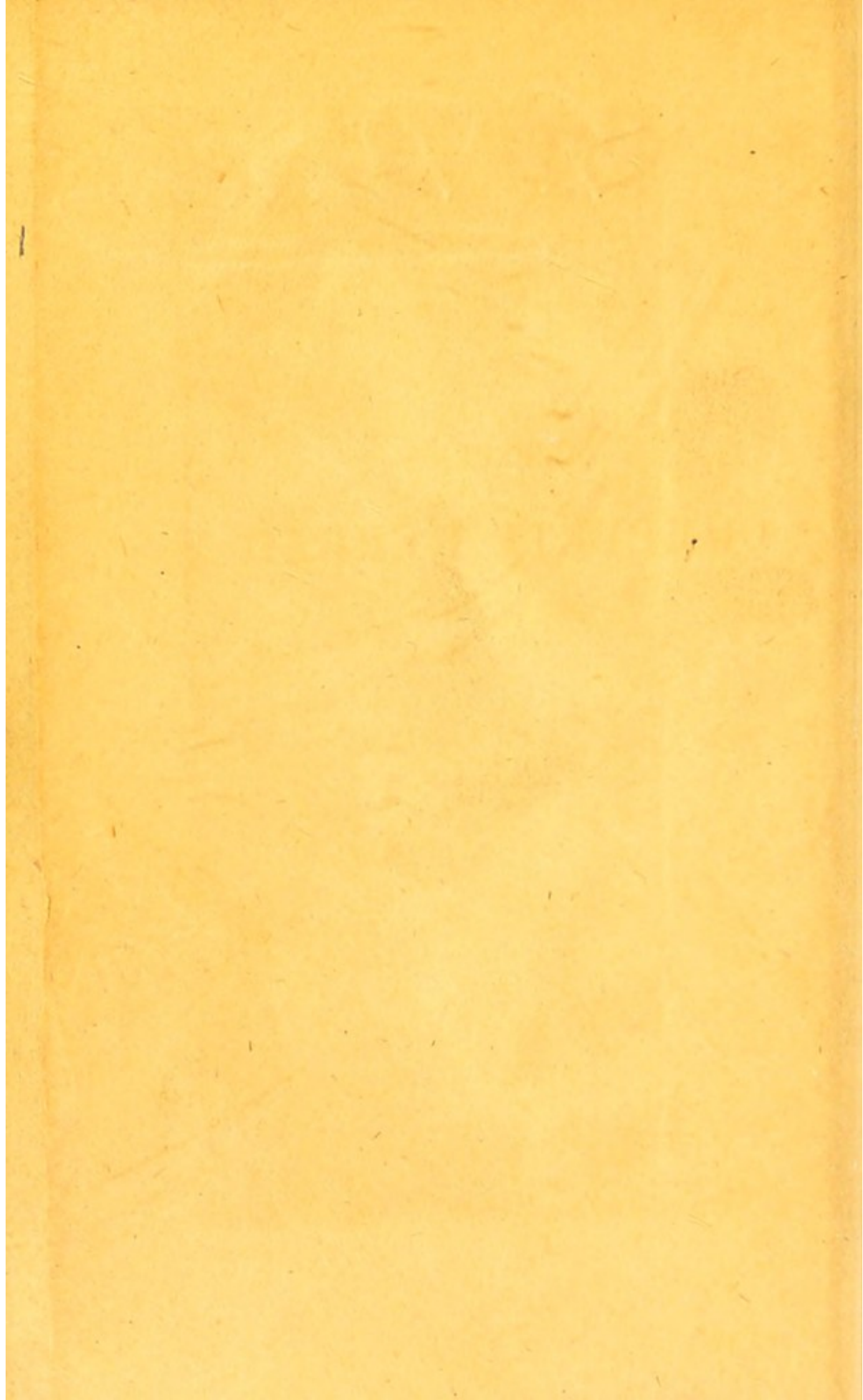


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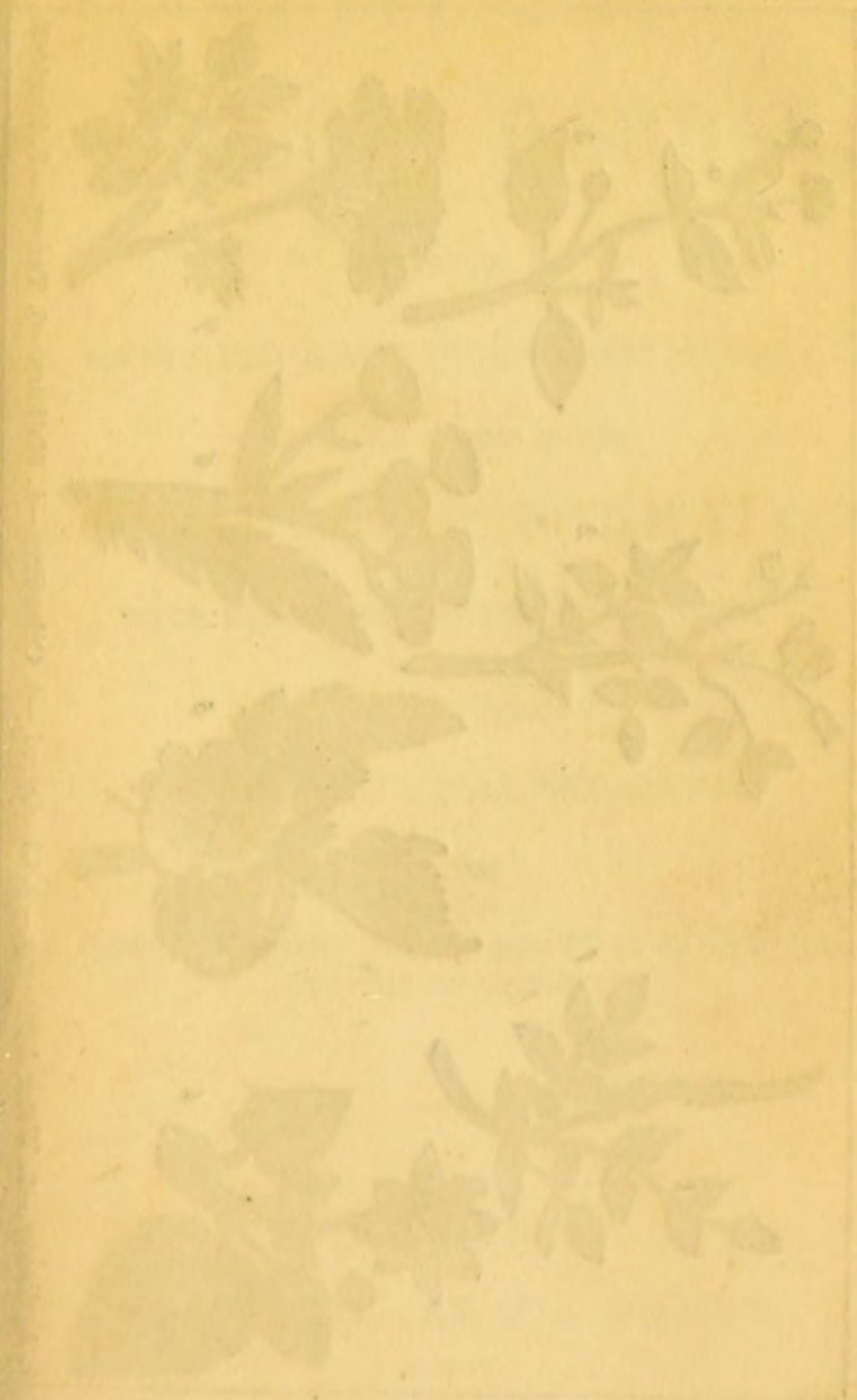


CULPEPER'S  
COMPLETE HERBAL.



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1. Agrimony.—2. Water Agrimony.—3. Chickweed.—4. Celandine.—5. Mallows.—6. Tansey.—7. Hemlock.

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CULPEPER'S  
COMPLETE HERBAL;

WITH THE  
MEDICINES MADE OF ENGLISH HERBS,  
PHYSICALLY APPLIED TO THE  
CURE OF ALL DISORDERS INCIDENT TO MAN,  
WITH RULES FOR COMPOUNDING THEM.

TO WHICH IS ADDED, HIS  
ENGLISH PHYSICIAN ENLARGED;  
FORMING  
A COMPLETE FAMILY DISPENSATORY & NATURAL  
SYSTEM OF PHYSIC.

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LONDON:  
PUBLISHED BY J. S. PRATT.

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MDCCCXLV.



THE HERBS AND PLANTS  
COMPLETE HERBAL  
AT AN ANATOMICAL TABLE  
OF THE HERBS

WITH WORDS



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AN ALPHABETICAL TABLE  
OF  
THE HERBS AND PLANTS.

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# COMPLETE HERBAL.

&c. &c.

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## ALL-HEAL.

It is called all heal, Hercules' all-beal, and Hercules' wound-wort, because it is supposed that Hercules learned the herb and its virtues from Chiron, when he learned physic of him. Some call it panay, and others opophane-wort.

DESCRIPTION.—Its root is long, thick, and exceeding full of juice, of a hot and biting taste: the leaves are great and large, and winged almost like ash tree leaves, but that they are something hairy, each leaf consisting of five or six pair of such wings set one against the other upon foot-stalks, broad below, but narrow towards the end; one of the leaves is a little green colour; they are of a bitterish taste being chewed in the mouth. From among these ariseth up a stalk, green in colour, round in form, great and strong in magnitude, five or six feet in altitude, with many joints and some leaves thereat: towards the top come forth umbles of small yellow flowers, after which are passed away, you may find whitish, yellow, short flat seeds bitter also in taste.

PLACE.—Having given you the description of the herb from the bottom to the top, give me leave to tell you that there are other herbs called by this name: but because they are strangers in England, I give only the description of this, which is easily to be had in the gardens of divers places.

TIME.—Although Gerrard saith, That they flower from the beginning of May to the end of December, experience

teacheth them that keep it in their gardens, that it flowers not till the latter end of the summer, and sheds its seed presently after.

GOVERNMENT AND VIRTUES —It is under the dominion of Mars, hot, biting, and choleric; and remedies what evil Mars afflicts the body of man with, by sympathy, as vipers' flesh attracts poison, and the loadstone iron. It kills the worms, helps the gout, cramps, and convulsions; provokes urine, and helps all joint aches. It helps all cold griefs of the head, the vertigo, falling sickness, the lethargy, the wind colic, obstructions of the liver and spleen, stone in the kidneys and bladder. It provokes the terms, expels the dead birth: it is excellent for the griefs of the sinews, itch, stone, tooth-ache; the biting of mad dogs and venomous beasts, and purgeth cholera very gently.

#### ADDER'S TONGUE, OR SERPENT'S TONGUE.

DESCRIPTION.—This herb hath but one leaf, which grows with the stalk a finger's length above the ground, being flat and of a fresh green colour: broad like water plaine, but less, without any rib in it; from the bottom of which leaf, on the inside, riseth up, ordinarily, one, sometimes two or three slender stalks, the upper part whereof is somewhat bigger, and dented with small dents of a yellowish green colour, like the tongue of an adder serpent, (only this is as useful as they are formidable.) The roots continue all the year.

PLACE.—It grows in moist meadows, and in such like places.

TIME.—It is to be found in May or April, for it quickly perisheth with a little heat.

GOVERNMENT AND VIRTUES.—It is an herb under the dominion of the Moon and Cancer, and therefore, if the weakness of the retentive faculty be caused by an evil influence of Saturn in any part of the body governed by the Moon, or under the dominion of Cancer, this herb cures it by sympathy. It cures these diseases after specified, in

any part of the body under the influence of Saturn, by antipathy.

It is temperate in respect of heat, but in the second degree. The juice of the leaves drank with the distilled water of horse-tail, is a singular remedy for all manner of wounds in the breast, bowels, or other parts of the body, and is given with good success unto those that are troubled with casting, vomiting, or bleeding at the mouth and nose, or otherwise downwards. The said water given in the distilled water of oaken buds, is very good for women who have their usual courses, or the whites flowing too abundantly. It helps sore eyes. Of the leaves infused or boiled in oil, omphacine, or unripe olives, set in the sun for certain days, or the green leaves sufficiently boiled in the said oil, is made an excellent green balsam, not only for green and fresh wounds, but also for old and inveterate ulcers, especially if a little fine clear turpentine be dissolved therein. It also stayeth and refresheth all inflammations that arise upon pains by hurts and wounds.

What parts of the body are under each planet and sign, and also what disease may be found in my astrological judgment of diseases; and for the internal work of nature in the body of man, as vital, animal, natural and procreative spirits of man; the apprehension, judgment, memory; the external senses, viz.—seeing, hearing, smelling, tasting, and feeling; the virtues attractive, retentive, digestive, expulsive, &c., under the dominion of what planets they are, may be found in my Ephemeris for the year 1651; in both which you shall find the chaff of authors blown away by the fame of Dr. Reason, and nothing but rational truths for him to feed upon.

## AGRIMONY.

DESCRIPTION.—This hath divers long leaves, some greater, some smaller, set upon a stalk, all of them dented about the edges, green above and greyish underneath, and a little hairy withal; among which ariseth up usually but one strong, round, hairy, brown stalk, two or three feet high, with smaller leaves set here and there upon it. At the top hereof grow many small yellow flowers, one above another, in long spikes, after which come round heads of seed, hanging downwards, which will cleave to and stick upon garments, or any thing that shall rub against them. The knot is black, long, and somewhat woody, abiding many years, and shooting afresh every spring; which root, though small, hath a reasonable scent.

PLACE.—It groweth upon banks, near the sides of hedges.

TIME.—It flowereth in July and August, the seed being ripe shortly after,

GOVERNMENT AND VIRTUES.—It is an herb under Jupiter and the sign Cancer; and strengthens those parts under the planet and sign, and removes diseases in them by sympathy; and those under Saturn, Mars, and Mercury, by antipathy, if they happen in any part of the body governed by Jupiter, or under the signs of Cancer, Sagittary, or Pisces, and therefore must needs be good for the gout, either used outwardly in oil and ointment, or inwardly in an electuary, or syrup, or concerted juice: for which see the latter end of the work.

It is of a cleansing and cutting faculty, without any manifest heat, moderately drying and binding. It openeth and cleanseth the liver, helpeth the jaundice, and is very beneficial to the bowels, healing all inward wounds, bruises, hurts, and other distempers. The decoction of the herb made with wine, and drank, is good against the biting and stinging of serpents, and helps them that make foul, troubled or bloody water, and makes them water clear speedily: it also helpeth the colic, cleanseth the breast, and rid

away the cough. A draught of the decoction taken warm before the fit, first removes, and in time rids away the tertian or quartan agues. The leaves and seed taken in wine stays the bloody flux; outwardly applied, being stamped with old swine's grease, it helpeth old sores, cancers, and inveterate ulcers, and draweth forth thorns and splinters of wood, nails, or any other such thing gotten in the flesh: it helpeth to strengthen the members that be out of joint: and being bruised and applied, or the juice dropped in, it helpeth foul and imposthumed ears.

The distilled water of the herb is good to all the said purposes, either inward or outward, but a great deal weaker.

It is a most admirable remedy for such whose lives are annoyed either by heat or cold. The liver is the farmer of blood, and blood is the nourisher of the body, and agrimony is a strengthener of the liver.

I cannot stand to give you a reason in every herb why it cureth such diseases; but if you please to peruse my judgment into the herb wormwood, you shall find me there; and it will be well worth your while to consider it in every herb—you shall find them true throughout the book.

### WATER AGRIMONY.

It is called in some countries water hemp, bastard hemp, and bastard agrimony; eupatorium and hepatorium, because it strengthens the liver.

DESCRIPTION.—The root continues a long time, having long slender stalks: the stalk grows up about two feet high, sometimes higher; they are of a dark purple colour; the branches are many, growing at distances one from the other, and one from the one side of the stalk, the other from the opposite point: the leaves are winged, and much indented at the edges: the flowers grow at the top or the branches, of a brown yellow colour, spotted with black spots, having a substance within the midst of them like that of a daisy; if you rub between your fingers, they smell like rosin or cedar when it is burnt; the seeds are long, and easily stick to any woollen thing they touch.

**PLACE.**—They delight not in heat, and therefore are not so frequently found in the southern parts of England as in the northern, where they grow frequently. You may look for them in cold grounds by the sides of ponds and ditches, as also by running streams; sometimes you will find them grow in the midst of the waters.

**TIME.**—They all flower in July or August, and the seed is ripe presently after.

**GOVERNMENT AND VIRTUES.**—It is a plant of Jupiter, as well as the other agrimony, only this belongs to the celestial sign Cancer. It healeth and drieth, cutteth, and cleanseth thick and tough humours of the breast, and for this I hold it inferior to few herbs that grow; it helps the cachexia, or evil disposition of the body, the dropsy, and yellow jaundice: it opens the obstructions of the liver, mollifies the hardness of the spleen, being applied outwardly; it breaks imposthumes, taken inwardly; it is an excellent remedy for the third day ague: it provokes urine and the terms; it kills worms, and cleanseth the body of sharp humours, which are the cause of itch and scabs; the herb being burnt, the smoke thereof drives away flies, wasps, &c. It strengthens the lungs exceedingly. Country people give it to their cattle when troubled with the cough, or broken winded.

### ALEHOOF, OR GROUND-IVY.

Several counties give it several names, so that there is scarce a herb growing of that bigness, that has got so many. It is called cat's foot, ground-ivy, gill-go-by-ground, and gill creep by-ground, hay-maid, alehoof.

**DESCRIPTION.**—This well known herb spreadeth, lieth, and creepeth upon the ground, shooteth forth roots at the corners of tender jointed stalks, set with two round leaves at every joint, some hairy crumbled and unevenly dented about the edges with round dents: at the joints, likewise, with the leaves towards the end of the branches, come forth hollow, long flowers, of a bluish purple colour, with small

white spots upon the lips that hang down. The root is small, with strings.

PLACE.—It is commonly found under hedges, and on the sides of ditches, under houses, or in shadowed lanes and other waste lands in almost every part of the land.

TIME.—They flower somewhat early, and abide a great while; the leaves continue green until winter, and sometimes abide, except the winter be very sharp and cold.

GOVERNMENT AND VIRTUES.—It is an herb of Venus, and therefore cures the diseases she causes by sympathy, and those of Mars by antipathy; you may easily find it in all the year, except the year be extremely frosty; it is quick, sharp, and bitter in the taste, and is thereby found to be hot and dry; a singular herb for all inward wounds, exulcerated lungs or other parts, either by itself or boiled with other the like herbs; and being drank, in a short time it easeth all griping pains, windy and choleric humours in the stomach, spleen, or belly; helps the yellow jaundice, by opening the stoppings of the gall and liver, and melancholy by opening the stoppings of the spleen: expelleth venom or poison, and also the plague: it provokes women's courses. The decoction of it in wine drank for some time together procureth ease unto them that are troubled with the sciatica, or hip gout; as also the gout in the hands, knees, or feet; if you put to the decoction some honey and a little burnt alum, it is excellent good to gargle any sore mouth or throat, and to wash sores and ulcers in the privy parts of man or woman; it speedily helpeth green wounds, being bruised and bound thereto. The juice of it boiled in a little honey and verdigrease, doth wonderfully cleanse fistulas, ulcers, and stayeth the spreading or eating of cancers and ulcers; it helpeth the itch, scabs, wheals, and other breakings out in any part of the body. The juice of celandine, field daisies, and ground ivy clarified, and a little fine sugar dissolved therein, and dropped into the eyes, is a sovereign remedy for all pains, redness and watering of them; as also for the pin and web, skins and films growing over the sight; it helpeth beasts as well as men. The juice dropped into the ear doth wonderfully help the noise



and singing of them, and helpeth the hearing which is decayed. It is good to tun up with new drink, for it will clarify it in any night, that it will be the fitter to be drank the next morning; or if any drink should be thick with removing or any other accident, it will do the like in a few hours.

### THE BLACK ALDER TREE.

DESCRIPTION.—This tree seldom groweth to any great bigness, but for the most part abideth like a hedge bush, or a tree spreading its branches, the wood of the body being white, and a dark red cole or heart; the outward bark is of a blackish colour, with many whitish spots therein; but the inner bark next the wood is yellow, which, being chewed, will turn the spittle near into a saffron colour. The leaves are somewhat like those of an ordinary alder-tree, or the female cornet, or dogberry-tree, called in Sussex dog-wood, but blacker, and not so long: the flowers are white, coming forth with the leaves at the joints, which turn into small round berries, first green, afterwards red, but blackish when thoroughly ripe, divided as it were into two parts, wherein is contained two small round flat seeds. The root does not run deep into the earth, but spreads rather under the upper crust of the ground.

PLACE.—This tree or shrub may be found plentifully in St. John's wood, by Hornsey, and the woods on Hampstead heath: as also in a wood called the Old Park, in Barcomb, Essex, near the brook side.

TIME.—It flowereth in May, and the berries are ripe in September.

GOVERNMENT AND VIRTUES.—It is a tree of Venus, and perhaps under the celestial sign Cancer. The inner yellow bark hereof purgeth downwards both choler and phlegm, and the watery humours of such as have the dropsy, and strengthens the inward parts again by binding. If the bark hereof be boiled with agrimony, wormwood, dodder, hops, and a reasonable draught taken every morning for some time together, it is very effectual against the jaundice,

dropsy, and the evil disposition of the body, especially if some suitable purging medicines have been taken before, to void the grosser excrements: it purgeth and strengtheneth the liver and spleen, cleansing them from such evil humours and hardness as they are afflicted with. It is to be understood that these things are performed by the dry bark; for the fresh green bark taken inwardly provokes strong vomitings, pains in the stomach, and gripings in the belly; yet if the decoction may stand and settle two or three days, until the yellow colour be changed black, it will not work so strongly as before, but will strengthen the stomach and procure an appetite to meat. The outward bark contrariwise both binds the body, and is helpful for all lasks and fluxes thereof, but this also must be dried first, whereby it will work the better. The inner bark thereof boiled in vinegar is an approved remedy to kill lice, to cure the itch, and take away scabs, by drying them up in a short time. It is singularly good to wash the teeth, to take away the pains, to fasten those that are loose, to cleanse them, and keep them sound. The leaves are good fodder for kine, to make them give more milk.

In spring-time you use the herbs before mentioned, and will take a handful of each of them, and to them add an handful of elder buds, and having bruised them all, boil them in a gallon of ordinary beer when it is new; and having boiled them half an hour, add to this three gallons more and let them work together, and drink a draught of it every morning, half a pint or thereabouts; it is an excellent purge for the spring, to consume the phlegmatic quality the winter hath left behind it, and withal to keep your body in health, and consume those evil humours which the heat of summer will readily stir up. Esteem it as a jewel.

### THE COMMON ALDER TREE.

DESCRIPTION.—Groweth to a reasonable height, and spreads much if it like the place. It is so generally well known unto country people, that I consider it quite needless to tell that which is no news.

PLACE AND TIME.—It delighteth to grow in moist woods and watery places; flowereth in April and May, and yielding ripe seed in September.

GOVERNMENT AND USE.—It is a tree under the dominion of Venus, and of some watery sign or other, I suppose Pisces; and therefore the decoction, or distilled water of the leaves, is excellent against burnings and inflammations, either with wounds or without, to bathe the place grieved with, and especially for that inflammation of the breast which the vulgar call an ague.

If you cannot get the leaves, which in winter is impossible, make use of the bark in the same manner.

The leaves and bark of the alder are cooling, drying, and binding. The fresh leaves laid upon swellings dissolve them, and stay the inflammations. The leaves put under the bare feet galled with travelling, are a great refreshing to them. The said leaves gathered while the morning dew is on them, and brought into a chamber troubled with fleas, will gather them thereunto, which being suddenly cast out, will rid the chamber of those troublesome bed-fellows.

### AMARANTHUS.

Besides its common name, by which it is best known by the florists of our day, it is called flower gentle, flower velure, floramor, and flower velvet.

DESCRIPTION.—It being a garden flower, and well known to every one that keeps it, I might forbear a description: yet, notwithstanding, because some desire it, I shall give it. It runneth up with a stalk a cubit high, streaked, and somewhat reddish towards the root, but very smooth, divided towards the top with small branches, among which stand long broad leaves of a reddish green colour, slippery; the flowers are not properly flowers, but tufts, very beautiful to behold, but of no smell, of reddish colour: being gathered they keep their beauty a long time: the seed is of a shining black colour.

**TIME.**—They continue in flower from August till the time of frost nips them.

**GOVERNMENT AND VIRTUES.**—It is under the dominion of Saturn, and is an excellent qualifier of the unruly actions and passions of Venus, though Mars should also join with her. The flowers dried and beaten into powder, stop the terms of women, and so do almost all other red things. And by the icon, or image of every herb, the ancients at first found out their virtues. Modern writers laugh at them for it: but I wonder in my heart how the virtue of herbs came at first to be known, if not by their signatures; the moderns have them from the writings of the ancients: the ancients had no writings to have them from; but to proceed.—The flowers stop all fluxes of blood, whether in man or woman, bleeding either at the nose or wound. There is also a sort of amaranthus that bears a white flower, which stops the whites in women, and the running of the reins in men, and is a most gallant anti-venereal, and a singular remedy for the French Pox.

### ANEMONE.

Called also wind flower, because they say the flowers never open but when the wind bloweth. Pliny is my author; if it be not so blame him. The seed also, if it bears at all, flies away with the wind.

**PLACE AND TIME.**—They are sown usually in gardens of the curious, and flower in the spring time. As for description, I shall pass it, being well known to all those that sow them.

**GOVERNMENT AND VIRTUES**—It is under the dominion of Mars, being supposed to be a kind of crow-foot. The leaves provoke the terms mightily, being boiled, and the decoction drank. The body being bathed with the decoction of them, cures the leprosy: the leaves being stamped, and the juice snuffed up the nose, purgeth the head, mightily: so doth the root, being chewed in the mouth for it procureth much spitting, and bringeth away many watery and phlegmatic humours, and is therefore excellent

for the lethargy. And when all is done, let physicians prate what they please, all the pills in the dispensatory purge not the head like hot things held in the mouth. Being made into an ointment, and the eye lids anointed with it, it helps inflammations of the eyes; whereby it is palpable, that every stronger draweth its weaker like. The same ointment is excellent good to cleanse malignant and corroding ulcers.

### GARDEN ARRACH.

Called also orach, and arage.

DESCRIPTION.—It is so commonly known to every housewife, it were labour lost to describe it.

TIME.—It flowereth and seedeth from June to the end of August.

GOVERNMENT AND VIRTUES.—It is under the government of the Moon: in quality cold and moist like unto her. It softeneth and looseneth the body of man being eaten, and fortifieth the expulsive faculty in him. The herb, whether it be bruised and applied to the throat, or boiled, and in like manner applied, it matters not much, it is excellent good for swellings in the throat: the best way, I suppose, is to boil it, having drunk the decoction inwardly, and apply the herb outwardly. The decoction of it besides is an excellent remedy for the yellow jaundice.

### ARRACH, WILD AND STINKING,

Called also vulvaria, from that part of the body upon which the operation is most: also dog's arrach, and stinking mother wort.

DESCRIPTION.—This hath small and almost round leaves, yet a little pointed, and almost without dent or cut, of a dusky mealy colour, growing on the slender stalks and branches that spread on the ground, with small flowers in clusters set with the leaves, and small seeds succeeding like the rest, perishing yearly, and raising again with its

own sowing. It smells much like rotten fish, or something worse.

PLACE.—It grows usually upon dunghills.

TIME.—They flower in June and July, and their seed is ripe quickly after.

GOVERNMENT AND VIRTUES.—Stinking arrach is used as a remedy to help women pained, and almost strangled with the mother, by smelling to it: but inwardly taken there is no better remedy under the moon for that disease. I would be large in commendation of this herb, were I but eloquent. It is an herb under the dominion of Venus, and under the sign Scorpio; it is common almost upon every dunghill. The works of God are given freely to man, his medicines are common and cheap, and easy to be found. ('Tis the medicines of the College of Physicians that are so dear and scarce to find.) I commend it for an universal medicine of the womb, and such a medicine as will easily, safely, and speedily cure any disease thereof, as fits of the mother, dislocation, or falling out thereof; it cools the womb being over-heated.

And let me tell you this, and I will tell you the truth—heat of the womb is one of the greatest causes of hard labour in child birth. It maketh barren women fruitful: it cleanseth the womb if it be foul, and strengthens it exceedingly: it provokes the terms if they be stopped, and stops them if they flow immoderately; you can desire no good to your womb but this herb will effect it: therefore if you love children, if you love health, if you love ease, keep a syrup always by you made of the juice of this herb, and sugar, or honey if it be to cleanse the womb; and let such as be rich keep it for their poor neighbours, and bestow it as freely as I bestow my studies upon them, or else let them look to answer it another day, when the Lord shall come to make inquisition of blood.

### AMARA DULCIS.

DESCRIPTION.—It grows up with woody stalks, even to a man's height, and sometimes higher. The leaves fall off

at the approach of winter, and spring out of the same stalks at spring time. The branch is compassed about with a whitish bark, and hath a pith in the middle of it; the main branch brancheth itself into many small ones with clasps, laying hold on what is next to them, as vines do. It bears many leaves; they grow in no order at all, or at least in no regular order.

PLACE.—They grow commonly almost throughout England, especially in moist and shady places.

GOVERNMENT AND VIRTUES.—It is under the planet Mercury, and a notable herb of his also, if it be rightly gathered under his influence. It is excellent good to remove witchcraft both in man and beast, as also all sudden diseases whatsoever. Being tied round about the neck, is one of the most admirable remedies for the vertigo or dizziness in the head that is: and that is the reason (as Tragus saith) the people in Germany commonly hang it about their cattle's neck, when they fear any such use to take the berries of it, and having bruised them, they apply them to felons, and thereby soon rid their fingers of such troublesome guests.

We have now shewed you the external use of the herb, we shall speak a word or two of the internal, and so conclude. Take notice, it is a Mercurial herb, and therefore of very subtle parts, as indeed all Mercurial plants are; therefore take a pound of the wood and the leaves together, bruise the wood, which you may easily do, for it is not so hard as oak, then put it into a pot and put to it three pints of white wine, put on the pot lid and shut close: let it infuse hot over a gentle fire twelve hours, then strain it out so have you a most excellent drink to open obstructions of the liver and spleen.

### ARCHANGEL.

To put a gloss upon their practice, the physicians call an herb (which country people vulgarly know by the name of the dead nettle) Archangel: whether they favour more of superstition or folly, I leave to the judicious reader.

There is more curiosity than courtesy to my countrymen used by others in the explanation as well of the names, as description of this so well known herb; which, that I may not also be guilty of, take this short description, first of the red archangel.

DESCRIPTION.—This hath divers square stalks, somewhat hairy, at the joints whereof grow two sad green leaves dented about the edges, opposite to one another to the lowermost, upon long foot stalks, but without any toward the tops, which are somewhat round, yet pointed, and a little crumpled and hairy, round about the upper joints, where the leaves grow thick, are sundry gaping flowers of a pale reddish colour; after which come the seeds three or four in a husk: the root is smaller and thready, perishing every year; the whole plant hath a strong scent, but not stinking.

White archangel hath divers square stalks, none standing straight upward, but bending downwards, wherein stand two leaves at a joint, larger and more pointed than the other, dented about the edges, and greener also, more like unto nettle leaves, but not stinking, yet hairy. At the joints with the leaves stand larger and more open gaping white flowers, husks round about the stalks, but not with such a bush of leaves as flowers set in the top, as is on the other, stand small roundish black seed: the root is white, with many strings at it, not growing downward, but lying under the upper crust of the earth, and abideth many years increasing: this hath not so strong a scent as the former.

Yellow archangel is like the white in the stalks and leaves; but that the stalks are more straight and upright, and the joints with leaves are farther asunder, having longer leaves than the former, and the flowers a little larger and more gaping, of a fair yellow colour in most, in some paler; the roots are like white, only they creep not so much under the ground.

PLACE.—They grow almost every where, unless it be in the middle of the street; the yellow most usually in the wet grounds of woods, and sometimes in the drier, in divers counties of this nation.



**TIME.**—They flower from the beginning of spring all the summer long.

**VIRTUES AND USE.**—The archangels are somewhat hot and drier than the stinging nettles, and used with better success for the stopping and hardness of the spleen, than by using the decoction of the herb in wine, and afterwards applying the herb hot unto the region of spleen as a plaister, or the decoction with sponges. Flowers of the white archangel are preserved or conserved to be used to stay the whites, and the flowers of the red to stay the reds in women. It make the heart merry, drives away melancholy, quickens the spirits, is good against the quartan agues, stauncheth bleeding at the mouth and nose if it be stamped and applied to the nape of the neck; the herb also bruised, and with some salt and vinegar and hog's grease laid upon an hard tumour or swelling, or that vulgarly called the king's evil, do help to dissolve or discuss them: and being in like manner applied, doth much allay the pains and give ease to the gout, sciatica, and other pains of the joints and sinews. It is also very effectual to heal green wounds and old ulcers; also to stay their fretting, gnawing, and spreading: it draweth forth splinters, and such like things gotten into the flesh, and is very good against bruises and burnings. But the yellow archangel is most commended for old, filthy, corrupt sores and ulcers, yea, although they be hollow; and to dissolve tumours. The chief use of them is for women, it being an herb of Venus.

#### ARSSMART.

The hot arssmart is called also water-pepper, or culrane. The mild arssmart is called dead arssmart percicarai, or peachwort, because the leaves are so like the leaves of a peach-tree; it is also called plumbago.

**DESCRIPTION OF THE MILD**—This hath broad leaves at the great red joints of the stalks, with semi circular blackish marks on them, usually either bluish or whitish, with such like seed following. The root is long with many strings thereat, perishing yearly; this hath no sharp taste

(as another sort hath, which is quick and biting) but rather sour like sorrel, or else a little drying or without taste.

PLACE.—It groweth in watery places, ditches and wherein the like, which for the most part are dry in summer.

TIME.—It flowereth in June, and the seed is ripe in August.

GOVERNMENT AND VIRTUES.—As the virtue of both these is various, so is also their government; for that which is hot and biting is under the dominion of Mars, but Saturn challengeth the other, as appears by that leaden coloured spot he hath placed upon the leaf.

It is of a cooling and drying quality, and very effectual for putrid ulcers in man or beast, to kill worms and cleanse the putrified places. The juice thereof dropped in, or otherwise applied, consumeth all cold swellings, and dissolveth the congealed blood of bruises by strokes, falls, &c. A piece of the root, or some of the seeds bruised and held to an aching tooth, taketh away the pain: the leaves bruised and laid to the joint that hath a felon thereon, taketh it away; the juice destroyeth, arssmart when strewed in a chamber, will soon kill all the fleas; and the herb or juice of the cold arssmart put to a horse or other cattle's sores, will drive away the fly in the hottest day in summer: a good handful of the hot biting arssmart put under a horse's saddle, will make him travel the better although he were half tired before. The mild arssmart is good against all imposthumes and inflammations at the beginning, and to heal green wounds.

All authors chop the virtues of both sorts to arssmart together, as men chop herbs to the pot, when both of them are of clean contrary qualities. The hot arssmart groweth not so high or so tall as the mild doth, but hath many leaves of the colour of peach leaves, very seldom or never spotted: in other particulars it is like the former, but may easily be known from it if you will but be pleased to break a leaf of it cross your tongue; for the hot will make your tongue to smart, as will not the cold. If you see them

together you may easily distinguish them, because the mild hath far broader leaves: and our College of Physicians, out of their learned care of the public good, *anglice* their own gain, mistake the one for the other in their *New Master-piece* whereby they discover,—1. Their ignorance; 2. Their carelessness; and he that hath but half an eye may see their pride without a pair of spectacles. I have done what I could to distinguish them in virtues, and when you find not the contrary named, use the cold. The truth is, I have not yet spoken with Dr. Reason, nor his brother, Dr. Experience, concerning either of them.

### ASPARAGUS, SPARAGUS, OR SPERAGE.

DESCRIPTION.—It raiseth up at first with divers white and green scaly heads, very brittle and easy to break while they are young, which afterwards rise up in very long and slender green stalks, of the bigness of an ordinary riding wand, at the bottom of most, or bigger or lesser, as the roots are of growth; on which are set divers branches of green leaves, shorter and smaller than fennel, to the top; at the joints whereof come forth small yellowish flowers, which run into round berries, green at first, and of an excellent red colour when they are ripe, shewing like bead or coral, wherein are contained exceeding hard black seeds: the roots are dispersed from a spongy head into many long, thick, and round strings, wherein is sucked much nourishment out of the ground, and increaseth plentifully thereby.

### PRICKLY ASPARAGUS, OR SPERAGE.

DESCRIPTION.—It groweth usually in gardens, and some of it grows wild in Appleton meadows, in Gloucestershire, where the poor people do gather the buds of young shoots, and sell them cheaper than our garden asparagus is sold at London.

TIME.—They do for the most part flower and bare their

berries late in the year, or not at all, although they are housed in winter.

GOVERNMENT AND VIRTUES.—They are both under the dominion of Jupiter. The young buds of branches boiled in ordinary broth, make the belly soluble and open; and boiled in white wine, provoke urine being stopped, and is good against the stranguary, or difficulty of making water: it expelleth the gravel and stone out of the kidnies, and helpeth pains in the reins; and boiled in white wine or vinegar, it is prevalent for them that have their arteries loosened, or are troubled with the hip gout or sciatica. The decoction of the roots boiled in wine, and taken, is good to clear the sight, and being held in the mouth easeth the tooth-ache; and being taken fasting several mornings together, stirreth up bodily lust in man or woman, whatever some may have written to the contrary. The garden asparagus nourisbeth more than the wild, yet hath it the same effects in the afore mentioned diseases. The decoction of the roots in white wine and the back and belly bathed therewith, or kneeling or laying down in the same, or sitting therein as a bath, hath been found effectual against pains of the reins and bladder, pains that happen to the lower parts of the body, and no less effectual against stiff and benumbed sinews, or those that are shrunk by cramps and convulsions, and helpeth the sciatica.

#### ASH TREE.

This is so well known, that time will be mispent in writing a description of it; and therefore I shall only insert upon the virtues of it.

GOVERNMENT AND VIRTUES.—It is governed by the sun; and the young tender tops, with the leaves taken inwardly, and some of them outwardly applied, are singular good against the biting of adder, viper, or any other venomous beast; and the water distilled therefrom being taken, a small quantity every morning fasting, is a singular medicine for those that are subject to dropsy, or to abate the greatness of those that are too gross or fat. The

decoction of the leaves in white wine helpeth to break the stone and expel it, and cureth the jaundice. The ashes of the bark of the ash made into lye, and those heads bathed therewith which are leprous, scabby, or scald, they are thereby cured. The kernels within the husks, commonly called ashen keys, prevail against stitches and pains in the side, proceeding of wind and voiding away the stone, by provoking urine.

I can justly except against none of this, save only the first, viz.—That ash-tree tops and leaves are good against the biting of serpents and vipers. I suppose this had its rise from Gerard or Pliny, both which hold, that there is such an antipathy between an adder and an ash tree, that if an adder be encompassed round with ash-tree leaves; the contrary to which is the truth, as both my eyes are witness. The rest are virtues something likely, only if it be in winter when you cannot get the leaves, you may safely use the bark instead of them. The keys you may easily keep all the year, gathering them when they are ripe.

#### AVENS, CALLED ALSO COLEWORT, AND HERB BONNET.

DESCRIPTION.—The ordinary avens hath many long, rough, dark green winged leaves rising from the root, every one made of many leaves set on each side of the middle rib, the largest throe whereof grow at the end, and are snipped or dented round about the edges; the other being small pieces, sometimes two and sometimes four, standing on each side of the middle rib underneath them: among which do rise up divers rough or hairy stalks, about two feet high, branching forth with leaves at every joint, not so long as those below, but almost as much cut in on the edges, some into three, some into more. On the tops of the branches stand small, pale yellow flowers, consisting of fives leaves, like the flowers of cinque-foil, but large, in the middle whereof standeth a small green herb, which, when the flower is fallen, groweth to be sound, being made of many long greenish purple seeds like grains,

which will stick upon your clothes. The root consists of many brownish strings or fibres, smelling somewhat like unto cloves, especially those which grow in the higher, hotter, and drier grounds, and in free and clear air.

PLACE.—They grow wild in many places under hedges' sides, and by the pathways in fields; yet they rather delight to grow in shadowy than in sunny places.

TIME.—They flower in May and June for the most part, and their seed is ripe in July at the farthest.

GOVERNMENT AND VIRTUES.—It is governed by Jupiter, and that gives hopes of a wholesome, healthful herb. It is good for the diseases of the chest or breast, for pains and stitches in the side, and to expel crude and raw humours from the belly and stomach, by the sweet savour and warming quality. It dissolves the inward congealed blood happening by falls or bruises, and the spitting of blood, if the roots, either green or dry, be boiled in wine and drank, as also all manner of inward wounds or outward, if bathed, or washed therewith. The decoction also being drank, comforts the heart, and strengthens the stomach and a cold brain, and therefore is good in the spring-time to open obstructions of the liver, and helpeth the wind colic; it also helps those who have fluxes, or are bursten, or have a rupture: it taketh away spots or marks in the face, being washed therewith. The juice of the fresh root, or powder of the dried root, have the same effect as the decoction. The root in the spring-time, steeped in wine, doth give it a delicate savour and taste, and being drank fasting every morning, comforteth the heart, and is a good preservative against the plague or any other poison. It helpeth digestion, warmeth a cold stomach, and openeth obstructions of the liver and spleen.

It is very safe: you need have no dose prescribed; and is very fit to be kept in every body's house.

#### BALM.

This herb is so well known to be an inhabitant almost in every garden, that I shall not need to give any description

thereof, although the virtues thereof, which are many, should not be omitted.

GOVERNMENT AND VIRTUES.—It is an herb of Jupiter, and under Cancer, and strengthens nature much in all its actions. Let a syrup made with the juice of it and sugar (as you shall be taught at the latter end of the book) be kept in every gentlewoman's house to relieve the weak stomachs and sick bodies of their poor sickly neighbours; as also the herb kept dry in the house, that so with any other convenient simples, you make it into an electuary with honey, according as the disease is, you shall be taught at the latter end of my book. The Arabian physicians have extolled the virtues thereof to the skies; although the Greeks thought it not worth mentioning. Seraphio saith, it causeth the mind and heart to become merry, and reviveth the heart, faintings and swoonings, especially of such who are overtaken in sleep, and driveth away all troublesome cares and thoughts out of the mind, arising from melancholy and black choler; which Avicen also confirmeth. It is very good to help digestion, and open obstructions of the brain, and hath so much purging quality in it, (saith Avicen) as to expel those melancholy vapours from the spirits and blood which are in the heart and arteries, although it cannot do so in other parts of the body. Discorides saith, that the leaves steeped in wine, and the wine drank, and the leaves externally applied, is a remedy against the stings of a scorpion, and the bitings of mad dogs; and commendeth the decoction thereof for women to bathe or sit in to procure their courses; it is good to wash aching teeth therewith, and profitable for those that have the bloody flux. The leaves also, with a little nitre taken in drink, are good against the surfeit of mushrooms, and help the griping pains of the belly; and being made into an electuary, it is good for them that cannot fetch their breath; used with salt, it takes away wens, kernels, or hard swellings in the flesh or throat: it cleanseth foul sores, and easeth pains of the gout. It is good for the liver and spleen. A tansy or caudle made with

eggs, and juice thereof, while it is young, putting to it some sugar and rose-water, is good for a woman in child bed, when the after birth is not thoroughly voided, and for their faintings upon or in their sore travail. The herb bruised and boiled in a little white wine and oil, and laid warm on a bile, will ripen and break it.

### BARBERRY.

The shrub is so well known by every boy and girl that hath but attained the age of seven years, that it needs no description.

GOVERNMENT AND VIRTUES.—Mars owns the shrub, and presents it to the use of my countrymen to purge their bodies of choler. The inner rind of the barberry tree boiled in white wine, and a quarter of a pint drank every morning, is an excellent remedy to cleanse the body of choleric humours, and free it from such diseases as choler causeth, such as scabs, itch, tetter, ringworms, yellow jaundice, biles, &c. It is excellent for hot agues, burnings, scaldings, heat of the blood, heat of the liver, bloody flux, for the berries are as good as the bark, and more pleasing; they get a man a good stomach to his victuals, by strengthening the attractive faculty which is under Mars, as you may see more at large, at the latter end of my Ephemeris for the year 1651. The hair washed with the lye made of ashes of the tree and water, will make it turn yellow, viz. of Mars' own colour. The fruit and rind of the shrub, the flowers of broom and of heath, or furze, cleanse the body of choler by sympathy, as the flowers, leaves, and bark of the peach tree do by antipathy, because these are under Mars, that under Venus.

### BARLEY.

The continual usefulness hereof hath made all in general so acquainted herewith, that it is altogether needless to describe it, several kinds hereof plentifully growing, being



yearly sown in this land. The virtues hereof take as followeth.

GOVERNMENT AND VIRTUES.—It is a notable plant of Saturn; if you view diligently its effects by sympathy and antipathy, you may easily perceive a reason of them; as also why barley in all the parts and composition thereof, except malt, is more cooling than wheat, and a little cleansing; and all the preparations thereof, as barley water and other things made thereof, do give nourishment to persons troubled with fevers, agues, and heats in the stomach. A poultice made of barley meal or flour boiled in vinegar and honey, and a few dried figs put in them, dissolveth all hard imposthumes, and assuageth inflammations, being thereto applied; and being boiled with melilot and camomile flowers, and some linseed, fenugreek and rue in powder, and applied warm, it easeth pains in the side and stomach, and windiness of the spleen. The meal of barley and fleaworts boiled in water, and made a poultice with honey and oil of lillies, applied warm, cureth swellings under the ears, neck, and such like; a plaister made thereof with tar, wax, and oil, helpeth the king's evil in the throat; boiled with sharp vinegar into a poultice, and laid on hot, helpeth the leprosy; being boiled in red wine with pomegranate rind, and myrtles, stayeth the lask or other flux of the belly; boiled with vinegar and quince, it easeth the pains of the gout; barley flour, white salt, honey, and vinegar mingled together, taketh away the itch speedily and certainly. The water distilled from the green barley, in the end of May, is very good for those that have defluations of humours fallen into their eyes, and easeth the pain being dropped into them; or white bread steeped therein, and bound on the eyes, doth the same.

#### GARDEN BAZIL, OR SWEET BAZIL.

DESCRIPTION.—The greater or ordinary Basil riseth up usually with one upright stalk diversely branching forth on all sides, with two leaves at every joint, which are somewhat broad and round, yet pointed, of a pale green colour,

but fresh; a little snipped about the edges, and of strong healthy scent. The flowers are small and white, and standing at the tops of the branches, with two small leaves at the joints, in some places green, in others brown, after which come black seed. The root perisheth at the approach of winter, and therefore must be new sown every year.

PLACE.—It groweth in gardens.

TIME.—It must be sown late, and flower in the heart of summer, being a very tender plant.

GOVERNMENT AND VIRTUES.—This is the herb which all authors are together by the ears about and rail at one another, like lawyers. Galen and Dioscorides hold it not fitting to be taken inwardly; and Chyrsipus rails at it with downright Billingsgate rhetoric: Pliny and the Arabian physicians defend it.

For my part, I presently found that speech true:

Non nostrum inter nos tantas componere lites.

And away to Dr. Reason went I, who told me it was an herb of Mars, and under the Scorpion, and perhaps therefore called basilicon, and it is no marvel if it carry a kind of virulent quality with it. Being applied to the place bitten by venomous beasts, or stung by a wasp or hornet, it speedily draws the poison to it.—“Every like draws its like.” Mizaldus affirms, that laid to rot in horse dung, it will breed venomous beasts. Hilarious, a French physician, affirms upon his own knowledge, that an acquaintance of his, by common smelling to it, had a scorpion bred in his brain. Something is the matter; this herb and rue will never grow together, no nor near one another; and we know rue is as great an enemy to poison as any that grows.

To conclude. It expelleth both birth and after-birth; and as it helps the deficiency of Venus in one kind, so it spoils all her actions in another. I dare write no more of it.

## THE BAY TREE.

This is so well known, that it needs no description; I shall therefore only name the virtues thereof, which are many.

GOVERNMENT AND VIRTUES.—I shall but only add a word or two to what my friend hath written, viz.—That it is a tree of the Sun, and under the celestial sign Leo, and resisting witchcraft very potently, as also all the evils old Saturn can do the body of man, and they are not few; for it is the speech of one, and I am mistaken if it were not Mizaldus, says neither witch nor devil, thunder nor lightning, will hurt a man where the bay tree is. Galen said, that the leaves or bark do dry and heal very much, and the berries more than the leaves; the bark of the root is less sharp and hot, but more bitter, and hath some astiction withal, whereby it is effectual to break the stone, and good to open obstructions of the liver, spleen, and other inward parts which bring the jaundice, dropsy, &c. The berries are very effectual against all poison of venomous creatures, and the sting of wasps and bees: as also against the pestilence, or other infectious diseases, and therefore put into sundry treacles for that purpose. They likewise procure women's courses; and seven of them given to a woman in sore travail of child birth do cause a speedy delivery, and expel the after birth, and therefore not to be taken by such as have not gone out their time, lest they procure abortion, or cause labour too soon. They wonderfully help all cold and rheumatic distillations from the brain to the eyes, lungs, or other parts; and being made into an electuary with honey, do help the consumption, old coughs, shortness of breath, and thin rheums, as also the megrum. They mightily expel the wind, and provoke urine; help the mother, and kill the worms. The leaves also work the like effects. A bath of the decoction of the leaves and berries, is singular good for women to sit in that are troubled with the mother, or the diseases thereof, or the stoppings of their courses, or for the diseases of the bladder, pains in the

bowels by wind and stopping of urine. A decoction likewise of equal parts of bay berries, cummin seed, hyssop, origanum, and euphorbium, with some honey, and the head bathed therewith, doth wonderfully help distillations and rheums, and settleth the palate of the mouth into its place. The oil made of the berries is very comfortable in all cold griefs of the joints, nerves, arteries, stomach, belly, or womb; and helpeth palsies, convulsions, cramp, aches, trembling, and numbness in any part, weariness also, and pains that come by sore travelling. All griefs and pains proceeding from wind, either in the head, stomach, back, belly, or womb, by anointing the parts affected therewith; and pains in the ears are also cured by dropping in some of the oil, or by receiving into the ears the fume of the decoction of the berries through a funnel. The oil takes away the marks of the skin and flesh by bruises, falls, &c., and dissolveth the congealed blood in them. It helpeth also itch, scabs, and weals in the skin.

#### BEANS.

Both the garden and field bean are so well known, that it saveth me the labour of writing any description of them. Their virtues follow.

GOVERNMENT AND VIRTUES.—They are plants of Venus and the distilled water of the flower of garden beans is good to clean the face and skin from spots and wrinkles; and the meal or flour of them, or the small beans, doth the same. The water distilled from the green husks, is held to be very effectual against the stone, and to provoke urine. Bean flour is used in poultices to assuage inflammations rising upon wounds, and the swelling of women's breasts, caused by curdling of their milk. Flour of bean and fenu-greek mixed with honey, and applied to felons, biles, bruises, or blue marks by blows, or the imposthumes in the kernel of the ears, helpeth them all, and with rose leaves, frankincense, and the white of an egg, being applied to the eyes, helpeth them that are swollen or do water, or have received any blow upon them, if used with wine. If

a bean be parted in two, the skin being taken away, and laid on the place where the leech hath been set that bleedeth too much, stayeth the blood. Bean flour boiled to a poultice with wine and vinegar, and some oil put thereto, easeth both pains and swelling of the cods. The husks boiled in water to the consumption of a third part thereof, stayeth a lask, and the ashes of the husks, made up with hog's grease, helpeth the old pains, contusions, and wound of the sinews, the sciatica and gout. The field beans have all the afore-mentioned virtues as the garden beans.

Beans eaten are extremely windy meat ; but if after the Dutch fashion, when they are half boiled you husk them, and then stew them, (I cannot tell you how, for I never was cook in my whole life) they are wholesome food.

### FRENCH BEANS.

DESCRIPTION.—This French or kidney bean ariseth at first but with one stalk, which afterwards divides itself into many arms or branches, but all so weak that if they be not sustained with sticks or poles, they will be fruitless upon ground. At several places of these branches grow foot stalks, each with three broad, round and pointed green leaves at the end of them ; towards the top come forth divers flowers made like unto pea blossoms, of the same colour for the most part that the fruit will be of—that is to say, white, yellow, red, blackish, or of a deep purple, but white is the most usual ; after which come long and slender flat pods, some crooked, some straight, with a string running down the back thereof, wherein is flattish round fruit make like a kidney: the root long spreadeth with many strings annexed to it, and perisheth every year.

There are other French beans commonly growing with us in this land, which is called the scarlet flowered bean.

This ariseth with sundry branches as the other, but runs higher to the length of hop poles, about which they grow twining, but turning contrary to the sun, having foot stalks with three leaves on each, as on the other : the flowers also are like the other, and of a most orient scarlet colour. The

beans are larger than the ordinary kind, of a dead purple colour, turning black when ripe and dry. The root perisheth in winter.

GOVERNMENT AND VIRTUES.—These also belong to Dame Venus, and being dried and beat to powder, are as great strengtheners of the kidneys as any are: neither is there a better remedy than it: a drachm at a time taken in white wine, to prevent stone, or to cleanse the kidneys of gravel or stoppage. The ordinary French beans are of an easy digestion; they move the body, provoke urine, enlarge the breast that is straightened with shortness of breath, engender sperm, and incite to venery. And the scarlet coloured beans, in regard of the glorious beauty of their colour, being set near a quick set hedge, will bravely adorn the same by climbing up thereon, so that they may be discerned a great way, not without admiration of the beholders at a distance. But they will go near to kill the quicksets by clothing them in scarlet.

### LADIES' BED-STRAW.

Besides the common name above written, it is called cheese rennet, because it performs the same offices; as also gallion, pettimugget, and maid hair; and by some wild rosemary.

DESCRIPTION.—This riseth up with divers small, brown, and square upright stalks, a yard high or more; sometimes branches forth into divers parts full of joints, and with divers very fine small leaves at every one of them, little or nothing rought at all; at the tops of the branches grow many long tufts or branches of yellow flowers, very thick set together, from the several joints which consist of four leaves a piece, which smell somewhat strong, but not unpleasant. The seed is small and black like poppy seed, two for the most part joined together. The root is reddish with many small threads fastened to it, which take strong hold of the ground, and creepeth a little; and the branches leaning a little down to the ground, take root at the joints thereof, whereby it is easily increased.

There is another sort of ladies' bed-straw growing frequently in England, which bears white flowers as the other doth yellow: but the branches of this are so weak, that unless it be sustained by the edge, or other things near which it groweth, it will lie down to the ground. The leaves a little bigger than the former, and the flowers not so plentiful as these, the root hereof is also thready and abiding.

PLACE.—They grow in meadows and pastures both wet and dry, and by the hedges.

TIME.—They flower in May for the most part, and the seed is ripe in July and August.

GOVERNMENT AND VIRTUES.—They are both herbs of Venus, and therefore strengthening the parts, both internal and external, which she rules. The decoction of the former of those being drank, is good to fret and break the stone, provoke urine, stayeth inward bleeding, and healeth inward wounds, the herb or flower bruised and put into the nostrils, stayeth their bleeding likewise: the flowers and herb being made into an oil by being set in the sun, and changed after it hath stood ten or twelve days; or into an ointment, being boiled in axunga, or salad oil, with some wax melted therein after it is strained; either the oil thereof, or the ointment, do help burnings with fire, or scaldings with water. The same also, or the decoction of the herb and flower, is good to bathe the feet of travellers and lacquies, whose long running causeth weariness and stiffness in their sinews and joints. If the decoction be used warm, and the joints afterwards anointed with ointment, it helpeth the dry scab and the itch in children; and the herb with the white flower is also very good for the sinews, arteries, and joints, to comfort and strengthen them, after travel, cold, and pains.

## BEETS.

Of beets there are two sorts which are best known generally, and whereof I shall principally treat at this time, viz—the white and red beets, and their virtues.

DESCRIPTION.—The common white beet hath many green leaves next the ground, somewhat large, and of a whitish green colour. The stalk is great, strong, and ribbed, bearing great store of leaves upon it, almost to the very top of it, the flowers grow in very long tufts, small at the end, and turning down their heads, which are small, pale, greenish yellow buds, giving cornered prickly seed. The root is great, long, and hard, and when it hath given seed, is of no use at all.

The common red beet differeth not from the white, but only it is less, and the leaves and the roots are somewhat red. The leaves are differently red, some only with red stalks or veins; some of a fresh seed, and others of a dark red: the root thereof is red, spongy, and not used to be eaten.

GOVERNMENT AND VIRTUES.—The government of these two sorts of beet are far different: the red beet being under Saturn, and the white under Jupiter: therefore take the virtues on them apart, each by itself. The white beet doth much loosen the belly, and is of a cleansing, digesting quality, and provoketh urine: the juice of it openeth obstructions both of the liver and spleen, and is good for the head-ache and swimming therein, and turnings of the brain; and is effectual also against all venomous creatures, and applied to the temples stayeth inflammations in the eyes: it helpeth burnings, being used without oil, and with a little alum put to it is good for St. Anthony's fire. It is good for all weals, pushes, blisters, and blains in the skin, the herb boiled and laid upon chilblains or kibes, helpeth: the decoction thereof in water and some vinegar healeth the itch if bathed therewith, and cleanseth the head of dandruff, scurf, and running sores, ulcers, and cankers in the head, legs, or other parts, and much commended against baldness and shedding the hair.

The red beet root is good to stay the bloody flux, women's courses, and the whites, and to help the yellow jaundice: the juice of the root put into the nostrils purgeth the head, helpeth the noise in the ears, and the tooth ache, the juice snuffed up the nose helps a stinking breath, if



the cause lies in the nose, as many times it doth, if any bruise had been there; as also want of smell coming that way.

### WATER BETONY.

Called also brown wort: and in Yorkshire, bishop's leaves.

DESCRIPTION.—First, of the water betony which riseth up with square, hard, greenish stalks, sometimes brown, set with dark green leaves dented about the edges with notches, somewhat resembling the leaves of the pood betony, but much larger too, for the most part set at a joint. The flowers are many, set at the tops of the stalks and branches, being round bellied and opened at the brims, and divided into two parts, the uppermost being like a hood, and the lowermost like a hip hanging down, of a dark red colour, which passing, there comes in their places small round heads with small points at the ends, wherein lie small and brownish seeds. The root is a thick bush of strings and shreds growing from the head.

PLACE.—It groweth by the ditch side, brooks, and other water courses generally through this land, and is seldom found far from the water side.

TIME.—It flowereth about July, and the seed is ripe in August.

GOVERNMENT AND VIRTUES.—Water betony is an herb of Jupiter in Cancer, and is appropriated more to wounds and hurts in the breasts than wood betony, which follows; it is an excellent remedy for sick hogs—it is of a cleansing quality. The leaves bruised and applied are effectual for all old and filthy ulcers, and especially if the juice of the leaves be boiled with a little honey dipped therein, and the sores dressed therewith; as also for bruises or hurts whether inward or outward. The distilled water of the leaves is used for the same purpose, as also to bathe the face and hands spotted or blemished, or discoloured by sun burning.

I confess I do not much fancy distilled waters, I mean

such waters as are distilled cold: some virtues of the herb they may happily have, (it were a strange thing else) but this I am confident of, that being distilled in a pewter still, as the vulgar and apish fashion is, both chemical oil and salt is left behind unless you burn them, and then all is spoiled, water such all.

### THE BEECH TREE.

In treating of this tree, you must understand that I mean the green mast beech, which is, by way of distinction from that other small rough sort, called in Sussex, the smaller beech, but in Essex, the horn-beech.

I suppose it is needless to describe it, being already well known to my countrymen.

PLACE.—It groweth in woods among oaks and other trees, and in parks, forests, and chaces to feed deer, and in other places to fatten swine.

TIME.—It bloometh in the end of April or the beginning of May for the most part, and the fruit is ripe in September.

GOVERNMENT AND VIRTUES.—It is a plant of Saturn, and therefore performs his qualities and proportion in these operations. The leaves of the beech tree are cooling and binding, and therefore good to be applied to hot swellings to discuss them; the nuts do much nourish such beasts as feed thereon. The water that is found in the hollow places of decaying beeches will cure both man and beast of any scurf, scab, or running tetter, if they be washed therewith: you may boil the leaves into a poultice, or make an ointment of them when time of year serves.

### BILBERRIES, OR WHORTS, OR WHORTLE- BERRIES.

DESCRIPTION.—Of these I shall only speak of two sorts which are common in England, viz.—the black and red berries. And first of the black.

The small bush creepeth upon the ground, scarce rising half a yard, with divers small dark green leaves set in the green branches, not always one against the other, and a little dented about the edges; at the foot of the leaves come forth small, hollow, pale, bluish, coloured flowers, the brims ending with five points, with a reddish thread in the middle, which pass into small round berries of the bigness and colour of juniper berries, but of a purple, sweetish, sharp taste; the juice of them give a purple colour to the hands, and lips that eat and handle them, especially if they break them. The root groweth aslope under ground, shooting forth in sundry places as it creepeth. This loseth its leaves in winter.

The red bilberry, or whortle bush, riseth up like the former, having sundry hard leaves, like the boxtree leaves, green and round pointed, standing on the several branches at the top whereof, only, and not from the sides as in the former, come forth divers round, reddish, sappy berries, of a sharp taste when they are ripe. The root runneth in the ground as in the former, but the leaves of this abide all the winter.

PLACE.—The first groweth in forests, on the heath, and such like barren places. The red grown in the north parts of this land, as Lancashire, Yorkshire, &c.

TIME.—They flower in March and April, and the fruit of the black is ripe in July and August.

GOVERNMENT and VIRTUES.—They are under the dominion of Jupiter. It is a pity they are used no more in physic than they are. The black bilberries are good in hot agues, and to cool the heat of the liver and stomach: they do somewhat hinder the belly, and stay vomitings and loathings: the juice of the berries made into a syrup, or the pulp made into a conserve with sugar, is good for the purposes aforesaid, as also for an old cough, or an ulcer in the lungs, or other diseases therein. The red worts are more binding, and stop women's courses, spitting of blood, or any other flux of blood or humours, being used as well outwardly as inwardly.

## THE BIRCH TREE.

DESCRIPTION.—This groweth a goodly tall upright tree, fraught with many boughs and slender branches bending downward; the old being covered with a discoloured chapped bark, and the younger being browner by much. The leaves at the first breaking out are crumpled, and afterwards like beech leaves, but smaller and greener, and dented about the edges. It beareth small short cat-skins, somewhat like those of the hazel nut tree, which abide on the branches a long time, until growing ripe they fall upon the ground, and their seed with them.

PLACE.—It usually groweth in woods.

GOVERNMENT AND VIRTUES.—It is a tree of Venus. The juice of the leaves, while they are young, or the distilled water of them, or the water that come from the tree being bored with an augre, and distilled afterwards; any of these being drank for some days together, is available to break the stone in the kidneys and bladder, and is good also to wash sore mouths.

## BIRD'S FOOT.

This small herb groweth not above a span high; with many branches spread upon the ground, set with many wings of small leaves. The flowers grow upon the branches, many small ones of a pale yellow colour being set a head together, which afterwards turneth into small jointed cods, well resembling the claws of small birds, whence it takes its name.

There is another sort of bird's foot in all things like the former, but a little larger; the flower of a pale whitish red colour, and the cods distinct by joints like the other, but a little more crooked, and the roots do carry many small white knots or kernels among the strings.

PLACE.—These grow on heaths, and many open untilled places of this land.

TIME.—They flower and seed in the end of summer.

GOVERNMENT AND VIRTUES.—They belong to Saturn, and are of a drying, binding quality, and thereby good to be used in wound drinks; as also to apply outwardly for the same purpose. But the latter bird's foot is found by experience to break the stone in the back or kidnies, and drives them forth, if the decoction thereof be taken; and it wonderfully helpeth the rupture, being taken inwardly and outwardly applied to the place.

All salts have the best operation upon the stone, as ointments and plaisters have upon wounds; and therefore you may make a salt of this for the stone: the way how to do so, may be found in my translation of the London Dispensatory; and it may be I may give you it again in plainer terms at the latter end of this book.

### BISHOP'S WEED.

Besides the common name, bishop's weed, it is usually known by the Greek name ammi and *ammios*; some call it Ethiopian cummin seed, and others cummin royal, as also Herb William, and bull wort.

DESCRIPTION.—Common bishop's weed riseth up with a round straight stalk, sometimes as high as a man, but usually three or four feet high, beset with divers small, long, and somewhat broad leaves, cut in small places and dented about the edges, growing one against the other of a dark green colour, having sundry branches on them, and at the top small umbels of white flowers, which turn into small round seeds, little bigger than parsley seeds of a quick hot scent and taste; the root is white and stringy, perishing yearly, and usually riseth again on its own sowing.

PLACE.—It groweth wild in many places in England and Wales, as between Greenhithe and Gravesend.

GOVERNMENT AND VIRTUES.—It is hot and dry in the third degree, of a bitter taste, and somewhat sharp withal: it provokes lust to purpose; I suppose Venus owns it. It digesteth humours, provoketh urine and women's courses, dissolveth wind, and being taken in wine it easeth pain

and griping in the bowels, and is good against the biting of serpents; it is used to good effect in those medicines which are given to hinder the poisonous operation of cantharides upon the passages of the urine: being mixed with honey, and applied to black and blue marks coming of blows and bruises, it takes them away: and being drank or outwardly applied, it abateth an high colour, and makes it pale; and the fumes thereof taken with rosin or raisins, cleanseth the mother.

### BISTORT, OR SNAKEWEED.

It is called snakeweed, English serpentary, dragon wort, osterisk, and passions.

DESCRIPTION.—This hath a thick short knobbed root, blackish without, and somewhat reddish within, a little crooked or turned together, of a hard astringent taste, with divers black threads hanging there, from whence spring up every year divers leaves standing upon long foot stalks, being somewhat broad and long like a dock leaf, and a little pointed at the ends, but that it is of a bluish green colour on the upper side, and of an ash colour grey and a little purplish underneath, with divers veins therein, from among which rise up divers small and slender stalks, two feet high, and almost naked and without leaves, or with a very few and narrow, bearing a spiky bush of pale-coloured flowers; which being past, there abideth small seed like unto sorrel seed, as the former.

PLACE.—They grow in shadowy moist woods, and at the foot of hills, but are chiefly nourished up in gardens. The narrow leaved bistort groweth in the north in Lancashire, and Cumberland.

TIME —They flower about the end of May, and the seed is ripe about the beginning of July.

GOVERNMENT AND VIRTUES —It belongs to Saturn, and its operation cold and dry; both the leaves and roots have a powerful faculty to resist all poison. The root in powder taken in drink expelleth the venom of the plague, the small pox, measles, purples, or any other infectious disease,

driving it out by sweating. The root in power, the decoction thereof in wine being drank, stayeth all manner of inward bleeding, or spitting of blood, and any fluxes in the body of either man or woman, or vomiting. It is also very available against ruptures, or burstings, or all bruises, or falls, dissolving the congealed blood, and easeth the pains that happen there-upon: it also helpeth the jaundice.

The water distilled from both leaves and roots, is a singular remedy to wash any place bitten or stung by any venomous creature; as also for any of the purposes before spoken of, and it is very good to wash any running sores or ulcers. The decoction of the root in wine drank, hindereth abortion or miscarriage in child-bearing. The leaves also kill the worms in children, and is a great help to them that cannot keep their water; if the juice of plantain be added thereto, and outwardly applied, much helpeth the gonorrhœa, or running of the reins. A drachm of the powder of the root taken in water thereof, wherein some red hot iron or steel hath been quenched, is also an admirable help thereto, so as the body be first prepared and purged from the offensive humours. The leaves, seeds, or roots, are all very good in decoctions, drinks, or lotions, for inward or outward wounds or other sores: and the powder strewed upon any cut or wound in a vein, stayeth the immoderate bleeding thereof. The decoction of the root in water, whereunto some pomegranate peel and flowers are added, injected into the matrix, stayeth the immoderate flux of the courses. The root thereof with pellitory of Spain, and burnt alum, of each a little quantity, beaten small and made into paste with some honey, and a little piece thereof put into a hollow tooth, or held between the teeth if there be no hollowness in them, stayeth the defluxion of rheum upon them, which causeth pains, and helps to cleanse the head, and void much offensive water. This distilled water is very effectual to wash sores and cankers in the nose or any other part, if the powder of the root be applied thereunto afterwards. It is good also to fasten the gums, and to take away the heat and inflammations that happen in the jaws, almonds of the throat or mouth, if the decoction of

the leaves, roots, or seeds bruised, or the juice of them be applied; but the roots are most effectual to the purposes aforesaid.

### ONE-LEAF.

**DESCRIPTION.**—This small plant never beareth more than one leaf, but only when it riseth up with its stalk, which thereon beareth another and seldom more, and are of a bluish green colour, broad at the bottom, and pointed with ribs or veins like plantain: at the top of the stalk grow many small flowers, star fashion, smelling somewhat sweet; after which cometh small reddish berries when they are ripe. The root small, of the bigness of a rush, lying and creeping under the upper crust of the earth shooting forth in divers places.

**PLACE.**—It grows in moist, shadowy, grassy places of woods in many parts of this realm.

**TIME.**—It flowereth about May, and the berries are ripe in June, and then quickly perisheth until the next year, and then springeth from the same again.

**GOVERNMENT AND VIRTUES.**—It is an herb of the Sun, and therefore cordial: half a drachm, or a drachm at most, of the roots hereof in powder taken in wine and vinegar, of each a like quantity, and the party presently laid to sweat, is held to be a sovereign remedy for those that are infected with the plague, and have a sore upon them, by expelling the poison, and defending the heart and spirits from danger. It is also accounted a singular good wound herb, and therefore used with other herbs in making such balms as are necessary for curing wounds, either green or old, and especially if the nerves be hurt.

### THE BRAMBLE OR BLACKBERRY BUSH.

It is so well known that it needeth no description. The virtues thereof are as follow.

**GOVERNMENT AND VIRTUES.**—It is a plant of Venus in



**Aries.** You shall have some directions at the latter end of the book for the gathering of all herbs and plants, &c. If any ask the reason why Venus is so prickly? Tell them 'tis because she is in the house of Mars. The buds, leaves, and branches, while they are green, are of good use in the ulcers and putrid sores of the mouth and throat, and of the quinsey, and likewise to heal other fresh wounds and sores, but the flowers and fruits unripe are very binding, and so profitable for the bloody flux, lasks, and are a fit remedy for spitting of blood. Either the decoction or powder of the root being taken, is good to break or drive forth gravel and the stone in the reins and kidnies. The leaves and brambles, as well green as dry, are excellent good lotions for sores in the mouth and secret parts; the decoction of them and of the dried branches, do much bind the belly, and are good for too much flowing of women's courses; the berries of the flowers are a powerful remedy against the poison of the most venomous serpents; as well drank as outwardly applied, helpeth the sores of the fundament, and the piles: the juice of mulberries do bind more effectually, and help all fretting and eating sores and ulcers whatsoever. The distilled water of the branches, leaves, and flowers, or of fruit, is very pleasant in taste, and very effectual in fevers and hot distempers of the body, head, eyes, and other parts, and for the purposes aforesaid. The leaves boiled in lye, and the head washed therewith, healeth the itch and running sores thereof, and maketh the hair black. The powder of the leaves strewed on cankers and running ulcers, wonderfully helps to heal them. Some use to compensate the juice of the leaves, and some the juice of the berries, to keep for their use all the year for the purposes aforesaid.

### BLITES.

**DESCRIPTION.**—Of these there are two sorts, white and red. The white hath leaves somewhat like unto beets, but smaller, rounder, and of a whitish green colour, every one

standing upon a small long foot stalk; the stalk rises up two or three feet high with such like leaves thereon; the flowers grow at the top in long round tufts or clusters, wherein are contained small and round seeds: the root is very full of threads or strings.

The red blite is in all things like the white, but that its leaves and tufted heads are exceeding red at first, and after turn more purplish.

There are other kinds of blites which grow, differing from the two former sorts but little, but only the wild are smaller in every part.

PLACE.—They grow in gardens, and wild in many places in this land.

TIME.—They seed in August and September.

GOVERNMENT AND VIRTUES.—They are all of them cooling, drying, and binding, serving to restrain the fluxes of blood in either man or woman, especially the red, which also stayeth the overflowing of the women's reds, as the white blite stayeth the whites in women. It is an excellent secret you cannot well fail in the use; they are all under the dominion of Venus.

There is another sort of wild blites like the other wild kinds, but have long and spiky heads of greenish seeds, seeming by the thick setting together to be all seed.

This sort the fishers are delighted with, and it is a good and usual bait, for fishes will bite fast enough at them if you have but wit enough to catch them when they bite.

### BLUE-BOTTLE.

It is called syanus, I suppose from the colour of it; hurtsickle, because it turns the edge of the sickles that reap the corn; blue blow, corn flower, and blue bottle.

DESCRIPTION.—I shall only describe that which is commonest, and in my opinion most useful: its leaves spread upon the ground, being of a whitish green colour, somewhat on the edges like those of cornscabions, amongst

which ariseth up a stalk divided into divers branches beset with long leaves of greenish colour, either but very little indented or not at all: the flowers are of a blue colour, from whence it took its name, consisting of an innumerable company of small flowers set in a scaly head, not much unlike those of knapweed; the seed is smooth, bright, and shining, wrapped up in a woolly mantle; the root perisheth every year.

PLACE. — They grow in corn-fields, amongst all sorts of corn, peas, beans, and tares excepted. If you please to take them up from thence and transplant them in your garden, especially towards the full moon, they will grow more double than they are, and many times change colour.

TIME — They flower from the beginning of May to the end of harvest.

GOVERNMENT AND VIRTUES. — As they are naturally cold, dry, and binding, so they are under the dominion of Saturn. The powder or dried leaves of the blue-bottle, or corn flower, is given with good success to those that are bruised by a fall, or have broken a vein inwardly, and void much blood at the mouth; being taken in the water of plantaine, horse-tail, or the greater comfrey, it is a remedy against the poison of the scorpion, and resisteth all venoms and poison. The seed or leaves taken in is very good against the plague and all infectious diseases, and is very good in pestilential fevers; the juice put into fresh or green wounds doth quickly solder up the lips of them together, and is very effectual to heal all ulcers and sores in the mouth; the juice dropped into the eyes takes away the heat and inflammation of them: the distilled water of this herb hath the same properties, and may be used for the effects aforesaid.

### BRIONY, OR WILD VINE.

It is called wild and wood vine, tamus or ladies' seal. The white is called white vine by some, and by others, black vine.

**DESCRIPTION.**—The common white briony groweth ramping upon the hedges, sending forth many long, rough, very tender branches at the beginning, with many very rough and broad leaves thereon, cut for the most part into five partitions, in form very like a vine leaf, but smaller, rough, and of a whitish hoary green colour, spreading very far, spreading and twining with its small clasps, that come forth at the joints with the leaves, very far on whatsoever standeth next to it. At the several joints also, especially towards the top of the branches, cometh forth a long stalk, bearing many white flowers together on a long tuft, consisting of five small leaves a-piece laid open like a star, after which come the berries separated from another, more than of a cluster of grapes, green at first and very red when they are thoroughly ripe, of no good scent, but of a most loathsome taste, provoking vomit. The spot groweth to an exceeding great size, with many long twines or branches going from it, of a pale whitish colour on the outside, and more white within, and of a sharp, bitter loathsome taste.

**PLACE.**—It groweth on banks or under hedges, through this land: the roots lie very deep.

**TIME.**—It flowereth in July and August, some earlier, some later than the other.

**GOVERNMENT AND VIRTUES.**—They are furious martial plants. The root of briony purges the belly with great violence, troubling the stomach and burning the liver, and therefore not rashly to be taken; but being corrected, is very profitable for diseases of the head, as falling sickness, giddiness and swimings, by drawing away the phlegm and rheumatic humours that oppress the head, as also the joints and sinews: and is therefore good for palsies, convulsions, cramps, and stitches in the sides, and the dropsy, and in provoking urine: it cleanseth the reins and kidneys from gravel and stone, by opening the obstructions of the spleen, and consumeth the hardness and swelling thereof. The decoction to the root in wine drank once a week at going to bed, cleanseth the mother, and helpeth the rising thereof and expelleth the dead child; a drachm of the root

in powder taken in white wine bringeth down their courses. An electuary made of the roots and honey, doth mightily cleanse the chest of rotten phlegm, and wonderfully helps an old cough, to those that are troubled with shortness of breath, and is very good for them that are bruised inwardly, to help to expel the clotted or congealed blood. The leaves, fruit, and root, do cleanse old and filthy sores, are good against all fretting and running cankers, gangrenes, and tetter, and therefore the berries are by some country-people called tetter berries. The root cleanseth the skin wonderfully from all black and blue spots, freckles, morpew, leprosy, foul scars, or other deformity whatsoever: also all running scabs and manginess are healed by the powder of the dried root or the juice thereof, but especially by the fine white hardened juice. The distilled water of the root worketh the same effects, but more weakly: the root bruised and applied of itself to anyplace where the bones are broken, helpeth to draw them forth, as also splinters and thorns in the flesh; and being applied with a little wine mixed therewith, it breaketh biles, and helpeth whitlows on the joints. For all these latter, beginning at sores, cankers, &c. apply it outwardly, and take my advice in my translation of the London Dispensatory, among the preparations at the latter end where you have a medicine called *facula brionia*, which take and use, mixing it with a little hog's grease, or other convenient ointment.

As for the former diseases, where it must be taken inwardly, it purgeth very violently, and needs an abler hand to correct it than most country people have; therefore it is a better way for them, in my opinion, to let the simple alone, and take the compound water of it mentioned in my Dispensatory, and that is far more safe, being wisely corrected.

### BROOK LIME, OR WATER PIMPERNEL.

DESCRIPTION.—This sendeth forth from a creeping root that shooteth forth strings at every joint as it runneth

divers sundry green stalks, round and sappy, with some branches on them, somewhat broad, round, deep green and thick leaves set by couples thereon; from the bottom whereof shoot forth long foot-stalks with sundry small blue-flowers on them, that consist of five small round pointed leaves a piece.

There is another sort nothing differing from the former but that it is greater, and the flowers are of a paler green colour.

PLACE.—They grow in small standing waters, and usually near water cresses.

TIME.—And flower in June and July, giving seed the next month after.

GOVERNMENT AND VIRTUES.—It is a hot and biting martial plant. Brook-Lime and water cresses are generally used together in diet drink, with other things serving to purge the blood and body from all ill humours that would destroy health, and are helpful to the scurvy. They do all provoke urine, and help to break the stone and pass it away: they procure women's courses, and expel the dead child. Being fried with butter and vinegar, and applied warm, it helpeth all manner of tumours, swellings, and inflammations.

Such drinks ought to be made of sundry herbs, according to the malady. I shall give a plain and easy rule at the latter end of this book.

### BUTCHER'S BROOM.

It is called *ruscus*, and *bruscus*, kneeholm, kneeholy, kneehulver, and pettigree.

DESCRIPTION.—The first shoots that sprout from the root of Butcher's broom are thick, whitish, and short, somewhat like those of asparagus, but greater, they rise up to be a foot and a half high, are spread into divers branches, green, and somewhat cressed with the roundness, tough and flexible, whereon are set somewhat broad and almost round hard leaves and prickly, point at the end, of a dark

green colour, two for the most part set at a place very near and close together; about the middle of the leaf, on the back and lower side from the middle rib, breaketh forth a small whitish green flower, consisting of four small round pointed leaves standing upon a little or no foot stalk, and in the place whereof cometh a small round berry, green at the first and red when it is ripe, wherein are two or three white, hard, round seeds contained. The root is thick, white, and great at the head, and from whence sendeth forth thick, white, long tough strings.

PLACE.—It groweth in copses, and upon heaths and waste grounds, and often times under or near the holly bushes.

TIME.—It shooteth forth its young buds in the spring, and the berries are ripe about September, and the branches of leaves abiding green all the winter.

GOVERNMENT AND VIRTUES.—'Tis a plant of Mars, being of a gallant cleansing and opening quality. The decoction of the root made with wine openeth obstructions, provokes urine, helpeth to expel gravel and the stone, the stranguary, and women's courses, also the yellow jaundice and the head-ache: and with some honey or sugar put thereunto, cleanseth the breast of phlegm, and the chest of such clammy humours gathered therein. The decoction of the root drank, and a poultice made of the berries and leaves being applied, are effectual in knitting and consolidating broken bones or parts out of joint. The common way of using it is to boil the root, and parseley, rennel, and smallage in white wine, and drink the decoction, adding the like quantity of grass root to them; the more of the root you boil the stronger will the decoction be: it works no ill effects, yet I hope you have wit enough to give the strongest decoction to the strongest bodies.

#### BROOM, AND BROOM-RAPE.

To spend time in writing a description hereof is altogether needless, it being so generally used by all the good

housewives almost throughout this land to sweep their houses with, and therefore very well known to all sorts of people.

The broom rape springeth up on many places from the roots of the broom, but more often in fields, as by hedge-sides and on heaths: the stalk whereof is of the bigness of a finger or thumb, above two feet high, having a show of leaves on them, and many flowers at the top of a reddish yellow colour, as also the stalks and leaves are.

PLACE.—They grow in many places of this land commonly, and as commonly spoil all the land they grow in.

TIME.—And flower in the summer months, and give their seed before winter.

GOVERNMENT AND VIRTUES.—The juice or decoction of the young branches, or seed, or the powder of the seed taken in drink purgeth downwards, and draweth phlegmatic and watery humours from the joints, whereby it helpeth the dropsy, gout, sciatica, and pains of the hips and joints; it also provoketh strong vomits, and helpeth the pains of the sides, and swelling of the spleen; cleanseth also the reins or kidneys, and bladder of the stone, provoketh urine abundantly, and hindereth the growing again of the stone in the body. The continual use of the powder of the leaves and seed doth cure the black jaundice; the distilled water of the flowers is profitable for all the same purposes; it also helpeth surfeits, and altereth fits of agues, if three or four ounces thereof with as much of water of the lesser centaury, and a little sugar put therein be taken a little before the fit cometh, and the party be laid down to sweat in his bed: the oil of the water that is drawn from the end of the green sticks heated in the fire, helpeth the tooth ache: the juice of young branches made into an ointment of old hog's grease, and anointed, or the young branches bruised and heated in oil or hog's grease, and laid to the sides pained by wind, as in stitches or the spleen, easeth them in once or twice using it: the same boiled in oil is the safest and surest medicine to kill lice in the head or body, if any; and is an especial remedy for joint aches and swollen knees, that come by the falling down of humours.



The broom-rape also is not without its virtues.

The decoction thereof in wine is thought to be as effectual to void the stone in the kidneys and bladder, and to provoke urine as the broom itself: the juice thereof is a singular good help to cure as well green wounds as old filthy sore and malignant ulcers: the insolate oil, wherein there hath been three or four repetitions of infusions of the top stalks, with flowers strained and cleared, cleanseth the skin from all manner of spots, marks, and freckles that riseth either by the heat of the sun or the malignity of humours. As for the broom and broom rape, Mars owns them, and is exceedingly prejudicial to the liver; I suppose by reason of the antipathy between Jupiter and Mars, therefore if the liver be disaffected, minister none of it.

#### BUCK'S HORN PLANTAIN.

DESCRIPTION.—This being sown of seed, riseth up at first with small, long, narrow, hairy, dark green leaves like grass, without any division or gash in them; but those that follow are gashed in on both sides, the leaves into three or four gashes, and pointed at the ends, resembling the knags of a buck's horn, (whereof it took its name,) and being well ground round about the root upon the ground, or order one by another, thereby resembling the form of a star, from among which rise up divers hairy stalks about a hand's breadth high, bearing every one a small, long spiky head like to those of the common plantain, having such like bloomings and seed after them. The root is single, long, and small, with divers strings at it.

PLACE.—They grow in sandy grounds, as in Tothill-fields, by Westminster, and divers other places of this land.

TIME.—They flower and seed in May, June, and July, and their green leaves do in a manner abide fresh all the winter.

GOVERNMENT AND VIRTUES.—It is under the dominion

of Saturn, and is of a gallant, drying, and binding quality. This boiled in wine, and drank, and some of the leaves put to the hurt place, is an excellent remedy for the biting of the viper or adder, which I take to be one and the same. The same being also drank, helpeth those that are troubled with the stone in the reins or kidnies, by cooling the heat of the parts afflicted, and strengthening them; also weak stomachs that cannot retain but cast up their meat. It stayeth all bleeding both at mouth and nose, bloody urine, or the bloody flux, and stoppeth the lask of the belly and bowels. The leaves hereof bruised and laid to their sides that have an ague, suddenly easeth the fit; and the leave and roots being beaten with some bay salt, and applied to the wrists, worketh the same effects. The herb boiled in ale or wine, and given for some mornings and evenings together, stayeth the distillation of hot and sharp rheums falling into the eyes from the head, and helpeth all sorts of sore eyes.

#### BUCK'S HORN.

It is called harts-horn, herba stellaria, sanguinaria, herb eve, herb ivy, wortcresses, and swinecresses.

DESCRIPTION.—They have many small and weak straggling branches trailing here and there upon the ground, the leaves are many, small, and jagged, not much unlike to those of buck's-horn plantain; but much smaller, and not so hairy: the flowers grow among the leaves in small rough, whitish clusters; the seeds are much smaller and brownish, of a bitter taste.

PLACE.—They commonly grow in dry, barren, sandy grounds.

TIME.—They flower and seed when the rest of the plantains do.

GOVERNMENT AND VIRTUES.—This is also under the dominion of Saturn: the virtues are held to be the same as buck's horn plantain, and therefore by all authors it is joined with it; the leaves bruised and applied to the place, stop bleeding; the herb bruised and applied to

warts, will make them consume and waste away in a short time.

### BURNET.

It is called *sanguisorbia*, *pimpinella*, *bipula* *solbegrella*, &c. The common garden burnet is so well known that it needeth no description.

There is another sort which is wild, the description whereof take as followeth.

DESCRIPTION.—The great wild burnet hath winged leaves rising from the roots like the garden burnet, but not so many: yet each of these leaves are at the least twice as large as the other, and nicked in the same manner about the edges, of a grayish colour on the under side; the stalks are greater, and rise higher, with many such like leaves set thereon, and greater heads at the top of a brownish colour, and out of them come small dark purple flowers like the former, but greater: the root is black and long like the other, but great also. It hath almost neither scent nor taste therein, like the garden kind.

PLACE.—The first grows frequently in gardens. The wild kind groweth in divers countries of this island, especially in Huntingdon and Northamptonshires, in the meadows there; as also near London by Pancras church and by a causeway side in the middle of a field by Paddington.

TIME.—They flower about the end of June and the beginning of July, and their seed is ripe in August.

GOVERNMENT AND VIRTUES.—This is an herb the Sun challengeth dominion over, is a most precious herb, little inferior to betony: the continual use of it preserves the body in health and the spirit in vigour; for if the sun be the preserver of life under God, his herbs are the best in the world to do it. They are accounted to be both of one property, but the lesser is more effectual, because quicker and more aromatical. It is a friend to the heart, liver, and other principal parts of a man's body. Two or three of the stalks with leaves put into a cup of wine, especially claret,

are known to quicken the spirits, refresh and clear the heart, and drive away melancholy. It is a special help to defend the heart from noisome vapours, and from infection of the pestilence, the juice whereof being taken in some drink, and the party laid to sweat thereupon. They have also a drying and astringent quality, whereby they are available in all manner of fluxes of blood or humours, to staunch bleedings inward or outward, lasks, scourgings, the bloody flux, women's too abundant flux of courses, the whites, and the choleric belchings and castings of the stomach, and is a singular wound herb for all sorts of wounds both of the head and body, either inward or outward, for all old ulcers, running cankers, and most sores, to be used either by the juice or decoction of the herb, or by the powder of the herb or root, or the water of the distilled herb or ointment by itself. or with other things to be kept; the seed is also no less effectual both to fluxes, and dry up moist sores, being taken in powder inwardly in wine or steeled water, that is, wherein hot gads of steel had been quenched: or the powder, or the seed mixed with the ointments.

#### THE BUTTER BUR, OR PETASITIS.

DESCRIPTION.—This riseth up in February, with a thick stalk about a foot high, whereon are set a few small leaves or rather pieces, and at the top a long spike head; flowers of a bluish or deep red colour, according to the soil where it groweth, and before the stalk with the flowers have abiden a month above ground it will be withered and gone, and blown away with the wind, and the leaves will begin to spring, which being full grown will be very large and broad, being somewhat thin and almost round, whose thick red sour stalks above a foot long stand towards the middle of the leaves; the lower part being divided into two round parts close almost to one another, and are of a pale green colour, and hairy underneath: the root is long, and spreadeth under ground, being in some places no bigger than

ones finger, in others much bigger, blackish of the outside, and whitish within, of a bitter and unpleasant taste.

PLACE AND TIME.—They grow in low and wet land by rivers and water sides; their flower, as is said, rising and decaying in February and March before the leaves, which appear in April.

GOVERNMENT AND VIRTUES.—It is under the dominion of the Sun, and therefore is a great strengthener of the heart, and cheerer of the vital spirits: the roots thereof are by long experience found to be against the plague and pestilential fevers, by provoking sweat; if the powder thereof be taken in wine, it also resisteth the force of any other poison: the root hereof taken with zedoary and angelica, or without them, helps the rising of the mother; the decoction of the root in wine, is singular good for those that wheese much, or are short winded. It provoketh urine also, and women's courses, and killeth the flat and broad worms in the belly. The powder of the root doth wonderfully help to dry up the moisture of the sores that are hard to be cured, and taketh away all spots and blemishes of the skin.

It were well if gentlewomen would keep this root preserved to help their poor neighbours. "It is fit the rich should help the poor, for the poor cannot help themselves."

### THE BURDOCK.

They are also called *personata*, and *loppy major*, great burdock and clod bur; it is so well known even by the little boys, who pull off the burs to throw at one another, that I shall spare to write any description of it.

PLACE.—They grow plentifully by ditches and water sides, and by the highways almost everywhere through this land.

GOVERNMENT AND VIRTUES.—Venus challengeth this herb for her own: by its leaf and seed you may draw the womb which way you please, either upwards by applying it to the crown of the head in case it falls out; or downwards in fits of the mother, by applying it to the soles of the feet:

or if you would stay in its place, apply it to the navel, and that is one good way to stay the child in it.

The burdock leaves are cooling, moderately drying, and discussing withal, whereby it is good for old ulcers and sores. A drachm of the roots taken with pine kernels, helpeth them that spit foul, mattery, and bloody phlegm. The leaves applied to the places troubled with the shrinking of the sinews or arteries, give much ease: the juice of the leaves, or rather the roots themselves, given to drink with old wine, doth wonderfully help the biting of any serpents; and the root beaten with a little salt, and laid on the place, suddenly easeth the pain thereof, and helpeth those that are bit by a mad dog; the juice of the leaves being drank with honey, provoketh urine and remedieth the pain of the bladder: the seed being drank in wine forty days together, doth wonderfully help the sciatica, the leaves bruised with the white of an egg and applied to any place burnt with fire, taketh out the fire, gives sudden ease, and heals it up afterwards: the decoction of them fomented with any fretting sore or cankers, stayeth the corroding quality, which must afterward be anointed with an ointment made of the same liquor, hog's grease, nitre, and vinegar boiled together. The roots may be preserved with sugar, and taken fasting or at other times for the same purpose, and for consumptions, the stone, and the lask. The seed is much commended to break the stone, and cause it to be expelled by urine, and is often used with other seeds and things for that purpose.

### CABBAGES AND COLEWORTS.

I shall spare a labour in writing a description of these since almost every one that can write at all may describe them from his own knowledge, they being so well known that descriptions are altogether needless.

PLACE.—They are generally planted in gardens.

TIME.—Their flower time is towards the middle or end of July, and the seed is ripe in August.

GOVERNMENT AND VIRTUES.—The cabbages or coleworts boiled gently in broth, and eaten, do open the body

but the second decoction doth bind the body. The juice thereof drank in wine helpeth those that are bitten by an adder, and the decoction of the flowers bringeth down women's courses: being taken with honey it recovereth hoarseness or loss of the voice. The often eating of them well boiled helpeth those that are entering into a consumption. The pulp of the middle ribs of coleworts boiled in almond milk, and made up into an electuary with honey, being taken often is very profitable to those who are purseey and shortwinded. Being boiled twice, an old cock boiled in the broth and drank, it helpeth the pains, and the obstructions of the liver and spleen, and the stone in the kidnies. The juice boiled with honey, and dropped into the corner of the eyes, cleareth the sight by consuming any cloud or film beginning to dim it; it also consumeth the canker growing therein. They are much commended being eaten before meat to keep one from surfeiting, as also being drunk with too much wine, or quickly make a man sober that is drunk before; for as they say, there is such an antipathy or enmity between the vine and coleworts, that the one will die where the other groweth. The decoction of coleworts taketh away the pain and ache, and allayeth the swellings of sores and gouty legs and knees, wherein many gross and watery humours are fallen, the place being bathed therewith warm. It helpeth also old and filthy sores being bathed therewith, and healeth all small scabs, pushes and wheals that break out in the skin; the ashes of colewort stalks mixed with hog's grease, are very effectual to anoint the sides of those that have had long pains therein, or any other place pained with melancholy and windy humours. This was surely Chrysippus's god, and therefore he wrote a whole volume of them and their virtues, and that none of the least neither, for he would be no small fool; he appropriates them to every part of the body, and to every disease in every part: and honest old Cato they used to say had no other physic. I know not of what metal their bodies were made; this I am sure, cabbages are extremely windy whether you take them as meat or medicine; yea, as windy meat as can be eaten, unless you eat bag

pipes or bellows, and they are but seldom eat in our days : and colewort flowers are something more tolerable, and the wholesomer food of the two: the moon challengeth the dominion of the herb.

### THE SEA COLEWORTS.

**DESCRIPTION.**—This hath divers somewhat long and broad, large, and thick wrinkled leaves somewhat crumpled about the edges, and growing each upon a thick foot stalk, very brittle, of a greyish green colour, from among which riseth up a strong thick stalk of two feet high and better, with some leaves thereon to the top, where it branches forth much; on every branch standeth a large bush of pale whitish flowers, consisting of four leaves a piece; the root is somewhat great, shooteth forth many branches under ground, keeping the leaves green all the winter.

**PLACE.**—They grow in many places upon the sea coasts, as well on the Kentish as Essex shores: as at Lid, in Kent, Colchester in Essex, and divers other places, and in other counties in this land.

**TIME.**—They flower and seed about the time that other kinds do.

**GOVERNMENT AND VIRTUES.**—The moon claims the dominion of these also. The broth, or first decoction of the sea colewort doth by the sharp, nitrous, and bitter qualities therein, open the belly, and purge the body; it cleanseth and digests more powerfully than the other kind; the seed hereof bruised and drank, killeth worms; the leaves or the juice of them applied to sores or ulcers, cleanseth and heal-eth them, and dissolveth swellings, and taketh away inflammations.

### CALAMINT, OR MOUNTAIN MINT.

**DESCRIPTION.**—This is a small herb seldom rising above a foot high, with square, hairy, and woody stalks, and two small hoary leaves set at a joint, about the bigness of marjoram, or not much bigger, a little dented about the



edges, and of a very fierce or quick scent, as the whole herb is; the flowers stand at several spaces of the stalks from the middle almost upwards, which are small and gaping like to those of mints, and of a pale bluish colour: after which follow small, round, blackish seed; the root is small and woody, and with divers small strings spreading within the ground, and dieth not, but abideth every year.

PLACE.—It groweth on heaths and uplands, and dry grounds in many places of this land.

TIME.—They flower in July, and their seed is ripe quickly after.

GOVERNMENT AND VIRTUES.—It is an herb of Mercury, and a strong one too, therefore excellent good in all afflictions of the brain: the decoction of the herb being drank bringeth down women's courses, and provoketh urine: it is profitable for those that are bursten, or troubled with convulsions or cramps, with shortness of breath, or choleric torments and pains in their bellies or stomach; it also helpeth the yellow jaundice, and stayeth vomiting being taken in wine: then with salt and honey it killeth all manner of worms in the body. It helpeth such as have the leprosy, either taken inwardly, drinking whey after it, or the green herb outwardly applied; it hindereth conception in women; but either burned or strewed in the chamber it driveth away venomous serpents: it takes away black and blue marks in the face, and maketh black scars become well coloured, if the green herb (not the dry) be boiled in wine and laid to the place, or the place washed therewith. Being applied to the hucklebone, by continuance of time it spends the humours which cause the pain of the sciatica: the juice being dropped into the ears, killeth the worms in them; the leaves boiled in wine, and drank, provoke sweat and open obstructions of the liver and spleen. It helpeth them that have a certain ague (the body being first purged) by taking away the cold fits; the decoction hereof, with some sugar put thereto afterwards, it is very profitable for those that be troubled with gall, and that have an old cough, and that are scarce able to breathe by shortness of their wind, that have any cold distemper in their bowels, and are

troubled with the hardness of the spleen, for all which purposes both the powder, called diacalumintes, and the compound syrup of calamint, (which are to be had at the apothecaries) are the most effectual.

### CAMOMILE.

It is so well known every where, that it is but lost time and labour to describe it; the virtues thereof are as followeth.

A decoction made of camomile, and drank, taketh away all pains and stitches in the side; the flowers of camomile beaten and made up into balls with oil, drive away all sorts of agues. if the part grieved be anointed with that oil, taken from the flowers, from the crown of the head to the sole of the foot, and afterwards laid to sweat in bed, and that he sweats well: this is Nechessor, an Egyptian's medicine. It is profitable for all sorts of agues that come either from phlegm, or melancholy, or from an inflammation of the bowels, being applied when the humours causing them shall be concocted; and there is nothing more profitable to the sides and region of the liver and spleen than it; the bathing with a decoction of camomile taketh away weariness, easeth pains to what part of the body soever they be applied. It comforteth the sinews that be over-strained, mollifieth all swellings; it moderately comforteth all parts that have need of warmth, digesteth and dissolveth whatsoever hath need thereof by a wonderful and speedy property: it easeth all the pains of the cholic and stone, and all pains and torments of the belly, and gently provoketh urine. The flowers boiled in posset provoke sweat, and help to expel all colds, aches, and pains, whatsoever, and is an excellent help to bring down women's courses. Syrup made of the juice of camomile, with the flowers in white wine, is a remedy against the jaundice and dropsy; the flowers boiled in lee, are good to wash the head and comfort both it and the brain: the oil made of the flowers of camomile is much used against all hard swellings, pains or aches, shrinking of the sinews, cramps, or pains in the joints or any other

part of the body, Being used in clysters, it helps to dissolve the wind and pains in the belly: anointed also, it helpeth stitches and pains in the sides.

Nichessor saith, the Egyptians dedicated it to the Sun, because it cured agues, and they were like enough to do it, for they were the arrantest apes in their religion I ever read of. Hachinus, Bena, and Locel, commend the syrup made of the juice of it and sugar, taken inwardly, to be excellent for the spleen. Also this is a certain, that it most wonderfully breaks the stone; some take it in syrup or decoction, others inject the juice of it into a bladder with a syringe. My opinion is, that the salt of it taken half a drachm in the morning in a little white or rhenish wine, is better than either; that it is excellent for the stone appears in this which I have tried, viz.—That a stone that hath been taken out of the body of a man, being wrapped in camomile will in time dissolve, and in a little time too.

### WATER CALTROPS.

They are called also *tribulus aquaticus* *tribulus lacusoris*, *tribulus marinus*, caltrops caligos, water nuts, and water chesnuts.

DESCRIPTION.—As for the greater sort of water caltrop, it is not found here, or very rarely: two other sorts there are, which I shall here describe; the first hath a long creeping and jointed root, sending forth tufts at each joint, from which joints arise long, flat, slender knotted stalks even to the top of the water, divided towards the top into many branches, each carrying two leaves on both sides, being about two inches long and half an inch broad, thin, almost transparent, they look as though they were torn; the flowers are long, thick, and whitish, set together almost like a bunch of grapes, which being gone, there succeed for the most part sharp pointed grains altogether, containing a small white kernel in them.

The second differs not much from this, save that it delights in more clear water: its stalks are not flat, but round; its leaves are not so long, but more pointed. As

for the place we need not determine, for their name sheweth they grow in the water.

GOVERNMENT AND VIRTUES.—They are under the dominion of the Moon, and being made into a poultice, are excellent good for hot inflammations, swellings, cankers, sore mouths and throats, being washed with the decoction; it cleanseth and strengtheneth the neck and throat, and helps those swellings which, when people have, they say the almonds of their ears are fallen down: it is excellent good for the king's evil: they are excellent good for the stone gravel, especially the nuts being dried: they also resist poison and biting of venomous beasts.

### CAMPION WILD.

DESCRIPTION.—The wild white campion hath many long and somewhat broad dark green leaves lying upon the ground, and divers ribs therein, somewhat hairy; broader and not so long: the hairy stalks rise up in the middle of them three or four feet high, and sometimes more, with divers great white joints at several places thereon, and two such like leaves thereat up to the top, sending forth branches at several joints, also; all which bear on several foot stalks white flowers at the top of them, consisting of five broad-pointed leaves, every one cut in on the end unto the middle, making them seem to be two a piece, smelling somewhat sweet, and each of them standing in a large green striped hairy husk, large and round below next to the stalk; the seed is small and greyish in the hard heads that come up afterwards: the root is white and long, spreading divers fangs in the ground.

The red wild campion groweth in the same manner as the white, but his leaves are not so plainly ribbed, somewhat shorter, rounder, and more woolly in handling. The flowers are of the same form and bigness; but in some of a pale, in others of a bright red colour, cut at the ends more finely, which makes the leaves look more in number than the other. The seeds and roots are alike, the roots of both sorts abiding many years.

There are forty five sorts of campion more; those of them which are of a physical use having the like virtues with those above described, which I take to be two chiefest kinds.

PLACE.—They grow commonly through this land by fields and hedge sides and ditches.

TIME.—They flower in summer, some earlier than others and some abiding longer than others.

GOVERNMENT AND VIRTUES.—They belong unto Saturn, and it is found by experience that the decoction of the herb, either in white or red wine, being drank, doth stay inward bleedings, and applied outwardly it doth the like; and being drank, helpeth to expel urine being stopped, and gravel and stone in the reins or kidnies. Two drachms of the seed drank in wine purgeth the body of choleric humours, and helpeth those that are stung by scorpions or other venomous beasts, and may be as effectual for the plague. It is of very great use in old sores, ulcers, cankers, fistulas, and the like, to cleanse and heal them by consuming the moist humours falling into them, and correcting the putrefaction of humours offending them.

### CARDUUS BENEDICTUS.

It is called *carduus benedictus*, or blessed thistle, or holy thistle: I suppose the name was put upon it by some that had little holiness in themselves.

I shall spare a little labour in writing a description of this, as almost every one who can but write at all, may easily describe them from his own knowledge.

TIME —They flower in August, and seed not long after.

GOVERNMENT AND VIRTUES.—It is an herb of Mars, and under the sign Aries. Now in handling this herb, I shall give you a rational pattern of all the rest; and if you please to view them throughout the book, you shall to your content find it true. It helps swimings and giddiness of the head, or the disease called vertigo, because Aries is in the house of Mars. It is an excellent remedy against the yellow jaundice and other infirmities of the gall, because

Mars governs choler. It strengthens the attractive faculty in man, and clarifies the blood, because the one is ruled by Mars. The continual drinking the decoction of it. helps red faces, tetter, and ring worms, because Mars causeth them. It helps the plague, sores, boils, and itch, the bitings of mad dogs and venomous beasts; all which infirmities are under Mars: thus you see what it doth by sympathy.

By antipathy to other plants it cureth the French pox. By antipathy to Venus, who governs it, it strengthens the memory, and cures deafness by antipathy to Saturn, who hath his fall in Aries, which rules the head. It cures quartan agues and other diseases of melancholy, and adult choler, by sympathy to Saturn, Mars being exalted in Capricorn. Also it provokes urine, the stopping of which is usually caused by Mars or the Moon.

### CARROTS.

Garden carrots are so well known that they need no description; but because they are of less physical use than the wild kind, (as indeed in almost all herbs, the wild are most effectual in physic, as being more powerful in their operations than the garden kind) I shall therefore briefly describe the wild carrot.

DESCRIPTION.—It groweth in a manner altogether like the tame, but that the leaves and stalks are somewhat whiter and rougher. The stalks bear large tufts of white flowers, with a deep purple spot in the middle, which are contracted together when the seed begins to ripen, that the middle part being hollow and low, and the outward stalk rising high, maketh the whole umbel look like a bird's nest: the roots small, long, and hard, unfit for meat, being somewhat sharp and long.

PLACE.—The wild kind groweth in divers parts of this land, plentifully by the field sides and untilled places.

TIME.—They flower and seed in the end of Summer.

GOVERNMENT AND VIRTUES.—Wild carrots belong to Mercury, and therefore break wind and remove stitches in

the side, provoke urine and womens' courses, and helpeth to break and expel the stone; the seed also of the same worketh the like effect, and is good for the dropsy, and those whose bellies are swollen with wind: helpeth the colic, the stone in the kidnies, and rising of the mother; being taken in wine, or boiled in wine and taken, it greatly helpeth conception. The leaves being applied with honey to running sores or ulcers, do cleanse them.

I suppose the seeds of them perform thus better than the roots: and though Galen commended garden carrots highly to break wind, yet experience teacheth they breed it first, and we may thank nature for expelling it, not they, the seeds of them expel wind indeed, and so mend what the root marreth.

### CARRAWAY.

**DESCRIPTION.**—It beareth divers stalks of fine cut leaves upon the ground, somewhat like to the leaves of carrots, but not bushing so thick, of a little quick taste in them, from among which riseth up a square stalk, not so high as the carrot, at whose joints are set the like leaves, but smaller and fitter, and at the top small open tufts or umbels of white flowers, which turn into small blackish seed, smaller than the aniseed, and of a quicker and better taste. The root is whitish, small, and long, somewhat like unto parsnip, but with more wrinkled bark, and much less, being of a little hot and quick taste and stronger than the parsnip, and abideth after seed time.

**PLACE.**—It is commonly sown with us in gardens.

**TIME.**—They flower in June and July, and seed quickly after.

**GOVERNMENT AND VIRTUES.**—This is also a Mercurial plant. Carraway seed hath a moderate sharp quality, whereby it provoketh urine, which also the herb doth. The root is better food than the parsnips; it is pleasant and comfortable to the stomach, and helpeth digestion. The seed is conducing to all cold griefs of the head and stomach, bowels, or mother, as also the wind in them, and

helpeth to sharpen the eye sight. The powder of the seed put into poultice taketh away black and blue spots of blows and bruises. The herb itself, or with some of the seed bruised and fried, laid hot either in a bag or double cloth to the lower parts of the belly, easeth the pains of the colic and wind.

The roots of carraways eaten as men eat parsnips, strengthen the stomach of ancient people exceedingly, and they need not to make a whole meal of them neither, and are fit to be planted in every garden.

Carraway confects once only dipped in sugar, and about half a spoonful of them eaten in the morning fasting, and as much after each meal, is a most admirable remedy for those that are troubled with wind.

### CELANDINE.

DESCRIPTION.—This hath divers tender, round, whitish green stalks, with greater joints than ordinary in other herbs, as it were knees, very brittle and easy to break, from whence grow branches with large tender broad leaves divided into many parts, each of them cut in on the edges, set at the joint on both sides of the branches, of a dark bluish green colour on the upper side like columbines, and of a more pale bluish green underneath, full of yellow sap when any part is broken, of a bitter taste and strong scent; at the flowers of four leaves a piece, after which come small long pods with blackish seed therein; the root is somewhat great at the head, shooting forth divers long roots and small strings, reddish on the outside and yellow within, full of yellow sap within.

PLACE.—They grow in many places by old walls, hedges, and way sides, in untilled places, and being once planted in a garden, especially in some shady places, it will then remain there.

TIME.—They flower all the summer long, and the seed ripeneth in the mean time.

GOVERNMENT AND VIRTUES.—This is an herb of the Sun, and under the celestial Lion, and is one of the best



cures for the eyes ; for all that know any thing in astrology know that the eyes are subject to the luminaries ; let it then be gathered when the sun is in Leo, and the Moon in Aries, applying to this time ; let Leo arise, then you may make it into an oil or ointment, which you please to anoint your sore eyes with : I can prove it doth both by my own experience, and the experience of those to whom I have taught it, that most desperate sore eyes have been cured by this only medicine ; and then I pray, is not this far better than endangering the eye by the art of the needle ? For if this doth not absolutely take away the film, it will so facilitate the work that it may be done without danger ; the herb or root boiled in white wine and drank, a few anniseeds being boiled therewith, openeth obstructions of the liver and gall, helpeth the yellow jaundice ; and often using, it helps the dropsy and itch, and these that have old sores in their legs or other parts of the body ; the juice thereof taken fasting, is held to be of singular good use against the pestilence ; the distilled water with a little sugar and a little good treacle mixed therewith, (the party upon the taking being laid down to sweat a little) hath the same effect ; the juice dropped into the eyes cleanseth them from films and cloudiness that darken the sight, but it is best to allay the sharpness of the juice with a little breast milk. It is good in old filthy corroding creeping ulcers wheresoever, to stay their malignity of fretting and running, and to cause them to heal more speedily ; the juice often applied to tetter, ring worms, and other spreading cankers, will quickly heal them ; and rubbed often upon warts will take them away : the herb with the roots bruised and bathed with oil of camomile, and applied to the navel, taketh away the griping pains in the belly and bowels, and all the pains of the mother : and applied to women's breasts, stayeth the over much flowing of the courses ; the juice or decoction of the herb gargled between the teeth that ache, easeth the pain, and the power of the dried root laid upon an aching hollow, or loose tooth, will cause it to fall out : the juice mixed with some powder of brimstone is not only good against the itch, but taketh away all the discolourings of

the skin whatsoever; and if it chance that in a tender body it causeth any itchings or inflammations, by bathing the place in a little vinegar it is helped.

Another ill-favoured trick have physicians got to use to the eye, and that is worse than the needle; which is to take away the films by corroding or gnawing medicines; but this I absolutely protest against.

1.—Because the tunicles of the eyes are very thin, and therefore soon eaten asunder.

2.—The callus or film that they would eat away is seldom of an equal thickness in every place, and then the tunicle may be eaten asunder in one place before the film may be consumed in another, and so be a readier way to extinguish the sight than to restore it.

It is called chelidonium, from the Greek word *chelidon*, which signifies a swallow, because they say if you put out the eyes of young swallows when they are in the nest, the old one will recover them again with this herb: this I am confident, for I have tried it, that if we mar the very apple of their eyes with a needle, she will recover them again; but whether with this herb or not, I know not.

Also I have read, and it seems to be somewhat probable, that the herb, being gathered as I showed before, and the elements drawn from it by the art of the alchymist, and after they are drawn apart rectified, the earthly quality still in rectifying them added to the *terra damnata* (as alchymists call it,) or *terra sacratissima* (as some philosophers call it,) the elements so rectified are sufficient for all diseases, the humours offending being known, and the contrary element given. It is an experiment worth the trying, and can do no harm.

#### THE LESSER CELADINE, OR PILEWORT, AND FOGWORT.

I wonder what ailed the ancients to give this the name of the celadine, which resembleth it neither in nature or form; it required the name of pilewort from its virtues, and it being no great matter where I set it down, so I set

it down at all, I humoured Dr. Tradition so much as to set him down here.

DESCRIPTION.—This celadine or pilewort, (which you please,) doth spread many round pale green leaves, set on weak and trailing branches which lie on the ground, and are flat, smooth, and somewhat shining, and in some places, though seldom, marked with black spots, each standing on a long footstalk, among which rise small yellow flowers consisting of nine or ten small narrow leaves upon slender footstalks, very like unto crow's foot, whereunto the seed also is not very unlike; being many small kernels like a grain of corn, sometimes twice as long as the others, of a whitish colour, with some fibres at the end of them.

PLACE.—It groweth for the most part in moist corners of fields, and places that are near watersides, yet will abide in dryer ground if it be but a little shady.

TIME.—It flowereth about March or April, is quite gone by May, so it cannot be found till it springs again.

GOVERNMENT AND VIRTUES.—It is under the dominion of Mars, and behold here another versification of the learning of the ancients, viz, that the virtue of an herb may be known by its signature, as plainly appears in this; for if you dig up the root of it, you shall perceive the perfect image of the disease which they commonly call the piles. It is certain by good experience that the decoction of the leaves and roots doth wonderfully help piles and hæmorrhoids, also kernels by the ears and throat called the king's evil, or any other hard wens or tumours.

Here's another secret for my countrymen and women, a couple of them together; pilewort made into an oil, ointment, or plaister, readily cures both the piles, or hæmorrhoids, and the king's evil; the very herb borne about one's body next the skin helps in such diseases, though it never touch the place grieved: let poor people make much of it for uses; with this I cured my own daughter of the king's evil, broke the sore, drew out a quarter of a pint of corruption, cured without any scar at all in one week's time.

## THE ORDINARY SMALL CENTAURY,

DESCRIPTION.—This groweth up most usually but with one round and somewhat crusted stalk, about a foot high or better, branching forth at the top into many sprigs, and some also from the joints of the stalks below: the flowers thus stand at the tops as it were in one umbel or tuft, are of a pale red tending to carnation colour, consisting of five, sometimes six small leaves, very like those of St. John's wort, opening themselves in the day time and closing at night, after which come seeds in little husks, in form like unto wheat corn; the leaves are small and somewhat round; the root small and hard, perishing early; the whole plant is of an exceeding bitter taste.

There is another sort in all things like the former, save only it beareth white flowers.

PLACE.—They grow ordinarily in fields, pastures, and woods, but that with the white flowers not so frequently as the other.

GOVERNMENT AND VIRTUES.—They are under the dominion of the Sun, as it appears in that their flowers open and shut as the sun either sheweth or hideth his face: this herb boiled and drank, purgeth choleric and gross humours, and helpeth the sciatica; it openeth obstructions of the liver, gall, and spleen, helpeth the jaundice, and easeth the pains in the sides, and hardness of the spleen, used outwardly, and is given with very good effect in agues. It helpeth those that have the dropsy, or the green sickness, being much used by the Italians in powder for that purpose; it killeth the worm in the belly, as is found by experience; the decoction thereof, &c, the tops of the stalks, with the leaves and flowers, is good against the colic, and to bring down women's courses, helpeth to void the dead birth, and easeth pains of the mother, and is effectual in old pains of the joints, as the gout, cramps, or convulsions. A drachm of the powder thereof taken in wine, is a wonderful good help against the biting of an adder; the juice of the herb with a little honey put to it, is good to clear the

eyes from dimness, mist, and clouds that offend or hinder sight. It is singular both for green and fresh wounds, as also for old ulcers and sores, to close up and cleanse the other, and perfectly to cure them both, although they are hollow or fistulous; the green herb especially being bruised and laid thereto: the decoction thereof dropped into the ears, cleanseth them from worms, cleanseth the foul ulcers and spreading scabs of the head, and taketh away all freckles, spots and marks in the skin being washed with it; the herb is so safe you cannot fail in the using of it, only giving it inwardly for inward diseases; 'tis very wholesome but not very toothsome.

There is, beside these, another small centaury, which beareth a yellow flower; in all other respects it is like the former, save that the leaves are bigger, and of a darker green, and the stalk passeth through the midst of them as it doth the herb thorowan. They are all of them, as I told you, under the government of the Sun: yet this if you observe it, you shall find an excellent truth: in diseases of the blood, use the red centaury; if of choler, use the yellow; but if phlegm or water, you will find the white best.

### THE CHERRY-TREE.

I suppose there are few but know this tree for its fruit's sake: and therefore I shall spare writing a description thereof.

PLACE.—For the place of its growth, it is afforded room in every orchard.

GOVERNMENT AND VIRTUES.—It is a tree of Venus. Cherries, as they are of different tastes, so they are of different qualities; the sweet pass through the stomach and the belly more speedily, but are of little nourishment; the tart or sour are more pleasing to an hot stomach, procure appetite to meat, and help to cut tough phlegm and gross humours; but when they are dried, they are more binding to the belly than when they are fresh, being cooling in hot diseases and welcome to the stomach, and provoke urine; the gum of the cherry-tree dissolved in wine, is good for a

cold, cough, and hoarseness of the throat; mending the colour in the face, sharpeneth the eye-sight, provoketh appetite, and helpeth to break and expel the stone: the black cherries bruised with the stones and dissolved, the water thereof is much used to break the stone, and to expel gravel and wind.

### WINTER CHERRIES.

DESCRIPTION.—The winter cherry hath a running or creeping root in the ground, of the bigness many times of one's little finger, shooting forth at several joints in several places, whereby it quickly spreads a great compass of ground: the stalk riseth not above a yard high, whereon are set many broad and long green leaves somewhat like nightshade, but larger: at the joints whereof come forth whitish flowers made of five leaves a piece, which afterward turn into green berries inclosed with thin skins, which change to be reddish when they grow ripe, the berries likewise being reddish and as large as a cherry, wherein are contained many flat and yellowish seeds lying within the pulp, which being gathered and strung up, are kept all the year to be used upon occasion.

PLACE.—They grow not naturally in this land but are cherished in gardens for their virtues.

TIME.—They flower not until the middle or latter end of July; and the fruit is ripe about August or the beginning of September.

GOVERNMENT AND VIRTUES.—This also is a plant of Venus. They are of great use in physic; the leaves being cooling, may be used in inflammations, but not opening as the berries and fruit are; which by drawing down the urine provoke it to be voided plentifully when it is stopped in grown hot, sharp, and plentiful in the passage; it is good also to expel the stone and gravel out of the reins, kidneys, and bladder, helping to dissolve the stone, and voiding it by grit or gravel sent forth in the urine: it also helpeth much to cleanse imposthumes or ulcers in the reins and bladder, or those that void a bloody and foul urine: the

distilled water of the fruit, or the leaves together with them, or the berries green or dry, distilled with a little milk and drank morning or evening with a little sugar, is effectual to all the purposes before specified, and especially against the heat or sharpness of the urine. I shall mention one way amongst many others which might be used for ordering the berries, to be helpful for the urine and stone, which is this:—take three or four good handfuls of the berries, either green, or fresh, or dried, and having bruised them, put them in so many gallons of beer or ale when it is new and turned up: this drink being taken daily hath been found to do much good to many, both to ease the pains and expel urine and the stone, and to cause the stone not to engender: the decoction of the berries in wine and water is the most usual way, but the powder taken in drink is more effectual.

### CHERVIL.

It is called *cerefolium*, *mirrhis*, and *mirrha*, *chervil*, *sweet chervil*, and *sweet cicely*.

DESCRIPTION.—The garden chervil doth at first somewhat resemble parsley, but after it is better grown the leaves are much cut in and jagged, resembling hemlock, being a little hairy, and of a whitish green colour, sometimes turning reddish in the summer, with the stalks also; it riseth a little above half a foot high, bearing white flowers in spiked tufts, which turn into long and round seeds pointed at the ends, and blackish when they are ripe; of a sweet taste but no small, though the herb itself smelleth reasonably well: the root is small and long, and perisheth every year, and must be sown in spring for seed, and after July for autumn salad.

The wild chervil groweth two or three feet high, with yellow stalks and joints, set with broader and more hairy leaves divided into sundry parts, nicked about the edges, and of a dark green colour, which likewise grow reddish with the stalks; at the tops whereof stand small white tufts of flowers, afterwards smaller and longer seed: the root is

white, hard, and endureth long. This hath little or no scent.

PLACE.—The first is sown in gardens for a salad herb; the second groweth wild in many of the meadows of the land, and by the hedge sides, and on heaths.

TIME.—They flower and seed early, and thereupon are sown again in the end of summer.

GOVERNMENT AND VIRTUES.—The garden chervil being eaten, doth moderately warm the stomach, and is a certain remedy (saith Tagus) to dissolve congealed or clotted blood caused by bruises, falls, &c.: the leaves laid to the place, being taken either in meat or drink, it is good to help to provoke urine, or expel the stone in the kidnies, to send down women's courses, and to help the pleurisy and pricking of the sides.

The wild chervil bruised and applied dissolveth swelling in any part, or the marks of congealed blood by bruises or blows in a little space.

### SWEET CHERVIL, OR SWEET CICELY.

DESCRIPTION—This groweth very like the great hemlock, having large spread leaves cut into divers parts, but of a fresher green colour than the hemlock, tasting as sweet as the anniseed. The stalks rise up a yard high, or better, being cressed of hollow, having leaves at the joints, but lesser; and at the top of the branched stalks, umbels or tufts of white flowers; after which come large and long cressed black shining seeds, pointed at both ends, tasting quick, yet sweet and pleasant. The root is great and white, growing deep in the ground, and spreading sundry long branches therein, in taste and smell stronger than the leaves or seeds, and continuing many years.

PLACE—This groweth in gardens.

GOVERNMENT AND VIRTUES—These are all three of them of the nature of Jupiter, and under his dominion. This whole plant, besides its pleasantness in salads, hath its physical virtue. The root boiled and eaten with vinegar and oil, or without oil, does much please and warm old



cold stomachs oppressed with wind or phlegm, or those that have the phthisic or consumption of the lungs: the same drunk with wine is a preservation from the plague: it provoketh women's courses and expelleth the after birth; procureth an appetite to meat, and expelleth wind: the juice is good to heal the ulcers of the head and face: the candied roots hereof are held as effectual as angelica to preserve from infection in the time of a plague, and to warm and comfort a cold weak stomach. It is so harmless you cannot use it amiss.

### CHESNUT TREE.

It were as needless to describe a tree so commonly known as to tell a man he had gotten a mouth; therefore take the government and virtues of them thus:—

The tree is abundantly under the dominion of Jupiter, and therefore the fruit must needs breed good blood, and yield commendable nourishment to the body: yet if eaten over much, they make the blood thick, procure head ache, and bind the body; the inner skin that covereth the nut is of so binding a quality, that a scruple of it being taken by a man, or ten grains by a child, soon stops any flux whatsoever; the whole nut being dried and beat into powder, and a drachm taken at a time, is a good remedy to stop the terms in women. If you dry chesnuts, (only the kernels I mean,) both the barks being taken away, beat them into powder, and make the powder up into an electuary with honey, so have you an admirable remedy for the cough and spitting of blood.

### EARTH CHESNUTS.

They are called earth nuts, earth chesnuts, ground nuts, cipper nuts, and in Sussex pig nuts. A description of them were needless, for every child knows them.

GOVERNMENT AND VIRTUES.—They are something hot and dry in quality, under the dominion of Venus, they provoke lust exceedingly, and stir up these sports she is mis-

tress of; the seed is excellent good to provoke urine; and so also is the root, but it doth not perform it so forcibly as the seed doth. The root being dried and beaten into a powder, and the powder made into an electuary, is as singular a remedy for spitting of blood as the former chesnut was for coughs.

### CHICKWEED.

It is so generally known to most people, that I shall not trouble you with a description thereof, nor myself with setting forth the several kinds, since but only two or three are considerable for their usefulness.

PLACE.—They are usually found in moist and watery places, by wood sides and elsewhere.

TIME.—They flower about June, and their seed is ripe in July.

GOVERNMENT AND VIRTUES.—It is a fine soft pleasing herb under the dominion of the Moon. It is found to be as effectual as purslain for all the purposes whereunto it serveth, except for meat only. The herb bruised or the juice applied with cloths or sponges dipt therein to the region of the liver, and as they dry to have it fresh applied, doth wonderfully temperate the heat of the liver, and is effectual for all swellings and imposthumes whatsoever, for all redness in the face, wheals, pushes, itch, scabs: the juice either simply used or boiled with hog's grease, and applied, helpeth cramps, convulsion, and palsy. The juice, or distilled water, is of much good use for all the heats and redness in the eyes, to drop some thereof into them; and is of good effect to ease pains from the heat and sharpness of the blood in the piles, and generally all pains in the body that arise of heat. It is used also in hot and virulent ulcers and sores in the privy parts of men and women, or on the legs and elsewhere. The leaves boiled with marsh-mallows, and made into a poultice, with fenugreek and linseed, applied to the swellings and imposthumes, ripen and break them, or assuage the swellings and ease the pains. It helpeth the sinews when they are

sbrunk by cramps or otherwise, and to extend and make them pliable again by this medicine. Boil a handful of chickweed and a handful of red rose leaves dried in a quart of mascadine until a fourth part be consumed, then put to them a pint of oil of trotter's or sheep's feet; let them boil a good while, still stirring them well, which being strained, anoint the grieved place therewith warm against the fire, rubbing it well with one hand; and bind also some of the herb, if you will, to the place, and with God's blessing it will help in three times dressing.

### CHICK-PEASE, OR CICERS.

DESCRIPTION.—The garden sorts, whether red, black, or white, bring forth stalks a yard long, whereon do grow many small and round leaves dented about the edges, set on both sides of a middle rib; at the joints come forth one or two flowers upon sharp footstalks, pease fashion, either white or whitish, or purplish red, lighter or deeper, according as the pease that follow will be, that are contained in small, thick and short pods, wherein lie one or two pease, more usually pointed at the lower end, and almost round at the head, yet a little cornered or sharp. The root is small, and perishes yearly.

PLACE AND TIME.—They are sown in gardens or fields as pease, being sown later than pease, and gathered at the same time with them, or presently after.

GOVERNMENT AND VIRTUES.—They are both under the dominion of Venus. They are less windy than beans, but nourished more; they provoke urine, and are thought to increase sperm; they have a cleansing faculty, whereby they break the stone in the kidnies; to drink the cream of them being boiled in water, is the best way. It moves the belly downwards, provokes women's courses and urine, and increases both milk and seed. One ounce of cicers, two ounces of French barley, and a small handful of marsh-mallow roots clean washed and cut, being boiled in the broth of a chicken, and four ounces taken in the morning, and fasting two hours after, is a good medicine for the

pain in the sides. The white cicers are used more for meat than medicine, yet have the same effects, and are thought more powerful to increase milk and seed. The wild cicers are more powerful than the garden kinds, by how much they exceed them in heat and dryness; whereby they do more open obstructions, break the stone, and dissolving; and this more speedily and certainly than the former.

### CINQUEFOIL, OR FIVE-LEAVED GRASS.

DESCRIPTION.—It spreads and creeps far upon the ground with long slender strings like strawberries, which take root again and shoot forth many leaves made of five parts, and sometimes of seven, dented about the edges and somewhat hard. The stalks are slender, leaning downwards, and bear many small yellow flowers thereon, with some yellow flowers in the middle standing about a smooth green head, which, when it is ripe, is a little rough, and containeth small brownish seed. The root is of a blackish brown colour, as big as one's little finger, but growing long with some threads thereat; and by the small strings it quickly spreadeth over the ground.

PLACE.—It groweth by wood sides, hedge sides, the pathway in fields, and in the borders and corners of them, almost through all this land.

TIME.—It flowereth in summer, some sooner, and some later.

GOVERNMENT AND VIRTUES.—This is an herb of Jupiter, and therefore strengthens the part of the body it rules; let Jupiter be angular and strong when gathered; and if you give but a scruple (which is but twenty grains) of it at a time, either in white wine or white wine vinegar, you shall very seldom miss the cure of an ague, be it what ague soever, in three fits, as I have often proved to the admiration of both myself and others; let no man despise it because it is plain and easy, the ways of God are all such. It is an especial herb used in all inflammations and fevers, whether infectious or pestilential; or among other herbs to cool

and temper the blood and humours in the body ; as also for all lotions, gargles, infections, and the like ; for sore mouths, ulcers, cancers, fistulas, and other corrupt, foul, or running sores. The juice hereof drank, about four ounces at a time for certain days together, cureth the quinsey and yellow jaundice ; and taken for thirty days together, cureth the falling sickness. The roots boiled in milk and drank, is a most effectual remedy for all fluxes in man or woman, whether the white or red, as also the bloody flux. The roots boiled in vinegar, and the decoction thereof held in the mouth, easeth pains of the tooth ache. The juice or decoction taken with a little honey helpeth the hoarseness of the throat, and is very good for the cough of the lungs. The distilled water of both roots and leaves is also effectual to all the purposes aforesaid ; and if the hands be often washed therein, and suffered every time to dry in of itself without wiping, it will in a short time help the palsy or shaking in them. The root boiled in vinegar helpeth all knots, kernels, hard swellings, and lumps growing in any parts of the flesh, being thereunto applied ; as also inflammations and St. Anthony's fire ; all imposthumes and painful sores with heat and putrefaction ; the shingles also, and all other sorts of running and foul scabs, sores, and itch. The same also boiled in wine, and applied to any joint full of pain ache, or gout in the hands or feet, or the hip gout, called the sciatica, and the decoction thereof drank the while, doth cure them, and easeth much pain in the bowels. The roots are likewise effectual to help ruptures or burstings, being used with other things available to that purpose, taken either inwardly or outwardly, or both ; as all bruises or hurts by blows, falls, or the like, and to stay the bleeding of wounds in any part inward or outward.

Some hold that one leaf cures a quotidian, three a tertian, and four a quartan ague, and a hundred to one if it be not Dioscorides, for he is full of whimsies. The truth is, I never stood so much upon the number of the leaves, or whether I give it in power or decoction : If Jupiter

were strong, and the moon applying to him, and his good aspect at the time of gathering, I never knew it miss the desired effects.

### CLARY, OR MORE PROPERLY, CLEAR EYE.

DESCRIPTION.—Our ordinary garden clary hath four square stalks, with broad, rough, wrinkled, whitish or hoary green leaves, somewhat evenly cut in on the edges, and of a strong sweet scent, growing some near the ground, and some by couples upon stalks. The flowers grow at certain distances, with two small leaves at the joints under them, somewhat like unto flowers of sage, but smaller, and of a whitish blue colour. The seed is brownish and somewhat flat, or not so round as the wild. The roots are blackish, and spread not far, and perish after seed. It is usually sown, for it seldom rises of its own sowing.

PLACE.—This groweth in gardens.

TIME.—It flowereth in June and July, some a little later than others, and the seed is ripe in August or thereabouts.

GOVERNMENT AND VIRTUES.—It is under the dominion of the Moon. The seed put into the eyes clears them from moles and such like things gotten within the lids to offend them, as also clears them from white and red spots on them. The mucilage of the seed made with water, and applied to tumours and swellings, disperseth and taketh them away: as also draweth forth splinters, thorns, or other things gotten into the flesh. The leaves used with vinegar, either by itself or with a little honey, doth help bones, felons, and the hot inflammations that are gathered by their pains, if applied before it be grown too great. The powder of the dried root put into the nose, provoketh sneezing, and thereby purgeth the head and brain of much rheum and corruption. The seeds or leaves taken in wine, provoketh to venery. It is of much use to men and women that have weak backs, and helpeth to strengthen the reins; used either by itself or with other herbs conducing to the same effects, and in tansies often. The fresh leaves dip-

ped in a batter of flour, eggs, and a little milk, and fried in butter and served to the table, are not unpleasant to any, but exceeding profitable to those that are troubled with weak backs, and the effects thereof. The juice of the herb put into ale or beer, and drunk, bringeth down women's courses, and expelleth the after birth.

It is an usual course with many men, when they have gotten the running of the reins, or women the whites, they run to the bush of clary: Maid, bring hither the frying-pan, fetch me some butter quickly, then for eating fried clary just as hogs eat acorns; and this they think will cure their disease, forsooth! whereas, when they have devoured as much clary as will grow upon an acre of ground, their backs are as much the better as though they had kissed their shoes; nay, perhaps much worse.

We will grant that clary strengthens the back; but this we do not deny, that the cause of the running of the reins in men, or the whites in women, lies in the back, though the back sometimes be weakened by them; and therefore the medicine is as proper, as for me when my toe is sore, to lay a plaister on my nose.

### WILD CLARY.

Wild clary is most blasphemously called Christ's eye, because it cures diseases of the eyes. I could wish from my soul, blasphemy, ignorance, and tyranny were ceased among physicians, that they may be happy and I joyful.

DESCRIPTION.—It is like the other clary, but lesser, with many stalks about a foot and a half high. The stalks are square, and somewhat hairy; the flowers of a bluish colour. He that knows the common clary cannot be ignorant of this.

PLACE.—It grows commonly in this nation in barren places, you may find it if you look in the fields.

TIME.—They flower from the beginning of June till the latter end of August.

GOVERNMENT AND VIRTUES.—It is something hotter and dryer than the garden clary is, yet nevertheless under

the dominion of the Moon as well as that. The seeds of it being beaten to powder, and drank with wine, is an admirable help to provoke lust. A decoction of the leaves being drank, warms the stomach, and it is a wonder if it should not, the stomach being under Cancer, the house of the Moon; also it helps digestion, scatters congealed blood in any part of the body. The distilled water hereof cleanseth the eyes of redness, waterishness and heat: it is a gallant remedy for dimness of sight, to take one of the seeds of it and put it into the eyes, and there let it remain till it drops out of itself, the pain will be nothing to speak on; it will cleanse the eyes of all filthy and purified matter; and in often repeating it will take off a film which covereth the sight—a handsome, safer, and easier remedy by a great deal than to tear it off with a needle.

#### CLEAVERS.

It is also called aparine, goose-share, goose-grass, and cleavers.

DESCRIPTION.—The common cleavers have divers very rough square stalks, not so big as the top of a point, but rising up to be two or three yards high sometimes if it meet with any tall bushes or trees whereon it may climb, yet without any clasps, or else much lower and lying on the ground, full of joints, and at every one of them shooteth forth a branch besides the leaves thereat, which are usually six, set in a round compass like a star or the rowel of a spur; from between the leaves or the joints towards the top of the branches come forth very small white flowers, at every end upon small thready footstalks, which, after they have fallen, there do shew two small round and rough seeds joined together like two testicles, which, when they are ripe, grow hard and whitish, having a little hole on the side something like unto a navel. Both stalks, leaves, and seeds are so rough, that they will cleave to any thing that shall touch them. The root is small and thready, spreading much to the ground, but dieth every year.

PLACE.—It groweth by the hedge and ditch-sides in



many places of this land, and is so troublesome an inhabitant in gardens, that it rampeth upon and is ready to choak whatever grows near it.

**TIME.**—It flowereth in June or July, and the seed is ripe and falleth again in the end of July or August, from whence it springeth up again, and not from the old roots.

**GOVERNMENT AND VIRTUES.**—It is under the dominion of the Moon. The juice of the herb and the seed together taken in wine, helpeth those that are bitten with an adder by preserving the heart from the venom. It is familiarly taken in broth, to keep them lean and lank that are apt to grow fat. The distilled water helpeth the yellow jaundice: and the decoction of the herb, in experience, is found to do the same, and stayeth lasks and bloody fluxes. The juice of the leaves, or they a little bruised and applied to any bleeding wounds, stayeth the bleeding. The juice is also very good to close up the lips of green wounds, and the powder of the dried herb strewed thereupon doth the same, and likewise helpeth old ulcers. Being boiled in hog's grease, it helpeth all sorts of hard swellings or kernels in the throat, being anointed therewith. The juice dropped into the ears taketh away the pain of them.

It is a good remedy in the spring, eaten (being first chopped small and boiled well) in water-gruel, to cleanse the blood and strengthen the liver, thereby to keep the body in health, and fitting it for that change of season that is coming.

#### CLOWN'S WOODWORT.

**DESCRIPTION.**—It groweth up sometimes to two or three feet high, but usually about two feet, with square, green, rough stalks, but slender, joined somewhat far asunder, and two very long, somewhat narrow dark green leaves bluntly dented about the edges thereof, ending in a long point. The flowers stand towards the tops, compassing the stalks at the joints with the leaves, and end likewise in a spiked top, having long and much gaping hoods of a purplish red colour, with whitish spots in them, standing

in somewhat round husks. wherein afterwards stand blackish round seeds. The root is composed of many long strings with some tuberous long knobs growing among them, a pale yellowish or whitish colour; yet some times of the year these knobby roots in many places are not seen in this plant. The plant smelleth somewhat strong.

PLACE.—It groweth in sundry counties of this land both north and west, and frequently by path sides in the fields near about London, and within three or four miles distant about it; yet it usually grows in or near ditches.

TIME.—It flowereth in June or July, and the seed is ripe soon after.

GOVERNMENT AND VIRTUES.—It is under the dominion of the planet Saturn. It is singularly effectual in all fresh and green wounds, and therefore beareth not this name for nought. It is very available in staunching of blood, and to dry up the fluxes of humours in old fretting ulcers, cankers, &c. that hinder the healing of them.

A syrup made of the juice of it, is inferior to none for inward wounds, ruptures of veins, bloody flux, vessels broken, spitting, or for vomiting blood. Ruptures are excellently and speedily even to admiration, cured by taking now and then a little of the syrup, and apply an ointment of herb to the place. Also if any vein or muscle be swelled, apply a plaister of this herb to the place, and if you add a little comfrey to it, it will not do amiss. I assure you the herb deserves commendations, though it has gotten such a clownish name; and whosoever reads this, if he try as I have done, will commend it: only take notice that it is of a dry earthly quality.

### COCK'S HEAD, RED FITCHING, OR MEDICK FETCH.

DESCRIPTION.—This hath divers weak but rough stalks half a yard long, leaning downwards, but set with winged leaves longer and more pointed than those of lintels, and whitish underneath; from the tops of these stalks arise up other slender stalks, naked without leaves unto the tops,

where there grow many small flowers in manner of a spike of a pale reddish colour, with some blueness among them; after which rise up in their places, round, rough, and somewhat flat heads. The root is tough, and somewhat woody, yet liveth and shooteth anew every year.

PLACE.—It groweth under hedges, and sometimes in the open fields in divers places of this land.

TIME.—They flower all the months of July and August, and the seed ripeneth in the mean while.

GOVERNMENT AND VIRTUES.—It is under the dominion of Venus. It hath power to rarify and digest, and therefore the green leaves bruised, and laid as a plaister, disperse knots, nobes, or kernels in the flesh; and if when dry it be taken in wine, it helpeth the stranguary; and being anointed with oil, it provoketh sweat. It is a singular food for cattle to cause them to give store of milk: and why then may it not do the like, being boiled in ordinary drink, for horses.

### COLT'S FOOT.

Called also coughwort, foal's-root, horse's hoof, and bull's foot.

DESCRIPTION.—This shooteth up a slender stalk, with small yellowing flowers somewhat earlier, which fall away quickly, and after they are past, come up somewhat round leaves, sometimes dented about the edges, much lesser, thicker, and greener than those of butter bur, with a little down or frieze over the green leaf on the upper side, which may be rubbed away, and whitish or mealy underneath. The root is small and white, spreading much under ground, so that where it taketh it will hardly be away again if any little piece be abiding therein; and thence spring fresh leaves.

PLACE.—It groweth as well in wet grounds as in drier places.

TIME.—And flowereth in the end of February: the leaves begin to flower in March.

GOVERNMENT AND VIRTUES.—The plant is under

Venus: the fresh leaves, or juice, or a syrup thereof, is good for a hot dry cough or wheesing, and shortness of breath. The dry leaves are best for those who have thin rheums and distillations upon their lungs, causing a cough, for which also the dried leaves taken as tobacco, or the root, is very good. The distilled water hereof simply, or withelder flowers and nightshade, is a singular good remedy against all hot agues, to drink two ounces at a time, and apply cloths wet therein to the head and stomach, which also does much good being applied to any hot swellings or inflammations. It helpeth St. Anthony's fire and burnings, and is singular good to take away wheals and small flushes that rise through heat; as also the burning heat of piles, or privy parts, cloths wet therein being there-unto applied.

#### COSTMARY, OR ALCOST, OR BALSAM HERB.

This is so frequently known to be an inhabitant in almost every garden, that I suppose it needless to write a description thereof.

TIME.—It flowereth in June and July.

GOVERNMENT AND VIRTUES.—It is under the dominion of Jupiter. The ordinary costmary, as well as maudlin, provoketh urine abundantly, and moisteneth the hardness of the mother; it gently purgeth choler and pblegm, extenuating that which is gross, and cutting that which is tough and glutinous, cleanseth that which is foul and hindereth putrefaction and corruption; it dissolveth without attraction, openeth obstructions and helpeth their evil effects, and it is a wonderful help to all sorts of dry agues. It is astringent to the stomach, and strengtheneth the liver and all the other inward parts: and taken in whey, worketh more effectually. Taken fasting in the morning, it is very profitable for pains in the head that are continual; and to stay, dry up, and consume all thin rheums or distillations from the head into the stomach, and helpeth much to digest raw humours that are gathered therein. It is very profitable for those that are fallen into a continual evil disposition of the body, called cachexia, but especially

in the beginning of the disease. It is an especial friend and help to evil, weak, and cold livers. The seed is familiarly given to children for the worms, and so is the infusion of flowers in white wine given them to the quantity of two ounces at a time: it maketh an excellent salve to cleanse and heal old ulcers, being boiled with oil of olive, and adder's tongue with it; and after it is strained, put a little wax rezin, and turpentine to bring it to a convenient body.

### COWSLIPS, OR PEAGLES.

Both the wild and garden cowslips are so well known, that I will neither trouble myself nor the reader with a description of them.

TIME.—They flower in April and May.

GOVERNMENT AND VIRTUES.—Venus lays claim to this herb as her own, and it is under the sign Aries, and our city dames know well enough the ointment or distilled water of it adds to beauty, or at least restores it when it is lost. The flowers are held to be more effectual than the leaves, and the roots of little use. An ointment being made with them, taketh away spots and wrinkles of the skin, sun-burning and freckles, and adds beauty, exceedingly; they remedy all infirmities of the head coming of heat and wind, as vertigo, ephialtes, false apparitions, phrensies, falling sickness, palsies, convulsions, cramps, pains in the nerves; the roots ease pains in the back and bladder, and open the passages of urine. The leaves are good in wounds, and the flowers take away trembling. If the flowers be not well dried and kept in a warm place, they will soon putrify and look green: have a special eye over them. If you let them see the sun once a month, it will do neither the sun nor them harm.

Because they strengthen the brain and nerves, and remedy palsies, the Greeks gave them the name paralysis. The flowers preserved or conceived, and the quantity of a nutmeg taken every morning, is a sufficient dose for in-

ward diseases; but for wounds, spots, wrinkles and sun burnings, an ointment is made of the leaves and hog's grease.

### CRAB'S CLAWS.

Called also water sengreen, knight's pond water, water houseleek, pond weed, and fresh-water soldier.

**DESCRIPTION.**—It hath sundry long narrow leaves, with sharp prickles on the edges of them, also very sharp-pointed; the stalks which bear flowers seldom grow so high as the leaves, bearing a forked head like a crab's claw, out of which comes a white flower consisting of three leaves, with yellowish hairy threads in the middle; it taketh root in the mud in the bottom of the water.

**PLACE.**—It groweth plentifully in the fens in Lincolnshire.

**TIME.**—It flowereth in June, and usually from thence to August.

**GOVERNMENT AND VIRTUES.**—It is a plant under the dominion of Venus, and therefore a good strengthener of the reins: it is excellent good in that inflammation which is commonly called St. Anthony's fire: it assuageth all inflammations and swellings in wounds, and an ointment made of them is excellent good to heal them; there is scarce a better remedy growing than this for such as have bruised their kidneys, and on that account voiding blood: a drachm of the powder taken every morning is a very good remedy to stop the terms.

### BLACK CRESSES.

**DESCRIPTION.** It hath long leaves deep cut and jagged on both sides, not much unlike wild mustard; the stalks small, very limber, though very tough; you may twist them round as you would a willow before they break. The stones be very small and yellow, after which come small pods which contain the seed.

**PLACE.**—It is a common herb growing usually by the way sides, and sometimes upon mud walls in the neighbourhood of London; but it delights most to grow among stones and rubbish.

**TIME.**—It flowers in June and July, and the seed is ripe in August and September.

**GOVERNMENT AND VIRTUES.**—It is a plant of a hot and biting nature under the dominion of Mars. The seed of black cresses strengthens the brain exceedingly, being in performing that office little inferior to mustard seed, if at all; they are excellent good to stay those rheums which may fall down from the head upon the lungs: you may beat the seed into powder if you please, and make it up into an electuary with honey; so you have an excellent remedy by you, not only for the premises, but also for the cough, yellow jaundice, and sciatica. The herb boiled into a poultice is an excellent remedy for inflammations, both for women's breasts and men's testicles.

### SCIATICA CRESSES.

**DESCRIPTION.**—They are of two kinds; the first riseth up with a round stalk about two feet high, spread into divers branches, whose lower leaves are somewhat like garden cresses, but smaller; the flowers are white and small, growing at the top of branches, where afterwards grow husks with small brownish seed therein, very strong and sharp in taste, more than the cresses of the garden: the root is long, white and woody.

The other hath the lower leaves whole, somewhat long and broad, not torn at all, but only somewhat deeply indented about the edges towards the ends; but those that grow higher up are lesser. The flowers and seeds are like the former, and so is the root likewise, and both root and seeds as sharp as it.

**PLACE.**—They grow by the way sides in untilled places, and by the sides of old walls.

**TIME.**—They flower in the end of June, and their seed is ripe in July.

GOVERNMENT AND VIRTUES.—It is a Saturnine plant. The leaves but especially the root, take fresh in summer time, beaten or made into a poultice or salve with old hog's grease, and applied to the places pained with the sciatica, to continue thereon four hours if it be a man, and two hours on a woman; the place afterwards bathed with wine and oil mixed together, and then wrapped with wool or skins after they have sweat a little, will assuredly not only cure the same disease in hips, knuckle bone, or other of the joints, as gout in the hands or feet, but all other old griefs of the head, (as inveterate rheums) and other parts of the body that are hard to be cured; and if of the former griefs any part remain, the same medicine after twenty days is to be applied again. The same is also effectual in the diseases of the spleen; and applied to the skin it takes away the blemishes thereof, whether they be scars, leprosy, scabs, or scurf, which, although it ulcerate the part, yet that is to be helped afterwards with a salve made of oil and wax. Esteem this as another secret.

### WATER CRESSES.

DESCRIPTION.—Our ordinary water cresses spread forth with many weak, hollow, sappy stalks, shooting out fibres at the joints, and upwards long winged leaves made of sundry broad sappy almost round leaves of a brownish colour. The flowers are many and white, standing on long foot stalks, after which come small yellow seed, contained in small long pods like horns. The whole plant abideth green in the winter, and tasteth somewhat hot and sharp.

PLACE.—They grow for the most part in small standing waters, yet sometimes in small rivulets of running water.

TIME.—They flower and seed in the beginning of the summer.

GOVERNMENT AND VIRTUES.—It is an herb under the dominion of the Moon. They are more powerful against the scurvy and to cleanse the blood and humours, than brook lime, is, and serve in all the other uses in which brook-lime is available, as to break the stone, and provoke



urine and women's courses. The decoction thereof cleanseth ulcers by washing them therewith. The leaves bruised, or the juice, is to be applied to the face or parts troubled with freckles, pimples, spots or the like at night, and washed away in the morning. The juice mixed with vinegar, and the fore part of the head bathed therewith, is very good for those that are dull and drowsy, or have the lethargy.

Water cress pottage is a good remedy to cleanse the blood in the spring, and helps head aches, and consumes the gross humours winter bath left behind; those that would live in health may use it if they please, if they will not, I cannot help it. If any fancy not pottage, they may eat the herb with it as a salad.

### CROSSWORT.

DESCRIPTION.—Common crosswort groweth up with square hairy brown stalks, a little above a foot high, having four small broad and pointed, hairy, yet smooth green leaves growing at every joint, each against other crossway, which has caused the name. Towards the tops of the stalks at the joints, with the leaves in three or four rows downwards, stand small, pale, yellow flowers, after which come small blackish round seeds, four for the most part set in every husk.

The root is very small and full of fibres, or threads, taking hold of the ground and spreading with the branches a great deal of ground, which perish not in the winter, although the leaves die every year, and spring again new.

PLACE.—It groweth in many moist grounds, as well meadows as untilled places about London, in Hampstead churchyard, at Wye in Kent, and sundry other places.

TIME.—It flowers from May all the summer long, in one place or another, as they are open to the sun: the seed ripeneth soon after.

GOVERNMENT AND VIRTUES.—It is under the dominion of Saturn. This is a singular good wound herb, and is used inwardly not only to stay bleeding of wounds, but to

consolidate them, as it doth outwardly any green wound, which is quickly soldered up and healed. The decoction of the herb in wine helpeth to expectorate phlegm out of the chest, and is good for obstructions in the breast, stomach, or bowels, and helpeth a decayed appetite. It is also good to wash any wound or sore with, to cleanse and heal it. The herb bruised and then boiled, applied outwardly for certain days together, renewing it often; and in the meantime the decoction of the herb in wine, taken inwardly every day, doth certainly cure the rupture in any, so as it be not too inveterate: but very speedily, if it be fresh and lately taken.

### CROWFOOT.

Many are the names this furious biting herb hath obtained, almost enough to make up a Welchman's pedigree, if he fetch no farther than John of Gaunt, or William the Conqueror; for it is called frog's foot, from the Greek name *barrakion*; crowfoot, gold knobs, gold cups, king's nobbs, baffiners, troil-flowers, polts, locket goulions, and butter flowers.

Abundant are the sorts of this herb, that to describe them all would tire the patience of Socrates himself; but because I have not yet attained to the spirits of Socrates, I shall but describe the most usual.

**DESCRIPTION.**—The most common crowfoot hath many dark green leaves cut into divers parts, in taste biting and sharp, biting and blistering the tongue; it bears many flowers of a bright resplendent yellow colour; I do not remember that I ever saw anything yellower—virgins in ancient times used to make powder of them to furrow bride beds—after which flowers come small heads, some spiked and rugged like a pine apple.

**PLACE.**—They grow very common every where; unless you turn your head into a hedge you cannot but see them as you walk.

**TIME.**—They flower in May and June, even until September.

GOVERNMENT AND VIRTUES.—This fiery and hot spirited herb of Mars is no way fit to be given inwardly, but an ointment of the leaves or flowers will draw a blister, and may be so fitly applied to the nape of the neck to draw back rheum from the eyes. The herb being bruised and mixed with a little mustard, draws a blister well, and as perfectly as cantharides, and with far less danger to the vessels of urine, which cantharides naturally delight to wrong. I knew the herb once applied to a pestilential rising that was fallen down, and it saved life even beyond hope; it were good to keep an ointment and plaister of it, if it were but for that.

### CUCKOO POINT.

It is called atron, janus, barba aron, calve's foot, ramp, starchwort, cuckoo pintle, and wake robin.

DESCRIPTION.—This showeth forth three, four, or five leaves at the most from one root, every one whereof is somewhat large and long, broad at the bottom next the stalk, and forked, but ending in a point; without a cut on the edge, of a full green colour, each standing upon a thick round stalk, of a handbreadth long or more, among which, after two or three months they begin to wither, riseth up a bare, round, whitish green stalk, spotted and streaked with purple, somewhat higher than the leaves; at the top whereof standeth a long husk close at the bottom, but open from the middle upwards, ending in a point; in the middle whereof stand the small, long pestle or clapper, smaller at the bottom than at the top, of a dark purple colour, as the husk is on the inside, though green without, which after it hath so abided for some time, the husk with the clapper decayeth, and the foot or bottom thereof groweth to be a small long bunch of berries, green at the first, and of a yellowish red colour when they are ripe, of the bigness of a hazel nut kernel, which abideth thereon almost until winter; the root is round and somewhat long, for the most part lying along, the leaves shooting forth at the largest end, which, when it beareth its berries are somewhat

wrinkled and loose, another growing under it which is solid and firm, with many small threads hanging thereat. The whole plant is of a very sharp biting taste, pricking the tongue as nettles do the hands, and so abideth for a great while without alteration. The root thereof was anciently used instead of starch to starch linen with.

There is another sort of cuckoo-point with lesser leaves than the former, and sometimes harder, having blackish spots upon them, which for the most part abide longer green in summer than the former, and both leaves and root are more sharp and fierce than it: in all things else it is like the former.

PLACE.—These two sorts grow frequently almost under every hedge side in many places of this land.

TIME.—They shoot forth leaves in the spring, and continue but until the middle of summer or somewhat later: their husks appearing before they fall away, and their fruit shewing in April.

GOVERNMENT AND VIRTUES.—It is under the dominion of Mars. Tragus reporteth that a drachm weight, or more if need be, of the spotted wake robin either fresh and green, or dried, being beaten and taken, is a present and sure remedy for poison and the plague. The juice of the herb taken to the quantity of a spoonful hath the same effect; but if there be a little vinegar added thereto, as well as to the root aforesaid, it somewhat allayeth the sharp biting taste thereof upon the tongue. The green leaves bruised and laid upon the boil or plague-sore, doth wonderfully help to draw forth the poison. A drachm of the powder of the dried root taken with twice as much sugar in the form of an electuary, or the green root, doth wonderfully help those that are pury and short winded, as also those that have a cough; it breaketh, digesteth and riddeth away phlegm from the stomach, chest, and lungs; the milk wherein the root hath been boiled is effectual so for the same purpose. The said powder taken in wine or other drink, or the juice of the berries, or the powder of them, or the wine wherein they have been boiled, provoketh urine, and bringeth down women's courses, and purgeth them effectually after child

bearing, to bring away the after birth. Taken with sheep's milk it healeth the inward ulcers of the bowels; the distilled water is effectual to all the purposes aforesaid. The fresh roots bruised and distilled with a little milk, yieldeth a most sovereign water to cleanse the skin from scurf, freckles, spots, or blemishes, whatsoever therein.

Authors have left large commendations of this herb you see, but for my part I have neither spoken with Dr. Reason nor Dr. Experience about it.

### CUCUMBERS.

GOVERNMENT AND VIRTUES.—There is no dispute to be made but they are under the dominion of the Moon, though they are much cried out against for their coldness, and if they were but one degree colder they would be poison. The best of Galenists hold them to be cold and moist in the second degree, and then not so hot as either lettuces or purslain: they are excellent good for a hot stomach and hot liver; the unmeasureable use of them fills the body full of raw humours, and so indeed the unmeasurable use of any thing else doth harm. The face being washed with their juice cleaneth the skin, and is excellent good to provoke urine, and cleanseth the passages thereof when they are stopped; there is not a better remedy growing for ulcers in the bladder than cucumbers are. The usual course is to use the seeds in emulsions, as they make almond milk; but a far better way, in my opinion, is this: When the season of the year is, take the cucumbers and bruise them well and distil the water from them, and let such as are troubled with ulcers in the bladder drink no other drink. The being washed with the same water cureth the reddest face that is; it is also excellent good for sunburning, freckles, and morphew.

### DAISIES.

These are so well known almost to every child, that I

suppose it needless to write any description of them. Take therefore the virtues of them as followeth.

GOVERNMENT AND VIRTUES.—The herb is under the the sign of Cancer, and under the dominion of Venus, and therefore excellent good for wounds in the breast, and very fitting to be kept both in oils, ointments and plaisters, as also in syrup. The greater wild daisy is a wound herb of good respect, often used in those drinks and salves that are for wounds, inward or outward. The juice or distilled water of these, or the small daisy, doth much temper the heat or choler, and refresh the liver and other inward parts. A decoction made of them and drank, helpeth to cure the wounds made in the hollowness of the breast; the same cureth also ulcers and pustules in the mouth or tongue, or in the secret parts. The leaves bruised and applied to the cods or any other parts that is swollen and hot, doth dissolve it, and temper the heat. A decoction made thereof of wall wort and agrimony, and places fomented or bathed therewith warm, giveth great ease to them that are troubled with the palsy, sciatica, or the gout. The same also disperseth and dissolveth the knots and kernels that grow in the flesh of any part of the body, and bruises and hurts that come of falls and blows; they are also used for rupture and other inward burnings, with very good success. And ointment made thereof doth wonderfully help all wounds that have inflammations about them, or by reason of moist humours have access unto them, are kept long from healing, and such for the most part that happen to joints of the arms and legs. The juice of them dropped into the running eyes of any, doth much help them.

#### DANDELION.

DESCRIPTION.—It is well known to have many long and deep gashed leaves lying on the ground round about the heads of the roots; the ends of each gash or jag, on both sides looking downwards towards the roots: the middle rib being white, which being broken yieldeth abundance of bitter milk, but the root much more; from among the

leaves, which always abide green, arise many slender, weak, naked foot stalks, every one of them bearing at the top one large yellow flower, consisting of many rows of yellow leaves, broad at the points, and nicked in with deep spots of yellow in the middle, which growing ripe, the green husk wherein the flower stood turns itself down to the stalk, and the head of down becomes as round as a ball, with long reddish seed underneath, bearing a part of the down on the head of every one, which together is blown away with the wind, or may be at once blown away with one's mouth. The root growing downwards exceedingly deep, which being broken off with the ground, will yet shoot forth again, and will hardly be destroyed where it hath once taken deep root in the ground.

PLACE.—It groweth frequently in all meadows and pasture grounds.

TIME.—It flowereth in one place or another almost the year round.

GOVERNMENT AND VIRTUES.—It is under the dominion of Jupiter. It is of an opening and cleansing quality, and therefore very effectual for the obstruction of the liver, gall, and spleen, and the diseases that arise from them, as the jaundice and hypochondriac; it openeth the passages of the urine both in the young and old; powerfully cleanseth imposthumes and inward ulcers in the urinary passage, and by its drying and temperate quality, doth afterwards heal them; for which purpose the decoction of the roots or leaves in white wine, or the leaves chopped as pot herbs with a few alisanders, and boiled in their broth, are very effectual. And whoever is drawing towards a consumption, or an evil disposition of the whole body called cachexia, by the use hereof for some time together shall find a wonderful help. It helpeth also to procure rest and sleep to the bodies distempered by the heat of ague fits, or otherwise; the distilled water is effectual to drink in pestilential fevers, and to wash the sores.

You see here what virtues this common herb hath, and that is the reason the French and Dutch so often eat them in the spring; and now if you look a little farther, you

may see plainly, without a pair of spectacles, that foreign physicians are not so selfish as ours are, but more communicative of the virtues of plants to people.

### DARNEL.

It is called jum and wray; in Sussex they call it crop, it being a pestilent enemy among corn.

DESCRIPTION.—This hath all the winter long sundry long, flat, and rough leaves, which, when the stalk riseth which is slender and jointed, are narrower but rough still; on the top groweth a long spike composed of many heads set one above another, containing two or three husks with sharp but short beards of awns at the ends; the seed is easily shook out of the ear, the husk itself being somewhat rough.

PLACE.—The country husbandmen do know this too well to grow among their corn, or in the borders and pathways of the other fields that are fallow.

GOVERNMENT AND VIRTUES.—It is a malicious part of sullen Saturn. As it is not without some vices, so hath it also many virtues. The meal of darnel is very good to stay gangrenes and other such like fretting and eating cankers and putrid sores; it also cleanseth the skin of all leprosy, morphews, ring-worms, and the like, if it be used with salt and reddish roots. And being used with quick brimstone and vinegar, it dissolveth knots and kernels, and breaketh those that are hard to be dissolved, being boiled in wine and pigeon's dung and linseed. A decoction thereof made with water and honey, and the places bathed therewith is profitable for the sciatica. Darnel meal applied in a poultice draweth forth splinters and broken bones in the flesh. The red darnel boiled in red wine and taken, stayeth the lask and all other fluxes and women's bloody issues, and restraineth urine that passeth away too suddenly.



## DILL.

DESCRIPTION.—The common dill groweth up with seldom more than one stalk, neither so high nor so great usually as fennel, being round and fewer joints thereon, whose leaves are sadder and somewhat long, and so like fennel that it deceiveth many, but harder in handling and somewhat thicker, and of a stronger unpleasant scent: the tops of the stalks have four branches and smaller umbels of yellow flowers, which turn into small seed, somewhat flatter and thinner than fennel seed. The root is somewhat small and woody, perisheth very soon after it hath borne seed, and is also unprofitable, being never put to any use.

PLACE.—It is most usually sown in gardens and grounds for the purpose, and is also found in many wild places.

GOVERNMENT AND VIRTUES.—Mercury hath the dominion of this plant, and therefore to be sure it strengthens the brain. The dill being boiled and drank, is good to ease both swellings and pains; it also stayeth the belly and stomach from casting. The decoction thereof helpeth women that are troubled with pains and windiness of the mother, if they sit therein. It stayeth the hic cough, being boiled in wine and but smelled unto, being tied in a cloth. The seed is of more use than the leaves, and more effectual to digest raw and viscous humours, and is used in medicines that expel wind, and the pains proceeding therefrom. The seed being roasted or fried, and used in oils and plaisters, dissolves the imposthumes in the fundament, and drieth up all the moist ulcers especially in the fundament: an oil made of dill is effectual to warm or dissolve humours or imposthumes, to ease pains and procure rest. The decoction of dill, be it herb or seed (only if you boil the seed you must bruise it.) in white wine, being drank, it is a gallant expeller of wind, and provoker of the terms.

## DEVIL'S BIT.

DESCRIPTION.—This rises up with a round green smooth

stalk about a foot high, set with divers long and somewhat narrow, smooth, dark green leaves, somewhat nipped about the edges for the most part, being else all whole and not divided at all, or but very seldom, even at the tops of the branches, which are yet smaller than those below, with one rib only in the middle. At the end of each branch standeth a round head of many flowers set together in the same manner, or more neatly than scacions, and of a more bluish purple colour, which being past, there followeth seed that falleth away. The root somewhat thick, but short and blackish, with many strings, abiding after seed time many years. This root was longer, until the devil (as the friars say,) bit away the rest of it for spite, envying its usefulness to mankind; for sure he was not troubled with any disease for which it is proper.

There are two other sorts hereof, in nothing unlike the former, save that the one beareth white, and the other bluish coloured flowers.

PLACE.—The first groweth as well in dry meadows and fields as moist, in many places of this land; but the other two are more rare and hard to be met with, yet they are both found growing wild about Appledore, near Rye, in Kent.

TIME.—They flower not usually until August.

GOVERNMENT AND VIRTUES.—The plant is venereal, pleasing and harmless. The herb or the root (all that the devil had left of it) being boiled in wine and drank, is very powerful against the plague, and all pestilential diseases or fevers, poisons also, and the bitings of venomous beasts: it helpeth also those that are inwardly bruised by any casualty, or outwardly by falls or blows, dissolving the clotted blood; and the herb or root beaten and outwardly applied, taketh away the black and blue marks that remain in the skin. The decoction of the herb, with honey of roses put therein, is very effectual to help the inveterate tumours and swellings of the almonds and throat, by often gargling the mouth therewith. It helpeth also to procure women's courses, and easeth all the pains of the mother and to break and discuss wind therein, and in the bowels.

The powder of the root taken in drink, driveth forth the worms in the body. The juice or distilled water of the herb, is effectual for green wounds or old sores, and cleanseth the body inwardly, and the seed outwardly, from sores, scurf, itch, pimples, freckles, morpew, or other deformities thereof, especially if a little vitriol be dissolved therein.

### DOCK.

Many kinds of these are so well known, that I shall not trouble you with a description of them. My book grows big too fast.

GOVERNMENT AND VIRTUES.—All docks are under Jupiter, of which the red dock, which is commonly called blood wort, cleanseth the blood and strengthens the liver; but the yellow dock root is best to be taken when either the blood or the liver is affected by choler. All of them have a kind of cooling (but not all alike) drying quality, the sorrel being most cold, and the blood worts most drying. Of the burdock I have spoken already by itself. The seed of most of the other kinds, whether gardens or fields, do stay lasks and fluxes of all sorts, the loathing of the stomach through choler, and is helpful for those that spit blood. The roots boiled in vinegar helpeth the itch, scabs, and breaking out of the skin, if it be bathed therewith. The distilled water of the herb and roots have the same virtue, and cleanseth the skin from freckles, pimples, morpews, and all other spots and discolourings therein.

All docks being boiled with meat, make it boil the sooner; besides, blood wort is exceeding strengthening to the liver, and procures good blood, being as wholesome a pot herbs as any growing in a garden; yet such is the nicety of our times, forsooth! that women will not put it into a pot because it makes the pottage black; pride and ignorance, a couple of monsters in the creation, preferring nicety before health.

## DODDER OF THYME, EPITHYMUM, AND OTHER DODDERS.

DESCRIPTION.—This first, from seed, giveth roots in the ground, which shooteth forth threads or strings, grosser or finer as the property of the plant wherein it groweth and the climate doth suffer, creeping and spreading on that plant whereon it fasteneth, be it high or low. The strings have no leaves at all upon them, but wind and interlace themselves so thick upon a small plant, that it taketh away all comfort of the sun from it: and is ready to choke or strangle it. After these strings are risen up to that height, that they may draw nourishment from that plant, they seem to be broken off from the ground, either by the strength of their rising, or withered by the heat of the sun. Upon these strings are found clusters of small heads or husks, out of which shoot forth whitish flowers, which afterwards give small pale coloured seed, somewhat flat, and twice as big as a poppy seed. It generally participates of the nature of the plant which it climbeth upon; but the dodder of thyme is accounted the best, and is the only true epithymum.

GOVERNMENT AND VIRTUES.—All dodders are under Saturn. Tell not me of physicians crying up epithymum, or that dodder which grows upon thyme, (most of which comes from Hemetius in Greece, or Hyula in Sicily, because those mountains abound with thyme) he is a physician indeed that hath wit enough to choose his dodder, according to the nature of the disease and humour peccant. We confess thyme is the hottest herb it usually grows upon, as well as from the earth where its root is, and thus you see old Saturn is wise enough to have two strings to his bow. This is accounted the most effectual for melancholy diseases, and to purge black or burnt choler, which is the cause of many diseases of the head and brain, as also for the trembling of the heart, faintings, and swoonings. It is helpful in all diseases and griefs of the spleen, and melancholy that arises from the windiness of the hypochondria.

It purgeth also the reins or kidneys by urine; it openeth obstructions of the gall, whereby it profiteth them that have the jaundice; as also the leaves, the spleen: purging the veins of choleric and phlegmatic humours, and helpeth children in agues, a little worm seed being added thereto.

The other dodders do, as I said before, participate of the nature of those plants whereon they grow; as that which hath been found growing upon nettles in the west country, hath by experience been found very effectual to procure plenty of urine, where it hath been stopped or hindered. And so of the rest.

Sympathy and antipathy are two hinges upon which the whole model of physic turns: and that physician who minds them not, is like a door off from the hooks, more like to do a man mischief than to secure him. Then all the diseases Saturn causeth this helps by sympathy, and strengthens all the parts of the body he rules; such as be caused by Sol, it helps by antipathy. What those diseases are, see my judgment of diseases by astrology; and if you be pleased to look to the herb wormwood, you shall find a rational way for it.

#### DOG'S GRASS, OR COUGH GRASS.

DESCRIPTION.—It is well known that the grass creepeth far about under ground, with long white jointed roots, and small fibres almost at every joint, very sweet in taste, as the rest of the herb is, and interlacing one another, from whence shoot forth many fair gray leaves, small at the ends, and cutting or sharp on the edges. The stalks are jointed like corn, with the like leaves on them, and a large spiked head, with a long husk in them, and hard rough seed in them. If you know it not by this description, watch the dogs when they are sick, and they will quickly lead you to it.

PLACE.—It groweth commonly through this land in divers ploughed grounds, to the no small trouble of the husbandmen, as also of the gardeners, in gardens, to weed

it out if they can; for it is a constant customer to the place it gets footing in.

GOVERNMENT AND VIRTUES.—'Tis under the dominion of Jupiter, and the most medicinable of all the quick grasses. Being boiled and drank, it openeth obstructions of the liver and gall, and the stoppings of urine, and easeth the griping pains of the belly, and inflammations; wasteth the matter of the stone in the bladder, and the ulcers thereof also. The seed doth more powerfully expel urine, and stayeth the lask and vomiting. The distilled water alone, or with a little wormseed, killeth the worms in children.

The way of use is to bruise the roots, and having well boiled them in white wine, drink the decoction: 'tis opening, but not purging very safe; 'tis a remedy against all diseases coming of stopping, and such are half those that are incident to the body of man; and although a gardener be of another opinion, yet a physician holds half an acre of them to be worth five acres of carrots twice told over.

#### DOVE'S FOOT, OR CRANE'S BILL.

DESCRIPTION.—This hath divers small, round, pale green leaves cut in about the edges, much like mallows, standing upon long, reddish hairy stalks, lying in a round compass upon the ground, among which rise up two, or three, or more reddish jointed, slender, weak hairy stalks with such like leaves thereon, but smaller, and more cut in up to the tops, where grow many very small, bright, red flowers of five leaves a piece; after which follow small heads with small short beaks pointed forth, as all other sorts of this herb do.

PLACE.—It groweth in pasture grounds, and by the pathsides in many places, and will also be in gardens.

TIME.—It flowereth in June, July, and August, some earlier and some later: and the seed is ripe quickly after.

GOVERNMENT AND VIRTUES.—It is a very gentle though martial plant. It is found by experience to be singular good for the wind colic, as also to expel the stone and gravel in the kidneys. The decoction thereof in wine, it

an excellent good cure for those that have inward wounds, hurts, or bruises, both to stay the bleeding, to dissolve and expel the congealed blood, and to heal the parts, as also to cleanse any outward sores, ulcers, and fistulas; and for green wounds many do only bruise the herb and apply it to the place, and it healeth them quickly. The same decoction in wine fomented to any place pained with the gout, or to joint aches, or pains of the sinews, giveth much ease. The powder or decoction of the herb taken for some time together, is found by experience to be singular good for ruptures and burstings in people, either young or old.

#### DUCK'S MEAT.

This is so well known to swim on the top of standing waters, as ponds, pools and ditches, that it is needless further to describe it.

GOVERNMENT AND VIRTUES.—Cancer claims the herb, and the Moon will be lady of it: a word is enough to a wise man. It is effectual to help inflammations and St. Anthony's fire, as also the gout, either applied by itself or in a poultice with barley meal. The distilled water is highly esteemed by some against all inward inflammations and pestilential fevers; as also to keep the redness of the eyes and swellings of the cods, and of the breasts before they be grown too much. The fresh herbs applied to the forehead, easeth the pains of the head-ache coming of heat.

#### DOWN, OR COTTON-THISTLE.

DESCRIPTION.—This hath leaves lying on the ground somewhat cut in, and as it were crumpled on the edges, of a green colour on the upper side, but covered with long hairy wool or cotton down, set with most sharp and cruel pricks, from the middle of whose heads of flowers thrust forth many purplish crimson threads, and sometimes, although very seldom, white ones. The seed that followeth in the heads, lying in a great deal of white down, is some, what large, long, and round, like the seed of ladies' thistle-

but somewhat paler. The root is great and thick, spreading much, yet it usually dieth after seed time.

PLACE.—It groweth in divers ditches, banks, and in corn fields and high ways, generally every way throughout the land.

TIME.—It flowereth and beareth seed about the end of summer, when other thistles do flower and seed.

GOVERNMENT AND VIRTUES.—Mars owns the plant, and manifests to the world, that though it may hurt your finger it will help your body; for I fancy it much for the ensuing virtues. Pliny and Dioscorides write, that the leaves and roots thereof taken in drink, help those that have a crick in their neck, whereby they cannot turn their neck but their whole body must turn also, (surely they do not mean those that have got a crick in their neck by being under the hangman's hand.) Galen saith, that the roots and leaves hereof are of a drying quality, and good for such persons as have their bodies drawn together by some spasm or convulsions, as it is with children that have the rickets, or rather, as the College of Physicians have it, rachites; for which name of the disease they have, in a particular treatise lately set forth by them, learnedly disputed and put forth to public view, that the world may see they have taken much pains to little purpose.

## DRAGONS.

They are so well known to every one that plants them in their gardens, that they need no description; if not, let them look down to the lower end of the stalks, and see how like a snake they look.

GOVERNMENT AND VIRTUES.—The plant is under the dominion of Mars, and therefore it would be a wonder if it should want some obnoxious quality or other; in all herbs of that quality, the safest way is either to distil the herb in alembic, in what vehicle you please, or else to press out the juice and distil that in a glass still and sand. It scoureth and cleanseth the internal parts of the body mightily, and it cleareth the external parts also, being ex-



ternally applied from freckles, morpews, and sun burning; your best way to use it externally is to mix it with vinegar: an ointment of it is held to be good in wounds, and ulcers: it consumes cankers, and that flesh growing in the nose which they call polypus: also the distilled water being dropped into the eyes taketh away spots there, or the pin and webs, and mends the dimness of sight; it is excellent good against pestilence and poison. Pliny and Dioscorides affirm, that no serpent will meddle with him that carries the herb about him.

### THE ELDER-TREE.

I hold it needless to write any description of this, since every boy that plays with a pop-gun will not mistake another tree instead of the elder. I shall therefore in this place only describe the dwarf elder, called also dead-wort and wall-wort.

### THE DWARF ELDER.

DESCRIPTION.—This is but an herb every year, dying with its stalks to the ground, and rising forth every spring, and is like unto the elder both in form and quality, rising up with a square, rough, hairy stalk four feet high, or more sometimes. The winged leaves are somewhat narrower than the elder, but else like them. The flowers are white with a dash of purple, standing in umbels, very like the elder also, but more sweet in scent; after which come small blackish berries full of juice while they are fresh, wherein is small hard kernels or seed. The root doth creep under the upper crust of the ground, springing in divers places, being of the bigness of one's finger and thumb sometimes.

PLACE.—The elder tree groweth in hedges, being planted there to strengthen the fences and partitions of ground, and to hold the banks by ditches and water courses.

The dwarf elder groweth wild in many places of Eng-

land, where being once gotten into a ground, it is not easily gotten forth again.

TIME.—Most of the elder trees flower in June, and their fruit is ripe for the most part in August. But the dwarf elder or wall wort flowereth somewhat later, and its fruit is not ripe until September.

GOVERNMENT AND VIRTUES.—Both elder and dwarf trees are under the dominion of Venus. The first shoots of the common elder boiled like asparagus, and the young leaves and stalks boiled in fat broth, doth mightily carry forth phlegm and choler. The middle or inward bark boiled in water and given in drink, worketh much more violently; and the berries, either green or dry, expel the same humour, and often given with good success to help the dropsy: the bark of the root boiled in wine or the juice thereof drank, worketh the same effects, but more powerfully than either the leaves or fruit. The juice of the root taken doth mightily procure vomitings, and purgeth the watery humours of the dropsy. The decoction of the roots taken, cureth the biting of an adder, and biting of mad dogs. It mollifieth the hardness of the mother if women sit thereon, and openeth their veins and bringeth down their courses. The berries boiled in wine worketh the same effect: and the hair of the head washed therewith is made black. The juice of the green leaves applied to hot inflammations of the eyes, assuageth them: the juice of the leaves snuffed up into the nostrils, purgeth the tunics of the brain; the juice of the berries boiled with honey and dropped into the ears, helpeth the pains of them: the decoction of the berries provoketh urine: the distilled water of the flowers is of much use to clean the skin from sun burning, freckles, morpew, or the like; and taketh away the head-ache coming from a cold cause, the head being bathed therewith. The leaves or flowers distilled in the month of May, and the legs often washed with the said distilled water, it taketh away the ulcers and sores of them. The eyes washed therewith, it taketh away the redness and blood shot; and the hands washed morning and evening therewith, helpeth the palsy and shaking of them.

The dwarf elder is more powerful than the common elder in opening and purging the cholera, phlegm, and water: in helping the gout, piles, and women's diseases, coloureth the hair black, helpeth the inflammation of the eyes. pains in the ears, the biting of serpents and mad dogs, burnings and scaldings, the wind colic, colic and stone, the difficulty of urine, the cures of old sores and fistulous ulcers. Either leaves or bark of elder stripped upwards as you gather it, causeth vomiting. Also Dr. Butler, in a manuscript of his, commends dwarf elder to the skies for dropsies, viz. to drink it being boiled in white wine; to drink the decoction I mean, not the elder.

### THE ELM TREE.

This tree is so well known, growing generally in all counties of this land, that it is needless to describe it.

GOVERNMENT AND VIRTUES.—It is a cold and Saturnine plant. The leaves thereof bruised and applied, heal green wounds, being bound thereon with its own bark. The leaves or the bark used with vinegar, cureth scurf and leprosy very effectually. The decoction of the leaves, bark, or roots, being bathed, heals broken bones. The water that is found in the bladders on the leaves, while it is fresh, is very effectual to cleanse the skin and make it fair; and if clothes be often wet therein and applied to the ruptures of children, it healeth them if they be well bound on with a truss. The said water put into a glass and set into the ground, or else in dung for twenty five days, the mouth thereof being close stopped, and the bottom set upon a lay of ordinary salt, that the fœces may settle and the water become clear, is a singular and sovereign balm for green wounds, being used with soft tents. The decoction of the bark of the root fomented, mollifieth hard humours, and the shrinking of the sinews. The root of the elm boiled for a long time in water, and the fat arising on the top thereof being clean skimmed off, and the place anointed therewith that is grown bald and the hair fallen away, will quickly restore them again. The said bark ground with

brine and pickle until it come to the form of a poultice, and laid on the place pained with the gout, giveth great ease. The decoction of the bark in water, is excellent to bathe such places as have been burned with fire.

### ENDIVE.

DESCRIPTION.—Common garden endive beareth a longer and larger leaf than succory, and abideth but one year, quickly running up to stalk and seed, and then perisheth; it hath blue flowers, and the seed of the ordinary endive is so like succory seed, that it is hard to distinguish them.

GOVERNMENT AND VIRTUES—It is a fine cooling, cleansing, jovial plant. The decoction of the leaves, or the juice of the distilled water of endive, serveth well to cool the excessive heat of the liver and stomach, and in the hot fits of the agues, and all other inflammations in any part of the body; it cooleth the heat and sharpness of urine, and excoriations in the urinary parts. The seeds are of the same property, or rather more powerful, and besides are available for faintings, swoonings, and passions of the heart. Outwardly applied, they serve to temper the sharp humours of fretting ulcers, hot tumours, swellings and pestilential sores; and wonderfully help not only the redness and inflammation of the eyes, but the dimness of the sight also; they are also used to allay the pains of the gout; you cannot use it amiss; a syrup of it is a fine cooling medicine for fevers.

### ELECAMPE.

DESCRIPTION —It shooteth forth many large leaves long and broad lying near the ground, small at both ends, somewhat soft in handling, of a whitish green on the upper side and grey underneath, each set upon a footstalk, from among which rise up divers great and strong hairy stalks three or four feet high, with some leaves thereupon compassing them about at the lower end, and are branched towards the tops, bearing divers great and large flowers like those of

corn marigold, both the borders of leaves and the middle thrum being yellow, which turn into down, with long, small, brownish seeds among it, and is carried away with the wind. The root is thick, branched forth divers ways, blackish on the outside and whitish within, of a very bitter taste, and strong, but good scent, especially when they are dried, no part else of the plant having any smell.

PLACE.—It groweth in moist grounds and in shadowy places oftener than in the day and open borders of fields and lanes, and in other waste places almost in every county of this land.

TIME.—It flowereth in the end of June and July, and the seed is ripe in August. The roots are gathered for use as well in the spring before the leaves come forth, as in autumn or winter.

GOVERNMENT AND VIRTUES.—It is a plant under the dominion of Mercury, The fresh roots of elecampe preserved with sugar, or made into a conserve or a syrup, are very effectual to warm a cold windy stomach, or the pricking therein, and stitches in the sides caused by the spleen; and to help the cough, and shortness of breath, and wheezing in the lungs. The dried root made into powder, and mixed with sugar and taken, serveth to the same purpose; and is also profitable for those who have their urine stopped, or the stopping of women's courses, the pains of the mother, and of the stone in the reins, kidneys, or bladder; it resisteth poison, and stayeth the spreading of the venom of serpents, as old putrid and pestilential fevers, and even the plague itself. The roots and herbs beaten and put into new ale or beer, and daily drank, cleareth, strengtheneth, and quickeneth the sight wonderfully. The decoction of the roots in wine, or the juice taken therein killeth and driveth forth all manner of worms in the belly, stomach, and maw; and gargled in the mouth or the root shewed, fasteneth loose teeth, and helps to keep them from putrefaction; and being drank, is good for those that spit blood, helpeth to remove cramps or convulsions, gout, sciatica, pains in the joints, applied outwardly or inwardly, and is also good for those that are bursten, or have any inward

bruise. The root boiled well in vinegar, beaten afterwards, and made into an ointment with hog's suet or oil of trotters, is a most excellent remedy for scabs or itch in young or old; the place also bathed or washed with the decoction doth the same; it also helpeth all sorts of filthy old putrid sores or canker whatsoever. In the roots of this herb lieth the chief effect for the remedies aforesaid. This distilled water of the leaves and roots together, is very profitable to cleanse the skin of the face, or other parts, from any morpew, spots, or blemishes therein, and make it clear.

### EYEBRIGHT.

DESCRIPTION.—Common eyebright is a small low herb, rising up usually but with one blackish green stalk a span high, or not much more, spread from the bottom into sundry branches, whereon are small and almost round, yet pointed, dark green leaves, finely snapped about the edges, two always set together, and very thick. At the joints with the leaves, from the middle upward, come forth small white flowers steeped with purple and yellow spots and stripes, after which follow small round heads with very small seeds therein. The root is long, small, and thready at the ends.

PLACE.—It groweth in meadows and grassy places of this land.

GOVERNMENT AND VIRTUES.—It is under the sign of the Lion, and Sol claims dominion over it. If the herb was but as much used as it is neglected, it would halfspoil the spectacle maker's trade; and a man would think that reason should teach people to prefer the preservation of their natural before their artificial spectacles, which that they may be instructed how to do, take the virtues of the eyebright as followeth:

The juice or distilled water of eyebright taken inwardly in white wine or broth, or dropped into the eyes, for divers days together, helpeth all infirmities of the eyes that causeth dimness of sight. Some make conserve of the flowers to the same effect. Being used any of the ways, it also helpeth a weak brain or memory. This tunned up with

strong beer that it may work together, and drank, or the powder of the dried herb mixed with sugar, a little mace and fennel seed, and drank, or eaten in broth; or the said powder made into an electuary with sugar, and taken, hath the same powerful effect to help and restore the sight decayed through age; and Arnoldus de Vilita Nova saith, it hath restored sight to them that have been blind a long time before.

### FERN.

DESCRIPTION.—Of this there are two kinds principally to be treated of, viz, the male and female. The female groweth higher than the male, but the leaves thereof are lesser, and more divided or dented, and of as strong a smell as the male. The virtues of them are both alike, and therefore I shall not trouble you with any description or distinction of them.

PLACE.—They grow both in heaths and shady places near hedge sides in all the counties of this land.

TIME.—They flower and give their seed at Midsummer.

The female fern is that plant which is in Sussex called brakes, the seed of which some authors hold to be so rare. Such a thing there is I know, and may be easily had upon Midsummer eve, and for aught I know, two or three days after it, if not more.

GOVERNMENT AND VIRTUES.—It is under the dominion of Mercury, both male and female. The roots of both those sorts of fern being bruised and boiled in mead or honeyed water, and drank, killeth both the broad and long worms in the body, and abateth the swelling and hardness of the spleen. The green leaves eaten, purge the belly, and choleric and waterish humours that trouble the stomach. They are dangerous for women with child to meddle with, by reason they cause abortions. The roots bruised and boiled in oil or hog's grease, make very profitable ointment to heal wounds, or pricks gotten into the flesh. The powder of them used in foul ulcers, drieth up their malignant moisture, and causeth their speedier healing. Fern being burned,

the smoke thereof driveth away serpents. gnats, and other noisome creatures which in fenny countries do, in the night time, trouble and molest people lying in their beds with their faces uncovered. It causeth barrenness.

### OSMOND ROYAL, OR WATER FERN.

DESCRIPTION.—This shooteth forth in springtime (for in the winter the leaves perish) divers rough hard stalks, half round and yellowish, or flat on the other side, two feet high, having divers branches of winged yellowish green leaves on all sides, set one against the other, longer, narrower, and not nicked on the edges as the former. From the top of some of these stalks grow a long bush of small, and more yellow. green, scaly aglets, set in the same manner on the stalks as the leaves are, which are accounted the flower and seeds. The root is rough, thick, and scabby, with a white pith in the middle, which is called the heart thereof.

PLACE.—It groweth on moors, bogs, and watery places, in many parts of this land.

TIME.—It is green all the summer, and the root only abideth in the winter.

GOVERNMENT AND VIRTUES.—Saturn owns the plant. This hath all the virtues mentioned in the former ferns, is much more effectual than they both for inward and outward griefs, and is accounted good in wounds, bruises, or the like. The decoction to be drank or boiled into an ointment of oil, as a balsam or balm, and so it is singular good against bruises and bones broken or out of joint, and giveth much ease to the colic and splenetic diseases; as also for ruptures and burstings. The decoction of the root in white wine, provoketh urine exceedingly, and cleanseth the bladder and passages of the urine.

### FEVER-FEW, OR FEATHER-FEW.

DESCRIPTION.—Common feather-few hath large fresh leaves much torn or cut at the edges. The stalks are hard



and round, set with many such like leaves but smaller, and at the tops stand many single flowers upon small foot stalks, consisting of many small white leaves standing round about the yellow thrum in the middle. The root is somewhat hard and short, with many strong fibres about it. The scent of the whole plant is very strong and snuffing, and the taste is very bitter.

PLACE.—This grows wild in many places of this land but is for the most part nourished in gardens.

GOVERNMENT AND VIRTUES.—Venus commands this herb, and hath commended it to succour her sisters, women, and to be a general strengthener of their wombs, and remedy such infirmities as a careless midwife hath there caused, if they will but be pleased to make use of her herb, boiled in white wine, and drink the decoction; it cleanseth the womb, expels the after-birth, and doth a woman all the good she can desire of an herb. And if any grumble because they cannot get the herb in winter, tell them, if they please, they may make a syrup of it in summer; it is chiefly used for the disease of the mother, whether it be the strangling or the rising of the mother, or hardness or inflammations of the same, applied outwardly thereunto; or a decoction of the flowers in wine, with a little nutmeg or mace put therein, and drank often in a day, is an approved remedy to bring down women's courses speedily, and helpeth to expel the dead birth and after birth. For a woman to sit over the hot fumes of a decoction of the herb made in water or wine, is effectual for the same; and in some cases to apply the herb warm to the privy parts. The decoction thereof made, with some sugar or honey put thereto, is used by many to help the cough and stuffing of the chest by colds, as also to cleanse the reins and bladder, and helps to expel the stone. The powder of the herb taken in wine with some oxymel, purgeth both cholera and phlegm, and is available for those that are short-winded, and are troubled with melancholy and heaviness, or sadness of spirits. It is very effectual for all pains in the head coming of a cold cause, the herb being bruised and applied to the crown of the head; as also for the vertigo, that is, a

running or swimming of the head. The decoction thereof drank warm, and the herb bruised with a few corns of bay-salt, and applied to the wrists before the coming of the ague fits, do take them away. The distilled water taketh away freckles and other spots and deformities in the face. The herb bruised and heated on a tile, with some wine to moisten it, or fried with wine and oil, and applied warm outwardly to the places, helpeth the wind and colic in the lower part of the belly. It is an especial remedy against opium taken too liberally.

### FENNEL.

Every garden affordeth this so plentifully, that it needs no description.

GOVERNMENT AND VIRTUES.—The good old fashion is not yet left off, viz. to boil fennel with fish, for it consumes that phlegmatic humour which fish most plentifully afford and annoy the body with, though few that use it know wherefore they do it; I suppose the reason of its benefit this way is, because it is an herb of Mercury, and under Virgo, and therefore bears antipathy to Pisces. Fennel is good to break wind, to provoke urine, and ease the pains of the stone, and helps to break it. The leaves or seed boiled in barley water and drank are good for nurses, to increase their milk, and make it more wholesome for the child: the leaves, or rather the seeds, boiled in water, stayeth the hiccough, and taketh away the loathings which oftentimes happen to the stomach of sick and feverish persons, and allayeth the heat thereof. The seed boiled in wine and drank, is good for those that are bitten with serpents, or have eaten poisonous herbs or mushrooms. The seeds and the roots much more help to open obstructions of the liver, spleen, and gall, and thereby help the painful and windy swellings of the spleen, and the yellow jaundice, as also the gout and cramp. The seed is of good use in medicines to help shortness of breath and wheezing, by stopping of the lungs; it helpeth also to bring down the courses, and to cleanse the parts after delivery. The roots

are of most use in physic drink, and broths that are taken to cleanse the blood, to open obstructions of the liver, to provoke urine, and amend the ill colour in the face after sickness, and to cause a good habit through the body; both leaves, seeds, and roots thereof, are much used in drink, or broth, to make people more lean that are too fat. The distilled water of the whole herb, or the condensate juice dissolved, but especially the natural juice, that in some counties issueth out hereof of its own accord, dropped into the eyes, cleanseth them from films and mists that hinder the sight. The sweet fennel is much weaker in physical uses than the common fennel. The wild fennel is stronger and hotter than the tame, and therefore most powerful against the stone, but not so effectual to increase milk, because of its dryness.

#### SOW-FENNEL, OR HOG'S FENNEL.

Besides the common name in English, hog's-fennel, and the Latin name *peucedanum*, it is called hoar-strange, and hoar-strong, sulphur wort, and brimstone wort.

DESCRIPTION.—The common sow fennel hath divers branched stalks of thick and long leaves, three for the most part joined together at a place, among which ariseth a crested straight stalk, less than fennel, with some joints thereon, and leaves growing thereat, and towards the top some branches issuing from thence; likewise on the tops of the stalks and branches stand divers tufts of yellow flowers, whereafter grows somewhat flat, thin, and yellowish seed, bigger than fennel seed: the roots grow great and deep, with many other parts and fibres about them of a strong scent like hot brimstone, and yield forth a yellowish milk, or clammy juice almost like a gum.

PLACE.—It groweth plentifully in the low salt marshes, near Feversham, in Kent.

TIME.—It flowereth plentifully in July and August.

GOVERNMENT AND VIRTUES.—This is also an herb of Mercury. The juice of sow-fennel (saith Dioscorides and Galen) used with vinegar and rose water, or the juice with

a little euphorhium put to the nose, helpeth those that are troubled with the lethargy, frenzy, or giddiness of the head, the falling sickness, long and inveterate head-ache, the palsy, sciatica, and the cramp, and generally all diseases of the sinews, used with oil and vinegar.

The juice dissolved in wine, or put in an egg, is good for a cough, or shortness of breath, and for those that are troubled with the wind in the body. It purgeth the belly gently, expelleth the hardness of the spleen, giveth ease to women that have sore travail in child birth, and easeth the pains of the reins and bladder, and also the womb. A little of the juice dissolved in wine, and dropped into the ears, easeth the pains thereof. The root is less effectual to all the aforesaid disorders; yet the powder of the root cleanseth foul ulcers, being put into them, and taketh out splinters of broken bones, or other things in the flesh, and healeth them up perfectly; as also drieth up old and inveterate running sores, and is of admirable virtue in all green wounds.

#### THE YELLOW WATER FLAG, OR FLOWER-DE-LUCE.

DESCRIPTION.—This groweth like the flower-de-luce, but it hath much longer and narrower sad green leaves joined together in that fashion; the stalk also growing oftentimes as high, bearing small yellow flowers shaped like the flower-de-luce, with three falling leaves, and other three arched that cover their bottoms; but instead of the three upright leaves, as the flower-de-luce hath, this hath only three short pieces standing in their places, after which succeed thick and long three square heads, containing in each part somewhat big and flat seed, like the flower de-luce. The root is long and slender, of a pale brownish colour on the outside, and of a horse flesh colour on the inside, with many fibres thereat, and very harsh in taste.

PLACE.—It usually grows in ponds, lakes, watery ditches, and moor sides, which are always overflowed with waters.

**TIME.**—It flowereth in July, and the seed is ripe in August.

**GOVERNMENT AND VIRTUES.**—It is under the dominion of the Moon. The root of this water-flag is very astringent, cooling, and drying, and thereby helps all laxes and fluxes, whether of blood or humours, as bleeding at the mouth, nose, or other parts, bloody flux, and the immoderate flux of women's courses. The distilled water of the whole herbs, flowers, and roots, is a sovereign good remedy for watering eyes, both to be dropped into them, and to have cloths or sponges wetted therein and applied to the forehead; it also helpeth the spots and blemishes that happen in and about the eyes or any other parts. The said water fomented on swellings, hot inflammations of women's breasts, upon cankers also, and those spreading ulcers called *noli me tangere*, do much good. It helpeth foul ulcers in the privities of man or woman; but an ointment made of the flowers is better for those external applications.

#### FLAX WEED, OR TOAD-FLAX.

**DESCRIPTION.**—Our common flax-weed hath divers stalks full fraught with long and narrow ash coloured leaves, and from the middle of them almost upward, stored with a number of pale yellow flowers, of a strong unpleasant scent, with deeper yellow mouths, and blackish flat seed in round heads. The root is somewhat woody and white, especially the main down right one, with many fibres abiding many years, shooting forth roots every way round about and new branches every year.

**PLACE.**—This groweth throughout this land both by the way sides and meadows, as also by hedge sides, and upon the sides of banks and borders of fields.

**TIME.**—It flowereth in summer, and the seed is ripe usually before the end of August.

**GOVERNMENT AND VIRTUES.**—Mars owns this herb. In Sussex we call it gall-wort, and lay it in our chickens' water to cure them of the gall: it relieves them when they are drooping. It is frequently used to spend the abundance

of those watery humours by urine which cause the dropsy. The decoction of the herb, both leaves and flowers, taken in wine and drank, doth somewhat move the belly downwards, openeth obstructions of the liver, and helpeth the yellow jaundice: expelleth poison, provoketh women's courses, driveth forth the dead child and after birth. The distilled water of the herb and flowers is effectual for all the same purposes; being drank with a drachm of the powder of the seeds of bark, or the roots of wall-wort and a little cinnamon for certain days together, it is held a singular remedy for the dropsy. The juice of the herb, or the distilled water, dropped into the eyes, is a certain remedy for all heat, inflammation, and redness in them. The juice or water put into foul ulcers, whether they be cancerous or fistulous, with tents rolled therein or parts washed or infected therewith, cleanseth them thoroughly from the bottom, and healeth them up safely. The same juice or water also cleanseth the skin wonderfully of all sorts of deformity, as leprosy, morphew, scurf, wheals, pimples or spots, applied of itself, or used with some powder of lupins.

#### FLEA-WORT.

DESCRIPTION.—Ordinary flea wort riseth up with a stalk two feet high or more, full of joints and branches on every side up to the top, and at every joint two small long, and narrow whitish green leaves somewhat hairy. At the top of every branch stand divers small, short, scaly, or chaffy heads, out of which come forth small whitish yellow threads, like to those of the plaintain herbs, which are the bloomings of flowers. The seed inclosed in these heads is small and shining when it is fresh, very like unto fleas for colour and bigness, but turneth black when it groweth old. The root is not long, but white, hard, and woody, perisheth every year, and rising again of its own seed, if it be suffered to shed. The whole plant is somewhat whitish and hairy, smelling like resin.

There is another sort hereof differing not from the former in the manner of growing, but only that this stalk and

branches being somewhat greater, the heads somewhat lesser, the seed alike; and the root and leaves abide all the winter, and perish not as the former.

PLACE.—The first groweth only in gardens, but the second plentifully in fields that are near the sea.

TIME.—They flower in July or thereabouts.

GOVERNMENT AND VIRTUES.—The herb is cold, dry, and Saturnine. I suppose it obtained the name of flea-wort because the seeds are like fleas. The seed fried, and taken, stayeth the flux or lask of the belly, and the corrosions that come by reason of hot, choleric, or sharp and malignant humours, or by too much purging of any violent medicine, as scammony and the like. The mucilage of the seed made with rose water, and a little sugar candy put thereto, is very good in all hot agues and burning fevers, and other inflammations, to cool the thirst, and lenify the dryness of the tongue and throat. It helpeth hoarseness of the voice, and diseases of the breast and lungs caused by heat, or sharp salt humours, and the pleurisy also. The mucilage of the seed made with plaintain water, whereunto the yolk of an egg or two and a little populeon are put, is a most safe and sure remedy to ease the sharpness, pricking, and pain of the hæmorrhoids, or piles, if it be laid on a cloth and bound thereto. It helpeth all inflammation in any part of the body, and the pains that come thereby, as the head ache and megrims, and all hot imposthumes, swellings, or breakings out of the skin, as blains, weals, flushes, purples, and the like; and also the joints of those that are out of joint, the pains of the gout and sciatica, the bursting of young children, and the swelling of the navel applied with oil of roses and vinegar. It is also good to heal the nipples and sore breasts of women, being applied thereunto. The juice of the herb with a little honey put into the ears helpeth the running of them, and the worms breeding in them; the same also mixed with hog's grease, and applied to corrupt and filthy ulcers, cleanseth and healeth them.

## FLUXWEED.

**DESCRIPTION.**—It riseth up with a round upright hard stalk, four or five feet high, spread into sundry branches, whereon groweth many greyish green leaves, very finely cut and severed into a number of short and almost round parts. The flowers are very small and yellow, and growing spike fashion, after which come small long pods with small yellowish seed in them. The root is long and woody, perishing every year.

There is another sort differing in nothing save only it hath somewhat broader leaves; they have a strong evil savour being smelled unto, and are of a drying taste.

**PLACE.**—They flower wild in the fields by hedge sides and highways, and among rubbish and other places.

**TIME.**—They flower and seed quickly after, viz. in June and July.

**GOVERNMENT AND VIRTUES.**—This herb is Saturnine also. Both the herb and seed of fluxweed are of excellent use to stay the flux or lask of the belly, being drank in water wherein gads of steel heated have been often quenched; and it is no less effectual for the same purpose than plain-tain or comfrey, and to restrain any other flux of blood in man or woman, as also to consolidate bones broken or out of joint. The juice thereof drank in wine, or the decoction of the herb drank, doth kill the worms in the stomach or belly, or the worms that grow in putrid and filthy ulcers; and made into a salve doth quickly heal all old sores, how foul and malignant they be. The distilled water of the herb worketh the same effects, although somewhat weaker, yet it is a fair medicine, and more acceptable to be taken. It is called flux weed because it cures the flux, and for its uniting broken bones, &c. Paraclesus extols it to the skies. It is fitting that syrup, ointment, and plaisters of it were kept in your houses.



## FLOWER-DE LUCE.

It is so well known, being nourished up in most gardens, that I shall not need to spend time in writing a description thereof.

TIME.—The flaggy kinds thereof have the most physical uses; the dwarf kinds thereof flower in April, the greater sorts in May.

GOVERNMENT AND VIRTUES.—The herb is Lunar. The juice or decoction of the green root of the flaggy kind of flower de-luce, with a little honey drank, doth purge and cleanse the stomach of gross and tough phlegm and cholic therein; it helpeth the jaundice and the dropsy, evacuating those humours both upwards and downwards; and because it somewhat hurts the stomach, it is not to be taken without honey or spikenard. The same being drank, doth ease the pains and torments of the belly and sides, the shaking of the agues, the diseases of the liver and spleen, the worms of the belly, the stone in the reins, convulsions and cramps that come of old humours; it also helps those whose seed passes from them unawares; it is a remedy against the bitings and stinging of venomous creatures, being boiled in water and vinegar and drank; boiled in water and drank it provoketh urine, helpeth the colic, bringeth down women's courses; and made into a pessary with honey, and put up into the body, it draweth forth the dead child. It is much commended against the cough, to expectorate the tough phlegm; it much easeth the pains in the head, and procurereth sleep; being put into the nostrils it procureth sneezing and thereby purgeth the head of phlegm; the juice of the root applied to the piles or hemorrhoids giveth much ease; the decoction of the roots gargled in the mouth easeth the tooth ache, and helpeth a stinking breath. Oil called oleum irinum, if it be rightly made of the great broad flag flower-de luce (and not of the green bulbous blue flower-de-luce, as is used by some apothecaries,) and roots of the flaggy kind, is very effectual to warm and comfort all cold joints and sinews, as also the gout and sciatica, and mollifieth and

dissolveth, and consumeth tumours and swellings in any part of the body, as also of the matrix: it helpeth the cramp or convulsions of the sinews; the head and temples anointed therewith helpeth the catarrh, or thin rheum distilled from thence; and used upon the breast or stomach, helpeth to extenuate the old tough phlegm; it helpeth also the pains and noise in the ears, and the stench of the nostrils; the root itself, or in powder, helpeth to cleanse, heal, and incarnate wounds, and to cover the naked bones with flesh again that ulcers have made bare; and is also very good to cleanse and heal up fistulas and cankers, that are hard to be cured.

### FLUELLIN, OR LUELLIN.

DESCRIPTION.—It shooteth forth many long branches, partly lying upon the ground, and partly standing upright, set with almost red leaves, yet a little pointed and sometimes more long and round without order thereon, somewhat hairy, and of an evil greenish white colour; at the joints all along the stalks, and with the leaves come forth small flowers, one at a place, upon a very small short foot-stalk, gaping somewhat like snap-dragons, or rather like toad-ax, with the upper jaw of a yellow colour, and the flower of a purplish, with a small heel or spur behind: after which come forth small brown beads, containing small black seed. The root is small and thready, dying every year, and raiseth itself again of its own sowing.

There is another sort of luellin which hath longer branches, wholly trailing upon the ground, two or three feet long, and somewhat more thin, set with leaves thereon upon small foot stalks. The leaves are a little larger and somewhat round, and cornered sometimes in some places on the edges; but the lower part of them being the broadest hath on each side a small point, making it seem as if they were ears, sometime hairy, but not hoary, and a better green colour than the former. The flowers come forth like the former; but the colours therein are more white than

yellow, and so are the seed and seed vessels. The root is like the other, and perisheth every year.

PLACE.—They grow in divers cornfields, and in borders about them, and in other fertile grounds about Southfleet, in Kent abundant; at Buchrite, Hamerton, and Rickmansworth, and in Huntingdonshire, and in divers other places.

TIME.—They are in flower about June and July, and the whole plant is dry and withered before August be done.

GOVERNMENT AND VIRTUES.—It is a Lunar herb. The leaves bruised and applied with barley meal to watering eyes that are hot and inflamed by defluctions from the head, do very much help them, as also the fluxes of blood, or humours, as the lask, bloody flux, women's courses; and stayeth all manner of bleeding at the nose, mouth, or any other place, or that cometh by any bruise or hurt, or bursting a vein; it wonderfully helpeth all those inward parts that need consolidating or strengthening, and is no less effectual both to heal and close green wounds than to cleanse and heal all foul or old ulcers, fretting or spreading cankers or the like.

Bees are industrious, and go abroad to gather honey from each plant and flower, but drones lie at home and eat up what the bees have taken pains for: just so do the College of Physicians lie at home and domineer, and suck out the sweetness of other men's labours and studies, themselves being as ignorant in the knowledge of herbs as a child four years old, as I can make appear to any rational man by their last Dispensatory. Now then to hide their ignorance there is no readier way in the world than to hide knowledge from their countrymen, that so nobody might be able so much as to smell out their ignorance. When simples were in use, men's bodies were better in health by far than now they are, or shall be if the college can help it. The truth is, this herb is of a fine cooling, drying quality, and an ointment or plaister of it might do a man a courtesy that had not any virulent sores; 'tis admirable for ulcers of the French pox—if taken inwardly may cure the disease. It was first called female speedwell, but a "shentleman of

Wales, whose nose was almost eaten off with the pox, and so near the matter that the doctors commanded it to be cut off, being cured only by the use of this herb, and, to honour the herb for saving his nose whole, gave it one of his country names, Fluellin."

### FOX-GLOVES.

DESCRIPTION.—It hath many long and broad leaves lying upon the ground, dented upon the edges, a little soft or woolly, and of a hoary green colour, among which riseth up sometimes sundry stalks, but one very often, bearing such leaves thereon from the bottom to the middle, from whence to the top it is stored with large and long hollow reddish purple flowers, a little more long and imminent at the lower edge, with some white spots with them one above another, with small green leaves at every one, but all of them turning their heads one way, and hanging downwards, having some threads also in the middle, from whence rise round heads pointed sharp at the ends, wherein small brown seed lieth. The roots are so many small fibres, and some greater strings among them; the flowers have no scent, but the leaves have a bitter hot taste.

PLACE.—It groweth on dry sandy ground for the most part, and as well on the higher as the lower places, under hedge sides in almost every county in this land.

TIME.—It seldom flowereth before July, and the seed is ripe in August.

GOVERNMENT AND VIRTUES.—The plant is under the dominion of Venus, being of a gentle cleansing nature, and withal very friendly to nature. The herb is familiarly and frequently used by the Italians to heal any fresh or green wound, the leaves being but bruised and bound thereon, and the juice thereof is also used in old sores, to cleanse, dry, and heal them. The decoction hereof made up with sugar or honey, is available to purge and cleanse the body both upward and downward, sometime of tough phlegm and clammy humours, and to open obstructions of the liver and spleen. It hath been found by experience to be available

for the king's evil, the herb bruised and applied, or an ointment made with the juice thereof, and so used.

### THE FURZE BUSH.

It is as well known by this name, as it is in some counties by the name of gorz or whins, that I shall not need to write any description thereof, my intent being to teach my countrymen when they know not, rather than to tell them again of that which is generally known before.

PLACE.—They are known to grow on dry barren heaths, and other waste, gravelly, or sandy grounds in all counties of this land.

TIME.—They also flower in the summer months.

GOVERNMENT AND VIRTUES.—Mars owns this herb. They are hot and dry, and open obstructions of the liver and spleen. A decoction made with the flowers thereof hath been found effectual against the jaundice, as also to provoke urine, and cleanse the kidneys from gravel or stone engendered in them. Mars doth also this by sympathy.

### GARLIC.

The offensiveness of the breath of him that hath eaten garlick, will lead you by the nose to the knowledge hereof, and instead of a description, direct you to the place where it groweth in gardens, which kinds are the best and most physical.

GOVERNMENT AND VIRTUES.—Mars owns this herb. This was anciently accounted the poor man's treasure, it being a remedy for all diseases and hurts except those which itself breeds. It provoketh urine and women's courses, helpeth the biting of mad dogs and other venomous creatures; killeth worms in children, cutting and voiding tough phlegm, purgeth the head, helpeth the lethargy, is a good preservation against and a remedy for any plague sore, or foul ulcer; taketh away spots and blemishes in the skin, easeth pains in the ears, ripeneth and breaketh impost-

humes or other swellings; and for all these diseases the onions are as effectual. But the garlick hath some more peculiar virtues besides the former, viz. it hath a special quality to discuss inconveniences coming by corrupt agues or mineral vapours, or by drinking corrupt and stinking waters: as also by taking wolf-bane, hen-bane, or other poisonous or dangerous herbs. It is held good in hydropic diseases, the jaundice, falling sickness, cramps, convulsions the piles, or hæmorrhoids, or other cold diseases. Many authors quote many diseases this is good for, but conceal its vices. Its head is very vehement, and all vehement hot things send up but ill savoured vapours to the brain. In choleric men it will add fuel to the fire; in men oppressed by melancholy, it will attenuate the humour, and send up strong fancies and as many strange visions to the head; therefore let it be taken inwardly with great moderation—outwardly you may make more bold with it.

#### GENTIAN, FELWORT, OR BALDMONY.

It is confessed that gentian which is most used amongst us is brought over from beyond sea, yet we have two sorts of it growing frequently in our nation, which, besides the reasons so frequently alleged why English herbs should be fittest for English bodies, hath been proved by the experience of divers physicians to be not a whit inferior in virtue to that which cometh from beyond the sea; therefore be pleased to take the description of them as followeth.

DESCRIPTION.—The greater of the two hath many small long roots thrust deep into the ground, and abiding all the winter. The stalks are sometimes more, sometimes fewer, of a brownish green colour, which is often two feet high if the ground be fruitful, having many long, narrow, dark green leaves set by couples up to the top: the flowers are long and hollow, of a purple colour, ending in fine corners. The smaller sort which is to be found in our land, groweth with sundry stalks not a foot high, parted into several small branches, whereon grow divers small leaves together, very like those of the lesser centaury, of a whitish green colour;

on the tops of these stalks grow divers perfect blue flowers standing in long husks, but not so big as the other; the root is very small and full of threads.

PLACE.—The first groweth in divers places of both the east and west countries, and as well in wet as in dry grounds, as near Longfield by Gravesend, near Cobham in Kent, near Linlinstone in Kent; also in a chalk pit, hard by a paper-mill not far from Dartford in Kent. The second groweth also in divers places in Kent, as about Southfleet and Longfield; upon Barton's Hills in Bedfordshire; also not far from St. Albans, upon a piece of waste chalky ground, as you go out of Dunstable way towards Gorham-bury.

TIME.—They flower in August.

GOVERNMENT AND VIRTUES.—They are under the dominion of Mars, and one of the most principal herbs he is ruler of. They resist putrefactions, poison, and a more sure remedy cannot be found to prevent the pestilence than it is; it strengthens the stomach exceedingly, helps digestion, comforts the heart, and preserves it against faintings and swoonings. The powder of the dry roots helps the bitings of mad dogs and venomous beasts, opens obstructions of the liver, and restoreth an appetite of their meat to such as have lost it. The herb steeped in wine, and the wine drank, refresheth such as be over weary with travel, and grow lame in their joints either by cold or evil lodgings; it helps stitches and pains in the sides; is an excellent remedy for such as are bruised by falls: it provokes urine and the terms exceedingly, therefore let it not be given to women with child; the same is very profitable for such as are troubled with cramps and convulsions, to drink the decoction; also they say it breaks the stone, and helps ruptures most certainly; it is excellent in all cold diseases, and such as are troubled with tough phlegm, scabs, itch, or any fretting sores and ulcers: it is an excellent remedy to kill the worms, by taking half a drachm of the powder in a morning in any convenient liquor: the same is excellent good to be taken inwardly for the king's evil. It helps agues of all sorts and the yellow jaundice, as also the bots

in cattle; when kine are bitten on the udder by any venomous beast do but stroke the place with the decoction of any of these, and it will instantly heal them.

### CLOVE GILLIFLOWERS.

It is vain to describe an herb so well known.

GOVERNMENT AND VIRTUES.—They are gallant, fine, temperate flowers, of the nature and under the dominion of Jupiter; yea, so temperate, that no excess either in heat, cold, dryness nor moisture can be perceived in them: they are great strengtheners both of the brain and heart, and will therefore serve either for cordials or cephalics, as your occasion will serve. There is both a syrup and a conserve made of them alone, commonly to be had of any apothecary. To take now and then a little of either, strengthens nature much in such as are in consumptions: they are excellent good in hot pestilent fevers, and expel poison.

### GERMANDER.

DESCRIPTION.—Common germander shooteth forth sundry stalks with small somewhat round leaves, dented about the edges; the flowers stand at the tops of a deep purple colour: the root is composed of divers sprigs which shoot forth a great way round about, quickly overspreading a garden.

PLACE.—It groweth usually with us in gardens.

TIME.—And flowereth in June and July.

GOVERNMENT AND VIRTUES.—It is a most prevalent herb of Mercury, and strengthens the brain and apprehension exceedingly: (you may see what human virtues are under Mercury in the latter end of my Ephemeris for 1652,) strengthens them when weak, and relieves them when drooping. This taken with honey (saith Dioscorides) is a remedy for coughs, hardness of the spleen and difficulty of urine, and helpeth those that are fallen into a dropsy, especially at the beginning of the disease, a decoction being made thereof when it is green, and drank: it also bringeth



down women's courses, and expelleth the dead child. It is most effectual against the poison of all serpents, being drank in wine, and the bruised herb outwardly applied. Used with honey it cleanseth old and foul ulcers; and made into an oil and the eyes anointed therewith, taketh away the dimness and moistness. It is also good for the pains in the sides and cramps. The decoction thereof taken for four days together, driveth away and cureth both tertian and quartan agues. It is likewise good against all diseases of the brain, as continual head ache, falling sickness, melancholy, drowsiness and dullness of spirits, convulsions, and palsies. A drachm of the seed taken in powder purgeth by urine, and is good against the yellow jaundice; the juice of the leaves dropped into the ears killeth the worms in them. The tops thereof, when they are in flowers, steeped twenty-four hours in a draught of white wine, and drank, killeth the worms in the belly.

#### STINKING GLADWIN.

DESCRIPTION.—This is one of the kinds of flower de-luce, having divers weeds arising from the roots very like a flower de-luce, but they are sharp edged on both sides, and thicker in the middle, of a deeper green colour, narrower and sharper pointed, and a strong ill scent, if they be bruised between the fingers. In the middle riseth up a reasonable strong stalk, a yard high at the least, bearing three or four flowers at the top, made somewhat like the flowers of the flower-de-luce, with three upright leaves, of a dead purplish ash colour, with some veins discoloured in them; the other three do not fall down, nor are the three other small ones so arched nor cover the lower leaves as the flower-de-luce doth, but stand loose or asunder from them. After they are past, there come up three square hard husks, opening wide into three parts when they are ripe, wherein lie reddish seed, turning black when it hath abided long. The root is like that of the flower de luce, but reddish on the outside and whitish within, very sharp and hot in the taste, of as evil scent as the leaves.

PLACE.—This groweth as well in upland grounds as in moist places, woods, and shadowy places by the sea-side in many places of this land, and is generally nursed up in gardens.

TIME.—It flowereth not until July, and the seed is ripe in August or September; yet the husks after they are ripe, opening themselves, will hold their seed within them for two or three months, and not shed them.

GOVERNMENT AND VIRTUES.—It is supposed to be under the dominion of Saturn. It is used by many country people to purge and corrupt phlegm and choler, which they do by drinking the decoction of the roots; and some to make it more gentle, do but infuse the sliced roots in ale; and some take the leaves, which serve well for the weaker stomachs. The juice hereof put up, or snuffed up the nose, causeth sneezing, and draweth from the head much corruption; and the powder thereof doth the same. The powder thereof drank in wine, helpeth those that are troubled with cramps and convulsions, or with the gout and sciatica, and giveth ease to those that have griping pains in their body and belly, and helpeth those that have the strangury. It is given with much profit to those that have had long fluxes by the sharp and evil quality of humours which it stayeth, having first cleansed and purged them by the drying and binding property therein. The root boiled in wine and drank, doth effectually procure women's courses; and used as a pessary, worketh the same effect; but causeth abortion in women with child. Half a drachm of the seed beaten to powder, and taken in wine, doth speedily cause one to water which otherwise cannot. The same taken in vinegar dissolveth the hardness and swellings of the spleen. The root is effectual in all wounds, especially of the head; as also to draw forth any splinters, thorns, or broken bones, or any thing sticking in the flesh without causing pains, being used with a little verdigrease and honey, and the great centaury root; the same boiled in vinegar, and laid on any tumour or swelling, doth very effectually dissolve and consume them; yea, even the swellings of the throat called the king's evil. The juice of the leaves or roots healeth the itch, and all running or spread-

ing scabs, sores, or blemishes, or scars in the skin, where-sover they be.

### GOLDEN ROD.

DESCRIPTION.—This riseth up with a brownish small roundish stalk, two feet high and sometimes more, having thereon many narrow and long dark green leaves, very seldom without any dents about the edges, or any stalks or white spots therein, yet they are sometimes so found divided at the tops into many small branches, with divers small yellow flowers on every one of them, all which turned one way, and being ripe do turn into down, and are carried away with the wind. The root consists of many small fibres, which grow not very deep in the ground, but abideth all the winter therein, shooting forth new branches every year, the old one lying down to the ground.

PLACE.—It groweth in the open places of woods and copses, both moist and dry grounds, in many places of this land.

TIME —It flowereth about the month of July.

GOVERNMENT AND VIRTUES.—Venus claims the herb, and therefore it respects beauty lost. Arnoldus de Villa Nova commends it much against the stone in the reins and kidnies, and to provoke urine in abundance, whereby also all the gravel and stone may be voided. The decoction of the herb, green or dry, and the distilled water thereof, is very effectual for inward bruises; as also to be outwardly applied it stayeth bleeding in any part of the body, and of wounds: also the fluxes of humours, the bloody flux and women's courses; and is no less prevalent in all ruptures or burstings, being drank inwardly and outwardly applied. It is a sovereign wound herb, inferior to none both for inward and outward hurts: green wounds, old sores and ulcers, are quickly cured therewith. It also is of especial use in all lotions for sores or ulcers in the mouth, throat, or privy parts in man or woman. The decoction also helpeth to fasten the teeth that are loose in the gums.

## GOUTWORT, OR HERB GERRARD.

DESCRIPTION.—It is a low herb, seldom rising above half a yard high, having sundry leaves standing on brownish green stalks by three, snipped about, and of a strong unpleasant savour: the umbels of the flowers are white, and the seed blackish; the root runneth in the ground, quickly taking a great deal of room.

PLACE.—It groweth by hedge and wall-sides, and often in the borders and corners of fields, and in gardens also.

TIME.—It flowereth and seedeth about the end of July.

GOVERNMENT AND VIRTUES.—Saturn rules it. Neither is it to be supposed goutwort hath its name for nothing, but upon experiment it will be found to heal the gout and sciatica; as also joint-aches and other cold griefs. The very bearing of it about one easeth the pains of the gout, and defends him that bears it from the disease.

## GROMEL.

Of this I shall briefly describe the kinds which are principally used in physic, the virtues whereof are alike, though somewhat different in their manner and form of growing.

DESCRIPTION.—The great gromel groweth up with slender and hard hairy stalks, trailing and taking root in the ground as it lieth thereon, and parted into many other small branches, with hairy dark green leaves thereon. At the joints with the leaves come forth very small blue-flowers, and after them hard stony roundish seed. The root is long and woody, abiding the winter, and shooteth forth fresh stalks in the spring.

The smaller wide gromel sendeth forth divers upright hard branched stalks, two or three feet high, full of joints, at every one of which groweth small, long, hard, and rough leaves like the former, but lesser; and after them greyish round seed like the former. The root is not very big, but with many leaves thereat.

The garden gromel hath divers upright, slender, woody,

hairy stalks, blown and cressed, very little branched, with leaves like the former, and white flowers; after which, in rough brown husks, is contained a white, hard, round seed shining like pearls, and greater than either of the former; the root is like the first described, with divers branches and sprigs thereat, which continueth (as the first doth) all the winter.

PLACE.—The two first grow wild in barren or untilled places, and by the way sides in many places of this land. The last is a nursling in the garden of the curious.

TIME.—They all flower from midsummer until September sometimes, and in the meantime the seed ripeneth.

GOVERNMENT AND VIRTUES.—These herbs belong to Dame Venus: and therefore if Mars cause the colic or stone, as usually he doth if in Virgo, this is your cure. These are accounted to be of as singular force as any herb or seed whatsoever, to break the stone and to void it, and the gravel either in the reins or bladder: as also to provoke urine being stopped, and to help the stranguary. The seed is of the greatest use, being bruised and boiled in white wine or in broth, or the like, or the powder of the seed taken therein. Two drachms of the seed in powder taken with women's breast-milk is very effectual to procure a speedy delivery to such women as have sore pains in their travail, and cannot be delivered. The herb itself (when the seed is not to be had) either boiled, or the juice thereof drank, is effectual to all the purposes aforesaid, but not so powerful and speedy in operation.

#### WINTER GREEN.

DESCRIPTION.—This sends forth seven, eight, or nine leaves from a small brown creeping root, every one standing upon a long foot-stalk, which are almost as broad as long, round pointed, of a sad green colour, and hard in handling, and like the leaf of a pear-tree; from whence ariseth a slender weak stalk, yet standing upright, bearing at the top many small white sweet smelling flowers laid open like a star, consisting of five round pointed leaves,

with many yellowish threads standing in the middle about a green head, and a long stalk with them, which being ripe is found five square, with a small point at it, wherein is contained seed as small as dust.

PLACE.—It groweth seldom in fields, but frequently in the woods northwards, viz., in Yorkshire, Lancashire, and Scotland.

TIME.—It flowereth about June and July.

GOVERNMENT AND VIRTUES.—Winter-green is under the dominion of Saturn, and is a singular good wound herb, and an especial remedy for to heal green wounds speedily, the green leaves being bruised and applied, or the juice of them. A salve made of the green herb stamped, or the juice boiled with hog's lard or with salad oil and wax, and some turpentine added unto it, is a sovereign salve, and highly extolled by the Germans, who use it to heal all manner of wounds and sores. The herb boiled in wine and water, and given to drink to them that have any inward ulcers in their kidnies or neck of the bladder, doth wonderfully help them. It stayeth all fluxes, as the lask, bloody fluxes, women's courses, and bleeding of wounds, and taketh away inflammations rising upon pains of the heart; it is no less helpful for foul ulcers hard to be cured; as also for cankers or fistulas. The distilled water of the herb doth effectually perform the same things.

### HEART'S EASE.

This is that herb which such physicians as are licensed to blaspheme by authority, without danger of having their tongues burned through with a hot iron, called an herb of the Trinity; it is also called by those that are more moderate, three faces in a hood, live-in-idleness, call-me-to-you; and in Sussex we call them pansies.

PLACE.—Besides those which are brought up in gardens, they grow commonly wild in the fields, especially in such as are very barren; sometimes you may find it on the tops of the high hills.

TIME.—They flower all the spring and summer long.

GOVERNMENT AND VIRTUES.—The herb is really Saturnine, something cold, viscous, and slimy. A strong decoction of the herbs and flowers (if you will you may make it into syrup) is an excellent remedy for the French pox, the herb being a gallant anti venerean; and that anti-venereans are the best cure for that disease, far better and safer than to torment them with the flux, divers foreign physicians have confessed. The spirit of it is excellent good for the convulsions in children, as also for the falling sickness, and a gallant remedy for the inflammation of the lungs and breast, pleurisy, scabs, itch, &c. It is under the celestial sign Cancer.

### HART'S TONGUE.

DESCRIPTION.—This hath divers leaves arising from the root, every one severally, which fold themselves in their first springing and spreading; when full grown, they are about a foot long, smooth and green above, but hard and with little sap in them, and streaked on the back, thwart on the sides of the middle rib with small and somewhat long brownish marks; the bottoms of the leaves are a little bowed on each side of the middle rib, somewhat narrow with the length, and somewhat small at the end. The root is of many black threads folded or interlaced together.

TIME.—It is green all the winter, but new leaves spring every year.

GOVERNMENT AND VIRTUES.—Jupiter claims dominion of this herb, therefore it is a singular remedy for the liver, both to strengthen it when weak, and ease it when afflicted: you shall do well to keep it in a syrup all the year; for though authors say it is green all the year, I scarce can believe it. Hart's tongue is much condemned against the hardness and stoppings of the spleen and liver, and against the heat of the liver and stomach, and against the heat of the liver and stomach, and against lasks and the bloody-flux. The distilled water thereof is very good against the passions of the heart, and to stay the hiccup, to help the falling of the palate, and to stay the bleeding of the gums,

being gargled in the mouth. Dioscorides saith, it is good against the stinging or biting of serpents. As for the use of it, my direction at the latter end will be sufficient, and enough for those that are studious in physic, to whet their brains upon for a year or two.

### HAZEL NUT.

Hazel-nuts are so well known to every body, that they need no description.

GOVERNMENT AND VIRTUES.—They are under the dominion of Mercury. The parted kernels made into an electuary, or the milk drawn from the kernels with mead or honeyed water, is very good to help an old cough, and being parched and a little pepper put to them and drank, digesteth the distillations of rheum from the head. The dried husks and shells to the weight of two drams, taken in red wine, stayeth lasks and women's courses, and so doth the red skin that covereth the kernels, which is more effectual to stay women's courses.

And if this be true, as it is, then why should the vulgar so familiarly affirm, that eating nuts causeth shortness of breath? than which nothing is falser. For how can that which strengthens the lungs cause shortness of breath? I confess the opinion is far older than I am: I knew tradition was a friend to error before, but never that he was the father of slander; or are men's tongues so given to slandering one another, that they must slander nuts too to keep their tongues in use? If any thing of the hazel nut be stopping, it is the husks and shells, and nobody is so mad as to eat them unless physically; and the red skin which covers the kernel you may easily pull off. And so thus have I made an apology for nuts, which cannot speak for themselves.

### HAWK-WEED.

DESCRIPTION.—It hath many large leaves lying upon the ground, much torn or rent on the sides into gashes like



dandelion, but with greater parts, more like the smooth sow thistle, from among which riseth a hollow rough stalk, two or three feet high, branched from the middle upward, whereon are set at every joint longer leaves, little or nothing rent or cut, bearing on their top sundry pale yellow flowers, consisting of many small narrow leaves, broad pointed, and nicked in at the ends, set in a double row or more, the outermost being larger than the inner, which from many of the hawk weeds (for there are many kinds of them) do hold, which turn into down, and with the small brownish seed is blown away with the wind. The root is long and somewhat great, with many small fibres thereat. The whole plant is full of bitter milk.

PLACE.—It groweth in divers places about the field sides, and the pathways in dry grounds.

TIME.—It flowereth and dies away in the summer months.

GOVERNMENT AND VIRTUES.—Saturn owns it. Hawkweed, saith Dioscorides, is cooling, somewhat drying and binding, and therefore good for the heat of the stomach and gnawings therein; for inflammations, and hot fits of agues. The juice thereof in wine helpeth digestion, discusseth wind, hindereth crudities abiding in the stomach, and helpeth the difficulty of making water, the biting of venomous serpents, and stinging of the scorpion if the herb be also outwardly applied to the place, and is very good against all other poisons. A scruple of dried root given in wine and vinegar, is profitable to those who have the dropsy. The decoction of the herb taken with honey digesteth the phlegm in the chest or lungs, and with byssop helpeth the cough. The decoction thereof, and of wild succory, made with wine and taken, helpeth the wind, cholic. and hardness of the spleen; it procureth rest and sleep, hindereth venery and venerous dreams, cooling heats, purgeth the stomach, increaseth blood, and helpeth the diseases of the reins and bladder.

## HAWTHORN.

It is not my intent to trouble you with a description of this tree, which is so well known that it needeth none. It is ordinarily but a hedge bush, although pruned and dressed it groweth to a tree of a reasonable height.

As for the the hawthorn tree at Glastonbury, which is said to flower yearly on Christmas day, it rather shows the superstition of those that observe it for the time of flowering, than any great wonder, since the like may be found in divers other places in this land: as in Whey-street, in Romney-march, and near unto Nantwich in Cheshire, by a place called White-green, where it flowereth about Christmas and May. If the weather be very frosty, it flowereth not until January, or that the hard weather be over.

GOVERNMENT AND VIRTUES.—It is a tree of Mars. The seeds in the berries beaten to powder, being drank in wine, are held singular good against the stone and the dropsy; the distilled water of the flower, stayeth the lask. The seed cleared from the down, bruised and boiled in wine, and drank, is good for inward tormenting pains. If cloths and sponges be wet in the distilled water, and applied to any place wherein thorns and splinters, or the like, do abide in the flesh, it will notably draw them forth. And thus you see the thorn gives a medicine for its own pricking, and so doth almost every thing else.

## HEMLOCK.

DESCRIPTION.—The common hemlock groweth up with a green stalk four or five feet high or more, full of red spots sometimes, and at the joints very large winged leaves set at them, which are divided into many other winged leaves, one set against the other, dented about the edges, of a sad green colour, branched towards the top, where it is full of umbels of white flowers, and afterwards with whitish flat seed; the root is long, white, and somewhat crooked, and hollow within. The whole plant and every part hath a

strong, heady, and ill-favoured scent, much offending the senses.

PLACE.—It groweth in all counties of this land, by walls and hedge sides in waste grounds and untilled places.

TIME —It flowereth and seedeth in July, or thereabouts.

GOVERNMENT AND VIRTUES —Saturn claims dominion over this herb, yet I wonder why it may not be applied to the privities in a priapism, or continual standing of the yard, it being very beneficial to that disease; I suppose my author's judgment was first upon the opposite disposition of Saturn to Venus in those faculties, therefore he forbade the applying of it to those parts, that it might not cause barrenness or spoil the spirit procreative; which if it do, yet applied to the privities, it stops its lustful thoughts. Hemlock is exceedingly cold, and very dangerous, especially to be taken inwardly. It may safely be applied to inflammations, tumours, and swellings in any parts of the body, (save the privy parts,) as also to St. Anthony's fire, wheals, pushes, and creeping ulcers that arise of hot sharp humours, by cooling and repelling the heat; the leaves bruised and laid to the brow or forehead are good for the eyes that are red or swollen, as also to take away a pin or web growing in the eye; this is a tried medicine. Take a small handful of this herb and half as much bay salt beaten together, and applied to the contrary wrist of the hand for twenty four hours, doth remove it in thrice dressing. If the root thereof be roasted under the embers, wrapped in double wet paper until it be soft and tender, and then applied to the gout in the hands and fingers, it will quickly help this evil. If any through mistake eat the herb hemlock instead of parsley, or the root instead of parsnip (both of which it is very like) whereby happeneth a kind of perturbation of the senses, as if they were stupid and drunk, the remedy is, as Pliny saith, to drink of the best and strongest pure wine before it strike to the heart, or gentian put in wine, or a draught of vinegar, wherewith Tragus doth affirm that he cured a woman that had eaten the root.

## HENBANE.

DESCRIPTION.—Our common henbane hath very large, thick, soft woolly leaves lying on the ground, much cut in or torn on the edges, of a dark ill greyish green colour among which arise up divers thick and short stalks two or three feet high, spread into divers small branches with lesser leaves on them, and many hollow flowers scarce appearing above the husk, and usually torn on one side, ending in five round points, growing one above another, of a deadish yellow colour somewhat paler towards the edges, with many purplish veins therein, and of a dark yellowish purple in the bottom of the flower, with a small point of the same colour in the middle, each of them standing in a hard close husk, which, after the flowers are past, groweth very like the husk of asarabacca, and somewhat sharp at the top points, wherein is contained much small seed, very like poppy seed, but of a dusky greyish colour. The root is great, white, and thick, branching forth divers ways under ground, so like a parsnip root, (but that it is not so white) that it hath deceived others. The whole plant, more than the root, hath a very heavy, ill, sodoriferous smell, and somewhat offensive.

PLACE.—It commonly groweth by the way sides, and under hedge sides and walls.

TIME.—It flowereth in July, and springeth again yearly of its own seed. I doubt my authors mistook July for June, if not for May.

GOVERNMENT AND VIRTUES.—I wonder how astrologers could take on them to make this an herb of Jupiter; and yet Mezaldus a man of penetrating brain, was of that opinion as well as the rest: the herb is indeed under the dominion of Saturn, and I prove it by this argument:—All the herbs which grow in Saturnine places are Saturnine herbs: but henbane delights most to grow in Saturnine places, and whole cart loads of it may be found near the places where they empty the common jacks, and scarce a ditch is to be found without it growing by it: ergo, it is an

herb of Saturn. The leaves of henbane do cool all hot inflammations in the eyes or any other part of the body; and are as good to assuage all manner of swellings of the testicles, or women's breasts or elsewhere, if they be boiled in wine and either applied themselves, or the fomentation warm; it also assuageth the pain of the gout, the sciatica, and other pains in the joints which arise from a hot cause; and applied with vinegar to the forehead and temples, helpeth the head ache and want of sleep in hot fevers.

Take notice that this herb must never be taken inwardly: outwardly, an oil, ointment, or plaster of it is most admirable for the gout, to cool the venereal heat of the reins in the French pox; to stop the tooth ache being applied to the aching side: to allay all inflammations, and to help the diseases before premised.

### HEDGE HYSSOP.

DESCRIPTION.—Divers sorts there are of this plant; the first of which is an Italian by birth, and only nursed up here in the gardens of the curious. Two or three sorts are found commonly growing wild here, the description of two of which I shall give you. The first is a smooth, low plant, not a foot high, very bitter in taste, with many square stalks diversely branched from the bottom to the top, with divers joints, broader at the bottom than they are at the end, and full of veins. The flowers stand at the joints, being of a fair purple colour, with some white spots in them, in fashion like those of dead nettles. The seed is small and yellow, and the roots spread much under ground.

The second seldom groweth half a foot high, sending up many small branches whereon grow many small leaves set one against the other, somewhat broad but very short. The flowers are like those of the other in fashion, but of a pale reddish colour. The seeds are small and yellowish. The root spreadeth like the other, neither will it yield to its fellow one ace of bitterness.

PLACE.—They grow in low wet grounds, and by the wa-

tersides ; the last may be found among the bogs on Hampstead heath.

TIME.—They flower in June and July, and the seed is ripe presently after.

GOVERNMENT AND VIRTUES.—They are herbs of Mars, and as choleric and churlish as he is, being most violent purges, especially of choler and phlegm. It is not safe taking them inwardly, unless they be well rectified by the art of the alchymist, and only the purity of them given ; so used they may be very helpful both for the dropsy, gout, and sciatica ; outwardly used in ointments they kill worms, the belly anointed with it, and are excellent good to cleanse old and filthy ulcers.

### BLACK HELLEBORE.

It is called setter-wort, setter-grass, bear's foot, Christmas herb, and Christmas flower.

DESCRIPTION.—It hath sundry fair green leaves rising from the root, each of them standing about an handful high from the earth ; each leaf is divided into seven, eight, or nine parts, dented from the middle of the leaf to the point on both sides, abiding green all the winter : about christmas time, if the weather be any thing temperate, the flowers appear upon footstalks, also consisting of five large round, white leaves a piece, which sometimes are purple towards the edges, with many pale yellow thumbs in the middle ; the seeds are divided into several cells like those of columbines, save only that they are greater : the seeds are in colour black, and in form long and round ; the root consisteth of numberless blackish strings all united into one head.

There is another black hellebore which groweth up and down in the woods very like this, but only that the leaves are smaller and narrower, and perish in the winter, which this doth not.

PLACE.—The first is maintained in gardens. The second is commonly found in the woods in Northamptonshire.

**TIME.**—The first flowereth in December or January; the second in February or March.

**GOVERNMENT AND VIRTUES.**—It is an herb of Saturn, and therefore no marvel if hath some sullen conditions with it, and would be far safer being purified by the art of the alchymist, than given raw. If any have taken any harm by taking it, the common cure is goat's milk: if you cannot get goat's milk, you must make shift with such as you can get. The roots are very effectual against all melancholy diseases, especially such as are of long standing, as quartan agues and madness; it helps the falling sickness, the leprosy, both the yellow and black jaundice, the gout, sciatica, and convulsions; and this was found out by experience, that the root of that which groweth wild in our country, works not so churlishly as those do which are brought from beyond sea, as being maintained by a more temperate air. The root used as a pessary, provokes the terms exceedingly; also being beaten into powder and strewed upon foul ulcers, consumes the dead flesh, and instantly heals them; nay, it will help gangrenes in the beginning. Twenty grains taken inwardly is a sufficient dose for one time, and let that be corrected with half so much cinnamon: country people used to rowel their cattle with it. If a beast be troubled with a cough, or have taken any poison, they bore a hole through his ear and put a piece of the root in it, this will help him in twenty four hours time.

Many other uses farriers put it to which I shall forbear.

### HERB ROBERT.

**DESCRIPTION.**—It riseth up with reddish stalks two feet high, having divers leaves thereon upon very long and reddish foot stalks, divided at the ends into three or four divisions, each of them cut in on the edges some deeper than the others, and all dented likewise about the edges, which sometimes turn reddish. At the tops of the stalks come forth divers flowers made of five leaves much larger than the dove's foot, and a more reddish colour: after which come back heads, as in others. The root is small

and thready, and smelleth as the whole plant, very strong, almost stinking.

PLACE.—This groweth frequently everywhere by the waysides, upon ditch banks and waste grounds wheresoever one goeth.

TIME—It flowereth in June and July chiefly, and the seed is ripe shortly after.

GOVERNMENT AND VIRTUES.—It is under the dominion of Venus. Herb Robert is commended not only against the stone, but to stay blood where or howsoever flowing; it speedily healeth all green wounds, and is effectual in the privy parts or elsewhere. You may persuade yourself this is true, and also conceive a good reason for it, do but consider it is an herb of Venus, for all it hath a man's name.

### HYSSOP.

Hyssop is so well known to be an inhabitant of every garden, that it will save me labour in writing a description of it. The virtues are as follow.

GOVERNMENT AND VIRTUES—The herb is Jupiter's, and the sign Cancer. It strengthens all the parts of the body under Jupiter and Cancer; which what they may be, is found amply discoursed in my astrological judgment of diseases. Dioscorides saith, that hyssop boiled with rue and honey, and drank, helpeth those that are troubled with coughs, shortness of breath, wheezing and rheumatic distillations upon the lungs: taken also with oxymel, it purgeth gross humours by stool; and with honey, killeth worms in the belly; and with fresh and new figs bruised, helpeth to loosen the belly, and more forcibly if the root of flower-de luce and cresses be added thereto. It amendeth and cherisheth the native colour of the body spoiled by the yellow jaundice; and being taken with figs and nitre, helpeth the dropsy and spleen; being boiled with wine it is good to wash inflammations, and taketh away black and blue spots and marks that come by strokes, bruises, or falls,



being applied with warm water. It is an excellent medicine for the quinsey, or swelling in the throat, to wash and gargle it, being boiled in figs: it helpeth the tooth-ache, being boiled with vinegar and gargled therewith. The hot vapours of the decoction taken by a funnel in at the ears, easeth the inflammation and singing noise of them. Being bruised, and salt, honey, and cummin seed put to it, helpeth those that are stung by serpents. The oil thereof, (the head being anointed,) killeth lice, and taketh away itching of the head. It helpeth those that have the falling sickness, which way soever it be applied. It helpeth to expectorate tough phlegm, and is effectual in all cold griefs or diseases of the chest or lungs, being taken either in syrup or licking medicine. The green herb bruised, and a little sugar applied thereto, doth quickly heal any cut or green wounds, being thereunto applied.

### HOREHOUND.

DESCRIPTION.—Common horehound groweth up with square hairy stalks, half a yard or two feet high, set at the joints with two round crumpled rough leaves of a sullen hoary green colour, of a reasonable good scent, but very bitter taste. The flowers are small, white, and gaping, set in a rough, hard, prickly hush round about the joints, with the leaves in the middle of the stalks upwards, wherein afterwards is found small round blackish seed. The root is blackish, hard, and woody, with many strings, and abideth many years.

PLACE.—It is found in many parts of this land, in dry grounds, and waste green places.

TIME.—It flowereth in July, and the seed is ripe in August.

GOVERNMENT AND VIRTUES.—It is an herb of Mercury. A decoction of the dried herb, with the seed, or the juice of the green herb taken with honey, is a remedy for those that are short winded, have a cough, or are fallen into a consumption, either through long sickness or thin distillations of rheum upon the lungs. It helpeth to expectorate

tough phlegm from the roots of Iris or Orris. It is given to women to bring down their courses, to expel their after-birth, and to them that have sore and long travails: as also to those that have taken poison, or are stung or bitten by venomous serpents. The leaves used with honey purge foul ulcers, stay running or creeping sores, and the growing of the flesh over the nails: it also helpeth pains of the sides. The juice thereof with wine and honey, helpeth to clear the eye sight; and snuffed up into the nostrils, purgeth away the yellow jaundice; and with a little oil of roses dropped into the ears, easeth the pains of them. Galen saith, it openeth obstructions of the liver and spleen, and purgeth the breast and lungs of phlegm; and used outwardly it both cleanseth and digesteth. A decoction of horehound (saith Matthiolus) is available for those that have hard livers, and for such as have itches and running tetter. The powder hereof taken, or the decoction, killeth worms. The green leaves bruised and boiled in old hog's grease unto an ointment, healeth the biting of dogs, abateth the swellings and pains that come by any pricking of the thorns or such like means; and used with vinegar, cleanseth and healeth the tetter. There is a syrup made of horehound to be had at the apothecary's, very good for old coughs, to rid phlegm; as also to void cold rheums from the lungs of old people, and also for those that are asthmatic or shortwinded.

#### HOUSELEEK, OR SENGREEN.

Both these are so well known to my countrymen, that I shall not need to write any description of them.

**TIME AND PLACE.**—It groweth commonly on walls and house-sides, and generally flowereth in July.

**GOVERNMENT AND VIRTUES.**—It is an herb of Jupiter; and it is reported by Mezaldus to preserve what it grows upon from fire and lightning. Our ordinary houseleek is good for all inward heats, as well as outward, and in the eyes or other parts of the body: a posset made of the juice of houseleek, is singular good in all hot agues, for it cooleth

and tempereth the blood and spirits, and quencheth the thirst; and also good to stay all hot defluations or sharp and salt rheums in the eyes, the juice being dropped into them, or in the ears, helpeth them. It helpeth also other fluxes of humours in the bowels, and the immoderate courses of women. It cooleth and restraineth all other hot inflammations, St. Anthony's fire, scaldings and burnings, the shingles, fretting ulcers, cankers, tetter, ringworms, and the like: and much easeth the pains of the gout proceeding from a hot cause. The juice also taketh away warts and corns in the hands and feet, being often bathed therewith, and the skin and leaves being laid on them afterwards; it easeth also the head-ache, and distempered heat of the brain in frenzies, or through want of sleep, being applied to the temples and forehead. The leaves bruised and laid upon the crown or seam of the head, stayeth bleeding at the nose very quickly. The distilled water of the herb is profitable for all the purposes aforesaid. The leaves being gently rubbed on any place stung with nettles or bees, doth quickly take away the pain.

#### HOUND'S TONGUE.

DESCRIPTION.—The great ordinary hound's tongue hath many long and somewhat narrow, soft, dairy, darkish green leaves lying on the ground, somewhat like unto bugloss leaves, from amongst which riseth up a rough hairy stalk about two feet high, with some smaller leaves thereon, and branched at the top of every branch, which is somewhat long, with many flowers set along the same, which branch is crooked or turned inwards before it flowereth, and openeth by degrees as the flowers do blow, which consist of small purplish red leaves of a dead colour, rising out of the husks wherein they stand with some threads in the middle: it hath sometimes a white flower. After the flowers are past, there cometh rough flat seed with a small point in the middle, easily cleaving to any garment that it toucheth, and not so easily pulled off again. The root is black, thick

and long, hard to break, and full of clammy juice, smelling somewhat strong of an evil scent, as the leaves also do.

PLACE.—It groweth in moist places of this land, in waste grounds and untilled places, by highway-sides, lanes, and hedge-sides.

TIME.—It flowereth about May or June, and the seed is ripe shortly after.

GOVERNMENT AND VIRTUES.—It is a plant under the dominion of Mercury. The root is very effectually used in pills, as well as the decoction or otherwise, to stay all sharp and thin defluction or rheum from the head into the eyes or nose, or upon the stomach or lungs, as also for coughs or shortness of breath. The leaves boiled in wine, (saith Dioscorides, but others do rather appoint it to be made with water, and do add thereto oil and salt,) mollifieth or openeth the belly downwards. It also helpeth to cure the biting of a mad dog, some of the leaves being also applied to the wound. The leaves bruised, or the juice of them boiled in hog's lard, and applied, helpeth falling away of the hair which cometh of hot and sharp humours; as also for any place that is scalded or burnt: the leaves bruised and laid to any green wound doth heal it quickly: the root baked under the embers, wrapped in paste or wet paper, or in a wet double cloth, and thereof a suppository made, and put up into or applied to the fundament, doth very effectually help the painful piles or hæmorrhoids. The distilled water of the herbs and roots is very good to all the purposes aforesaid, to be used as well inwardly to drink, as outwardly to wash any sore place: for it healeth all manner of wounds and punctures, and those foul ulcers that arise by the French pox. Mizaldus adds, that the leaves laid under the feet will keep the dogs from barking at you. It is called hound's tongue, because it ties the tongues of hounds; whether true or not I never tried; yet I cured the biting of a mad dog with this only medicine.

## ST. JOHN'S WORT.

**DESCRIPTION.**—Common St. John's wort shooteth forth brownish, upright, hard round stalks, two feet high, spreading branches from the sides up to the tops of them, with two small leaves set one against another at every place, which are of a deep green colour, somewhat like the leaves of the lesser centaury, but narrow and full of small holes in every leaf, which cannot be so well perceived as when they are held up to the light: at the tops of the stalks and branches stand yellow flowers of five leaves a piece, with many yellow threads in the middle, which being bruised, do yield a reddish juice like blood: after which come small round heads, wherein is contained small blackish seed, smelling like rosin. The root is hard and woody, with divers strings and fibres at it of a brownish colour, which abideth in the ground many years, shooting anew every spring.

**PLACE**—This groweth in woods and copses, as well those that are shady as open to the sun.

**TIME.**—They flower about Midsummer and July, and their seed is ripe about the latter end of July or August.

**GOVERNMENT AND VIRTUES.**—It is under the celestial sign Leo, and the dominion of the Sun. It may be if you meet a papist he will tell you, especially if he be a lawyer, that St. John made it over to him by a letter of attorney. It is a singular wound herb; boiled in wine and drank it healeth inward hurts or bruises; made into an ointment, it opens obstructions, dissolves swellings, and closes up the lips of wounds. The decoction of the herb and flowers especially of the seed, being drank in wine with the juice of knot grass, helpeth all manner of vomiting and spitting of blood, is good for those that are bitten or stung by any venomous creature, and for those that cannot make water. Two drachms of the seed of St. John's wort made into powder, and drank in a little broth, doth gently expel choler or congealed blood in the stomach. The decoction of the leaves and seeds drank somewhat warm before the fits of

agues, whether they be tertians or quartans, alter the fits, and, be often using, doth take them quite away. The seed is much commended, being drank for forty days together, to help sciatica, the falling sickness, and the palsy.

#### IVY.

It is well known to every child almost to grow in woods upon the trees, and upon the stone walls of churches, houses, &c., and sometimes to grow alone of itself, though but seldom.

TIME.—It flowereth not until July, and the berries are not ripe till Christmas, when they have felt winter frosts.

GOVERNMENT AND VIRTUES.—It is under the dominion of Saturn. A pugil of the flowers, which may be about the drachm, saith Dioscorides, drank twice a day in red wine, helpeth the lask and bloody flux. It is an enemy to the nerves and sinews being much taken inwardly, but very helpful unto them being outwardly applied. Pliny saith, the yellow berries are good against the jaundice; and taken before one be set to drink hard preserveth from drunkenness, and helpeth those that spit blood: and the white berries being taken inwardly, or applied outwardly, killeth the worms in the belly. The berries are a singular remedy to prevent the plague, as also to free them from it that have got it, by drinking the berries thereof made into powder, for two or three days together; they being taken in wine, do certainly help to break the stone, provoke urine, and women's courses. The fresh leaves of ivy boiled in vinegar, and applied warm to the sides of those that are troubled with the spleen, ache, or stitch in the sides, do give much ease; the same applied with rose water and oil of roses to the temples and forehead, easeth the head ache though it be of long continuance. The fresh leaves boiled in wine, and old filthy ulcers hard to be cured washed therewith, do wonderfully help to cleanse them; it also quickly healeth green wounds, and is effectual to heal all burnings and scaldings, and all kinds of exulcerations coming thereby, or by salt phlegm or humours in other parts of the body.

The juice of the berries or leaves snuffed up into the nose, purgeth the head and brain of rheum that maketh defluctions into the eyes and nose, and curing the ulcers and stench therein; the same dropped into the ears, helpeth the old and running sores in them; those that are troubled with the spleen, shall find much ease by the continual drinking out of a cup made of ivy, so as the drink may stand some time therein before it be drank. Cato saith that wine put into the cup, will soak through it by reason of the antipathy that is between them.

There seems to be a very great antipathy between wine and ivy; for if one hath got a surfeit by drinking wine, his speediest cure is to drink a draught of the same wine wherein a handful of ivy leaves, being first bruised, have been boiled.

### JUNIPER BUSH.

For to give a description of a bush so commonly known is superfluous.

PLACE.—They grow plentifully in divers woods in Kent; Warney Common, without Highgate; hard by the Newfound Wells, Dulwich, upon a common between Mitcham and Croydon; in the Highgate, near Amersham, in Buckinghamshire; and many other places.

TIME.—The berries are not ripe the first year, but continue green two summers and one winter before they are ripe, at which time they are all of a black colour, and therefore you shall always find upon a bush green berries; the berries are ripe about the fall of the leaf.

GOVERNMENT AND VIRTUES.—This admirable solar shrub is scarce to be paralleled for its virtues. The berries are hot in the third degree, and dry but in the first, being a most admirable counter poison, and as great a resister of the pestilence as any growing; they are excellent good against the bitings of venomous beasts: they provoke urine exceedingly, and therefore are very available to dysurries and stranguraries. It is so powerful a remedy against the dropsy, that the very lee made of the ashes of the herb

being drank, cures the disease; it provokes the terms, helps the fits of the mother. strengthens the stomach exceedingly, and expels the wind; indeed there is scarce a better remedy for wind in any part of the body, or the colic, than chemical oil drawn from the berries. Such country people as know not how to draw the chemical oil, may content themselves by eating ten or a dozen ripe berries every morning fasting. They are admirable for a cough, shortness of breath, consumption, pains in the belly, ruptures, cramps, and convulsions.

#### KIDNEYWORT, OR WALL PENNYROYAL, OR WALL PENNYWORT.

DESCRIPTION.—It hath many thick, flat, and round leaves growing from the root, every one having a long foot-stalk, fastened underneath about the middle of it, and a little unevenly made sometimes about the edges, of a pale green colour, and somewhat yellow on the upper side, like a saucer; from among which arise one or more tender, smooth hollow stalks, half a foot high, with two or three small leaves thereon, usually not round as those below, but somewhat long and divided at the edges; the tops are somewhat divided into long branches bearing a number of flowers, set round about a long spike one above another, which are hollow like a little bell of whitish green colour, after which come small heads containing very small brownish seed, which falling on the ground, will plentifully spring up before winter if they have moisture. The root is round and most usually smooth, greyish without and white within, having small fibres at the head of the root and bottom of the stalk.

PLACE.—It groweth very plentifully in many places of this land, but especially in all the west parts thereof, upon stone and mud walls, upon rocks also, and upon stony places in the ground, at the bottom of old trees, and sometimes on the bodies of them that are decayed and rotten.

TIME.—It usually flowereth in the beginning of May,



and the seed ripeneth soon after, shedding itself; so that about the end of May usually the leaves and stalks are withered, dry, and gone until September, when the leaves spring up again, and so abide the winter.

GOVERNMENT AND VIRTUES.—Venus challengeth the herb under Libra. The juice or the distilled water being drank, is very effectual for all inflammations and unnatural heats, to cool a fainting hot stomach, a hot liver, or the bowels; the herb, juice, or distilled water thereof outwardly applied, healeth pimples, St. Anthony's fire, and other outward heats. It is no less effectual to give ease to pains of the gout, the sciatica, and the inflammations and swellings of the cods; it helpeth the kernels or knobs in the neck or throat, called the king's evil; healeth kibes or chilblains if they be bathed with the juice, or anointed with ointment made thereof, and some of the skin of the leaf upon them; it is also used in green wounds to stay the blood, and to heal them quickly.

### KNAPWEED.

DESCRIPTION.—The common sort hereof hath many long and somewhat broad dark green leaves, rising from the root, dented about the edges, and sometimes a little rent or torn on both sides in two or three places, and somewhat hairy withal amongst which ariseth a long round stalk four or five feet high, divided into many branches, at the tops whereof stand great scaly green heads, and from the middle of them thrust forth a number of dark purplish red thrums or threads, which after they are withered and past, there are found divers black seeds lying in a great deal of down, somewhat like unto thistle seed, but smaller; the root is white, hard, and woody, and divers fibres annexed thereunto, which perisheth not, but abideth with leaves thereon all the winter, shooting out fresh every spring.

PLACE.—It groweth in most fields and meadows, and about their borders and hedges, and in many waste grounds also every where.

**TIME.**—It usually flowereth in June or July, and the seed is ripe shortly after.

**GOVERNMENT AND VIRTUES.**—Saturn challengeth the herb for his own. The knapweed helpeth to stay fluxes, both of blood at the mouth or nose or other outward parts, and those veins that are inwardly broken, or inward wounds, as also the fluxes of the belly; it stayeth distillations of thin and sharp humours of the head upon the stomach and lungs: it is good for those that are bruised by any fall, blows, or otherwise, and is profitable for those that are bursten and have ruptures, by drinking the decoction of the herbs and roots in wine, and applying the same outwardly to the place. It is singularly good in running sores, cancerous and fistulous, drying up of the moisture, and healing them gently without sharpness: it doth the like to running sores or scabs of the head or other parts. It is of special use for the soreness of the throat, swelling of the uvula and jaws, and excellent good to stay bleeding and heal up all green wounds.

### KNOTGRASS.

This is generally known so well, that it needeth no description.

**PLACE.**—It groweth in every county of this land, by the highway sides, and by foot-paths in fields; as also by the sides of old walls.

**TIME.**—It springeth up late in the spring, and abideth until the winter, when all the branches perish.

**GOVERNMENT AND VIRTUES**—Saturn seems to me to own the herb, and yet some hold the Sun; out of all doubt 'tis Saturn's. The juice of the common kind of knot grass is most effectual to stay bleeding in the mouth, being drank in steeled or red wine; and for the bleeding of the nose to be applied to the forehead or temples, or to be squirted up the nostrils. The distilled water hereof taken by itself or with the powder of the herb, or seed, is very effectual to all the purposes aforesaid, and is accounted one of the most sovereign remedies to cool all manner of inflammations,

breaking out through heat, hot swellings, and imposthumes, gangrene and fistulous cankers, or foul filthy ulcers, being applied or put in them; but especially for all sorts of ulcers and sores happening to the privy parts of men and women. It helpeth all fresh or green wounds, and speedily healeth them. The juice dropped into the ears cleanseth them, being foul, and having running matter in them.

It is very prevalent in the premises, as also for broken joints and ruptures.

### LAVENDER.

Being an inhabitant almost in every garden, it is so well known that it needeth no description.

TIME.—It flowereth about the end of June and beginning of July.

GOVERNMENT AND VIRTUES—Mercury owns the herb, and it carries his effects very potently. Lavender is of especial good use for all the griefs and pains of the head and brain that proceed of a cold cause, as the apoplexy, falling sickness, the dropsy, or sluggish malady, cramps, convulsions, palsies, and often faintings. It strengthens the stomach, and freeth the liver and spleen from obstructions, provoketh women's courses, and expelleth the dead child and after-birth. The flowers of lavender steeped in wine, helpeth them to make water that are stopped, or are troubled with the wind and colic, if the place be bathed therewith. A decoction made with the flowers of lavender, horehound, fennel, and asparagus root, and a little cinnamon, is very profitably used to help the falling sickness, and the giddiness or turning of the brain: to gargle the mouth with the decoction thereof, is good against the tooth-ache. Two spoonful of the distilled water of the flowers taken, helpeth them that have lost their voice, as also the tremblings and passions of the heart, and faintings and swoonings, not only being drank, but applied to the temples or nostrils to be smelt unto; but it is not safe to use it where the body is replete with blood and humours, because of the hot and subtle spirits wherewith it is pos-

sessed. The chemical oil drawn from lavender, usually called oil of spike, is of so fierce and piercing a quality, that it is cautiously to be used, some few drops being sufficient, to be given with other things, either for inward or outward griefs.

### LADIES' SMOCK, OR CUCKOW-FLOWERS.

DESCRIPTION.—The root is composed of many small white threads, from whence spring divers long stalks or winged leaves, consisting of round, tender, dark green leaves set one against another upon a middle rib, the greatest being at the end, amongst which arise up divers weak, round, green stalks, streaked, with longer and smaller leaves upon them; on the tops of which stand flowers almost like the stock gilliflowers, but rounder and not so long, of a blushing white colour; the seed is reddish, and groweth to small bunches, being of a sharp biting taste, and so hath the herb.

PLACE.—They grow in moist places, and near the brook-sides.

TIME.—They flower in April and May, and the lower leaves continue green all the winter.

GOVERNMENT AND VIRTUES.—They are under the dominion of the Moon, and very little inferior to water-cresses in all their operations: they are excellent good for the scurvy; they provoke urine and break the stone, and excellently warms a cold and weak stomach, restoring lost appetite, and help digestions.

### LETTUCE.

It is so well known, being generally used as a salad herb that it is altogether needless to write any description thereof.

GOVERNMENT AND VIRTUES.—The Moon owns them, and that is the reason they cool and moisten what heat and dryness Mars causeth, because Mars hath his full in Cancer; and they cool the heat because the Sun rules it, be-

tween whom and the Moon is a reception in the generation of man, as you may see in my Guide for Women. The juice of lettuce mixed or boiled with oil of roses, applied to the forehead and temples, procureth sleep, and easeth the head-ache proceeding from an hot cause. Being eaten boiled, it helpeth to loosen the belly; it helpeth digestion, quengeth thirst, increaseth milk in nurses, easeth griping pains in the stomach and bowels that come of choler; it abateth bodily lust, represseth venerous dreams, being outwardly applied to the cod with a little camphire. Applied in the same manner to the region of the heart, liver, or reins, or by bathing the said place with the juice of distilled water, wherein some white sanders or red roses are put; also it not only represseth the heat and inflammations therein, but strengthens and comforts those parts, and also tempereth the heat of urine.

#### WATER LILY.

Of these there are two principally noted kinds, viz.—the white and the yellow.

DESCRIPTION.—The white lily hath very large and thick dark green leaves lying on the water, sustained by long and thick foot stalks that arise from a great, thick, round, and long tuberous black root, spongy or loose, with many knobs thereon like eyes, and whitish within; from amidst which rise other the like thick green stalks, sustaining one large great flower thereat, green on the outside, but as white as snow within, consisting of divers rows of long, and somewhat thick and narrow leaves, smaller and thinner the more inward they be, encompassing a head with many yellow threads or thrums in the middle; where, after they are past, stand round poppy-like heads, full of broad oily, and bitter seed.

The yellow kind is little different from the former, save only that it hath fewer leaves on the flowers, greater and more shining seed, and a whitish root both within and without. The root of both is somewhat sweet in taste.

PLACE.—They are found growing in great pools and

standing waters, and sometimes in slow running rivers and lesser ditches of water, in sundry places of this land.

TIME.—They flower most commonly about the end of May, and their seed is ripe in August.

GOVERNMENT AND VIRTUES.—The herb is under the dominion of the Moon, and therefore cools and moistens like the former. The leaves and flowers of the lilies are cold and moist, but the roots and seeds are cold and dry; the leaves do cool all inflammations, both outward and inward heats of agues; and so doth the flowers also, either by the syrup or conserve: the syrup helpeth much to procure rest, and to settle the brain of frantic persons, by cooling the hot distemperature of the head. The seed, as well as the root, is effectual to stay all fluxes of blood or humours, either of wounds or of the belly: but the roots are most used and more effectual to cool, bind, and restrain all fluxes in men or women: also running of the reins, and passing of the seed when one is asleep; but the frequent uses hereof extinguisheth venerous actions. The root is likewise very good for those whose urine is hot and sharp, to be boiled in wine and water, and the decoction drank. The distilled water of the flowers is very effectual for all the diseases aforesaid, both inwardly taken and outwardly applied; and is much commended to take away freckles, spots, sunburn, and morpew from the face or other parts of the body. The oil made of the flowers, as oil of roses is made, is profitably used to cool hot-tumours, and to ease the pains and help the sores.

### LILY OF THE VALLEY.

Called also conval lily, male lily, and lily constancy.

DESCRIPTION.—The root is small and creepeth far in the ground, as grass roots do. The leaves are many, against which riseth up a stalk half a foot high, with many white flowers like little bells with turned edges, of a strong though pleasing smell: the berries are red, not much unlike those of asparagus.

PLACE.—They grow plentifully upon Hampstead-heath, and many other places in this nation.

TIME.—They flower in May, and the seed is ripe in September.

GOVERNMENT AND VIRTUES.—It is under the dominion of Mercury, and therefore it strengthens the brain, recruits a weak memory and makes it strong again. The distilled water dropped into the eyes, helps inflammations there, as also that infirmity which they call pin-and-web. The spirit of the flowers distilled in wine, restoreth lost speech, helps the palsy, and is exceeding good in the apoplexy, comforteth the heart and vital spirits. Gerrard saith, that the flowers being close stopped up in a glass, put into an ant-hill, and taken away again a month after, ye shall find a liquor in the glass, which being outwardly applied, helps the gout.

#### WHITE LILIES.

It were in vain to describe a plant so commonly known in every one's garden, therefore I shall not tell you what they are, but what they are good for.

GOVERNMENT AND VIRTUES.—They are under the dominion of the Moon, and by antipathy to Mars expel poison: they are excellent good in pestilential fevers, the roots being bruised and boiled in wine, and the decoction drank, for it expels the venom to the exterior parts of the body; the juice of it being tempered with barley meal, baked, and so eaten for ordinary bread, is an excellent cure for the dropsy. An ointment made of the root and hog's grease, is excellent good for scald head, unites the sinews when they are cut, and cleanseth ulcers. The root boiled in any convenient decoction gives speedy delivery to women in travail and expels the after-birth. The root roasted, and mixed with a little hog's grease, makes a gallant poultice to ripen plague-sores. The ointment is excellent good for swellings in the privities, and will cure burnings and scaldings without a tear, and trimly deck a blank place with hair.

## LIQUORICE.

DESCRIPTION.—Our English liquorice riseth up with divers woody stalks, wherein are set at several distances many narrow, long, green leaves, set together on both sides of the stalk, and an odd one at the end, very well resembling a young ash tree sprung up from the seed. This by years continuance in a place, and not else, will bring forth flowers, many standing together, spike fashion, one above another upon the stalk, of the form of pea blossom but of a pale blue colour, which turn into long somewhat flat and smooth heads, wherein is contained a small, round, hard seed: the roots run down exceeding deep into the ground, with divers other small roots and fibres growing with them, and shoot out suckers from the main roots all about, whereby it is much increased, of a brownish colour on the outside.

PLACE.—It is planted in fields and gardens in divers places of this land, and thereof good profit is made.

GOVERNMENT AND VIRTUES.—It is under the dominion of Mercury. Liquorice boiled in fair water, with some maiden hair and figs, maketh good drink for those that have a dry cough or hoarseness, wheezing, or shortness of breath, and for all the diseases of the breast and lungs, phtysic, or consumptions caused by the distillation of salt humours on them. It is also good in all pains of the reins, the stranguary and heat of urine. The fine powder of liquorice blown through a quill into the eyes that have a pin-a-web, as they call it, or rheumatic distillation in them, doth cleanse and help them: the juice of liquorice is as effectual in all the diseases of the breast and lungs, the reins and bladder, as the decoction; the juice distilled in rose water, with some gum tracanth, is a fine licking medicine for hoarseness, wheezing, &c.

## LIVERWORT.

DESCRIPTION.—Common liverwort groweth close, and



spreadeth much upon the ground in moist and shady places, with many small green leaves, or rather sticking flat to one another, very unevenly cut in on the edges, and crumpled; from among which arise small slender stalks an inch or two high at most, bearing small star-like flowers at the top: the roots are very fine and small.

GOVERNMENT AND VIRTUES.—It is under the dominion of Jupiter, and under the sign Cancer. It is a singular good herb for all the diseases of the liver, both to cool and cleanse it, and helpeth inflammations in any part, and the yellow jaundice; being bruised and boiled in small beer, and drank, it cooleth the heart of the liver and kidneys, and helpeth the running of the reins in men, and the whites in women; it is a singular remedy to stay the spreading of tethers, ringworms, and other fretting and running sores and scabs, and is an excellent remedy for such whose liver are corrupted by surfeits, which cause their bodies to break out, for it fortifieth the liver exceedingly, and makes it impregnable.

### LOVEAGE.

DESCRIPTION.—It hath many long and great stalks of large winged leaves, divided into many parts like smallage, but cut much larger and greater, every leaf being cut about the edges, broadest forward, and smallest at the stalk, and of a sad green colour, smooth and shining; from among which rise up sundry strong, hollow, green stalks, five or six, sometimes seven or eight feet high, full of joints, but lesser leaves set on them that grow below: and with them towards the tops come forth large branches, bearing at their tops large umbels of yellow flowers, and after them flat brownish seed. The root groweth thick, great, and deep, spreading much, and enduring long, of a brownish colour on the outside, and whitish within. The whole plant and every part of it smelling strong and aromatically, and is of a hot, sharp, biting taste.

PLACE.—It is usually planted in gardens, where, if it be suffered, it groweth huge and great.

**TIME.**—It flowereth in the end of July, and seedeth in August.

**GOVERNMENT AND VIRTUES.**—It is an herb of the Sun, under the sign Taurus. If Saturn offend the throat (as he always doth if he be occasioner of the malady, and in Taurus is the Genesis) this is your cure. It openeth, cureth, and digesteth humours, and mightily provoketh women's courses and urine. Half a drachm at a time of the dried root in powder taken in wine, doth wonderfully warm a cold stomach, helpeth digestion, and consumeth all raw and superfluous moisture therein: easeth all inward gripings and pains, dissolveth wind and resisteth poison and infection. It is a known and much praised remedy to drink the decoction of the herb for any sort of ague, and to help the pains and torments of the body and bowels coming of cold.

### LUNGWORT.

**DESCRIPTION.**—This is a kind of moss which groweth on sundry sorts of trees, especially oaks and beeches, with broad, greyish, tough leaves diversely folded, crumpled, and gashed in on the edges, and some spotted also with many small spots on the upper side. It was never seen to bear any stalk or flower at any time.

**GOVERNMENT AND VIRTUES.**—Jupiter seems to own this herb. It is of great use to physicians to help the diseases of the lungs, and for coughs, wheezings, and shortness of breath, which it cureth both in men and beast. It is very profitable to put into lotions that are taken to stay the moist humours that flow to ulcers and hinder their healing, as also to wash all other ulcers in the privy parts of a man or woman. It is an excellent remedy boiled in beer for broken-winded horses.

### MADDER.

**DESCRIPTION.**—Garden madder shooteth forth many very long, weak, four square, reddish stalks, trailing on the

ground a great way, very rough and hairy, and full of joints; at every one of these joints come forth divers long and narrow leaves, standing like a star about the stalks, rough also and hairy, towards the top whereof come forth many small pale yellow flowers, after which come small sound heads, green at first and reddish afterwards, but black when they are ripe, wherein is contained the seed. The root is not very great, but exceeding long, running down half a man's length into the ground, red and very clear while it is fresh, spreading divers ways.

PLACE.—It is only manured in gardens or larger fields for the profit that is made thereof.

TIME.—It flowereth towards the end of summer, and the seed is ripe quickly after.

GOVERNMENT AND VIRTUES.—It is an herb of Mars. It hath an opening quality, and afterwards to bind and strengthen. It is a sure remedy for the yellow jaundice, by opening the obstructions of the liver and gall, it openeth also the obstructions of the spleen, and diminisheth the melancholy humour: it is also available for the palsy and sciatica, and effectual for bruises inward and outward, and is therefore much used in vulnerary drinks. The root for all those aforesaid purposes is to be boiled in wine or water, as the cause requireth, and some honey and sugar put thereunto afterwards. The seed hereof taken in vinegar and honey, helpeth the swelling and hardness of the spleen. The decoction of the leaves and branches is a good fomentation for women to sit over that have not their courses. The leaves and roots beaten and applied to any part that is discoloured with freckles, morpew, the white surf, or any such deformity of the skin, cleanseth thoroughly and taketh them away.

#### MAIDEN HAIR.

DESCRIPTION.—Our common maiden hair doth, from a number of hard black fibres, send forth a great many blackish shining brittle stalks, hardly a span long, in many not

half so long, on each side set very thick with small, round, dark green leaves, and pitted on the back of them like a fern.

PLACE.—It groweth upon old stone walls in the west parts in Kent, and divers places in this land; it delighteth likewise to grow by springs, wells, and rocky, moist and shady places, and is always green.

### WALL RUE, OR WHITE MAIDEN HAIR.

DESCRIPTION.—This hath very fine pale, green stalks, almost as fine as hairs, set confusedly with divers pale green leaves on very short foot-stalks, somewhat in form, but more diversely cut in on the edges, and thicker, smooth on the upper part, and spotted finely underneath.

PLACE.—It groweth in many places of this land, at Dartford, and at the bridge of Ashford in Kent; at Beaconfield in Buckinghamshire: at Wolly, in Huntingdonshire; on Framingham Castle in Suffolk; in Somersetshire, and divers other places in this land; and is green in winter as well as summer.

GOVERNMENT AND VIRTUES.—Both this and the former are under the dominion of Mercury, and so is that also which followeth after, and the virtue of both these are so near alike, that though I have described them and their places of growing severally, yet I shall, in writing the virtues of them, join them both together as followeth:

The decoction of the herb maiden hair being drank, helpeth those that are troubled with the cough, shortness of breath, yellow jaundice, diseases of the spleen, stopping of urine, and helpeth exceedingly to break the stone in the kidneys; (in all which diseases the wall rue is very effectual.) It provoketh women's courses, and stayeth both bleedings and fluxes of the stomach and belly, especially when the herb is dry: for being green it looseneth the belly, and voideth choler and phlegm from the stomach and liver; it cleanseth the lungs, and by rectifying the blood, causeth a good colour to the whole body. The herb boiled

in oil of camomile, dissolveth knots, allayeth swellings, and drieth up moist ulcers. The lee made thereof is singular good to cleanse the head from scurf, and from dry and running sores, stayeth the falling or shedding of the hair, and causeth it to grow thick, fair, and well coloured; for which purpose some boil it in wine, putting some smallage thereto, and afterwards some oil.

The wall rue is as effectual as maiden hair in all diseases of the head, or falling and recovering of the hair again, and generally for all the afore mentioned diseases. And besides, the powder of it taken in drink for forty days together, helpeth the burstings of children.

#### GOLDEN MAIDEN HAIR.

To the former give me leave to add this, and I shall do no more but only describe it to you, and for the virtues refer you to the former, since whatsoever is said of them, may likewise be said of this.

DESCRIPTION.—It hath many small, brownish, red hairs to make up the form of leaves growing about the ground from the root; and in the middle of them, in summer, rise small stalks of the same colour, set with very fine yellowish green hairs on them, and bearing a small, gold yellow head, lesser than a wheat corn, standing in a great husk. The root is very small and thready.

TIME.—It groweth in bogs and moorish places, and also on dry shady places, as Hampstead heath and elsewhere.

#### MALLOWS AND MARSHMALLOWS.

Common mallows are generally so well known, that they need no description.

Our common marshmallows have divers, soft, hairy, white stalks, rising to be three or four feet high, spreading forth many branches, the leaves whereof are soft and hairy, somewhat lesser than the other mallow leaves but longer pointed, cut for the most part, into some few divisions, but

deep. The flowers many, but smaller also than the other mallows, and white, or tending to a bluish colour; after which come such long round cases and seeds as in the other mallows. The roots are many and long, shooting from one head, of the bigness of a thumb or finger, very pliant, tough, and being like liquorice, of a whitish yellow colour on the outside, and more white within, full of slimy juice, which being laid in water, will thicken as if it were a jelly.

PLACE.—The common mallows grow in every county of this land. The common marshmallows in most of the salt marshes from Woolwich down to the sea, both on the Kentish and Essex shores, and in divers other places of this land.

TIME.—They flower all the summer months, even until the winter doth pull them down.

GOVERNMENT AND VIRTUES.—VENUS owns them both. The leaves of either of the sorts before specified, and the roots also boiled in wine and water, or in broth with parsley or fennel roots, do help to open the body, and are very convenient in hot agues, or other distempers of the body, to apply the leaves so warmed to the belly. It not only voideth hot, choleric, and other offensive humours, but easeth the pains and torments of the belly coming thereby, and are therefore used in all clysters conducing to those purposes; the same used in nurses procureth them store of milk. The decoction of the seed of any of the common mallows made in milk or wine, doth marvellously help excoriations, the phthisic, pleurisy, and other diseases of the chest and lungs that proceed of hot causes, if it be continued taking for some time together. The leaves and roots work the same effects; they help much also in the excoriations of the guts and bowels, and hardness of the mother, and in all hot and sharp diseases thereof. The juice drank in wine, or the decoction of them therein, doth help women to a speedy and easy delivery. Pliny saith, that whosoever shall take a spoonful of any of the mallows, shall that day be free from all the diseases that may come unto him, and and that it is special good for the falling sickness. The syrup also and conserve made of the flowers, are very effec-

tual for the same diseases, and to open the body, being costive. The leaves bruised, and laid to the eyes with a little honey, take away the imposthumes of them; the leaves bruised or rubbed upon the place stung with bees, wasps, or the like, presently take away the pains, redness, and swelling that arise thereupon. Dioscorides saith, the decoction of the roots and leaves helpeth all sorts of poison, so as the poison be presently voided by vomit. A poultice made of the leaves boiled and bruised, with some bean or barley flour, and oil of roses added, is an especial remedy for all hard tumours and inflammations, or imposthumes, or swellings of the testicles and other parts, and easeth the pains of them; as also against the hardness of the liver or spleen, being applied to the places. The juice of mallows boiled in old oil and applied, taketh away all roughness of the skin, as also the scurf, dandriff, or dry scabs in the head, or other parts, if they be anointed therewith, or washed with the decoction, and preserveth the hair from falling off. It is also effectual against scaldings or burnings, St. Anthony's fire, and all other hot, red, and painful swellings in any part of the body. The flowers boiled in oil or water, (as every one is disposed) whereunto a little alum is put, is an excellent gargle to wash, cleanse, or heal any sore mouth or throat in a short time. If the feet be bathed or washed with the decoction of the leaves, roots, and flowers, it helpeth much the defluxions of rheum from the head; if the head be washed therewith, it stayeth the falling and shedding of the hair. The green leaves (saith Pliny) when beaten with nitre and applied, draw out thorns or prickles in the flesh.

The marshmallows are more effectual in all the diseases before mentioned; the leaves are likewise used to loosen the belly gently, and decoctions for clysters to ease all pains of the body, opening the straight passages and making them slippery, whereby the stone may descend the more easily and without pain, out of the reins, kidneys, and bladder, and to ease the torturing pains thereof. But the roots are of more special use for those purposes, as well for coughs, hoarseness, shortness of breath, and wheezings, being

boiled in wine or honied water and drank. The roots and seeds hereof boiled in water, are with good success used by them that have excoriations in the guts or bloody flux, by qualifying the violence of sharp fretting humours, easing pains, and healing the soreness. It is profitably taken by them that are troubled with ruptures, cramps, or convulsions of the sinews; and boiled in white wine for the imposthumes of the throat, commonly called the king's evil, and of those kernels that rise behind the ears, and inflammation and swellings in women's breasts. The dried roots boiled in milk and drank, is special good for the chin cough. Hippocrates used to give the decoction of the roots, or the juice thereof, to drink, to those that are wounded and ready to faint through loss of blood, and applied the same mixed with honey and rosin to the wounds; as also the roots boiled in wine, to those that have received any bruises, falls, or blows, or had any bone or member out of joint, or any swelling pain or ache in the muscles, sinews, or arteries. The mucilage of the roots, and of linseed and fenugreek put together, is much used in poultices, ointments, and plaisters, to mollify and digest all hard swellings, and the inflammation of them, and to ease pains in any part of the body. The seed either green or dry, mixed with vinegar, cleanseth the skin of morpew and all other discolourings, being boiled therewith in the sun.

You may remember that not long since there was a raging disease called the bloody flux: the college of physicians not knowing what to make of it, called it the plague of the guts, for their wits were at *ne plus ultra* about it. My son was taken with the same disease, and the excoriation of his bowels was exceeding great; myself being in the country, was sent for up; the only thing I gave him was mallows bruised and boiled both in milk and drink; in two days (the blessing of God being upon it) it cured him. And I here to show my thankfulness to God in communicating it to his creatures, leave it to posterity.



## MAPLE TREE.

GOVERNMENT AND VIRTUES.—It is under the dominion of Jupiter. The decoction either of the leaves or bark must needs strengthen the liver much, and so you shall find it to do if you use it. It is excellent good to open obstructions of the liver and spleen, and easeth pains of the sides thence proceeding.

## WILD MARJORAM.

Called also origane, organum, eastward marjoram, and grove marjoram.

DESCRIPTION.—Wild or field marjoram hath a root which creepeth much under ground, which continueth a long time sending up sundry brownish, hard square stalks, with small dark green leaves, very like those of sweet marjoram, but harder, and somewhat broader; at the top of the stalks stand tufts or flowers, of a deep purplish red colour. The seed is small and something blacker than that of sweet marjoram.

PLACE.—It groweth plentifully in the borders of corn-fields, and in some copses.

TIME.—It flowereth towards the latter end of summer.

GOVERNMENT AND VIRTUES.—This is also under the dominion of Mercury. It strengthens the stomach and head much, there being scarce a better remedy growing for such as are troubled with a sour humour in the stomach; it restores the appetite being lost; helps the cough and consumption of the lungs; it cleanseth the body of choler, expelleth poison, and remedieth the infirmities of the spleen; helpeth the bitings of venomous beasts, and helpeth such as have poisoned themselves by eating hemlock, henbane, or opium. It provoketh urine and the terms in women, helps the dropsy and the scurvy, scabs, itch, and yellow jaundice. The juice being dropped into the ears, helps deafness, pains and noise in the ears. And thus much

for this herb, between which and adders there is a deadly antipathy.

### SWEET MARJORAM.

This is so well known, being an inhabitant in every garden, that it is needless to write a description thereof, neither of the winter sweet marjoram, or pot marjoram.

PLACE.—They grow commonly in gardens; some sort there are that grow wild in the borders of corn-fields and pastures, in sundry places of this land; but it is not my purpose to insist upon them, the garden kinds being most used and useful.

TIME.—They commonly flower in the end of summer.

GOVERNMENT AND VIRTUES.—It is an herb of Mercury and under Aries, and therefore is an excellent remedy for the brain, and other parts of the body and mind under the dominion of the same planet. Our common sweet marjoram is warming and comfortable in the cold diseases of the head, stomach, sinews, and other parts, taken inwardly, or outwardly applied. The decoction thereof being drank, helpeth all diseases of the chest which hindereth the freedom of breathing, and is also profitable for the obstructions of the liver and spleen. It helpeth the cold griefs of the womb and the windyness thereof; and the loss of speech by the resolution of the tongue. The decoction thereof made with some pellitory of Spain and long pepper, or with a little acorns or origanum, being drank, is good for those that are beginning to fall into a dropsy, for those that cannot make water, and also against pains and torments in the belly: it provoketh women's courses if it be used as a pessary.

### MARIGOLDS.

These are so well known that they need no description.

TIME.—They flower all summer long, and sometimes in winter if it be mild.

GOVERNMENT AND VIRTUES.—It is an herb of the

Sun, and under Leo. They strengthen the heart exceedingly, and are very expulsive, and little less effectual in the small pox and measles than saffron. The juice of marigold leaves mixed with vinegar, and any hot swellings bathed with it, instantly giveth ease and assuageth it. The flowers, either green or dried, are much used in possets, broths, and drink, as a comforter of the heart and spirits, and to expel any malignant or pestilential quality which may annoy them. A plaister made with the dry flowers in powder, hog's grease, turpentine, and rosin, applied to the breast, strengthens and succours the heart infinitely in fevers, whether they be pestilential or not.

### MASTERWORT.

DESCRIPTION.—Common masterwort hath divers stalks of winged leaves divided into sundry parts, three for the most part standing together at a small foot-stalk on both sides of the greater, and three likewise at the end of the stalk, somewhat broad, and cut in on the edges into three or more divisions, all of them dented about the brims, of a dark green colour, somewhat resembling the leaves of angelica, but that these grow lower to the ground, and on lesser stalks; among which rise up two or three short stalks about two feet high, and slender, with such like leaves at the joints which grow below, but with lesser and fewer divisions, bearing umbels of white flowers, and after them thin, flat, blackish seed, bigger than dill seeds. The root is somewhat greater, and growing rather sideways than down deep in the ground, shooting forth sundry heads, which taste sharp, biting on the tongue, and is the hottest and sharpest part of the plant, and the seed next unto it being somewhat blackish on the outside, and smelling well.

PLACE.—It is usually kept in gardens with us in England.

TIME.—It flowereth and seedeth about the end of August.

GOVERNMENT AND VIRTUES.—It is an herb of Mars. The root of masterwort is hotter than pepper, and very

available in cold griefs and diseases both of the stomach and body, dissolving very powerfully both upwards and downwards. It is also used in a decoction with wine against all cold rheums, distillations upon the lungs, or shortness of the breath, to be taken morning and evening. It also provoketh urine, and helpeth to break the stone, and expels the gravel from the kidneys; provoketh women's courses, and expelleth the dead birth. It is singular good for strangling of the mother and other such like feminine diseases. It is effectual also against the dropsy, cramps, and falling sickness; for the decoction in wine being gargled in the mouth, draweth down much water and phlegm from the brain, purging and easing it of what oppreseth it. It is of rare quality against all sorts of cold poison, to be taken as there is cause; it provoketh sweat. But lest the taste hereof, or of the seed, (which worketh to the like effect though not so powerfully) should be too offensive, the best way is to take the water distilled both from the herb and root. The juice hereof dropped, or tents dipped therein and applied either to green wounds or filthy rotten ulcers, and those that come by envenomed weapons, doth soon cleanse and heal them. The same is also very good to help the gout coming of a cold cause.

### SWEET MAUDLIN.

DESCRIPTION.—Common maudlin hath somewhat long and narrow leaves, snipped about the edges. The stalks are two feet high, bearing at the tops many yellow flowers set round together, and all of an equal height, in umbels or tufts like unto tansy; after which followeth small whitish seed, almost as big as wormseed.

PLACE AND TIME.—It groweth in gardens, and flowereth in June and July.

GOVERNMENT AND VIRTUES.—The virtues hereof being the same with costmary and alecost, I shall not make any repetition thereof, lest my book grow too big, but rather refer you unto costmary for satisfaction.

## THE MEDLAR.

DESCRIPTION.—The tree groweth near the bigness of the quince tree, spreading branches reasonably large, with longer or narrower leaves than either the apple or quince, and not dented about the edges. At the end of the sprigs stand the flowers, made of five white, great broad-pointed leaves, nicked in the middle with some white threads also; after which cometh the fruit, of a brownish green colour being ripe, bearing a crown as it were on the top, which were the five green leaves; and being rubbed off, or fallen away, the head of the fruit is seen to be somewhat hollow. The fruit is very harsh before it is mellowed, and has generally five hard kernels within it. There is another kind hereof nothing differing from the former, but that it hath some thorns on it in several places, which the other hath not, and usually the fruit is small and not so pleasant.

TIME AND PLACE.—They grow in this land, and flower in May for the most part, and bear fruit in September and in October.

GOVERNMENT AND VIRTUES.—The fruit is old Saturn's, and sure a better medicine he hardly hath to strengthen the retentive faculty; therefore it stays women's longings; the good old man cannot endure that women's minds should run a gadding. Also a plaister made of the fruit dried before they are rotten, and other convenient things, and applied to the reins of the back, stops miscarriage in women with child. They are very powerful to stay any fluxes of blood or humours in men and women; the leaves also have this quality. If a poultice or plaister be made with dried medlars, beaten and mixed with the juice of red roses, whereunto a few cloves and nutmegs may be added, and a little red coral also, and applied to the stomach that is given to casting or loathing of meat, it effectually helpeth. The dried leaves in powder strewed on fresh bleeding wounds, restraineth the blood and healeth up the wound quickly. The medlar stones made into powder and drank in wine wherein some parsley roots have been infused all night, or

a little boiled, do break the stone in the kidnies, helping to expel it.

### DOG MERCURY.

Having described unto you that which is called French mercury, I come now to shew you a description of this kind also.

DESCRIPTION.—This is likewise of two kinds, male and female, having many stalks slender and lower than mercury, without any branches at all upon them; the root is set with two leaves at every joint, somewhat greater than the female, but more pointed and full of veins, and somewhat harder in handling, of a dark green colour, and less dented or snipped about the edges; at the joints with the leaves come forth longer stalks than the former, with two hairy round seeds upon them, twice as big as those of the former mercury; the taste hereof is herby, and the smell somewhat strong and virulent. The female has much harder leaves standing upon longer foot stalks, and the stalks are also much longer: from the joints come forth spikes of flowers like the French female mercury. The roots of them both are many, and full of small fibres, which run under ground and mat themselves very much, not perishing as the former mercuries do, but abiding the winter, and shoot forth new branches every year, for the old lie down to the ground.

PLACE.—The male and female French mercury are found wild in divers places of this land: as by a village called Brookland, in Romney Marsh, in Kent.

The dog mercury may be found in sundry places of Kent also and elsewhere; but the female more seldom than the male.

TIME.—They flower in the summer months, and therein give their seed.

GOVERNMENT AND VIRTUES.—Mercury they say owns the herb, but I rather think it is Venus's, and I am partly confident of it too, for I never heard that Mercury minded women's business so much; I believe he minds his study

more. The decoction of the leaves of Mercury, or the juice thereof in broth, or drank with a little sugar put to it, purgeth choleric or waterish humours. Hippocrates commended it wonderfully for women's diseases, and applied to the secret parts to ease the pains of the mother; and used the decoction of it both to procure women's courses, and to expel the after birth; and gave the decoction thereof with myrrh or pepper, or used to apply the leaves outwardly against the strangury or diseases of the reins and bladder. He used it also for sore and watering eyes, and for the deafness and pains in the ears, by dropping the juice thereof into them, and bathing them afterwards in white wine. The decoction thereof made with water and cock chicken, is a most safe medicine against the hot fits of agues. It also cleanseth the breast and lungs of phlegm, but a little offendeth the stomach. The juice or distilled water snuffed up into the nostrils, purgeth the head and eyes of catarrhs and rheums. Some used to drink two or three ounces of the distilled water, with a little sugar put to it, in the morning fasting, to open and purge the body of gross viscuous, and melancholy humours.

### MINT.

Of all the kinds of mint, the spear mint, or heart mint, being most usual, I shall only describe as follows:

DESCRIPTION.—Spear mint hath divers round stalks, and long but narrowish leaves set thereon, of a dark green colour. The flowers stand in spiked heads at the tops of the branches, being of a pale blue colour. The smell or scent thereof is somewhat near unto basil; it increaseth by the root under ground, as all others do.

PLACE.—It is an usual inhabitant in gardens; and because it seldom giveth any good seed, the effect is recompensed by the plentiful increase of the root, which being once planted in a garden, will hardly be rid out again.

TIME.—It flowereth not until the beginning of August, for the most part.

GOVERNMENT AND VIRIUES.—It is an herb of Venus.

Dioscorides saith it hath a heating, binding, and drying quality, and therefore the juice taken in vinegar stayeth bleeding; it stirreth up venery or bodily lust; two or three branches thereof taken in the juice of four pomegranates, stayeth the hic-cough, vomiting, and allayeth the choler. It dissolveth imposthumes being laid to which with barley meal. It is good to repress the milk in women's breasts, and for such as have swollen, flagging, or great breasts. Applied with salt, it helpeth the biting of mad dog: with mead and honied water it easeth the pains of the ears, and taketh away roughness of the tongue being rubbed thereupon. It suffereth not milk to curdle in the stomach, if the leaves thereof be steeped or boiled in it before you drink it: briefly it is very profitable to the stomach. The often use hereof is a very powerful medicine to stay women's courses and the whites. Applied to the forehead and temples, it easeth the pains in the head, and is good to wash the heads of young children therewith, against all manner of breakings out, sores or scabs therein, and healeth the chops of the fundament: it is also profitable against the poison of venomous creatures. The distilled water of mint is available to all the purposes aforesaid, yet more weakly. But if a spirit thereof be rightly and chemically drawn, it is much more powerful than the herb itself. Simeon Sethi saith, it helpeth a cold liver, strengtheneth the belly, causeth digestion, stayeth vomiting and the hic-cough; it is good against the gnawing of the heart, provoketh appetite, taketh away obstructions of the liver, and stirreth up bodily lust; but therefore too much must not be taken, because it maketh the blood thin and wheyish, and turneth into choler, therefore choleric persons must abstain from it. It is a safe medicine for the biting of a mad dog, being bruised with salt and laid thereon. The powder of it being dried and taken after meat, helpeth digestion and those that are splenetic. Taken with wine, it helpeth women in their sore travail of child bearing. It is good against the gravel and stone in the kidneys, and the stranguary. Being smelled unto, it is comfortable for the head and memory. The decoction hereof being gargled in the mouth,



cureth the gums and mouth that are sore, and mendeth an ill-savoured breath, as also the rue and coriander, causeth the palate of the mouth to turn to its place, the decoction hereof being gargled and held in the mouth.

### MISTLETOE.

**DESCRIPTION.**—This riseth up from the branch or arm of the tree whereon it groweth, with a woody stem, putting itself into sundry branches, and they again divided into smaller twigs interlacing themselves one with another, very much covered with a greyish green bark, having two leaves set at every joint and at the end likewise, which are somewhat long and narrow, small at the bottom, but somewhat broader towards the end. At the knots or joints of the boughs and branches grow small yellow flowers, which run into small, round, white berries, three or four together, full of a glutinous moisture, with a blackish seed in each of them, which was never yet known to spring being put into the ground, or any where else to grow.

**PLACE.**—It groweth very rarely on oaks with us; but upon sundry others, as well timber as fruit trees, plentifully in wood groves and the like, through all this land.

**TIME.**—It flowereth in the spring time, but the berries are not ripe until October, and abideth on the branches all winter, unless the blackbirds and other birds devour them.

**GOVERNMENT AND VIRTUES.**—This is under the dominion of the Sun, I do not question; and can also take for granted that that which grows upon oaks participates something of the properties of Jupiter, because an oak is one of his trees; as also that which grows upon pear-trees and apple trees participates something of his nature, because he rules the tree it grows upon, having no root of his own. But why that should have the most virtues that grows upon oaks I know not, unless because it is rarest and hardest to come by; and our college's opinion is in this contrary to Scripture, which saith, God's tender mercies are over all his works; and so it is, let the college of physicians walk as contrary to him as they please, and that is as contrary

as the east to the west. Clusius affirms that which grows upon pear trees to be as prevalent, and gives order that it should not touch the ground after it is gathered; and also saith, that being hung about the neck it remedieth witchcraft. Both the leaves and berries of misletoe do heat and dry, and are of subtle parts; the birdlime doth mollify hard knots, tumours, and imposthumes; ripeneth and discusseth them, and draweth forth thick as well as thin humours from the remote parts of the body, digesting and separating them. And being mixed with equal parts of rosin and wax, doth mollify the hardness of the spleen, and helpeth old ulcers and sores. Being mixed with sandarick and orpiment, it helpeth to draw off foul nails; and if quick-lime and wine lees be added thereunto, it worketh the stronger. The mistletoe itself of the oak (as the best) made into powder, and given in drink to those that have the fallen sickness, doth assuredly heal them, as Mathiolus saith: but it is fit to use forty days together. Some have so highly esteemed it for the virtues thereof, that they have called it *lignum sanctæ crucis*, wood of the holy cross, believing it helps the falling sickness, apoplexy, and palsy very speedily, not only to be inwardly taken but to be hung at their neck. Tragus saith, that the fresh wood of any misletoe bruised, and the juice drawn forth and dropped in the ears that have imposthumes in them, doth help and ease them in a few days.

#### MONEYWORT, OR HERB TWOPENCE.

DESCRIPTION.—The common moneywort sendeth forth a small thready root, divers long, weak, and slender branches, lying and running upon the ground two or three feet long or more, set with leaves two or three at a joint one against another, at equal distances, which are almost round, but pointed at the ends, smooth, and of a good green colour. At the joints with the leaves from the middle, forward, come forth at every point sometimes one yellow flower, and sometimes two, standing each on a small foot stalk, and made of five leaves narrow pointed at the

ends, with some yellow threads in the middle, which being past, there stand in their place small round heads of seed.

PLACE.—It groweth plentifully in almost all places of this land, commonly in moist grounds by hedge-sides, and in the middle of grass fields.

TIME.—They flower in June and July, and their seed is ripe quickly after.

GOVERNMENT AND VIRTUES.—VENUS owns it. Moneywort is singular good to stay all fluxes in man or woman, whether they be lasks, bloody fluxes, the flowing of women's courses, bleeding inwardly or outwardly, and the weakness of the stomach that is given to casting. It is very good also for the ulcers or excoriations of the lungs, or other inward parts. It is exceeding good for all wounds, either fresh or green, to heal them speedily, and for all ulcers of a spreading nature. For all which purposes the juice of the herb, or the powder drank in water wherein hot steel hath been often quenched: or the decoction of the green herb in wine or water drank, or used to the outward places to wash or bathe them, or to have tents dipped therein and dipped into them, are effectual.

### MOONWORT.

DESCRIPTION.—It riseth up usually but with one dark, green, thick and flat leaf, standing upon a short foot stalk not above two fingers' breadth; but when it flowers it may be said to bear a small slender stalk about four or five inches high, having but one leaf in the middle thereof, which is much divided on both sides into sometimes five or seven parts on a side, sometimes more; each of which parts is small like the middle rib, but broad forwards, pointed and round, resembling therein a half moon, from whence it took the name; the uppermost parts or divisions being bigger than the lower. The stalks rise above this leaf two or three inches, bearing many branches of small long tongues, every one like the spiky head of the adder's tongue, of a brownish colour, (whether I shall call them seed or flowers I know not) which after they have continued awhile,

resolve into a mealy dust. The root is small and fibrous ; this hath sometimes divers such like leaves as before described, with so many branches or tops rising from one stalk, each divided from the other.

PLACE.—It groweth on hills and heaths, yet where there is much grass, for therein it delighteth to grow.

TIME.—It is to be found only in April and May ; for in June, when any hot weather cometh, for the most part it is withered and gone.

GOVERNMENT AND VIRTUES.—The Moon owns the herb. Moonwort is cold and drying more than adder's tongue, and is therefore held to be more available for all wounds both inward and outward. The leaves boiled in red wine, and drank, stay the immoderate flux of women's courses, and the whites. It also stayeth bleeding, vomiting and other fluxes. It helpeth all blows and bruises, and to consolidate all fractures and dislocations. It is good for ruptures, but is chiefly used by most with other herbs to make oils or balsams to heal fresh or green wounds, as I said before, either inward or outward, for which it is excellent good.

Moonwort is an herb which, they say, will open a lock and unshoe such horses as tread upon it ; this some laugh to scorn, and those no small fools neither, but country people that I know call it unshoe the horse. Beside, I have heard commanders say that on White Down, in Devonshire, near Tiverton, where were found thirty horse shoes, pulled off from the feet of the Earl of Essex's horses, being there drawn up in a body, many of them being newly shod, and no reason known, which caused much admiration, and the herb described usually grows upon heaths.

### MOSSES.

I shall not trouble the reader with a description of these since my intent is to speak only of two kinds, as the most principal, viz. ground moss and tree moss, both which are very well known.

PLACE.—The ground moss groweth in our moist woods,

and in the bottom of the hills, in boggy grounds and in shadowy ditches, and in many other such like places. The tree moss groweth only upon trees.

GOVERNMENT AND VIRTUES.—All sorts of mosses are under the dominion of Saturn. The ground moss is said to be singular good for breaking the stone, and to expel and drive it forth by urine, being boiled in wine and drank. The herb being bruised, boiled in water and applied, easeth all inflammations and pains proceeding from a hot cause, and is therefore used to ease the pains of the gout.

The tree mosses are cooling and binding, and partake of a digesting and mollifying quality withal, as Galen saith. But each moss doth partake of the nature of the tree from whence it is taken; therefore that of the oak is more binding, and is of good effect to stay fluxes in man or woman; as also vomiting or bleeding, the powder thereof being taken in wine. The decoction thereof in wine is very good for women to be bathed or sit in, that are troubled with the overflowing of their courses. The same being drank stayeth the stomach that is troubled with casting, or the hic cough; and as Avicena saith, it comforteth the heart. The powder thereof taken in drink for some time together, is thought available for the dropsy. The oil that had fresh moss steeped therein for a time, and afterwards boiled and applied to the temples and forehead, doth marvellously ease the head ache coming of a hot cause; as also the distillation of hot rheums or humours in the eyes or other parts. The ancients much used it in their ointments and other medicine against the lassitude, and to strengthen and comfort the sinews; for which, if it was good then, I know no reason but it may not be found so still.

### MOTHERWORT.

DESCRIPTION.—This hath a hard, square, brownish, rough, strong stalk, rising three or four feet high at least, spreading into many branches, whereon grow leaves on each side with long foot stalks, two at every joint, which are somewhat broad and long, as if it were rough and cou-

pled, with many great veins therein of a sad green colour, and deeply dented about the edges, and almost divided. From the middle of the branches up to the top of them, which are long and small, grow the flowers round them at distances, sharp-pointed, rough, hard busks, of a more red or purple colour than balm or horehound, but in the same manner or form as the horehound. After which come small, round, blackish seeds in great plenty. The root sendeth forth a number of long strings and small fibres, taking strong hold in the ground, of a dark yellowish or brownish colour, and abideth as the horehound doth; the smell of this doth not differ much from it.

PLACE.—It groweth only in gardens with us in England.

GOVERNMENT AND VIRTUES—Venus owns the herb, and it is under Leo. There is no better herb to take melancholy vapour from the heart, strengthen it, and make a merry, cheerful, blythe soul than this herb. It may be kept in a syrup or conserve; therefore the Latins called it *cardiaca*. Besides, it makes women joyful mothers of children, and settles their wombs as they should be, therefore we call it motherwort. It is held to be of much use for the tremblings of the heart, and faintings and swoonings: from whence it took the name *cardiaca*. The powder thereof, to the quantity of a spoonful, drank in wine, is a wonderful help to women in their sore travail, as also for the suffocating or risings of the mother; and for these effects it is likely it took the name of mother wort with us. It also provoketh urine and women's courses, cleanseth the chest of cold pblegm oppressing it, and killeth the worms in the belly. It is of good use to warm and dry up the humours, to digest and disperse them that are settled in the veins, joints, and sinews of the body, and to help cramps and convulsions.

### MOUSE EAR.

DESCRIPTION.—Mouse ear is a low herb, creeping upon the ground by small strings like the strawberry plant, whereby it shooteth forth small roots, whereat grow upon

the ground many small and somewhat short leaves, set in a round form together, and very hairy, which being broken do give a whitish milk: from among these leaves spring up two or three small hoary stalks about a span high, with a few smaller leaves thereon; at the tops whereof standeth usually but one flower, consisting of many pale yellow leaves, broad at the point and a little dented in, set in three or four rows (the greater part uppermost,) very like a dandelion flower, and a little reddish underneath about the edges, especially if it grow in a dry ground: which after they have stood long in flower, do turn into down, which with the seed, is carried away with the wind.

PLACE.—It groweth on ditch-banks, and sometimes in ditches if they be dry, and in sandy grounds.

TIME.—It flowereth about June or July, and abideth green all the winter.

GOVERNMENT AND VIRTUES.—The Moon owns this herb also; and though authors cry out upon alchymists for attempting to fix quicksilver by this herb and moonwort, a Roman would not have judged a thing by the success; if it be fixed at all, it is by lunar influence. The juice thereof taken in wine, or the decoction drank, doth help the jaundice, although of long continuance, to drink thereof morning and evening, and abstain from other drink two or three hours after. It is a special remedy against the stone, and the tormenting pains thereof; as also other tortures and griping pains of the bowels. The decoction thereof with succory and centaury, is held very effectual to help the dropsy, and them that are inclining thereto, and the diseases of the spleen. It stayeth the fluxes of blood either at the mouth or nose, and inward bleeding also; for it is a singular good herb for wounds both inward and outward; it helpeth the bloody flux, and helpeth abundance of women's courses.

### MUGWORT.

DESCRIPTION.—Common mugwort hath divers leaves lying upon the ground, very much divided or cut deeply in

about the brims, somewhat like wormwood but much larger, of a dark green colour on the upper side, and very hoary white underneath. The stalks rise to be four or five feet high, having on such like leaves as those below, but somewhat smaller, branching forth very much towards whereon are set very small, pale, yellowish flowers, like buttons, which fall away, and after them come small seeds, inclosed in round heads. The root is long and hard, with many small fibres growing from it, whereby it taketh strong hold on the ground; but both stalks and leaves do lie down every year, and the root shooteth anew in the spring. The whole plant is of a reasonable scent, and is more easily propagated by the slip than the seed.

PLACE.—It groweth plentifully in many places of this land by the water-sides; as also by small water courses, and in divers other places.

TIME.—It flowereth and seedeth in the end of summer.

GOVERNMENT AND VIRTUES.—This is an herb of Venus, therefore maintaineth the parts of the body she rules, and remedies the diseases of the parts that are under her signs, Taurus and Libra. Mugwort is with good success put among other herbs that are boiled for women to sit over the hot decoction to draw down their courses, to help the delivery of their birth, and expel the after-birth; as also for the obstructions and inflammations of the mother. It breaketh the stone, and causeth one to make water where it is stopped. The juice thereof made up with hog's grease into an ointment, it taketh away wens and hard knots, and kernels that grow about the neck and throat, and easeth the pains about the neck more effectually if some field daisies be put with it. The herb itself being fresh, or the juice thereof taken, is a special remedy upon the over much taking of opium. Three drachms of the powder of the dried leaves taken in wine, is a speedy and the best certain help for the sciatica. A decoction thereof made with camomile and agrimony, and the place bathed therewith while it is warm, taketh away the pains of the sinews and the cramp.



## THE MULBERRY TREE.

This is so well known where it groweth, that it needeth no description.

**TIME.**—It beareth fruit in the months of July and August.

**GOVERNMENT AND VIRTUES.**—Mercury rules the tree, therefore its effects are as variable as his. The mulberry is of different parts; the ripe berries by reason of their sweetness and slippery moisture, openeth the body, and the unripe binding it especially when they are dried, and when they are good to stay fluxes, lasks, and the abundance of women's courses. The bark of the root killeth the broad worms in the body. The juice of the syrup made of the juice of the berries, helpeth all inflammations or sores in the mouth or throat, and palate of the mouth when it is fallen down. The juice of the leaves is a remedy against the bitings of serpents, and for those that have taken aconite. The leaves beaten with vinegar are good to lay on any place that is burnt with fire. A decoction made of the bark and leaves is good to wash the mouth and teeth when they ache. If the root be a little slit or cut, and a small hole made in the ground next thereunto in the harvest time, it will give out a certain juice, which being hardened the next day, is of good use to help the tooth-ache, to dissolve knots and purge the belly. The leaves of mulberries are said to stay bleeding at the mouth or nose, or the bleeding of the piles or of a wound, being bound into the places. A branch of the tree taken when the moon is at the full, and bound to the wrist of a woman's arm whose courses come down too much, doth stay them in a short space.

## MUSTARD.

**DESCRIPTION.**—Our common mustard hath large and broad rough leaves, very much jagged with uneven and unorderly gashes, somewhat like turnip leaves but lesser and rougher. The stalk riseth to be more than a foot high

and sometimes two feet high, being round, rough, and branched at the top, bearing such like leaves thereon as grow below, but lesser and less divided, and divers yellow flowers one above another at the tops, after which come small rough pods with small, lank, flat ends, wherein is contained round yellowish seed, sharp, hot, and biting to the tongue. The root is small, long, and woody when it is bearing stalks, and perishing every year.

PLACE.—This groweth with us in gardens only, and other manured places.

TIME.—It is an annual plant, flowering in July, and the seed is ripe in August.

GOVERNMENT AND VIRTUES.—It is an excellent sauce for such whose blood wants clarifying, and for weak stomachs, being a herb of Mars, but naught for choleric people, though as good for such as are aged or troubled with cold diseases. Aries claims something to do with it, therefore it strengthens the heart and resisteth poisons. Let such whose stomachs are so weak they cannot digest their food, or appetite it. take of mustard seed a drachm, cinnamon as much, and having beaten them to a powder, and half as much mastic in powder, and with gum arabic dissolved in rose water, make it up into troches, of which they may take one of about half a drachm weight an hour or two before meals; let old men and women take much of this medicine, and they will either give me thanks or shew manifest ingratitude.

Mustard seed hath the virtue of heat, discussing, rarifying, and drawing out splinters of the bones, and other things of the flesh. It is good to bring down women's courses: for the falling sickness or lethargy, drowsy, forgetful evil, to use it both inwardly and outwardly, to rub the nostrils, forehead, and temples, to warm and quicken the spirits; for by the fierce sharpness it purgeth the brain by sneezing, and drawing down rheum and other viscous humours, which by their distillations upon the lungs and chest procure coughing, and therefore with some honey added thereto, doth much good therein. The decoction of the seed made in wine and drank, provoketh urine, resisteth

the force of poison, the malignity of mushrooms, and venom of scorpions or other venomous creatures, if it be taken in time; and taken before the cold fits of agues, altereth, lesseneth, and cureth them. The seed taken either by itself or with other things, either in an electuary or drink, doth mightily stir up bodily lust, and helpeth the spleen and pains in the side, and gnawings in the bowels; and used as a gargle, draweth up the palate of the mouth being fallen down; and also it dissolveth the swellings about the throat if it be outwardly applied. Being chewed in the mouth, it oftentimes helpeth the tooth-ache. The outward application upon the pained place of the sciatica, discusseth the humours, and easeth the pains, as also the gout and other joint aches; and is much and often used to ease pain in the sides or loins, the shoulders or other parts of the body, upon the applying thereof to raise blisters, and cureth the disease by drawing it to the outward parts of the body. It is also used to help the falling off of the hair. The seed bruised, mixed with honey, and applied, or made up with wax, taketh away the marks and black and blue spots of bruises or the like, the roughness or scabbiness of the skin, as also the leprosy and lousy evil.

#### NIGHTSHADE.

**DESCRIPTION**—Common nightshade hath an upright, round, green hollow stalk, about a foot or half a yard high, bushing forth in many branches whereon grow many green leaves somewhat broad, and pointed at the ends, soft and full of juice like unto basil, but longer and a little unevenly dented about the edges: at the tops of the stalks and branches come forth three or four more white flowers, made of five small pointed leaves a-piece, standing on a stalk together one above another, with yellow pointels in the middle, composed of four or five yellow threads set together, which afterwards run into so many pendulous green berries, of the bigness of small peas, full of green juice, and small, whitish, round, flat seed lying within it. The root is white, and a little woody when it hath given flower

and fruit, with many small fibres: the whole plant is of a waterish insipid taste, but the juice within the berries is somewhat viscous, and is of a cooling and binding quality.

PLACE.—It groweth wild with us under our walls, in rubbish, the common paths, and sides of hedges and fields, also in our gardens here in England, without planting.

TIME.—It lieth down every year, and riseth again of its own sowing, but springeth not until the latter end of April at the soonest.

GOVERNMENT AND VIRTUES.—It is a cold Saturnine plant. The common nightshade is wholly used to cool hot inflammations either inwardly or outwardly, being no ways dangerous to any that use it, as most of the nightshades are, yet it must be used moderately. The distilled water only of the whole herb is fittest and safest to be taken inwardly; the juice also clarified and taken, being mingled with a little vinegar, is good to wash the mouth and throat that is inflamed; but outwardly the juice of the herb or berries, with oil of roses and a little vinegar and ceruse laboured together in a leaden mortar, is very good to anoint all inflammations in the eyes. It also doth much good for the shingles, ringworms, and in all running, fretting, and corroding ulcers applied thereunto. A pessary dipped in the juice and dropped into the matrix, stayeth the immoderate flux of women's courses: a cloth wet therein, and applied to the testicles or cods, upon swelling therein, giveth much ease; also to the gout that cometh of hot and sharp humours. The juice dropped into the ears easeth pains thereof that arise of heat or inflammations; and Pliny saith it is good for hot swellings under the throat.

Have a care you mistake not the deadly nightshade for this; if you know it not, you may let them both alone and you will take no harm, having other medicines sufficient in the book.

#### PARSLEY.

This is so generally known that it needs no description.

**GOVERNMENT AND VIRTUES.**—It is under the dominion of Mercury; it is very comfortable to the stomach; helpeth to provoke urine and women's courses, to break wind both in the stomach and bowels, and doth a little open the body, but the root much more. It openeth obstructions both of the liver and spleen, and is therefore accounted one of the five opening roots. Galen commendeth it against the falling sickness, and to provoke urine mightily. The seed is effectual to provoke urine and women's courses, to expel wind, to break the stone, and ease the pains and torments thereof; it is also effectual against the venom of any poisonous creature, and the danger that cometh to them that have the lethargy, and is good against the cough. The distilled water of parsley is a familiar medicine with nurses to give their children when they are troubled with wind in the stomach or belly, which they call the frets; and is much available to them that are of great years. The leaves of parsley laid to the eyes that are inflamed with heat, or swollen, doth much help them if it be used with bread and meal: and being fried with butter, and applied to women's breasts that are hard through the curdling of their milk, it abateth the hardness quickly, and also taketh away black and blue marks coming of bruises or falls. The juice thereof dropped in the ears with a little wine, easeth the pains.

### PARSNIPS.

The garden kind thereof is so well known (the root being commonly eaten) that I shall not trouble you with any description of it. But the wild being of more physical use, I shall in this place describe it unto you.

**DESCRIPTION.**—The wild parsnip differeth little from the garden, but groweth not so fair and large, nor hath so many leaves, and the root is shorter, more woody, and not so fit to be eaten, and therefore more medicinal.

**PLACE.**—The name of the first showeth the place of its growth. The other groweth wild in divers places, as in the marshes by Rochester and elsewhere, and flowereth in

July; the seed being ripe about the beginning of August the second year after the sowing; for if they do not flower the first year, the country people call them madneps.

GOVERNMENT AND VIRTUES.—The garden parsnips are under Venus; it nourisheth much, and is good and wholesome, but a little windy, whereby it is thought to procure bodily lust; but it fatteneth the body much if used. It is conducive to the stomach and reins, and provoketh urine.

The wild parsnip hath a cutting, attenuating, cleansing, and opening quality therein. It resisteth and helpeth the biting of serpents, easeth the pains and stitches in the sides, and dissolveth wind both in the stomach and bowels, which is the cholic, and provoketh urine. The root is often used, but the seed much more. The wild being better than the tame, shews Dame Nature to be the best physician.

### PENNYROYAL.

Pennyroyal is so well known unto all, I mean the common kind, that it needeth no description.

There is a greater kind than the ordinary sort found wild with us, which so abideth being brought in gardens, and differeth not from it, but only in the largeness of the leaves and stalks, in rising higher, and not creeping upon the ground so much: the flowers whereof are purple, growing in rundles about the stalks like the other.

PLACE.—The first, which is common in gardens, groweth also in many moist and watery places of this land.

The second is found wild in effect, in divers places by the highways from London to Colchester, and thereabouts, more abundantly than in any other countries, and is also planted in their gardens in Essex.

TIME.—They flower in the latter end of summer, about August.

GOVERNMENT AND VIRTUES.—The herb is under Venus. Dioscorides saith, that pennyroyal maketh thin tough phlegm, warmeth the coldness of any part whereunto it is applied, and digesteth raw or corrupt matter: being boiled and drank, it provoketh women's courses, and expelleth the

dead child and after-birth, and stayeth the disposition to vomit being taken in water and vinegar mingled together. And being mingled with honey and salt, it voideth phlegm out of the lungs, and purgeth melancholy by the stool. Drank with wine, it helpeth such as are bitten by venomous beasts, and applied to the nostrils with vinegar, reviveth those that are fainting and swooning. Being dried and burnt, it strengthens the gums. It is helpful to those that are troubled with the gout, being applied of itself to the place until it is red; and applied in a plaister it takes away spots or marks in the face: applied with salt, it profiteth those that are splenic or liver grown. The decoction doth help the itch if washed therewith; being put into baths for women to sit therein, it helpeth the swellings and hardness of the mother. The green herb bruised or put in vinegar, cleanseth foul ulcers, and takes away the marks or bruises and blows about the eyes, and all discolourings of the face by fire, yea, and the leprosy, being drank and outwardly applied. Boiled in wine with honey and salt, it helpeth the tooth-ache. It helpeth the cold griefs in the joints, taking away the pains, and warmeth the cold part, being fast bound to the place, after a bathing or sweating in a hot house. Pliny addeth, that pennyroyal and mints together, help faintings, being put into vinegar or smelled unto, or put into the nostrils and mouth. It easeth headaches, pains of the breast and belly, and gnawing of the stomach; applied with honey, salt, and vinegar, it helpeth cramps or convulsions of the sinews. Boiled in milk and drink, it is effectual for the cough, and for ulcers and sores in the mouth; drank in wine it provoketh women's courses, and expelleth the dead child and after birth. Matthiolus saith, the decoction thereof being drank, helpeth the jaundice and dropsy, all pains of the head and sinews that come of a cold cause, and cleareth the eye sight. It helpeth the lethargy, and applied with barley meal, helpeth burnings, and put into the ears easeth the pains of them.

## PEPPERWORT, OR DITTANDER.

DESCRIPTION.—Our common pepperwort sendeth forth somewhat long and broad leaves, of a light bluish green colour, finely dented about the edges, and pointed at the ends, standing upon round hard stalks three or four feet high, spreading many branches on all sides, and having many small white flowers at the tops of them, after which follow small seeds in small heads. The root is slender, running much under ground, and shooting up again in many places, and both leaves and roots are very hot and sharp of taste, like pepper, for which cause it took the name.

PLACE.—It groweth naturally in many places of this land, as at Clare, in Essex; also near unto Exeter in Devonshire: upon Rochester common in Kent; in Lancashire, and divers other places; but usually kept in gardens.

TIME.—It flowereth in the end of June and in July.

GOVERNMENT AND VIRTUES.—Here is another martial herb for you, make much of it. Pliny and Paulus Ægineta say, that pepperwort is very successful for the sciatica or any other inveterate grief: the leaves hereof to be bruised and mixed with old hog's grease, and applied to the place, and to continue thereon four hours in men, and two hours in women, the place being afterwards bathed with wine and oil mixed together, and then wrapped up with wool or skins after they have sweat a little. It also mendeth the deformities or discolourings of the skin, and helpeth to take away marks, scars, or scabs, or the foul marks of burning with fire or iron. The juice hereof is by some used to be given in ale to drink to women with child, to procure them a speedy deliverance in travail.

## PERIWINKLE.

DESCRIPTION.—The common sort hereof hath many branches travailing or running upon the ground, shooting out small fibres at the joints as it runneth, taking thereby



hold in the ground, and rooteth in divers places. At the joints of these branches stand two small dark green shining leaves, somewhat like bay leaves, but smaller, and with them come also the flowers, one at a joint, standing upon a tender foot stalk, being somewhat long and hollow, parted at the brims sometimes into five leaves: the most ordinary sorts are of a pale blue colour: some are pure white, and some of a dark reddish purple colour. The root is little bigger than a rush, bushing in the ground and creeping with his branches far about, whereby it quickly possesseth a great compass, and is most usually planted under hedges where it may have room to run.

PLACE.—Those with the pale blue, and those with the white flowers, grow in woods and orchards, by the hedge sides, in divers places of this land; but those with the purple flowers in gardens only.

TIME.—They flower in March and April.

GOVERNMENT AND VIRTUES —Venus owns this herb, and saith that the leaves eaten together by man and wife, causeth love between them. The periwinkle is a great binder, stayeth bleeding at the mouth and nose, if some of the leaves be chewed. The French use it to stay women's courses. Dioscorides, Galen and Ægineta commended it against the lasks and fluxes of the belly to be drank in wine.

### PIMPERNEL.

DESCRIPTION.—Common pimpernel hath divers weak square stalks lying on the ground, beset all with two small and almost round leaves at every joint, one against another, very like chickweed, but hath no foot stalks; for the leaves, as it were, compass the stalk, the flowers stand singly each by themselves at them and the stalk, consisting of five small round pointed leaves of a pale red colour tending to an orange, with so many threads in the middle, in whose places succeed smooth round heads, and fibosus, perishing every year.

PLACE.—It groweth every where almost, as well in the

meadows and corn fields, as by the way-sides and in gardens, arising of itself.

TIME —It flowereth from April until May, and the seed ripeneth in the mean time and falleth.

GOVERNMENT AND VIRTUES.—It is a gallant solar herb, of a cleansing attractive quality, whereby it draweth forth thorns or splinters, or other such like things gotten into the flesh, and put up into the nostrils purgeth the head; and Galen saith also, they have a drying faculty, whereby they are good to solder the lips of wounds, and to cleanse foul ulcers. The distilled water or juice is much esteemed by French dames to cleanse the skin from any roughness, deformity, or discolourings thereof: being boiled in wine and given to drink, it is a good remedy against the plague and other pestilential fevers, if the party after taking it be warm in his bed, and sweat for two hours after, and use the same for twice at least. It helpeth also all stings and bitings of venomous beasts or mad dogs, being used inwardly and applied outwardly.

### PLANTAIN.

This groweth usually in meadows and fields, and by pathsides, and is so well known that it needeth no description.

TIME.—It is in beauty about June, and the seed ripeneth shortly after.

GOVERNMENT AND VIRTUES.—It is true Mixaldus and others, yea, almost all astrological physicians, hold this to be an herb of Mars, because it cureth the diseases of the head privities, which are under the house of Mars, Aries, and Scorpio; the truth is, it is under the command of Venus, and cures the head by antipathy to Mars, and the privities by sympathy to Venus; neither is there hardly a martial disease but it cures.

The juice of plantain clarified and drank for divers days together, either of itself or in other drink, prevaileth wonderfully against all torments or excoriations in the guts and bowels, helpeth the distillations of rheum from the

head, and stayeth all manner of fluxes, even women's courses when they flow too abundantly. It is good to stay spitting of blood and other bleedings of the mouth, or the making of foul and bloody water, by reason of any ulcer in the reins or bladder, and also the too free bleeding of wounds. It is held an especial remedy for those that are troubled with the pthisic, or consumption of the lungs, or ulcers of the lungs, or coughs that come of heat.

The decoction or powder of the roots or seeds, is much more binding for all the purposes aforesaid than the leaves. Dioscorides saith, that three roots boiled in wine and taken, helpeth the tertian ague, and for the quartan ague, (but letting the number pass as fabulous,) I conceive the decoction of divers roots may be effectual. The herb, but especially the seed, is held to be profitable against the dropsy, the falling sickness, the yellow jaundice and stoppings of the liver and reins. The root of plantain, and pellitory of Spain, beaten into powder and put into the hollow teeth, taketh away the pains of them. The clarified juice, or distilled water, dropped into the eyes, cooleth the inflammations in them, and taketh away the pin and web; and dropped into the ears easeth the pains of them, and helpeth and removeth the heat.

### POPPY.

Of this I shall describe three kinds, viz. the white and the black of the garden, and the erratic wild poppy, or corn rose.

DESCRIPTION.—The white poppy hath at first four or five whitish green leaves lying on the ground, which rise with the stalk, compassing it at the bottom of them, and are very large, much cut or torn on the edges, and dented also besides; the stalk, which is usually four or five feet high, hath sometimes no branches at the top, and usually but two or three at most, bearing every one but one head wrapped up in a thin skin, which boweth down before it is ready to blow, and then rising and being broken, the flower within it spreading itself open, and consisting of four very large, white, round leaves, with many whitish round

threads in the middle, set about a small, round, green head, having a crown or star-like cover at the end thereof, which growing ripe, becomes as large as a great apple, wherein are contained a great number of small round seeds, in several partitions or divisions next unto the shell, the middle thereof remaining hollow and empty. The whole plant, both leaves, stalks, and heads, while they are fresh, young, and green, yield a milk, almost ready to provoke casting, and of a strong heady smell, which being condensate is called opium. The root is white and woody, perishing as soon as it hath given ripe seed.

The black poppy little differeth from the former until it beareth its flower, which is somewhat less, and of a black purplish colour, but without any purple spots in the bottom of the leaf. The head of the seed is much less than the former, and openeth itself a little round about the top, under the crown, so that the seed which is very black will fall out, if one turn the head thereof downward.

The wild poppy, or corn rose, hath long and narrow leaves, very much cut in on the edges into many divisions, of a light green colour, sometimes hairy withal: the stalk is blackish and hairy also, but not so tall as the garden kind, having some such like leaves thereon to grow below, parted into three or four branches sometimes, whereon grow small hairy heads bowing down before the skin break, wherein the flower is, which when it is full blown open, is of a fair yellowish red or crimson colour, in some much paler, without any spot in the bottom of the leaves, having many black soft threads in the middle, compassing a small green head, which, when it is ripe is not much bigger than one's little finger's end, wherein is contained much black seed smaller by half than that of the garden. The root perisheth every year and springeth again of its own sowing. Of this kind there is one lesser in all the parts thereof, and differeth in nothing else.

PLACE.—The garden kinds do not generally grow wild in any place, but are sown in gardens where they grow.

The wild poppy or corn rose, is plentiful enough, and many times too much in the corn fields of all counties

through this land, and also upon ditch banks and by hedge sides. The smaller wild kind is also found in corn fields, and in some other places, but not so plentifully as the former.

**TIME.**—The garden kinds are usually sown in the spring, which then flower about the end of May, and somewhat earlier if they spring of their own sowing.

The wild kind flower usually from May until July, and the seed of them is ripe soon after the flowering.

**GOVERNMENT AND VIRTUES.**—The herb is Lunar, and of the juice of it is made opium: only for lucre of money they cheat you, and tell you it is a kind of tear, or some such like thing, that drops from poppies when they weep, and that is somewhat beyond the star, I know not where beyond the moon. The garden poppy heads with seeds made into syrup, are frequently and to good effect used to procure rest and sleep in the sick and weak, and to stay catarrhs and defluations of thin rheums from the head into the stomach and lungs, causing a continual cough, the forerunner of a consumption; it helpeth also hoarseness of the throat, and when one hath lost their voice, which the seed doth likewise. The black seed boiled in wine and drank, is said also to stay the flux of the belly, and women's courses. The empty shells or poppy heads are usually boiled in water, and given to procure rest or sleep, so do the leaves in the same manner; as also if the head and temples be bathed with the decoction warm, or with the oil of poppies, the green leaves or heads bruised and applied with a little vinegar, or made into a poultice with barley meal, or hog's grease, cooleth and tempereth all inflammations, as also the disease called St. Anthony's fire. It is generally used in treacle and mithridate, and in all other medicines that are made to procure rest and sleep, and to ease pains in the head as well as in other parts. It is also used to cool inflammations, agues, or phrenzies, or to stay defluations which cause a cough, or consumption, and also other fluxes of the belly, or women's courses; it is also put into hollow teeth to ease pain, and hath been found by experience to ease the pains of the gout.

## PURSLAINE.

Garden purslaine, being used as a salad herb, is so well known that it needeth no description. I shall therefore only speak of its virtues as followeth.

GOVERNMENT AND VIRTUES.—'Tis an herb of the Moon. It is good to cool any heat in the liver, blood, reins, and stomach, and in hot agues nothing better; it stayeth hot and choleric fluxes of the belly, women's courses, the whites and gonorrhœa, or running of the reins, the distillation from the head, and pains therein proceeding from heat, want of sleep, or the frenzy. The seed is more effectual than the herb, and is of singular good use to cool the heat and sharpness of urine, and the outrageous lust of the body, venerous dreams, and the like; insomuch that the over frequent use hereof extinguisheth the heat and virtue of natural procreation. The seed bruised and boiled in wine, and given to children, expelleth the worms. The juice of the herb is held effectual to all the purposes aforesaid; as also to stay vomitings, and taken with some sugar or honey, helpeth an old dry cough, shortness of breath, and the phthisic, and stayeth immoderate thirst.

The distilled water of the herb is used by many as the more pleasing, with a little sugar to work the same effects. The juice also is singular good in the inflammations and ulcers in the secret parts of man or woman, as also the bowels and hæmorroids when they are ulcerous, or excoriations in them. The herb bruised and applied to the forehead and temples, allays excessive heat therein that hinders rest and sleep, and applied to the eyes taketh away the redness and inflammations in them, and those other parts where pushes, wheals, pimples, St. Anthony's fire, and the like break forth; if a little vinegar be put to it, and laid to the neck with as much of galls and linseed together, it taketh away the pain therein, and also the crick in the neck.

## PRIVET.

DESCRIPTION.—Our common privet is carried up with many slender branches to a reasonable height and breadth, to cover arbours, bowers, and banqueting houses, and brought, wrought, and cut into so many forms of men, horses, birds, &c, which though at first supported, groweth afterwards strong of itself. It beareth long and narrow green leaves by couples, and sweet smelling white flowers in tufts at the end of the branches, which turn into small black berries that have a purplish juice with them, and some seeds that are flat on one side, with a hole or dent therein.

PLACE.—It groweth on this land in divers woods.

TIME.—Our privet flowereth in June and July, and the berries are ripe in August or September.

GOVERNMENT AND VIRTUES.—The Moon is lady of this. It is little used in physic with us in these times, more than in lotions to wash sores and sore mouths, and to cool inflammations and dry up fluxes. Yet Matthiolus saith, it serveth to all the uses for which cypress or the east privet is appointed by Dioscorides and Galen. He farther saith, that the oil that is made of the flowers of privet infused therein, and set in the sun, is singular good for the inflammations of wounds, and for the head-ache coming of a hot cause. There is a sweet water also distilled from the flowers that is good for all those diseases that need cooling or drying, and therefore helpeth all fluxes of the belly or stomach, bloody fluxes, and women's courses, being either drank or applied; as also those that void blood at the mouth or any other place, and for distillations of rheum in the eyes, especially if it be used with tutia.

QUEEN OF THE MEADOWS, MEAD SWEET, OR  
MEADOW SWEET.

DESCRIPTION.—The stalks of this are reddish, rising to be three feet high, sometimes four or five feet, having at

the joints thereof large winged leaves standing one above another at distances, consisting of many and somewhat broad leaves set on each side a middle rib, being hard, rough, or rugged, crumpled much like unto elm leaves, having also some smaller leaves with them, (as agrimony hath,) somewhat deeply dented about the edges, of a sad green colour on the upper side, and greyish underneath, of a pretty sharp scent and taste, somewhat like unto the burnet, and a leaf hereof put into a cup of claret wine, giveth also a fine relish to it. At the tops of the stalks and branches stand many tufts of small white flowers thrust thick together, which smell much sweeter than the leaves; and in their places, being fallen, some crooked and cornered seed. The root is somewhat woody, and blackish on the outside, and brownish within, with divers great strings and lesser fibres thereat, of a strong scent, but nothing so pleasant as the flowers and leaves, and perished not, but abideth for many years, and shooting forth anew every spring time.

PLACE.—It groweth in moist meadows that lie much wet, or near the courses of water.

TIME.—It flowereth in some place or other all the three summer months, that is, June, July, and August, and the seed is ripe soon after.

GOVERNMENT AND VIRTUES.—Venus claims dominion over the herb. It is used to stay all manner of bleedings, fluxes, women's courses, as also their whites. It is to alter and take away the fits of quartan agues, and to make a merry heart, for which purpose some use the flowers and some the leaves. It helpeth speedily those that are troubled with the colic; being boiled with wine, and with a little honey taken warm, it openeth the belly; but boiled in red wine and drank, it stayeth the flux of the belly. Outwardly applied it helpeth old ulcers that are cancerous or hollow and fistulous, for which it is by many much commended, as also for sores in the mouth, or secret parts. The leaves when they are full grown, being laid on the skin, will in a short time raise blisters thereon, as *Tragus*



saith. The water thereof helpeth the heat and inflammation of the eye.

### RADISH, OR HORSE-RADISH.

The garden radish is so well known, that it needeth no description.

DESCRIPTION.—The horse radish hath its first leaves that rise before the winter about a foot and a half long, very much cut in or torn on the edges into many parts, of a dark green colour, with a greater rib in the middle; after these have been up a while, others follow, which are greater, rougher, broader, and longer, whole and not divided at first, but only somewhat rougher dented about the edges; the stalks when it beareth flowers, which is seldom, are great, rising up with some few lesser leaves thereon to three or four feet high, spreading at the top many small branches of whitish flowers, made of the four leaves a-piece; after which some small pods like those of shepherd's purse, but seldom with any seed like them, The root is great, long, white and rugged, shooting up divers heads of leaves, which may be parted for increase, but it doth not creep in the ground, nor run above ground, and is of a strong, sharp and bitter taste, almost like mustard.

PLACE.—It is found wild in some places, but is chiefly planted in our gardens, and joyeth in moist and in shady places.

TIME.—It very seldom flowereth, but when it doth it is in July.

GOVERNMENT AND VIRTUES.—They are both under Mars. The juice of the horse radish given to drink, is held to be very effectual for the scurvy. It killeth the worms in children, being drank, and also laid upon the belly. The root bruised and laid to the place grieved with the sciatica, joint ache, or the hard swellings of the liver and spleen, doth wonderfully help them all. The distilled water of the herb and root, is more familiar to be taken with a little sugar for all the aforesaid purposes.

Garden radishes are, in wantonness by the gentry, eaten

as a salad, but they breed scurvy humours in the stomach, and corrupt the blood, and then send for a physician as fast as you can; this is one cause which makes the owners of such nice palate so unhealthful; yet for such as are troubled with the gravel, stone, or stoppage of urine, they are good physic, if the body be strong enough that takes them; you may make the juice of the roots into a syrup if you please for that use. They purge by urine exceedingly.

### ROSES.

I hold it altogether needless to trouble the reader with a description of any of these, since both the garden roses and the roses of the briars are well enough known: take therefore the virtue of them as followeth:

GOVERNMENT AND VIRTUES.—The red roses are under Jupiter, damask under Venus, white under the Moon, and Provence under the king of France. The white and red roses are cooling and drying, and yet the white is taken to exceed the red in both the properties, but is seldom used inwardly in any medicine.

The decoction of red roses made with wine and used, is very good for the head ache, and pains in the eyes, ears, throat, and gums, as also for the fundament, the lower parts of the belly, and the matrix, being bathed or put into them. The same decoction with the roots remaining in it, is profitably applied to the region of the heart to ease the inflammation therein; as also St. Anthony's fire, and other diseases of the stomach. Being dried and beaten to powder, and taken in steeled wine or water, it helpeth to stay women's courses. The heads with the seeds being used in powder, or in a decoction, stayeth the lask and spitting of blood. Red roses do strengthen the heart, the stomach, the liver, and the retentive faculty; they mitigate the pains that arise from heat, assuage inflammations, procure rest and sleep, stay both whites and reds in women, the gonorrhœa, or running of the reins and fluxes of the belly: the juice of them doth purge and cleanse the body from choler

and phlegm. The husks of the roses, with the beards and nails of the roses, are binding and cooling; and the distilled water of them is good for the heat and redness of the eyes, and to stay and dry up the rheums and watering of them.

Of the red roses are usually made many compositions, all serving to sundry good uses, viz. electuary of roses, conserve both moist and dry, which is more usually called sugar of roses, syrup of dry roses, and honey of roses. The cordial powder is called *diarrhodon abbatis* and *aromatica rosarum*. The distilled water of roses, vinegar of roses, ointment, and oil of roses, and the rose leaves dried, are of very great use and effect.

The syrup of damask roses is both a simple and compound, and made with agaric. The simple solutive syrup is a familiar, safe, gentle, and easy medicine, purging choler, taken from one ounce to three or four, yet this is remarkable herein, that the distilled water of this syrup should notably bind the belly. The syrup with agaric, is more strong and effectual, for one ounce thereof by itself will open the body more than the other, and worketh as much on phlegm as choler. The compound syrup is more forcible in working on melancholic humours; and available against the leprosy, itch, tetter, &c. and the French diseases; also honey of roses solutive is made of the same effect, both opening and purging, but is oftener given to phlegmatic than choleric persons, and more used in clysters than in potions, as the syrup made with sugar is. The conserve and preserved leaves of those roses are also operative in gently opening the belly.

### ROSEMARY.

Our garden rosemary is so well known, that I need not describe it.

TIME.—It flowereth in April and May with us, sometimes again in August.

GOVERNMENT AND VIRTUES.—The Sun claims privilege in it, and it is under the celestial Ram. It is an herb of

as great use with us in these days as any whatsoever, not only for physical but civil purposes. The physical use of it (being my present task) is very much both inward and outward diseases, for by the warming and comforting heat thereof, it helpeth all cold diseases, both of the head, stomach, liver, and belly. The decoction thereof in wine, helpeth the cold distillations of rheums into the eyes, and all other cold diseases of the end and brain, as the giddiness or swimings therein, drowsiness or dullness of the mind and senses like a stupidity, the dumb palsy, or loss of speech, the lethargy and falling sickness, to be drank and the temples bathed therewith. It helpeth the pains in the gums and teeth by rheum falling into them, not by putrefaction, causing an evil smell from them, or a stinking breath. It helpeth a weak memory, and quickeneth the senses. It is very comfortable to the stomach in all the cold grief thereof, helpeth both retention of meat and digestion, the decoction or powder being taken in wine. It is a remedy for the windiness in the stomach, bowels, and spleen, and expels it powerfully. It helpeth those that are liver-grown, by opening the obstructions thereof. It helpeth dim eyes, and procureth a clear sight, the flowers thereof being all the while it is flowering, every morning fasting, with bread and salt.

#### RHUBARB, OR RAPHONICK.

Do not start and say, this grows you know not how far off, and then ask me how it comes to pass that I bring it among our English simples? For though the name may speak it foreign, yet it grows with us in England, and that frequent enough in our gardens; and when you have thoroughly pursued its virtues, you will conclude it is nothing inferior to that which is brought out of China; and by the time this hath been as much used as that hath been, the name which the other hath gotten will be eclipsed by the fame of this. Take, therefore, a description at large of it as followeth;

DESCRIPTION.—At the first appearing out of the ground,

when the winter is past, it hath a great round brownish head rising from the middle or sides of the root, which openeth itself into sundry leaves one after another, very much crumpled or folded together at first, and brownish ; but afterwards it spreadeth itself, and becometh smooth, very large and almost round, every one standing on a brownish stalk of the thickness of a man's thumb when they are grown to their fulness, and most of them two feet and more in length, especially when they grow in moist and good ground : and the stalk of the leaf, from the bottom thereof to the leaf itself, being also two feet, the breadth thereof from edge to edge, in the broadest place, being also two feet, of a sad or dark green colour, of a fine tart or smooth taste, much more pleasant than the garden or wood sorrel. From among these riseth up some, but not every year, strong thick stalks, not growing so high as the patience or garden dock, with such green leaves as grow below, but smaller at every joint up to the top, and among the flowers, which are white, spreading forth into many branches, consisting of five or six small leaves a-piece, hardly to be discerned from the threads in the middle, and seeming to be all threads, after which come brownish three-square seeds, like unto other docks but larger, whereby it may be known to be a dock.

PLACE.—It groweth in gardens, flowereth about the beginning or middle of June, and the seed is ripe in July.

TIME.—The roots that are to be dried and kept all the next year, are not to be taken up before the stalks and leaves be quite withered and gone, and that is not until the middle or end of October, and if they be taken a little before the leaves do spring, or when they are sprung up, the roots will not have so good a colour in them.

I have given the precedence unto this because in virtues also it hath the pre-eminence. I come now to describe unto you that which is called patience, or monk's rhubarb ; and next unto the great round-leaved dock, or bastard rhubarb, for the one of these may supply in the absence of the other, being not much unlike in their virtues, only one more

powerful and efficacious than the other; and lastly, will shew you the virtues of all the three sorts.

### GARDEN PATIENCE, OR MONK'S RHUBARB.

DESCRIPTION.—This is a dock bearing the name of rhubarb for some purging quality therein, and groweth up with large tall stalks set with somewhat broad and long fair green leaves, not dented at all. The tops of the stalks being reddish or purple flowers and three-square seed like unto other dock. The root is long, great, and yellow, like unto the wild docks, but a little redder; and if it is a little dried, sheweth less store of discoloured veins than the next doth when it is dry.

### GARDEN RUE.

Garden rue is so well known, that it needs no description.

GOVERNMENT AND VIRTUES.—It is an herb of the Sun, and under Leo. It provokes urine and women's courses, being taken either in meat or drink. The seed thereof taken in wine is an antidote against all dangerous medicines and deadly poisons. The leaves taken either by themselves or with figs and walnuts, is called Mithridate's counter poison against the plague, and causeth venomous things to become harmless: being often taken in meat and drink, it abateth venery, and destroyeth the ability to get children. A decoction made thereof with some dried dill leaves and flowers, easeth all pains and torments inwardly to be drank, and outwardly applied warm to the place grieved. It taketh away wheals and pimples if being bruised with a few myrtle leaves it be made up with wax, and applied. It cureth the morpew, and taketh away all sorts of warts if boiled in wine with some pepper and nitre, and the place rubbed therewith: and with almond and honey helpeth the dry scabs, or any tetter or ringworm. The juice thereof warmed in pomegranate shell or rind, and dropped into the ears, helpeth the pains of them. The juice of it and fennel, with a little honey and the gall of a cock put

thereto, helpeth the dimness of the eyesight. An ointment made of the juice thereof, with oil of roses, ceruse, and a little vinegar, and anointed, cureth St. Anthony's fire, and all running sores in the head, and the stinking ulcers of the nose and other parts. The antidote used by Mitbridates every morning, fasting, to secure himself from any poison or infection, was this: take twenty leaves of rue, a little salt, two walnuts and two figs, beaten together into a mass with twenty juniper berries, which is the quantity appointed for every day. Another electuary is made thus; take of nitre, pepper, and cummin seed, of each equal parts; of the leaves of rue, clean picked, as much in weight as all the other three weighed; beat them well together, and put as much honey as will make it up into an electuary, (but you must first steep your cummin seed in vinegar twenty-four hours, and then dry it, or rather roast it in a hot fire shovel or in an oven) and it is a remedy for the pains and griefs of the chest or stomach, of the spleen, belly, or sides by wind or stitches: of the liver by obstructions; of the reins and bladder by the stopping of urine, and helpeth to extenuate fat corpulent bodies.

### RUPTURE WORTS.

**DESCRIPTION.**—This spreads very many thready branches round about upon the ground, about a span long, divided into many other smaller parts full of small joints set very thick together, whereat come forth two very small leaves of a French yellow, green coloured branches and all, where groweth forth also a number of exceeding small yellow flowers, scarce to be discerned from the stalks and leaves, which turn into seeds as small as the very dust. The root is very long and small, thrusting down deep into the ground. This hath neither smell nor taste at first, but afterwards hath a little astringent taste, without any manifest heat; yet a little bitter and sharp withal.

**PLACE.**—It groweth in dry, sandy, and rocky places.

**TIME.**—It is fresh and green all the summer long.

**GOVERNMENT AND VIRTUES.**—They say Saturn causeth

ruptures; if he do, he doth no more than he can cure: if you want wit he will teach you, though to your cost. This herb is Saturn's own, and is a noble anti-venerean. Rupture wort hath not its name in vain; for it is found by experience to cure the rupture, not only in children, but also in elder persons if the disease be not too inveterate, by taking a drachm of the powder of the dried herb every day in wine, or a decoction made and drank for certain days together. The juice of distilled water of the green herb, taken in the same manner, helpeth all other fluxes either of man or woman; vomiting also, and the gonorrhœa or running of the reins, being taken any of the ways aforesaid.

### SAFFRON.

The herb needs no description, it being known generally where it grows.

PLACE.—It grows frequently at Walden, in Essex, and in Cambridgeshire.

GOVERNMENT AND VIRTUES.—It is an herb of the Sun, and under the Lion, and therefore you need not demand a reason why it strengthens the heart so exceedingly. Let not above ten grains be given at a time, for the sun, which is the fountain of light, may dazzle the eyes and make them blind; a cordial being taken in an immoderate quantity hurts the heart instead of helping it. It quickeneth the brain, for the Sun is exalted in Aries, as well as he hath his house in Leo. It helps consumptions of the lungs and difficulty of breathing; it is excellent in epidemical diseases as pestilence, small pox, and measles. It is a notable expulsive medicine and remedy for the yellow jaundice. My opinion is, but I have no author for it, that hermodactyls are nothing else but the roots of saffron dried: and my reason is, that the roots of all crocus, both white and yellow, purge phlegm, as hermodactyls do; and if you please dry the root of any crocus, neither your eyes nor taste shall distinguish them from hermodactyls.



## SAGE.

Our ordinary sage needeth no description.

TIME.—It flowereth in or about July.

GOVERNMENT AND VIRTUES.—Jupiter claims this herb, and bids me tell you it is good for the liver, and to breed blood. A decoction of the leaves and branches of sage, made and drank, said Dioscorides, provoke urine, bringeth down women's courses, helpeth to expel the dead child, and causeth the hair to become black. It stayeth the bleeding of wounds, and cleanseth foul ulcers and sores. The decoction made in wine, taketh away the itching of the testicles, if they be bathed therewith. Agrippa saith, that if women that cannot conceive, by reason of the moist slipperiness of their wombs, shall take a quantity of the juice of sage with a little salt, four days before they company with their husbands, it will help them not only to conceive, but also to retain the birth without miscarrying.

## SOLOMON'S SEAL.

DESCRIPTION.—The common Solomon's seal riseth up with a round stalk half a yard high, bowing or bending down to the ground, set with single leaves one above another, somewhat large, and like the leaves of the lily convally, or May lily, with an eye of bluish upon the green, with some ribs therein, and more yellowish underneath. At the foot of every leaf, almost from the bottom up to the stalk, come forth small, long, white, and hollow pendulous flowers, somewhat like the flowers of May lily, but ending in five long points, for the most part two together at the end of a long foot-stalk, and sometimes but one, and sometimes also two stalks, with flowers at the foot of a leaf, which are without any scent at all, and on one side of the stalk. After they are past, come in their places small round berries, great at the first, and blackish green, tending to blueness when they are ripe, wherein lie small white, hard, and stony seeds. The root is of the thickness of one's finger or

thumb, white and knotted in some places, a flat round circle representing a seal, whereof it took the name, lying along under the upper crust of the earth, and not growing downward, but with very many fibres underneath.

PLACE.—It is frequent in divers places of this land, as, namely, a wood two miles from Canterbury, by Fish-pool Hill: as also in Bushy Close belonging to the parsonage of Alderbury, near Clarendon, two miles from Salisbury; in Cheffonwood, or Chesson Hill, between Newington and Sittingbourn, in Kent, and divers other places in Essex and other counties.

TIME.—It flowereth about May; the root abideth and shooteth anew every year.

GOVERNMENT AND VIRTUES.—Saturn owns the plant, for he loves his bones well. The root of Solomon's seal is found by experience to be available in wounds, hurts, and outward sores, to heat and close up the lips of those that are green, and to dry up and restrain the flux of humours to those that are old.

### SAVINE.

To describe a plant so well known as this is needless, it being nursed up almost in every garden, and abiding green all the winter.

GOVERNMENT AND VIRTUES.—It is under the dominion of Mars, being hot and dry in the third degree, and being of exceeding clean parts, is of a digesting quality. If you dry the herb into powder, and mix it with honey, it is an excellent remedy to cleanse old filthy ulcers and fistulas; but it hinders them from healing. The same is excellent good to break carbuncles and plague sores; also helpeth the king's evil, being applied to the place. Being spread over a piece of leather, and applied to the navel, kills the worms in the belly, helps the scabs and itch, running sores, cankers, tetter, and ringworms; and being applied to the place, may haply cure venereal sores. This I thought good to speak of, as it may be safely used outwardly, for inwardly it cannot be taken without manifest danger.

## THE COMMON WHITE SAXIFRAGE.

DESCRIPTION.—This hath a few small reddish kernels of roots covered with some skins, lying among divers blackish fibres which send forth divers round, faint or yellow green leaves, and greyish underneath, lying above the ground, unevenly dented about the edges and somewhat hairy, every one upon a little footstalk, from whence riseth round, brownish, hairy green stalks, two or three feet high, with a few such like round leaves as grow below, but smaller, and somewhat branched at the top, whereon stand pretty large white flowers of five leaves a piece, with some yellow threads in the middle, standing in a long, crested, brownish green husk. After the flowers are past, there ariseth sometimes a round hard head forked at the top, wherein is contained small black seed, but usually they fall away without any seed, and it is the kernels or grains of the root which are usually called the white saxifrage seed, and so used.

PLACE.—It groweth in many places of this land, as well in the lowermost as in the upper dry corners of meadows, and grassy and sandy places. It used to grow near Lamb's Conduit, on the back of Gray's Inn.

TIME.—It flowereth in May, and then gathered, as well for that which is called the seed, as to distil, for it quickly perisheth down to the ground when any hot weather comes.

GOVERNMENT AND VIRTUES.—It is very effectual to cleanse the reins and bladder, and to dissolving the stone engendered in them, and to expel it and the gravel by urine; to help the stranguary; for which purpose the decoction of the herb or roots in white wine is most usual, or the powder of the small kernelly root, which is called seed, taken in wine, or in the same decoction made with white wine is most usual. The distilled water of the whole herb, roots, and flowers, is most familiar to be taken. It provoketh also women's courses, and freeth and cleanseth the stomach and lungs from the thick and tough phlegm

that trouble them. There are not many better medicines to break the stone than this.

### SCURVY-GRASS.

**DESCRIPTION.**—Our ordinary English scurvy-grass hath many thick leaves, more long than broad, and sometimes also smooth on the edges, and sometimes a little waved; sometimes plain, smooth, and pointed, of a sad green, and sometimes a little bluish colour, every one standing by itself upon a long foot-stalk, which is brownish or greenish also, from among which arise many slender stalks bearing a few leaves thereon like the other, but longer and lesser for the most part; at the top whereof grow many whitish flowers, with yellow threads in the middle, standing about a green head, which becometh the seed vessel, which will be somewhat flat when it is ripe; wherein is contained reddish seed tasting somewhat hot.

**PLACE.**—It groweth all along the Thames side, both on the Kentish and Essex shores, from Woolwich round about the sea coast to Dover, Portsmouth, and even to Bristol, where it is had in plenty; the other with round leaves groweth in the marshes in Holland, in Lincolnshire, and other places in Lincolnshire by the sea-side.

**DESCRIPTION.**—There is another kind called Dutch scurvy-grass, which is most known and frequent in gardens, which hath fresh, green, and almost round leaves rising from the root, not so thick as the former, yet in some rich ground very large, even twice as big as in others, not dented about the edges or hollow in the middle, standing on a long foot stalk; from among these rise long, slender stalks, higher than the former, with more white flowers at the tops of them, which turn into small pods, and smaller brownish seeds than the former.

The root is white, small, and thready. The taste is nothing salt at all; it hath a very hot, aromatical and spicy taste.

**TIME.**—It flowereth in April and May, and giveth ripe seed quickly after.

**GOVERNMENT AND VIRTUES.**—It is an herb of Jupiter. The English scurvy-grass is more used for the salt taste it beareth, which doth somewhat open and cleanse, but the Dutch scurvy grass is of better effect, and chiefly used, if it may be had, by those that have the scurvy, and is of singular good effect to cleanse the blood, liver, and spleen, taking the juice in the spring every morning, fasting, in a cup of drink. The decoction is good for the same purpose, and openeth obstructions, evacuating cold, clammy, and phlegmatic humours, both from the liver and spleen, and bringing the body to a more lively colour. The juice also helpeth all foul ulcers and sores in the mouth, gargled therewith; and being used outwardly, cleanseth the skin from spots, marks, or scars that happen therein.

#### SHEPHERD'S PURSE.

It is called whoreman's permacety, shepherd's scrip, shepherd's pounce, toywort, pick-purse, and casewort.

**DESCRIPTION.**—The root is small, white, and perisheth every year. The leaves are small and long, of a pale and green colour, and deeply cut in on both sides, among which spring up a stalk which is round and small, containing small leaves upon it even to the top. The flowers are white and very small; after which come the little cases that contain the seed, which are flat almost in the form of a heart.

**PLACE.**—They are frequent in this nation, almost by every path side.

**TIME**—They flower all the summer long: nay, some of them are so fruitful that they flower twice a year.

**GOVERNMENT AND VIRTUES.**—It is under the dominion of Saturn, and of a cold, dry, and binding nature, like to him. It helps all fluxes of blood, either caused by inward or outward wounds; as also flux of the body, of the belly, and bloody flux, spitting and flowing of blood, stops in the terms of women; being bound to the wrists of the hands, and the soles of the feet, it helps the yellow jaundice. The herb being made into a poultice, helps inflammations and

St. Anthony's fire. The juice being dropped into the ears, heals the pains, noise, and matterings thereof. A good ointment may be made of it for all wounds, especially wounds in the head.

### SORREL.

DESCRIPTION.—Our ordinary sorrel, which grows in gardens and also wild in fields, is so well known that it needeth no description.

GOVERNMENT AND VIRTUES.—It is under the dominion of Venus. Sorrel is prevalent in all hot diseases, to cool any inflammation and heat of the blood in agues, pestilential and choleric, or sickness and fainting arising from heat, and to refresh the overspent spirits with the violence of furious fits of agues; to quench thirst, and procure an appetite in fainting or decaying stomachs. It resisteth putrefaction of the blood, killeth worms, and is a cordial to the heart, which the seed doth more effectually, being more drying and binding, and thereby stayeth the hot fluxes of women's courses, or of humours in the bloody flux, or flux in the stomach. The decoction of the roots is taken to help the jaundice, and to expel the gravel and stone in the reins or kidneys. The decoction of the flowers made with wine and drank, helpeth the black jaundice, as also the inward ulcers of the body or bowels.

### SOUTHERN WOOD.

Southern wood is so well known to be an ordinary inhabitant in our gardens, that I need not trouble you with any description thereof.

TIME.—It flowereth for the most part in July and August.

GOVERNMENT AND VIRTUES.—It is a gallant mercurial plant, worthy of more esteem than it hath. Dioscorides saith, that the seed bruised, heated in warm water, and drank, helpeth those that are bursten, or troubled with the cramp or convulsions of the sinews, the sciatica, or difficul-

ty in making water, and bringing down women's courses. The same taken in wine is an antidote, or counter-poison against all deadly poison, and driveth away serpents and other venomous creatures; also the smell of this herb being burnt doth the same. The oil thereof anointed on the back-bone before the fits of the ague comes on, it taketh away inflammations in the eyes, if it be put with some part of roasted quince, and boiled with a few crumbs of bread, and applied. Boiled with barley meal, it taketh away pimples, pushes, or wheals that arise in the face or other parts of the body. The seed as well as the dried herb is often given to kill worms in children.

### SUCCORY.

DESCRIPTION.—The garden succory hath longer and narrower leaves than the endive, and more cut in or torn on the edges and the root abideth many years. It beareth also blue flowers like endive, and the seed is hardly distinguished from the seed of the smooth, or ordinary endive.

The wild succory hath divers long leaves lying on the ground, very much cut in or torn on the edges on both sides, even to the middle rib, ending in a point; sometimes it hath a rib down the middle of the leaves, from among which riseth up a hard, round, woody stalk, spreading into many branches, set with smaller and lesser divided leaves on them up to the tops, where stand the flowers, which are like the garden kind, as the seed is also; (only take notice that the flowers of the garden kind are gone in on a sunny day, they being so cold that they are not able to endure the beams of the sun, and therefore more delight in the shade) the root is white, but more hard and woody than the garden kind. The whole plant is exceeding bitter.

PLACE.—This groweth in many places of our land, in waste, untilled, and barren fields. The other in gardens.

GOVERNMENT AND VIRTUES.—It is an herb of Jupiter. Garden succory, as it is more dry and less cold than endive, so it openeth more. A handful of the leaves or roots boiled in wine or water, and a draught drunk fasting, dri-

veth forth choleric and phlegmatic humours, openeth obstructions of the liver, gall, and spleen; helpeth the yellow jaundice, the heat of the reins, and urine: the dropsy also, and those that have an evil disposition in their bodies by reason of long sickness, evil diet, &c. which the Greeks call cachexia. The distilled water of the herb and flowers (if you can take them in time) hath the like properties, and is especially good for hot stomachs, and in agues either pestilential or of long continuance; for swoonings and passions of the heart, for the heat and head-ache in children, and for the blood and liver. The said water, or the juice, or the bruised leaves applied outwardly, allays swellings, inflammation, St. Anthony's fire, pushes, wheals, and pimples, especially used with a little vinegar; as also to wash pestiferous sores.

#### STONE CROP, PRICK MADAM, OR SMALL HOUSE LEEK.

**DESCRIPTION.**—It groweth with divers trailing branches upon the ground, set with many thick, flat, roundish, whitish green leaves pointed at the ends. The roots are small and run creeping under ground.

**PLACE.**—It groweth upon the stone-walls and mud-walls, upon the tiles of houses and pent houses, and amongst rubbish and in other gravelly places.

**TIME.**—It flowereth in June and July, and the leaves are green all the winter.

**GOVERNMENT AND VIRTUES.**—It is under the direction of the Moon, cold in quality and something binding, and therefore very good to stay defluctions, especially such as fall upon the eyes. It stops bleeding both inward and outward, helps cancers and all fretting sores and ulcers. It abates the heat and choler, thereby preventing diseases arising from choleric humours. It expels poison much, resisteth pestilential fevers, being exceeding good also for tertian agues; you may drink the decoction of it if you please for all the foregoing infirmities. It is so harmless an herb you can scarce use it amiss. Being bruised and



applied to the place, it helpeth the king's evil, and any other kernels or knots in the flesh; also the piles.

### THYME.

It is in vain to describe an herb so commonly known.

GOVERNMENT AND VIRTUES.—It is a noble strengthener of the lungs, as notable a one as grows; neither is there scarce a better remedy growing for that disease in children which they commonly call the chin-cough than it is. It purgeth the body of phlegm, and is an excellent remedy for shortness of breath. It kills worms in the belly, and being a notable herb of Venus, provokes the terms, gives safe and speedy delivery to women in travail, and brings away the after birth. It is so harmless you need not fear the use of it. An ointment made of it takes away hot swellings and warts, helps the sciatica and dulness of sight, and takes away pains and hardness of the spleen. 'Tis excellent for those that are troubled with the gout; as also to anoint the cods that are swelled. It easeth the pains in the loins and hips. The herb taken any way inwardly comforts the stomach much, and expels wind.

### THE VINE.

The leaves of the English vine being boiled make a good lotion for sore mouths; being boiled with barley meal into a poultice, it cools inflammation of wounds; the dropping of the vine when it is cut in the spring, which country people call tears, being boiled in a syrup with sugar and taken inwardly, is excellent to stay women's longings after every thing they see, which is a disease many women with child are subject to. The decoction of vine leaves in white wine doth the like; also the tears of the vine drank two or three spoonful at a time, breaks the stone in the bladder. This is a very good remedy, and it is discreetly done to kill a vine to cure a man, but the salt of the leaves are held to do better. The ashes of the burnt branches will make teeth that are as black as a coal to be as white as snow, if you

but every morning rub them with it. It is a gallant tree of the Sun, very sympathetical with the body of man, and that is the reason spirits of wine is the greatest cordial among all vegetables.

### WALL-FLOWERS, OR WINTER GILLIFLOWERS.

The garden kind are so well known that they need no description.

DESCRIPTION.—The common single wall flowers, which grow wild abroad, have sundry small, round, whitish, woody stalks, which bear at the top divers single yellow flowers one above another, every one bearing four leaves a pieces and of a very sweet scent: after which come long pods containing a reddish seed. The roots are white, rather hard, and thready.

PLACE.—It groweth upon the church walls and old walls of many houses, and other stone-walls in divers places. The other sorts are in gardens only.

TIME.—All the single kinds do flower many times in the end of autumn; and if the winter be mild, all the winter long, but especially in the months of February, March, and April, until the heat of the spring do spend them. But the double kinds continue not flowering in that manner all the year long, although they flower very early sometimes, and in some places very late.

GOVERNMENT AND VIRTUES.—The Moon rules them. Galen in his seventh book of simple medicines saith, that the yellow wall flowers work more powerfully than any of the other kinds, and are therefore of more use in physic. It cleanseth the blood, and freeth the liver and reins from obstructions, provoketh women's courses, expelleth the secundine and the dead child; helpeth the hardness and pain of the mother, and of the spleen also; stayeth inflammations and swellings, comforteth and strengtheneth any weak part, or out of joint; helpeth to cleanse the eyes from mistiness and films on them, and to cleanse the filthy ulcers in the mouth or any other part, and is a singular remedy for the gout, and all aches and pains in the joints and sinews.

A conserve made of the flowers, is used for a remedy both for the apoplexy and palsy.

### WORMWOOD.

It is so well known that it needs no description.

PLACE.—It groweth upon the tops of the mountains (it seems 'tis aspiring.) there 'tis natural, but usually nursed up in gardens for the use of the apothecaries in London.

TIME.—All wormwoods usually flower in August, a little sooner or later.

GOVERNMENT AND VIRTUES.—Will you give me leave to be critical a little? I must take leave. Wormwood is an herb of Mars, and if Pontanus say otherwise, he is beside the bridge. I prove it thus: What delights in martial places is a martial herb. It is hot and dry in the first degree, viz. just as hot as your blood, and no hotter. It remedies the evil cholera can inflict on the body of man by sympathy. It helps the evils Venus and the wanton boy produce, by antipathy; and it doth something else besides.

I would willingly teach astrologers and make them physicians, if I knew how, for they are most fitting for the calling; if you will not believe me, ask Dr. Hippocrates and Dr. Galen, a couple of gentlemen that our College of Physicians keep to vapour with, not to follow. In this herb I shall give the pattern of a ruler, the sons of art rough cast, yet as near the truth as the men of Benjamin could throw a stone; whereby my brethren astrologers, may know by a penny how a shilling is coined. As for the College of Physicians, they are too stately to learn, and too proud to continue. They say a mouse is under the dominion of the Moon, and that is the reason they feed at night; the house of the moon is Cancer; rats are of the same nature with mice, only they are a little bigger. Mars receives his fall in Cancer, ergo, wormwood, being a herb of Mars, is a present remedy for the biting of rats and mice. Mushrooms (I cannot give them the name of herba, frutex, or arbor) are under the dominion of Saturn, and take one time with another, they do as much harm as good; if any

have poisoned himself by eating them, wormwood, a herb of Mars, cures him, because Mars is exalted in Capricorn, the house of Saturn, and that it doth by sympathy, as it doth the other by antipathy. Wheals, pushes, black and blue spots coming either by beatings, wormwood, an herb of Mars, (as bad as you love him, and as you hate him,) will not break your head, but will give you a plaister. If he do but teach you to know yourselves, his courtesy is greater than your discourtesy.

The greatest antipathy between the planets is between Mars and Venus; one is hot, the other cold, one is diurnal, the other nocturnal; one dry, the other moist: their houses are opposite, one masculine, the other feminine: one public, the other private; one is valiant, the other effeminate; one loves the light, and the other hates it; one loves the field, the other sheets; then the throat is under Venus, the quinsy lies in the throat, and is an inflammation there: Venus rules the throat, it being under Taurus, her sign.

Mars eradicates all diseases in the throat by his herbs, of which wormwood is one, and sends them to Egypt on an errand never to return more, this is done by antipathy. The eyes are under Luminaries; the right eye of a man and the left of a woman, the Sun claims dominion over; what belongs to the Sun by sympathy, because he is exalted in his house; but what belongs to the Moon by antipathy, because he hath his fall in hers. Suppose a man be bitten or stung by a martial creature, imagine a wasp, a hornet, or a scorpion, wormwood, an herb of Mars, giveth you a present cure; then Mars, choleric as he is, hath learned that patience to pass by our evil speeches of him, and tells you, by my pen, that he gives you no affliction, but he gives you a cure: you need not run to Apollo, nor Æsculapius; and if he was so choleric as you make him to be, he would have drawn his sword in anger, to see the ill conditions of those people that can spy his vices and not his virtues. The eternal God, when he made Mars, made him for public good, and the sons of men shall know it in the latter end of the world. *E cœlum Mars solus habet.* You say Mars is a destroyer; mix a little wormwood, a

herb of Mars, with your ink, neither rats nor mice will touch the paper written with it, and then Mars is a preserver. Astrologers think Mars causeth scabs and itch, and the Virgins are angry with him because wanton Venus told them he deforms their skins; but, quoth Mars, my only desire is that they should know themselves; my herb wormwood will restore them to the beauty they formerly had, and in that I will not come an inch behind my opposite, Venus; for which doth the greatest evil, he that takes away an innate beauty, and when he has done knows how to restore it again? or she that teaches a company of wanton lasses to paint their faces? If Mars be in Virgo, in the nativity, they say he causeth the colic. (it is well God hath set somebody to pull down the pride of man.) He in the virgin troubles none with the colic, but them that know not themselves (for who knows himself, may easily know all the world.) Wormwood, an herb of Mars, is at present for it; and whether it be most like a Christian to love him for his good, or to hate him for his evil, judge ye. I had almost forgotten that charity thinks no evil. I was once in the Tower and viewed the wardrobe, and there was a great many fine clothes: (I can give them no other title, for I was never either linen or woollen draper) yet as brave as they looked, my opinion was that the moths might consume them, moths are under the dominion of Mars; this herb, wormwood, being laid among clothes, will make a moth scorn to meddle with the clothes, as much as a lion scorns to meddle with a mouse, or an eagle with a fly. You may say Mars is angry, and it is true enough he is angry with many countrymen, for being such fools as to be led by the noses of the College of Physicians, as they lead bears to Paris gardens. Melancholy men cannot endure to be wronged in point of good fame, and that doth sorely trouble old Saturn, because they call him the greatest unfortunate: in the body of man he rules the spleen (and that makes covetous men splenetic,) the poor old man lies crying out of his left side: father Saturn's angry, Mars come to him; come, brother, I confess thou art evil spoken of, and so am I; thou knowest I have my exaltation in thy house, I give

him an herb of mine, wormwood, to cure the poor man; Saturn consented, but spoke little, and Mars cured him by sympathy.

When Mars was free from war (for he loves to be fighting, and is the best friend a soldier hath,) I say, when Mars was free from war, he called a council of war in his own brain, to know how he should do poor sinful man good, desiring to forget his abuses in being called an unfortunate. He musters up his own forces, and places them in battalia. Oh! quoth he, who do I hurt, a poor silly man or woman? His angels answer him, it is because they offended their God. (Look back to Adam!) Well, says Mars, though they speak evil of me, I will do good to them; Death's cold, my herb shall heat them: they are full of ill-humours (else they would never have spoken ill of me:) my herb shall cleanse them, and dry them; they are poor weak creatures, my herb shall strengthen them, they are dull-witted, my herb shall fortify their apprehensions; and yet among astrologers all this does not deserve a good word.

The other day Mars told me he met with Venus, and he asked her, What was the reason that she accused him for abusing women? He never gave them the pox. In the dispute they fell out, and in anger parted, and Mars told me that his brother Saturn told him, that anti-venerian medicine was the best against the pox. Once a month he meets with the moon. Mars is quick enough of speech, and the moon is not much behind hand (neither are most women.) The moon looks much after children, and children are much troubled with the worms; she desired a medicine of him, he bid her take his own herb, wormwood. He had no sooner parted with the moon than he met Venus, and she was as drunk as a bitch: alas! poor Venus, quoth he, What! thou a fortune, and be drunk? I'll give thee an antipathetical cure; take my herb, wormwood, and thou shalt never get a surfeit by drinking. A poor silly countryman hath got an ague; and cannot go about his business; he wishes he had it not, and so do I; but I will tell him a remedy, where he shall prevent it: take the herb of Mars;

wormwood, and if unfortunes will do good, what will fortunes? Some think the lungs are under Jupiter: and if the lungs, then the breath; and though sometimes a man gets a stinking breath, and yet Jupiter is a fortune, forsooth; up comes Mars to him; come brother Jupiter, thou knowest I sent thee a couple of trines to thy house last night, the one from Aries, and the other from Scorpion; give me thy leave by sympathy to cure this poor man with drinking a glass of wormwood beer every morning. The moon was weak the other day, and she gave a man two terrible mischiefs, a dull brain and a weak sight: Mars laid by his sword, and comes to her! Sister Moon, said he, this man hath angered thee, but I beseech thee take notice he is but a fool; prithee be patient, I will with my herb wormwood, cure him of both infirmities by antipathy, for thou knowest thou and I cannot agree; with that the moon began to quarrel; Mars (not delighting much in women's tongues) went away, and did it whether she would or no.

He that reads this and understands what he reads, hath a jewel of more worth than a diamond; he that understands it not, is as little fit to give physic. There lies a key in these words which will unlock (if it be turned by a wise hand,) the cabinet of physic. I have delivered it as plain as I durst; it is not only upon wormwood as I wrote, but upon all plants, trees, and herbs; he that understands it not, is unfit, in my opinion, to give physic. This shall live when I am dead; and thus I leave it to the world, not caring a farthing whether they like or dislike it. The grave equals all men, and therefore shall equal me with all princes; until which time the eternal Providence is over me: then the ill tongue of a prating fellow or one that hath more tongue than wit, or more proud than honest, shall never trouble me. Wisdom is justified by her children. And so much for Wormwood.

## DIRECTIONS.

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HAVING in divers places of this Treatise promised you the way of making Syrups, Conserves, Oils, Ointments, &c. of herbs, roots, flowers, &c. whereby you may have them ready for your use at such times when they cannot be had otherwise: I come now to perform what I promised, and you shall find me rather better than worse than my word.

That this may be done methodically, I shall divide my directions into two grand sections, and each section into several chapters, and then you shall see it look with such a countenance as this is.

### OF LEAVES OF HERBS, OR TREES.

1. OF the leaves choose only such as are green and full of juice: pick them carefully, and cast away such as are declining, for they will putrify all the rest. So shall one handful be worth ten of those you buy in Cheapside.

2. Note what places they most delight to grow in, and gather them there; for betony that grows in the shade is far better than that growing in the Sun, because it delights in the shade; so also such herbs as delight to grow near the water, shall be gathered near it, though haply you may find some of them upon dry ground. The treatise will inform you where every herb delights to grow.

3. The leaves of such herbs as run up to seed are not so good when they are in flower as before, (some few excepted, the leaves of which are seldom or never used) in such cases, if through ignorance they were not known, or through negligence forgotten, you had better take the top and the flowers than the leaf.

4. Dry them well in the sun, and not in the shade, as the saying of the physician is; for if the sun draw away the virtues of the herb, it must needs do the like by hay by



the same rule, which the experience of every country farmer will explode for a notable piece of nonsense.

5. Such as are artists in astrology, (and indeed none else are fit to make physicians) such I advise; let the planet that governs the herb be angular, and the stronger the better: if they can, in herbs of Saturn, let Saturn be the ascendant: in the herbs of Mars, let him be in the mid-heaven, for in those houses they delight: let the Moon apply to them by good aspect, and let her not be in the houses of her enemies; if you cannot well stay till she apply to a planet of a same triplicity: if you cannot wait that time neither, let her be with a fixed star of their nature.

6. Having well dried them, put them up in brown paper, sewing the paper up like a sack, and press them not too hard together, and keep them in a dry place near the fire.

7. As for the duration of dried herbs, a just time cannot be given, let authors prate their pleasure; for,

1st. Such as grow on dry grounds will keep better than such as grow on moist.

2ndly. Such herbs as are full of juice will not keep so long as such as are drier.

3rdly. Such herbs as are well dried, will keep longer than such as are slack dried. Yet you may know when they are corrupted by their loss of colour, or smell, or both; and, if they be corrupted, reason will tell you that they must needs corrupt the bodies of those people that take them.

8 Gather all leaves in the hour of that planet that governs them.

## OF FLOWERS.

1. The flower, which is the beauty of the plant, and of none of the least use in physic, groweth yearly and is to be gathered when it is in its prime.

2. As for the time of gathering them, let the planetary hour, and the plant they come off be observed, as we showed you in the foregoing chapter; as for the time of the day, let it be when the sun shines upon them, that so they may

be dry : for if you gather either flowers or herbs when they are wet or dewy, they will not keep.

3. Dry them well in the sun, and keep them in papers near the fire as I shewed you in the foregoing chapter.

4 So long as they retain the smell and colour, they are good : either of them being gone, so is their virtues also.

### OF SEEDS.

1. The seed is that part of the plant which is endowed with a vital faculty to bring forth its like, and it contains potentially the whole plant in it.

2. As for the place, let them be gathered from the place where they delight to grow.

3. Let them be full ripe when they are gathered, and forget not the celestial harmony before mentioned : for I have found by experience that their virtues are twice as great at such times as others : "There is an appointed time for every thing under the sun "

4. When you have gathered them dry them a little, and but a little in the sun before you lay them up.

5. You need not be so careful of keeping them so near the fire as the other before mentioned, because they are fuller of spirit, and therefore not so subject to corrupt.

6. As for the time of their duration, it is palpable they will keep a good many years ; yet they are best the first year, and this I make appear by a good argument. They will grow soonest the first year they be set, therefore then they are in their prime ; and it is an easy matter to renew them yearly.

### OF ROOTS.

1. Of roots choose neither such as are rotten or worm eaten, but proper in their taste, colour, and smell, such as exceed neither in softness nor hardness.

2. Give me leave to be a little critical against the vulgar received opinion, which is, that the sap falls down into the root in autumn, and rises again in the spring, as

men go to bed at night and rise in the morning; and the idle stalk of untruth is so grounded in the heads, not only of the vulgar but also of the learned, that a man cannot drive it out by reason. I pray, let such sap-mongers answer me this argument: If the sap falls into the roots in the fall of the leaf, and lies the winter, then must the root grow only in the winter. But the root grows not at all in the winter, as experience teacheth, but only in summer, therefore if you set an apple kernel in the spring, you shall find the root grow to a pretty thickness in the summer, and be not a whit bigger next spring. What doth the sap do in the root all that while? Pick straws? 'Tis as rotten post.

The truth is, when the sun declines from the tropic of Cancer, the sap begins to conceal both in root and branch; when he touches the tropic of Capricorn, and ascends to us-ward, it begins to wax thin again, and by degrees, is it congealed. But to proceed.

3. The drier time you gather the roots in, the better they are, for they have the less excrementitious moisture in them.

4. Such roots as are soft, your best way is to dry in the sun, or else hang them in the chimney corner upon a string; as for such as are hard, you may dry them anywhere.

5. Such roots as are great, will keep longer than such as are small: yet most of them will keep all the year.

6. Such roots as are soft, it is your best way to keep them always near the fire, and take this general rule for it. If in winter time you find any of your roots, herbs, or flowers begin to be moist, as many times you shall, (for it is your best way to look to them once a month) dry them by a very gentle fire, or if you can with conveniency keep them near the fire, you may save yourself the trouble.

7. It is in vain to dry roots that may commonly be had, as parsley, fennel, plantain, &c. but gather them only for present need.

## OF BARKS.

1. Barks, which physicians use in medicine, are of these sorts : of fruits, of roots, of boughs.

2. The barks of fruit are to be taken when the fruit is full ripe, as oranges, lemons, &c., but because I have nothing to do with exotics here I pass them without any more words.

3. The barks of trees are best gathered in the spring, if of oaks or such great trees ; because then they come easier off, and so you may dry them if you please ; but indeed the best way is to gather all barks only for present use.

4. As for the bark of roots, 'tis thus to be gotten : Take the root of such herbs as have a pith in them, as parsley, fennel, &c., slit them in the middle, and when you have taken out the pith, which you may easily do, that which remains is called, though improperly, the bark, and indeed is only to be used.

## OF JUICES.

1. Juices are to be pressed out of herbs when they are young and tender, out of some stalks, and tender tops of herbs and plants, and also out of some flowers.

2. Having gathered the herb, you would preserve the juice of it when it is very dry (for otherwise the juice will not be worth a button) bruise it well in a stone mortar with a wooden pestle, then having put it into a canvas bag, the herb I mean, not the mortar, for that will give but little juice, press it hard in a press, then take the juice and clarify it.

3. The manner of clarifying it is this : Put it into a pipkin or skillet, or some such thing, and set it over the fire ; and when the scum ariseth take it off ; let it stand over the fire till no more scum arise ; when you have your juice clarified, cast away the scum as a thing of no use.

4. When you have thus clarified it, you have two ways to preserve it all the year.

1st. When it is cold put it into a glass, and put so much oil on it as will cover it to the thickness of two fingers; the oil will swim at the top, and so keep the air from coming to putrify it. When you intend to use it, pour it into a porringer, and if any oil come out with it, you may easily scum it off with a spoon, and put the juice you use not into the glass again, it will very soon sink under the oil.

2nd. The second way is a little more difficult, and the juice of fruits is usually preserved this way. When you have clarified it, boil it over the fire, till being cold it be of the thickness of honey. This is most commonly used for diseases of the mouth, and is called roba and saba.

And thus much for the first section, the second follows.

### OF DISTILLED WATER.

Hitherto we have spoken of medicines which consist in their own nature, which authors vulgarly call Simples, though something improperly; for in truth, nothing is simple but pure elements; all things else are compounded of them. We come now to treat of artificial medicines, in the form of which, because we must begin somewhere, we shall place distilled waters: in which we consider.

1. Waters are distilled of herbs, of flowers, of fruits, and of roots.

2. We treat not of strong waters, but of cold, as being to act Galen's part, and not Paracelsus's.

3. The herbs ought to be distilled when they are in the greatest vigour, and so ought the flowers also.

4. The vulgar way of distinctions which people use, because they know no better, is in a pewter still; and although distilled waters are the weakest of artificial medicines, and good for little but mixtures of other medicines, yet they are weaker by many degrees than they would be were they distilled in sand. If I thought it not impossible to teach you the way of distilling in sand, I would not attempt it.

5. When you have distilled your water, put it into a glass covered over with paper pricked full of holes, so that

the excrementitious and fiery vapours may exhale, which cause that settling in distilled waters called the mother, which corrupt them, then cover it close and keep it for use.

6. Stopping distilled waters with a cork makes them musty, and so does paper if it but touch the water: it is best to stop them with a bladder, being first put in water, and bound over the top of the glass.

Such cold waters as are distilled in a pewter still (if well kept) will endure a year; such as are distilled in sand, as they are twice as strong, so they endure twice as long.

### OF SYRUPS.

1. A syrup is a medicine of a liquid form, composed of infusion, decoction, and juice. And

1st. For the most grateful taste.

2ndly. For the better keeping it; with a certain quantity of honey or sugar hereafter mentioned, boiled to the thickness of new honey.

2. You see at the first view that this aphorism divides itself into three branches, which deserve severally to be treated of, viz.

1. Syrups made by infusion.

2. Syrups made by decoction.

3. Syrups made by juice.

Of each of these, for your instruction sake, kind countrymen and women, I speak a word or two apart.

1st. Syrups made by infusion are usually made of flowers, and of such flowers as soon lose their colour and strength by boiling, as roses, violets, peach flowers, &c. My translation in the London Dispensatory will instruct you in the rest. They are thus made: Having picked your flowers clean, to every pound of them, or three pints which you will, for it is all one, of spring water, made boiling hot; first put your flowers into a pewter pot with a cover, and pour the water on them; then shutting the pot let it stand by the fire to keep hot twelve hours, and strain it out; (in such syrups as purge, as damask roses, peach-flowers, &c., the usual, and indeed the best way, is to re-

peat this infusion, adding fresh flowers to the same liquor divers times, that so it may be the stronger,) having strained it out, put the infusion into a pewter bason, or an earthen one well glazed, and to every pint of it add two pounds of sugar, which being only melted over the fire without being boiled, and then scummed, will produce you the syrup you desire.

2dly. Syrups made by decoction are usually made of compounds, yet may any simple herb be thus converted into syrup. Take the herb, root or flowers you would make into a syrup, and braise a little; then boil it in a convenient quantity of spring water; the more water you boil it in the weaker it will be; a handful of the herb or roots is a convenient quantity for a pint of water; boil it till half the water be consumed, then let it stand till it be almost cold and strain it through a woollen cloth, letting it run out at leisure, without pressing. To every pint of this decoction add one pound of sugar and boil it over the fire till it come to a syrup, which you may know if you then cool a little of it with a spoon; scum it all the while it boils, and when it is sufficiently boiled, whilst it is hot, strain it again through a piece of woollen cloth, but press it not. Thus you will have the syrup perfected.

3dly. Syrups made of juice are usually made of such herbs as are full of juice, and indeed they are better made into a syrup this way than any other; the operation is thus: Having beaten the herb in a stone mortar with a wooden pestle, press out the juice and clarify it, as you are taught before in the juices; then let the juice boil away till about a quarter of it be consumed; to a pint of this add a pound of sugar, and boil it to a syrup, always scumming it, and when it is boiled enough, strain it through a woollen cloth, as we taught you before, and keep it for your use.

3. If you make a syrup of roots that are anything hard, as parsley, fennel, and grass roots, &c., when you have bruised them, lay them to steep some time in that water which you intend to boil them in, hot, so will the virtues the better come out.

4. Keep your syrups either in glasses or stone pots, and

stop them not with cork or bladder, unless you would have the glass break, and the syrup lost, only bind paper about the mouth.

5. All syrups, if well made, will continue a year with some advantage; yet such as are made by infusion keep shortest.

### OF JULEPS.

1. Juleps were first invented, as I suppose, in Arabia; and my reason is, because the word Julep is an Arabic word.

2. It signifies only a pleasant potion, as is vulgarly used by such as are sick and want help, or such as are in health, and want no money to quench thirst.

3. Now a days it is commonly used.

1. To prepare the body for purgation.

2. To open obstructions and the pores.

3. To digest tough humours.

4. To qualify hot distempers, &c.

4. Simples, juleps, (for I have nothing to say to compounds here) are thus made: Take a pint of such distilled water as conduces to the cure of your distemper, which this treatise will plentifully furnish you with, to which add two ounces of syrup conducing to the same effect; (I shall give you rules for it in the next article) mix them together and drink a draught of it at your pleasure. If you love tart shings, add ten drops of oil of vitriol to your pint, and shake it together, and it will have a fine grateful taste.

5. All juleps are made for present use, and therefore it is in vain to speak of their duration.

### OF DECOCTIONS.

1. All the difference between decoctions and syrups made by decoction, is this: syrups are made to keep, decoction only for present use; and you can hardly keep a decoction a week at any time: if the weather be hot, you cannot keep it half so long.



2. Decoctions are made of leaves, roots, flowers, seeds, fruits, or barks, conducing to the cure of the disease you make them for; and are made in the same manner we shewed you in syrups.

3. Decoctions made with wine last longer than such as are made with water; and if you take your decoction to cleanse the passage of the urine or open obstructions, your best way is to make it with white wine instead of water, because this is penetrating.

4. Decoctions are of most use in such diseases as lie in the passage of the body, as the stomach, bowels, kidneys, passages of urine and bladder, because decoctions pass quicker to those places than any other form of medicine.

5. If you will sweeten your decoction with sugar, or any syrup fit for the occasion you take it for which is better, you may, and no harm.

6. If in a decoction you boil both roots, herbs, flowers, and seeds together, let the roots boil a good while first, because they retain their virtue longest; then the next in order by the same rule. viz. 1. the barks. 2. the herb. 3. the seeds. 4. the flowers. 5. the spices, if you put any in, because their virtues come soonest out.

7. Such things as by boiling cause slimminess to a decoction, as figs, quince-seed, line-seed, &c. your best way is, after you have bruised them, to tie them up in a linen rag as you would calf's brains, and so boil them.

8. Keep all decoctions in a glass close stopped, and the cooler place you keep them in the longer they will last ere they are sour.

Lastly. The usual dose to be given at one time is two, three, four, or five ounces, according to the age and strength of the patient, the season of the year, the strength of the medicine, and the quality of the disease.

## OF OILS.

Oil olive, which is commonly known by the name of salad oil, I suppose because it is usually eaten with salads by them that love it; if it be pressed out of ripe olives, ac-

according to Galen, is temperate, and exceeds in no one quality.

2. Of oils, some are simple, and some are compound.

3. Simple oils are such as are made of fruits or seeds by expression, as oil of sweet or bitter almonds, linseed and rape-seed oil, &c. of which see in my dispensatory.

4. Compound oils, are made of oil of olives, and other simples, imagine herbs, flowers, roots, &c.

5. The way of making them is this; having bruised the herbs or flowers you make your oil of, put them into an earthen pot, and to two or three handful of them pour a pint of oil, cover the pot with a paper, set it in the sun for about a fortnight or so, according as the sun is in the hotness: then having warmed it very well by the fire, press out the herb, &c. very hard in a press, and add as many more herbs to the same oil; bruise the herbs (not the oil) in like manner, set them in the sun as before; the oftener you repeat this, the stronger your oil will be: at last, when you conceive it strong enough, boil both oil and herbs together, till the juice be consumed, which you may know by its leaving its bubbling, and the herbs will be crisp; then strain it while it is hot, and keep it in a stone or glass vessel for your use.

6. As for chemical oils, I have nothing to say here.

7. The general use of the oils is for pains in the limbs, roughness in the skin, the itch, &c. as also for ointment and plaisters.

8. If you have occasion to use it for wounds or ulcers, in two ounces of oil, dissolve half an ounce of turpentine, the heat of the fire will quickly do it; for oil itself is offensive to wounds, and the turpentine qualifies it.

### ELECTUARIES.

Physicians make more a quail than needs by half about electuaries. I shall prescribe but one general way of making them up; as for ingredients, you may vary them as you please, and as you find occasion, by the last article.

1. That you may make electuaries when you need them,

it is requisite that you keep always herbs, roots, flowers, seeds, &c. ready dried in your house, that so you may be in a readiness to beat them into a powder when you do need them.

2. It is better to keep them whole than beaten; for being beaten, they are more subject to lose their strength, the air soon penetrates them.

3. If they be not dry enough to beat into powder when you need them, dry them by a gentle fire till they are so.

4. Having beaten them, sift them through a fine tiffany tearce, that no great pieces may be found in your electuary.

5. To one ounce of your powder, add three ounces of clarified honey; this quantity I hold to be sufficient. If you would make more or less electuary, vary your proportion accordingly.

6. Mix them well together in a mortar, and take this for a truth, you cannot mix them too much.

7. The way to clarify honey, is to set it over the fire in a convenient vessel till the scum arise, and when the scum is off it is clarified.

8. The usual dose of cordial electuaries is from half a drachm to two drachms; of purging electuaries, from half an ounce to an ounce.

9. The manner of keeping them is in a pot.

10. The time of taking them is either in a morning fasting, and fasting an hour after them: or at night going to bed, three or four hours after supper.

#### OF CONSERVES.

The way of making conserves is two fold, one of herbs and flowers and the other of fruits.

2. Conserves of herbs and flowers are thus made: if you make your conserve of herbs, as the scurvy grass, wormwood, rue, and the like, take only the leaves and the tender tops, (for you may beat your heart out before you can beat the stalks small,) and having beaten them, weigh them, and to every pound of them add three pounds of sugar. You cannot beat them too much.

3. Conserves of fruits, as of barberries, sloes, and the like, are thus made: first scald the fruit, then rub the pulp through a thick hair sieve made for the purpose, called a pulping sieve: you may do it for a need with a black pulping spoon; then take this pulp thus drawn and add to it its weight in sugar, and no more; put it into a pewter vessel and over a charcoal fire; stir it up and down till the sugar be melted, and your conserve is made.

4. Thus you have the way of making conserves; the way of keeping them is in earthen pots.

5. The dose is usually the quantity of a nutmeg at a time, morning and evening, or (unless they are purging) when you please.

6. Of conserves, some keep many years, as conserve of roses; others but a year, as conserves of borage, bugloss, cowslips, and the like.

7. Have a care of the working of some conserves presently after they are made; look to them once a day and stir them about. Conserves of borage, bugloss, wormwood, have got an excellent faculty at that sport.

8. You may know when your conserves are almost spoiled by this; you may find a hard crust at top with little holes in it, as though worms had been eating there.

### OF PRESERVES.

Of preserves are sundry sorts, and the operation of all being somewhat different, we shall handle them all apart. These are preserved with sugar.

1. Flowers.
2. Fruits.
3. Roots.
4. Barks.

1. Flowers are seldom preserved; I never saw any that I remember save only cowslip flowers, and that was a great fashion in Sussex when I was a boy. It was thus done:—Take a flat glass, we call them jat glasses, strew in a laying of fine sugar, on that a laying of flowers, so do till

your glasses be full; then tie it over with paper, and in a little time you shall have excellent and pleasant conserves.

There is another way of preserving flowers, viz. with vinegar and salt, as they pickle capers and broom buds; but as I have little skill in it myself, I cannot teach you.

2. Fruits, as quinces and the like, are preserved two different ways;

Boil them in water, and then pulp them through a sieve, as we showed you before; then with the like quantity of sugar, boil the water they were boiled in into a syrup, viz. a pound of sugar to a pint of liquor; to every pound of this syrup add four ounces of the pulp, then boil it with a very gentle fire to their right consistence, which you may easily know if you drop a drop of it upon a trencher; if it be enough, it will not stick to your fingers when it is cold.

Another way to preserve fruit is this:—First pare off the rind, then cut in halves and take out the core, and boil them in water till they are soft; if you know when beef is boiled enough you may easily know when they are, then boil the water with its like weight of sugar into a syrup; put the syrup into a pot, and put the boiled fruit as whole as you left it when you cut it into it, and let it remain till you have occasion to use it.

3. Roots are thus preserved:—First scrape them clean, and cleanse them from the pith, if they have any, for some roots have not, as eringo and the like; boil them in water till they be soft, as we shewed you before in the fruits; then boil the water you boiled the root in into a syrup, as we shewed you before; then keep the root whole in the syrup till you use them.

4. As for barks, we have but few come to our hands to be done, and of those the few that I can remember, are oranges, lemons, citrons, and the outer barks of walnuts which grow without side to the shell, for the shells themselves would make but scurvy preserves; these be they I can remember, if there be any more, put them into the number.

The way of preserving these is not all one in authors, for some are bitter, some are hot; such as are bitter, say au-

thors, must be soaked in warm water, oftentimes changing till their bitter taste be fled; but I like not this way, and my reason is this, because I doubt when their bitterness is gone, so is their virtue also; I shall then prescribe one common way, the same with the former, viz. first boil them whole till they be soft, then make a syrup with sugar and the liquor they boil them in, and keep the barks in the syrup.

5. They are kept in glasses or in glazed pots.

6. The preserved flowers will keep a year, if you can forbear eating them; the roots and barks much longer.

7. This art was plainly and first invented for delicacy; yet came afterwards to be of excellent use in physic; for

1st. Hereby are medicines made pleasant for sick and squeamish stomachs, which else would loathe them.

2dly, Hereby they are preserved from decaying a long time.

### LOHOCKS.

1. That which the Arabians call lohocks, and the Greeks eclegma, the Latins call linctus, and in plain English signifies nothing else than to be licked up.

2. Their first invention was to prevent and remedy afflictions of the breast and lungs, to cleanse the lungs of phlegm, and make it fit to be cast out.

3. They are in a body thicker than in a syrup, and not so thick as an electuary.

4. The manner of taking them is often to take a little with liquorice stick, and let it go down at leisure.

5. They are easily thus made: make a decoction of pectoral herbs, and the treatise will furnish you with enough, and when you have strained it with twice its weight of honey or sugar, boil it to a lohock; if you are much molested with phlegms, honey is much better than sugar, and if you add a little vinegar to it you will do well; if not, I hold sugar to be better than honey.

6. It is kept in pots, and may be kept a year and longer.

7. It is excellent for roughness of the wind pipe, inflam-

mations and ulcers of the lungs, difficulty of breathing, asthmas, coughs, and distillations of humours.

### OF OINTMENTS.

1. Various are the ways of making ointments which authors have left to posterity, and which I shall omit, and quote one which is easiest to be made, and therefore most beneficial to people that are ignorant in physic, for whose sake I write this. It is thus done.

Bruise those herbs, flowers, or roots, you will make an ointment of, and to two handfuls of your bruised herbs add a pound of hog's grease dried, or cleansed from the skins, beat them very well together in a stone mortar with a wooden pestle, then put it into a stone pot, (the herb and grease I mean, not the mortar) cover it with a paper, and set it either in the sun or some other warm place, three, four, or five days, that it may melt; then take it out and boil it a little, and whilst it is hot strain it out, pressing it out very hard in a press; to this grease add as many more herbs as before, let them stand in like manner as long, then boil them as you did them. If you think your ointment not strong enough, you may do it the third and fourth time; yet this I will tell you, the fuller of juice the herbs are, the sooner will your ointment be strong; the last time you boil it, boil it so long till your herbs be crisp, and the juice consumed, then strain it, pressing it hard in a press, and to every pound of ointment add two ounces of turpentine, and as much wax, because grease is offensive to wounds as well as oil.

2. Ointments are vulgarly known to be kept in pots, and will last above a year, some above two years.

### OF PLAISTERS.

1. The Greeks made their plaisters of divers simples, and put metals into most of them, if not all; for having reduced their metals into powder, they mixed them with that fatty substance whereof the rest of the plaister consisteth

whilst it was yet hot, continually stirring up and down lest it should sink to the bottom; so they continually stirred till it was stiff: then they made it up into rolls, which when they needed for use, they could melt by fire again.

2. The Arabians made up theirs with oil and fat, which needeth not so long boiling.

3. The Greeks' emplaisters consisted of these ingredients, metals, stones, divers sorts of earth, fæces, juices, liquors, seeds, roots, herbs, excrements of creatures, wax, rosin, and gums.

### OF POULTICES.

Poultices are those kind of things which the Latins call *cataplasmata*, and our learned fellows that if they can read English that's all, call them *cataplasms*, because 'tis a crabbed word few understand; it is indeed a very fine kind of medicine to ripen sores.

2. They are made of herbs and roots fitted for the diseases aforesaid, being chopped small and boiled in water to a jelly: then adding a little barley-meal, or meal of lupins, and a little oil, or rough sweet suet, which I hold to be better, spread upon a cloth and applied to the grieved place.

3. Their use is to ease pains, to break sores, to cool inflammations, to dissolve hardness, to ease the spleen, to concoct humours, and dissipate swellings.

4. I beseech you take this caution along with you; Use no poultices, if you can help it, that are of a healing nature before you have first cleansed the body, because they are subject to draw the humours to them from every part of the body.

### OF PILLS.

1. They are called *pilulæ*, because they resemble little balls; the Greeks call them *catapotia*.

2. It is the opinion of modern physicians, that this way of making medicines was invented only to deceive the palate, that so, by swallowing them whole, the bitterness of



the medicine might not be perceived, or at least that it might not be insufferable; and indeed most of their pills, though not all, are very bitter.

3. I am of a clean contrary opinion to this. I rather think they were done up in this hard form that so they might be the longer digesting; and my opinion is grounded upon reason too, not upon fancy or hearsay. The first invention of pills was to purge the head: now, as I told you before, such infirmities as lie near the passages were best removed by decoctions, because they pass to the grieved part soonest; so here, if the infirmity lies in the head or any other remote part, the best way is to use pills, because they are longer in digestion, and therefore better able to call the offending humours to them.

4. If I should tell you here a long tale of medicines working by sympathy and antipathy, you would not understand a word of it; they that are set to make physicians may find it in the treatise. All modern physicians know not what belongs to flats and sharps in music, but follow the vulgar road, and call it a hidden quality, because it is hidden from the eyes of dunces, and indeed none but astrologers can give a reason for it; and physic without reason, is like a pudding without fat.

5. The way to make pills is very easy, for with the help of a pestle and mortar, and a little diligence you may make any powder into pills, either with syrup or the jelly I told you before.

THE END.

