The castel of helth / gathered and made by Syr Thomas Elyot knyghte, out of the chiefe authors of physyke, wherby euery manne may knowe the state of his owne body, the preservation of helth, and how to instructe welle his physytion in syckenes that he be not deceyued.

#### Contributors

Elyot, Thomas, Sir, 1490?-1546.

### **Publication/Creation**

Londini: In aedibus Thomae Bertheleti ..., 1539.

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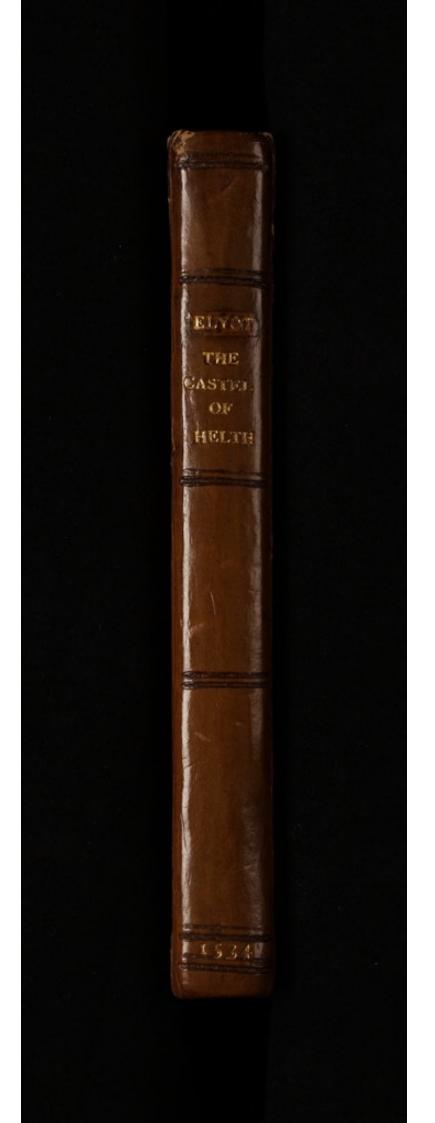
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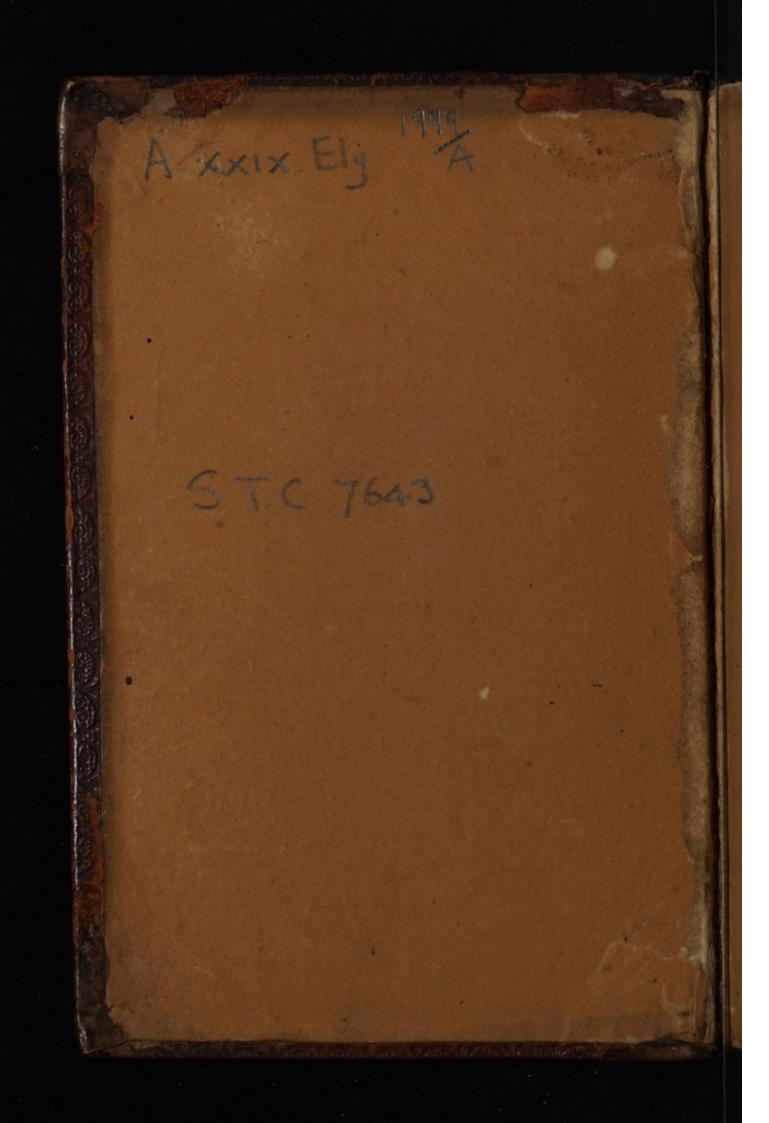


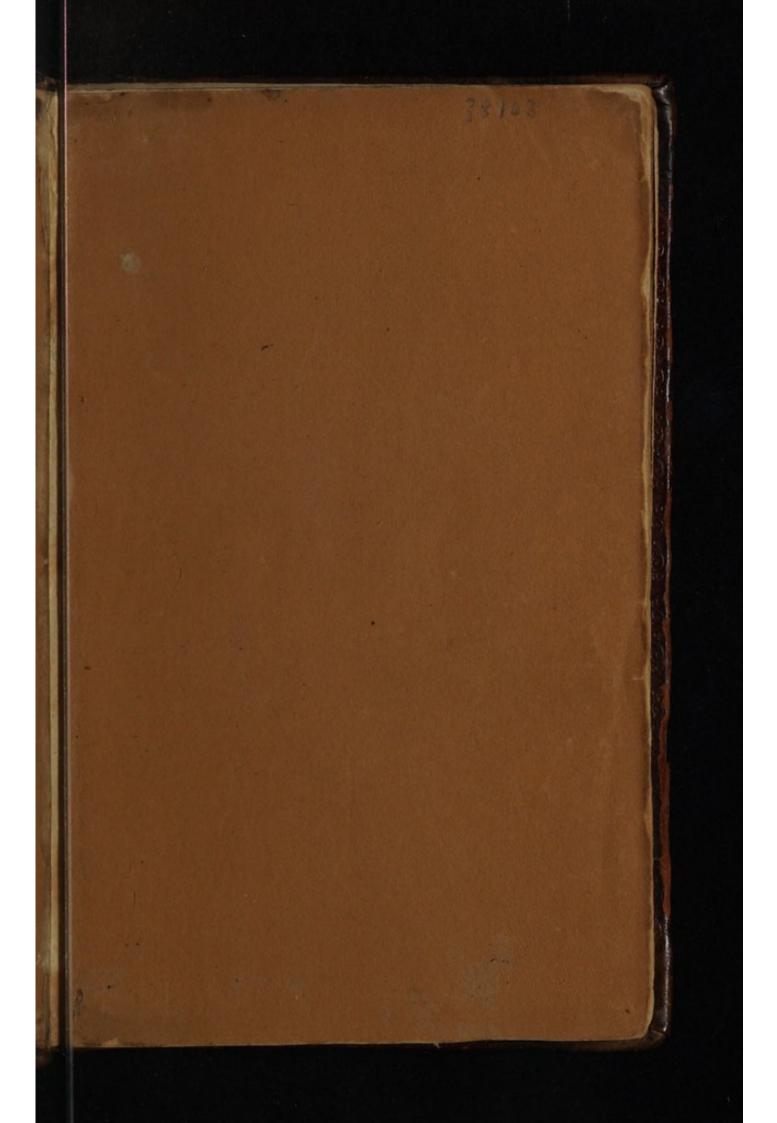


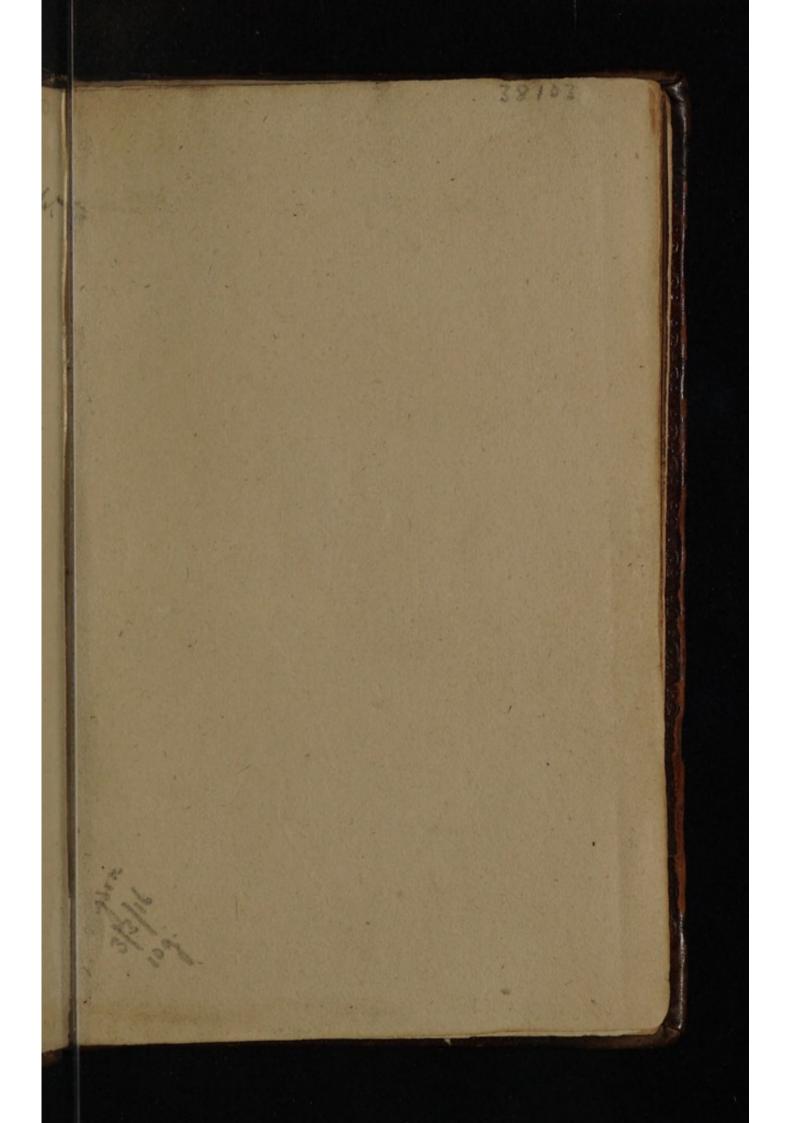


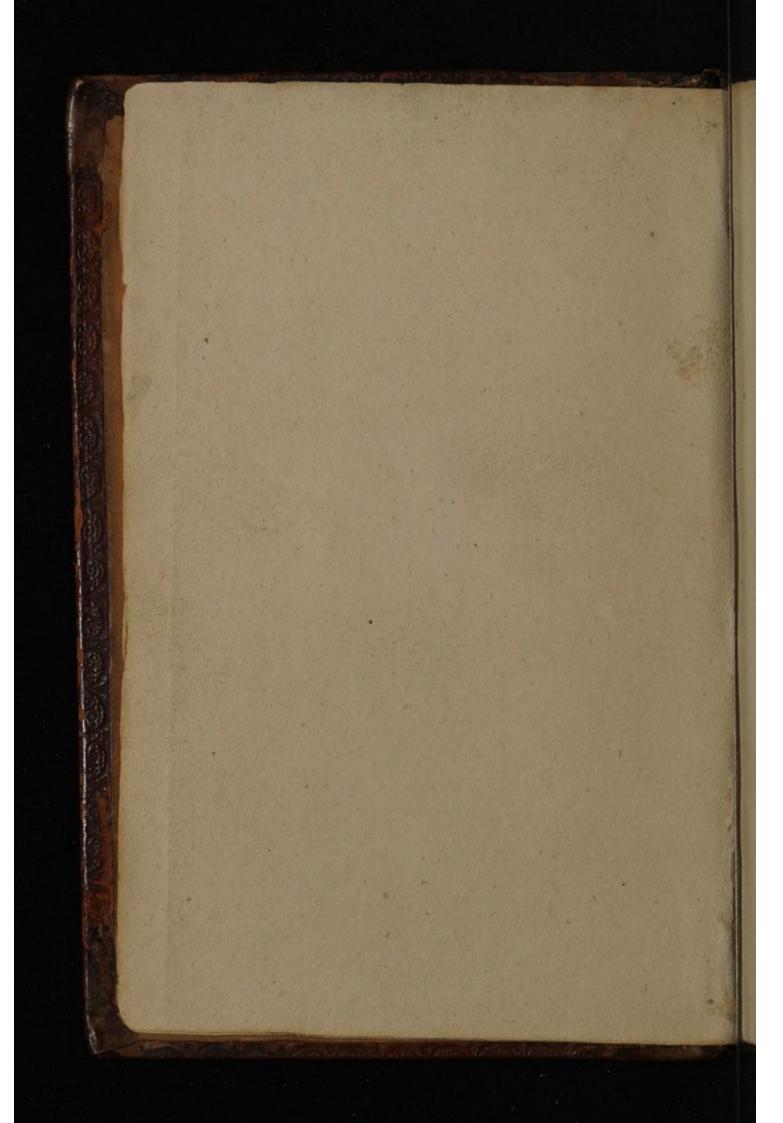




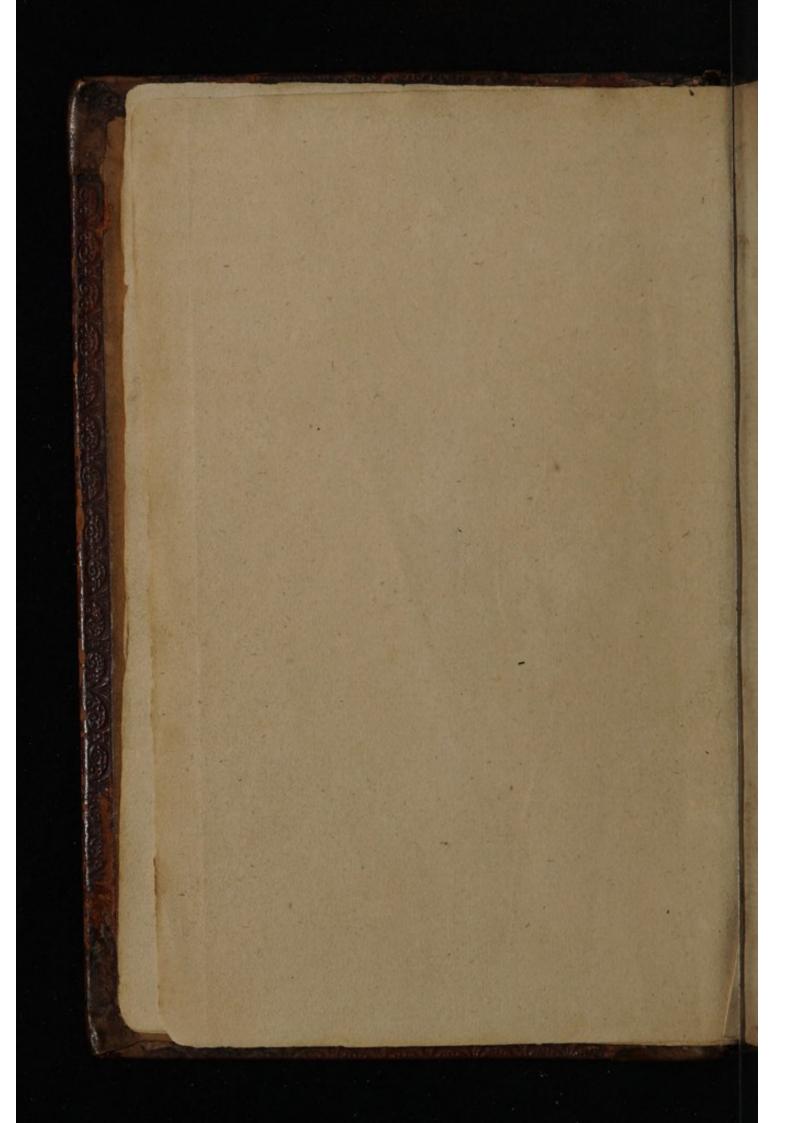




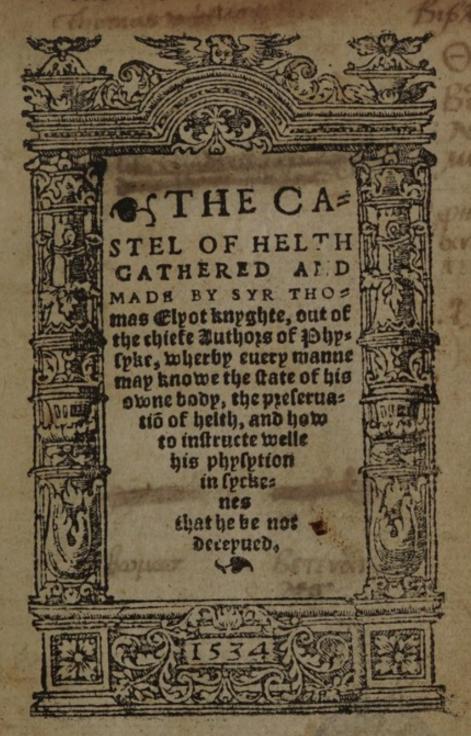




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# SOTO THE RIGHT

## HONORABLE THOMAS LORDE CRYMVVELL

Thomas Elyot knyghte wycheth longe lyte in honour.



geneth queckly (layth Seinch.) The griefe, which I had for your lordthyps disease, with the despre that ye mought spuc longe with out sychenes, caused suche spede in buyldynge the Lassell of helthe, that therein

lacked fom part of prefectio, but pet the prompts nes in grupng that thonge, whyche I thoughte neceffary, to beclare mpn affection, I Doubt not, was no laffe elemed of your good lordflyp, tha afore is reherfed. Pot withftandpinge, whan I had eftelones perbled that lyttell fortrelle, and Founde here and there fome thonge that lacked, Ttoke my penne in the ftede of a truelle, and as mended the faultes, and added fom what more, where I thoughte it convenient: Ind pet pers chance fome thynges mought happen to efcape, which were as nedeful to be corrected : myne ats tendance on the parlyament, I being a member of the lower house, withdrawing from me leps fure convengente, to funde in this warke all the fautes

Bis dat qui cito dat. THE PROHEME.

faultes, whiche moughte be amended . Mape # nowelphe pour good lord flyppe to take in good parte, not eftelones the caltelle, whiche 3 all res dpe haue gruen pou, but mp good well and dys lygence itt amendynge of repapyinge the fame, whiche is also printed in a moche better letter, confpderpnge that I no laffe do beholde pou cos eynually with myne eye of remembrance, than thep, whiche at dyner and fupper do daply loke on you, the cause I wyll not repete for suspition of flattery. frendeffpp (as men fage) Gulbebe requyted, but pet craue I none other thyug,but onely equall beneuolence, and fayth without as np fulpition ! wherebuto actuall Demonstration is to mothe requifite, that without it they both, Ceeme to be browned, fens amonge be that be mostall, thonges are molte indged by outwarte tokens. Ind per allo in them men be fometyme Decepued, Sppocrify haupnge in this worlde foo greate a preempnence : but in amitie is one rule. which feltom faileth. De that lyueth moderatly. both loue alway faithfully : for ouer hom affecs tions and paffions haue lefte authoritie : and he that frandeth fufte in the myddell, frandeth moft furely. Bifo in the worlde there is no more foly. than to chefe frendes of them, whiche do folow Fortune, lpke as fwyne do folowe the mapben. whiche beareth on her beed a paple ful of mpike. Ind pf the payle falle, or happen to be emptye, they well folowe no lenger. The moderate pers fon, where bothe authoutie and bertue be in his frende equall, bycaufe that vertue was the ons ly cause of his love, that remapnyng, his mynde is in fuche wyfe therbato toyned, that although author

THE PROHEME:

authorytie happen to Apppe, pet that loue and bertue mape neuer be leuered. I haue Cpoken of frendechpppe perchaunce moze than nedeth, but who wpile not wyline, (pf it moughte happen) to haue luche a trealour, as nepther the mouns capnes of Ethiope, nor the rpuers of Inde do contepne in them, to be therro compared . Lals limachus an auncient poete Capth, Duiffance is bredefull : Rycheffe is honourable : but loue for furetie is mofte incomparable. who percepueth herein more than your good lord Chyppe, whyche belpdes the aboundaunte knowledge of hpitos eyes and naturall wytte, also concernynge this matter in pour owne Condap experiences, I bare Cape without flatterpe, are equalle to any noble man lyupnge. Yet this my longe tale is not fu= perfluous, whyche is tolde not to teache you, but onely to renewe your lorde Cyppes remem= braunce, whyche is not alway prefent, specially where the brapne (s choked with worldely mats tees of wegghtpe importaunce. In luche as I am, haupnge lyttell and lyttell to boo, remems braunce fandeth more at lpbertie, and therfore we may more often thynke on that, whythe we have bothe herde and fene, and in chefping frenbes, be the more circumfpecte. Bnt lefte I chall make the name of trendthpppe tedpoule, by ofs ten reberfalle, 3 nome conclude, that 3 leane this lyttelle warke a monumente of the longe contynewed affection by me boine towarde pour lordeffpppe , and a perpetuall wpeneffe , that Ihaue belerued foo moche of poure fauoure, as in mutuall frend fpppe is of rayfon requys red; whyche mape be as easylve paved, as it is grans

THE PROHEME.

is graunted, yf in place, where it oughte to be the meant of the mean

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# STHE TABLE



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Lyuer moyte	dpstem!
pered.	ibidem.
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Meates makpng	thick
NAME OF TAXABLE PARTY OF TAXABLE PARTY.	ibid.
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Meates hurtyng	
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Dieceptes of	Diotito
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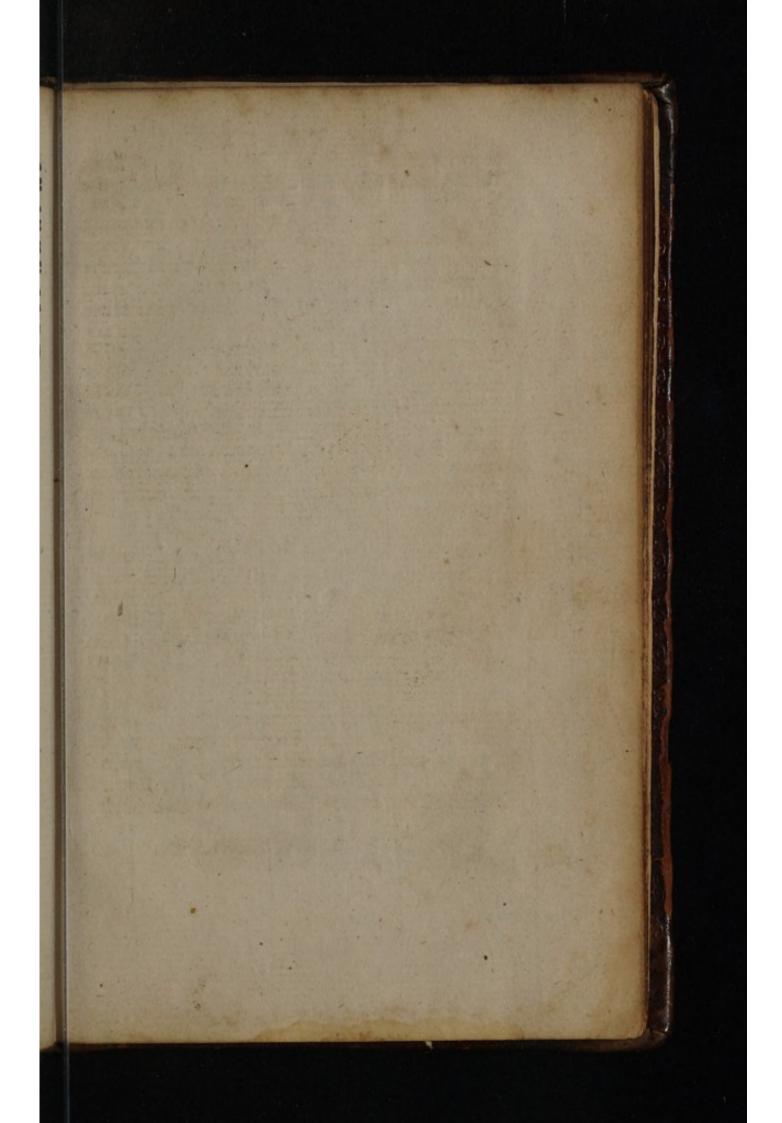
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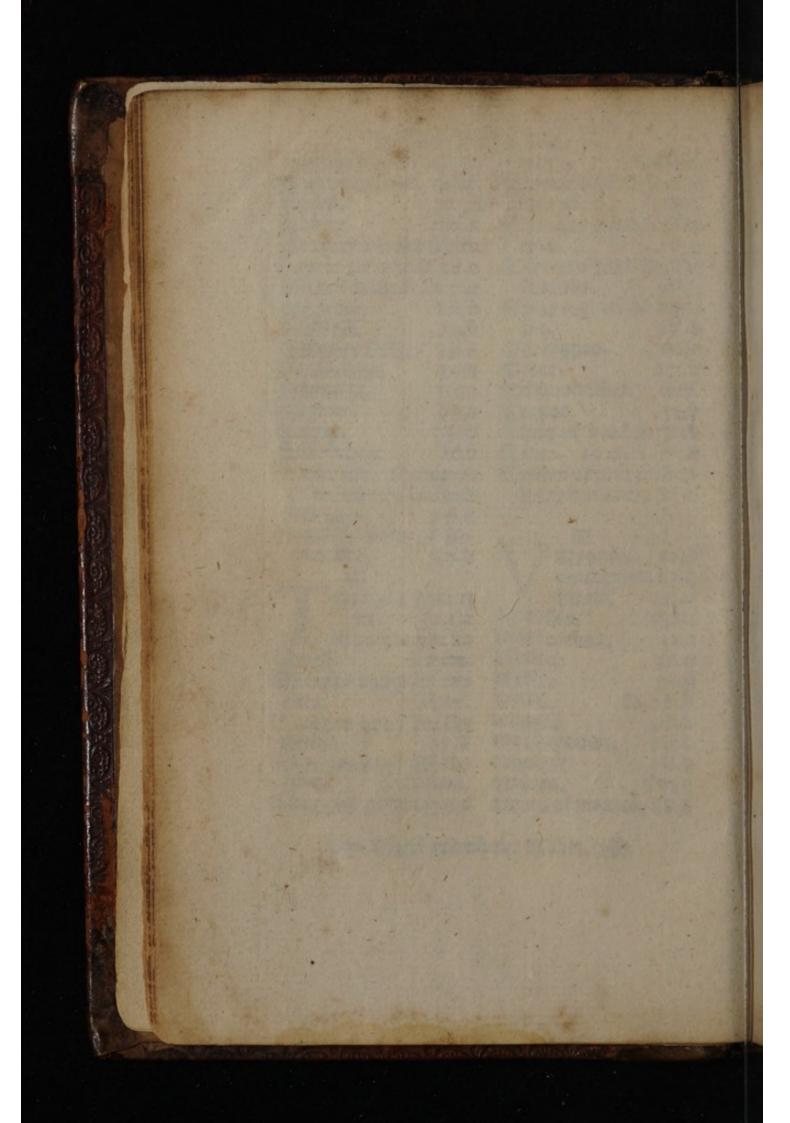
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Spirite animall.	ibide.
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	The state of the s
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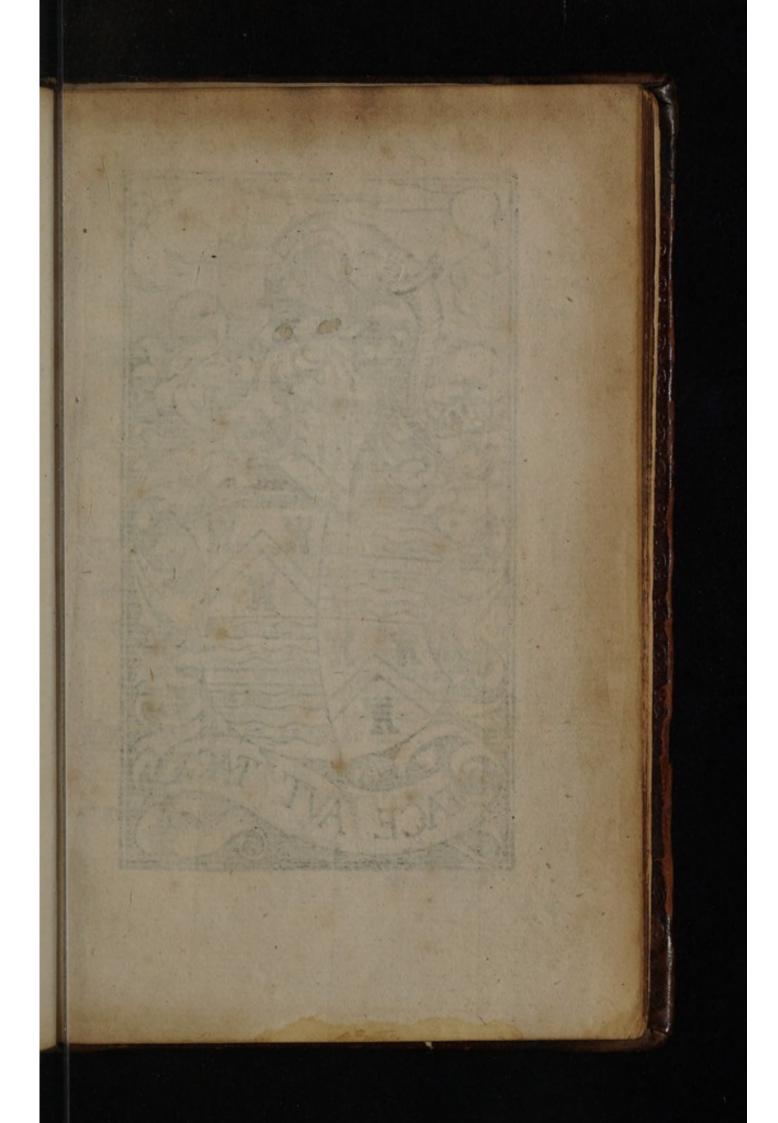
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D LI Es	
tpuer.	ibidem.
Thynges good	for the
lunges.	
Chynges good	
epes.	
Chpnges good	for the
Comake.	ibid.
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Mrines.	THE RESERVE AND ADDRESS OF THE PARTY OF THE
	84.8
Mertu of meat	RB. 00.0









# THE FYRST BOKE.



O THE CONSERVA tion of the body of mankynde, within the limitation of helth. which (as Galene Capth) is the state of the body, wherin we be nepther greued with pepne, noz fanitate lette from doyng our necessary buspnelle, doth belonge the dp=

lygent consporation of thre sortes of thinges,

that is to Cay,

Chynges Paturall, Chynges not naturall, and Chynges agaynst nature.

TChynges Paturall be. vii.in number.

Elementes | Lomplexions. Dumours. Membres.

Dowers. Operations and Spirites.

Thefe be necessarp to the bepnge of helthe, according to the order of theyr kynde : and be alwaye in the naturall body.

Thynges not naturall be fpre in number. Emptyneile and res Meate and dipnke. pletion and Dlepe and watche. Affections of the Meurng and reft. monde.

Thynges agapult Rature be thie. Spekeneffe.

Laufe of Cycheneffe.

Accident, whiche followeth Cychenes.

Innexed to thynges naturall. Age.

Frgure, and Diuerlitie of kyndes. Lolout.

Detuenda lib.1

THE FYRSTE

The elementes be those originall thynges but meet and vucompounde, of whose temperance and myrture all other thynges, haupnge corposcall substance, be compacte: Df them be foure, that is to saye,

(Trthe. Apre and Frie.

familale.

Erthe is the mooste grosse and ponderouse element, and of her proper nature is colde and dipe.

Mater, is more subtyll and lyghte thanne erth, but in respect of Apre and Fyre, it is grosse and heur, and of his proper nature is colde and morste.

Apre, is more lyght and subtylle thanne the other two, and beynge not altered with any exteriour cause, is properly hote and moyste.

Type, is absolutely lyghte and clere, and is the clarifier of other elementes, of they be bycicate of out of they naturall temperature, and is

This to be remembred, that none of the fayd elementes be commonly sene or felte of mortall men, as they are in theyr originall beynge: but they, whiche by our sences be percepued, be coreupted with mutuall mixture, and be rather ersthy, water, app, and fryy, than absolutely erth, water, appe, and frye.

Brown in the constact frenches.

Threetender

di Busirer ca thomes nettent.

Omplexion is a combination of two discussed qualities of the four elementes in one body, as hotte a dive of the Friethote and morte of the Mater, colde and dive of the Erth. But although all these complexions be assembled in every body of man and woman, yet the body taketh his denomination of those qualities, which abounde in hym, more thanne in the other, as hereafter inseweth,

The body, where heate and mouture have foueraintie, is called Sanguine, wherin the aire hath preeminence, and it is perceyued and known by these lygnes, whiche do folowe,

Larnolite or flethynesse.
The vapnes and arteries large.
Heare plentie and redde
The vicage whyte and ruddy.
Sleape moche.
Dreames of blouddy thynges or

man:

thynges pleasannt.
Pulse great and full.
Digestyon perfecte.
Angry thortly.
Siege, vipne, & sweate abundant.
Fallynge shortly into bledynge.
The brine redde and grosse.

THEFYRSTE

or Mohere colde with mousture preuapleth, that body is called fleumatike, wherin water hath preeminence, and is percepued by thefe Cyanes.

fatnes, quaupng and lofte.

Maynes narow.

Beare moche and playne.

Lolour whyte.

Sleape fuperfluous.

Dremes of thenges water or of

folite.

Solownes.

Dulnes in leenpnge.

Lowardvle.

Bulle flowe and lyttell.

Dygestron weake.

Spyttell whyte, abundaunt, and

thycke.

Wrine groffe, white and pale.

Tolerike is hote and drie, in whom the fyre hath preeminence, and is differned by thefe fys gnes folowynge.

Leanes of body. Loftyfenelle.

Beare blacke or dark aburn curlyd. Tifage and fhyn redde as fyje, oz

falowe.

Potte thynges nopfall to hym.

Apttell fleape.

Diemes of fpie, fighting of angre.

Mortte tharpe and quecke. mardy and fyghtpinge.

Bulle fwpfte and fronge. maine hygh coloured & clerc.

Morce Marpe.

Melan=

21/800 10 15 15

Fleuma: tihe.

Thole: PIRE

Topelancolphe is colde and dive, ouer whome the erthe hathe dominion, and is percepued by thele lyanes.

Leannesse with hardnes of Chynne. Beare plapne and thonne.

Lolour duskyshe, or whyte with leannesse.

Moche watche Dieames fearefull. Melan: / Styffe in opinyons. Digeftion Clowe and pll.

Epmerous and fearefull. Anger longe and frettynge.

Dulle lyttell.

colphe.

Seldome laughpinge. Urine watry and thynne.

Elides the layde complexions of all the hole bodye, there be in the particular mem Ibres, complexions, wherin of there be any distemperaunce, it bypngeth fyckenesse oz griefe into the member. Mherfore to knowe the distemperature, these fignes folowinge wold be confedered. forefene, that it be remembred, that fome diftemperatures be fymple and fomme be compounde. They whiche be Cymple, be in Cim= ple qualities, as in heate, colde, mopfte, or dipe. They whiche be compounde, are in compound or myrt qualyties: as heate and mopfiure, heate and dipthe: colde and mopfle, colde and dipc. But nowe friste we will speake of the symple complexions, of every principal member, begyns upuge at the bravne.

tit

**Ethe** 

THEFYRSTE The hedde and vylage bes ry redde and hotte. The heare growinge faste blacke and courlyd. The vapues in the epen apparant. The brapne erces! Superfluo matter in the bing in heate hath, notethiple, cien, & cares. The heed annoyed with hotte meates, diynkes, and fauours. Siepe Mozte & not founde. Moche Cuperfluite runs nyuge oute of the note, mouthe, earcs and epen. Beare frapght & fine gros wing flowly, & flaren. The headde disposed by fmall occafpon to poles The branne epcebing in colde hath, and murres. It is foone annoyed with coloe. It is colde in touchynge. Maynes of the eyen not Sleapy fomwhat. Heares playne. Seldome or neuer balde. Moya in excelle Mytte dulle. Moche Cuperfluities. hart, Slepe moche and depe. 212 La

BOKE. Do lupfluites runnyng. Myttes good and redy. Matchefull. The brayn drie hath) Beares blacke hard and fast growynge. Balde Mortly. Complexions compouned. The heed aligne & heup. Jull of Superfluittes in the note. The fouthen wynde gres uoute. Brayne hote & moyft, The Routherne wyndedystempered hath, holfome. Slepe depe but buquiete with ofte wakinges to distribution bather, ftraunge dieames. The fenfes and wytte bnperfecte. Pone abundaunce of fus perfluities, whiche map be expelled. Denles perfecte. Moche watche. Brayne hote and dry Soner balde than other. dystempered hath, Moch heare in childhod and blacke or browne, and courlyb. 2112 (17) 112 2000 The heed hot and enddy ini & | Chie Baby hore, except the Hitte coletife

The cences and wyt dui

The hede soone replenic thed with superfluous moysture.

Distyllations and poses

Pot thortly balde. Sone hurt with colde.

Brayn cold and dry dyffempered hath,

& connecteur belo

The hart hote dis

Gempered hath

Branne cold & morft

Dyftemperes harn,

The heed colde in feling and without colour.
The vaines not apering.
Soone hurt with colde.
Often discrassed.
wytte perfecte in chyldes hode, but in age dull.
Aged Mortly and balde.

Of the harte.

Moch blowpng & puffing. Pulle swyfte and busy. Hardines & mahode moch. Promptnes activitie and guychenesse in doynge of thynges.

furp and boldnes.

The breakte heary toward the lefte lyde.

The brefte brode with the heed lyttell.

The body hote, except the lyuce do let it.

**Cho** 

BOKE. The pulle very lyttell. The breth lytell and low. The breft narow. The body all colde, excepte the lyuer both inflame it. The hart colde dis fearfulnes, Rempered hath, Scrupulolite, & moch care Luriolitie. Slownelle in actes. The breafte cleane with out heares. The pulle lofte. Sone agry & Cone pacifled The hart moyst dis) Gempered hath. The body al moyft, except

the liner displith cottary.

The hart daye dis Rempered hath

The pulle harde. Aot lyghtly angry, but be pnge angry, not foone pas cpfied. The body dip, except the is uer both dilpole contrary.

The harte hotte and moyst

The breft & fromake heary Dromptnes in actes. Soone angry. fierines but not fo moche as in hote and dipe. Bulle lofte, lwift, & buly, Breth or wind according. Shortely falleth into dils eales cauled of puttys faction.

**Etis** 

The harte poulle greatte and Cwyfte.

The breath or wynde acs corbynge.

The breaft and flomache all heary.

Quicke in his dopnges. Boldnes and hardpneile. Swift & hally in mouing Soone frieed to anger & tplannous in maners. The breaft brode and all

the body hotte & dipe.

The harte colde and moufte

The harte hotte

and dive.

The pulse softe. fearefull and tymerous, Dlowe. The breatt clene without heare. Pot haltily angre no; res tapnynge angre. The breft narowe. all the body cold & moyle

The harte colde and dige hath,

enter caused of plants

The pulle hard & lyttell. The wynde moderate. Beldom angep, but wha it hapneth, it dureth long The breaft cleane withs out heare and lyttell. By the body cold & dipe.

DE

The lyuer in heate). diffempered hath.

Of the liver. The vapnes great. The blood more hote than temperate. The bealy heary. All the body hote exceding temperaunce.

The lytter cold dis flempered hath

The bapnes Small. Abundance of fleumou The blood colde. All the body colde in fees ipnge. The bealy without heare.

The louer mopfte diffempered hath

The bapnes lofte. Moch bloud and thynne. All the bodye mopfle in fes lynge, except the harte dis sposeth it contrarp.

The lyuer dipe dis frempered hath

The barnes harde. The bloudde lyttell and thycke. All the body dige.

The complexions compounde, maye be decer ned by the layd symple qualities. And here is to in arte be noted, that the heate of the harte mage bane parua. quethe the colde in the lyuer. for heate is in the lib 2 harte, as in the fountague of toppinge, and in the Apuer, as in the Ryuer. **D**F

Galenus

Of the stomake.

De digesteth well, specya ally harde meates, & that wyl not be Mostly aftern. Lyght mentes and foone altered, be therein contupted.

The appetite lyttell and flowe.

De delpteth in Meaten and brinkes, whyche be hotte for every naturall complexio delpteth in his femblable.

The Comake hotte distempered.

The fromake colde dyllempered.

the hath good appetite.
The digesteth yile and flowely, fpecyally groffe meates and harde. Loide meates doo ware Coure, beinge in hom bus dygested. De delptethe in meates and dipukes, whiche be Lolde, and pet of thepm he is moamaged.

de dell'empered

De thyisteth but feldom. pet he despreth to dipuke. The stomake moyst with superfluous dinks he is hurte. De delyteth in moglie meates.

BOKE.

Pe is some thysity.

Contente with a lyttelle dynke.

Diseased with moche dynke.

He veliteth in dry meates

I It is to be noted, that the dyspositions of the stomake naturall, do desyre that whiche is of lyke qualities. The dispositions bunaturall, do desyre thynges of contrary qualities.

Also not the stomake onely causeth a man to thyrste or not thyrste, but also the lyuer, the luns

ges, and the harte.

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Of the genitories or stones of generation.

generation.

The genytories go hote distempred 3

Ingendignge men chyldien. Heare soone growen aboute the membres.

The genytories tolde distempred

Small appetite to the acte of generation.
Ingending momen childie.

Ingendizing women chyldie. Slowe growthe of hearc as bout the membres.

The genitories (Sede abundant but thynne moist distempred (and watrye.

The genitoryes (Sede lyttel but metely thick dipe distempzed (in substance.

Maffe

Galenus

in arte

parua.

THE FYRSTE Lasse appetite to lecherie than in them, whiche be hote and daye. Moje puissaunce to boit, Genptoxics hot and without laffe damage. and moulte Burt by abstepnyng fro it. Leffe herines tha in hot & dip. The fede thycke. DOTE DI Moche fruitefulnelle of Bes \*BUILDE neration. Great appetite and redynelle The genytories to the acte. Beare about the membres hote and dipe Coone growen. Swyftenelle in fpedynge of anous the acte. to the acte of Soone therwith fatilfped. Damage by vipng therof. nen cupionen. Stower abouts The fede water and thynne. Lyttell delyze to the acte, but more puiffance than in them The genytoxies whiche be colde and dire. folde and morft Lyttell heares or none about moment clip toge. the membres. welle of heare as Beares none or fewe. Litle apetit or none to lechery ant but thypnus Apttell puissance to do it. Ingendipinge moje females The genytories than men chyldern. colde and dive Chat litle fede that is, is thik ker than in colde and moyft. OH S.E DE hus

Of humours.

Inours, which continuonge in the propose cion, that nature hath lymitted, the body is free frome all syckenesse. Lontrary wise by the increase or diminution of any of theym in quantitie or qualitie, ouer or buder theyr natus rall assignement, inequal temperature commeth into the bodye, whiche siekenesse followeth more or lasse, according to the lapse or decaye of the temperatures of the sayd humours, whiche be these followings.

Bloudde, Cholee,

Mours in sustephynge of all lyupnge creatures, for it hath more conformitie with the originalle cause of lyupnge, by reason of temperatenes in heate and morture, also nourresheth more the body, and restoreth that which is decayed, being the very treasure of lyfe, by losse wheref, dethe immedyately followeth. The distemperature of bloud hapneth by one of the other thre humors, by the inordinate or supstucus mixture of them.

Offleume.

T fleume is of two fortes.

Bá.

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Aaturall and

Maturall fleume is a humour colde & mopft, whyte and swete, or without taste ingendred by insufficient decoction in the seconde digestion of the water or rawe partes of the matter decocte callyd

called Chilus, by the last digestyon made apt to be converted into bloud. In this humour, was ter hath dominion most princypall.

T-fleume bnnaturall is that, whiche is morte with other humours, or is altered in his qualis tie. And therof is. viii. fonday kyndes

- water, which is founden in Spettil of great dinkers, or of them, whis che dygeste vile.

Dlymp or rawe.

Blafy,lyke to whyte glaffe, thicke, viscouse lyke byzo lyme and heuve. Plattry, which is very groffe, and as it were chalky, fuch is found in the forntes of theym, whiche have the gowte.

Balt, which is mingled with coler, Sower mert with melancole, whi the cometh of courupt dygestion. barthe, thinche and groffe, whiche is feldome founden, whiche tafteth lyke arene crabbes or floes.

Stiptik or binding, is not fo groffe noz cold, as harthe, & hath the tafte lphe to greene redde wyne, or other - lyke, Araynynge the tunge.

Tholer doth participate with naturall heate as longe as it is in good temperance. And there of is also two hyndes,

> Paturali and Minnaturall.

Patu

Fonticum.

naturall.

Choler

Tunnaturall choler is that which is myrte or torrupted with other humours, wherof be foure

or borled in the formacke, whose be

byndes,

Litrine or pelowe choler, whiche is of the myrture of natural choler, and was try fleume, and therfore hath lesse heat

then pure choler.

Pelky, lyke to yelkes of egges, whiche is of the myrture of fleume congeled, and choler naturall, & is yet laste hotte

than the other.
Grene lyke to lekes, whose begynnyng is rather of the stomak, that of the lyuer Grene lyke to grene canker of mettall, and bourneth lyke benym, and is of excepnge adustion of choler of fleume, the by these two kyndes nature is mose

tifped.

Tanelancolp or blacke coler is bes

nided into two kyndes.

Maturall, which is the diegges of pure bloude, and is knowen by the blaknes, whan it issueth cyther downswards of bewards, and is veryly cold and dire. Unnaturalle, whiche procedeth of the adulti

adultion of cholerike myrture, and is hotter & lyghter, haupnge in it byolence to hyll, with a bangcrous disposytion.

Ot the members.

There be divertities of members, that is to fage.

Principall members.

The brapne.
The harte.
The lyuce.
The flones of generatio

Officiall members.

Epnewes whiche doo ferue to the brayne.
Arteries of pulics, which do ferue to the harte.
Maynes which do ferue to the lyuer.
Messels spermatik, where in mans sede lycth, whis the do ferue to the stones.

Partes called Simila res, for being divided they remayne in them felf like as they were. Bones.
Gristell.
Lalles betwirte the bts
termooste Ckynne and
the fleshe.
Muskles of fylettes.
Fatte

Members in The stomacke. The rapnes. The bowelles. All the great spnewes.

These of their vertue do apetite meat & alter it.

BOKE. Ofpowers Animall. Spirituall, Paturall.

Naturall power

/ whiche do minifter. Co whome is ministed.

Mohich dothe mpnyster.

Appetiteth, Betayneth, Digesteth. Expelleth.

To whome is enynpftred,

C

Ni:

oth

Ingendieth, Pouryfeth, Febeth,

Markyng, whiche delateth the harte and arterpes, and eftelones frapneth them. Power spiritual/ Morought, which is Ayred by an exterior caute to wark wherof commeth anger, ins Dygnation, fubtilitie, and care.

Power animall.

That whiche orderneth, Die fcerneth, and composeth. That moueth by voluntarye motion. What whiche is called fens Cyble, wherof do procede the fpue wyttes.

Of that which of Amagination in the fothed. deineth do prede Remembrance in the nodel.

Dperations.

Epctite by heate and buthe. Digestio by hete & moisture. Betapung by cold & bipthe. Expultio by colde & mopfte.

Topirite is an appy lubitance lubtyll, ftypping the powers of the body to perfournic their opes

rations, whiche is dyupded into

Maturaile, whiche taketh his bearns nonge of the louer, and by the vapnes whiche have no pulle, Cpzedeth into all the hole body.

Mitall, which procedeth from the hart. and by the arteries of pulles is fent ins

to all the body.

Inimalle, whiche is ingendzed in the brapne, and is Cente by the Cenewes throughout the body, a maketh fence o; feelynge.

Annexed to thynges naturall.

Adolescenche to.reb.peres, hotte and mopfie, in the whithe tyme the body groweth.

Junentute bnto.rl.peres, hot and dipe, wherin the bodge is in pers Ages be.iiii. fyte growth.

Senectute, bnto.lr.peres colde dipe, wherin the body begynneth co decreace.

**Bae** 

BOKF. age decrepite, butpil the lafte tome of lpfe, accidently mopfte, but nas turally colde and daye, wherin the powers and firength of the body be more and more mynithed. colour. Df inwarde caules. Df outwarde causes. Df equalitie of humoures, as he that is redde and whyte. Df inequalitie of humoures, wherof doo procede, blacke, falowe, paale, or whyte onely. Bedde, /do betoben dos Colour of in: Blacke. minio of heate. Salowe, ward caufes Mohyte, colde of fleume. Dale, colde of melancholy. Redde abundaunce of bloude. Salow, choler citrine. Blacke, melancholge or choler adufte. Df cold or heate, as englyfthe menne be whyte, Moriens be Colone of out:) blacke. Of thynges accidentalle, as marde caules. of feare, of anger, of forome, or other lyke motions. B. Cultides aralis

Logichere proprinte de le le le le le logiche suare

野山田

THE FYRSTE
Blacke, eyther of aboundannce of
choler inflamed, of of moche incens

Colour of

heare

denge of adultyon of bloudde.
Redde heare of moche heate not adulte.

Gray heares of abundaunce of mea

Monte heares of the lacke of natural heare, a by occasion of fleums, wutrifyed.

Call the response concerning thinges naturall contenned in the Introduction of Joannicius, and in the lyttell crafte of Galene, I purposely passe ouer for this tyme, for asmoche as it doth require a reder hauping some knowledge in phis losophye naturall, or cls is it to harde and tedis ous to be inderstande. Moreover this, whiche I have written in this syrste tables, thall be sufficient, to the conservation of helthe, I meane, with that whiche nowe followeth in the other Cables.

# The seconde Table.

they be no porceon of a natural body, as they be, whiche be called natural them ges, but yet by the temperance of they me the body beynge in helthe, to confesteth by the distemperance of them, syckenesse is induced, the body dissoluted.

The fyshe of thynges not naturall is aye, whiche is propelly of it selfe, or of some mate:

riall caufe or occasion good or pll.

That which is of it felfe good, hath pure ba

pours, and is odopiferous.

Talfo it is of it felfe, Cwyft in alteration from hotte to colde, wherin the body is not moch prouoked to sweate for heate, ne to chylle for behes

mency of colde.

Tapze among al thonges not natural is chiefs lp to be oblerued, foralmoch as it both both ins close bs, a also enter into our bodges, Specially the most noble member, which is the hart, & we can not be feparate one howse frome it, for the necessitie of breathyng and fetchyng of wynde,

The causes wherby the agre is corrupted be

Epecyally foure.

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ne

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Influeces of Condap fterres. Great fandpinge waters ues uer refreshed. Larapne ipenge longe aboue arcunde. Moche people in small come lealand burlenige buclenip and fluts tpfbelp.

hollom apre.

Dorthe, whiche prolongeth wyndes biginging) lyfe by expoullynge plle bas pours. Gaft is temperate and lufty.

pue apre.

bouth corrupteth, and mas wyndes byging heth ylle bapours. Mefte, is very mutable, whi che nature both hate. 25 iiii SH cate

Meate and dry nie.

If meate and drynke we must confeder free thenges,

Dubstaunce. Quantitie. Qualitie. Lustome. Eyme.

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Substaunce, some is good, whiche maketh good inyce, and good bloud, some is ylle, and ingendzeth ylle inyce and ylle bloudde.

Meates and drynkes making

good iuyce. TBread of pure floure, of good whete Comewhat leuened, welle baked, not to olde not to ftale. Egges of felauntes, hennes, or patrya ches newe land, poched, meane betwene. rere and harde. Mpike newe mpiked, dronke fastynge, wherin is lugar, or the leues of mintes. Felauntes. Datriches or chykens. Lapons or hennes. 25 pides of the feldes. Fythe of frong ryuers. Dozhe ponge. Biefe not pallynge.iii. peres. Pygeons. Menylon of redde dere. Peale potage with myntes.

Tete.

BOKE. Pete of Cwyne or calues. Raptons, ) before meales. 1502age. Languedebiefe. Derfely. an ana rudocol, can't Mpntes. Mycc with almonde mylke. Letple. Ephorpe.

Grapes type.

wynes good moderatly take, wel fined, Ble and biere fpre baves olde, cleane brewed, and not ftronge. Mpathe and gladnelle. The lyuer and braynes of heunes and chykens, and yonge geele.

Meates and dryntes mattynge vlle iuyce.

Dide biefe. angabas ani estas la Dlde mutton. Gecle olde. Duckes of the kanell. Inwarde of beaftes, Blacke puddynges. The hart lyuer e kydneys of all beffes. The braynes & mary of the backbone. Modde culuers. shell fythe, excepte creuple deaudoulce Thele harde.

Apples and peares moche bled. fygges and grapes not type. Bll rame herbes, excepte letyle, bojage, 25 b

and cyhopie. Onyons, | simmoderatelye bled, spes Garlyke, | cyally in Choleriche ftos Carlyke, cyally in Leekes. Mone in muste or cowie. Feare, logowe, and pentyfenelle.

Meates ingendrynge choler. Garlyke. Duyons. Mohat. Pierlis, Lekes, Mustarde, Pepper, Donre, Mone moche dionken. Swete meates.

Meates ingendrynge fleume. Chele newe. All fyth, specially in a flematike fromak Inwardes of beaftes. Lambes flethe. The Cynewe partes of flethe. bkynnes. Lunges. Rapes, Queumbers, Meplecion, Mache of exercite.

Meates ingendrynge melancholy.

Biefe, Gotes fleche. hares flethe, 2Bozes flethe, Salte flethe, Colewortes. All pulle excepte white pealon. Biowne breadde courle. Thyche wyne, Blacke wone, Dide chele, Dide flethe. Greate fylhes of the fee.

Meates makynge thicke inyce?

Rpe breadde, Multe.

Bieade without leuen.

Lake breadde. See fythe greate. Shelle fythe,

Biefe.

The kydneys,

The lyuer of a twyne,

The stones of beattes. Applke moche foden.

Rapes.

All rounde rootes,

Lukumbers.

Mente were ! orloine! comoM

Deepe redde wyne.

Barlytte,

Multard

Mpustarde.
Driganum.
Hylope.
Balyste.
Fenell.
Lhele.
Egges fryed or harde.
Chesten nutres.
Haucines.
Hygges grene.
Bypustes not rype.
Bepper.
Rokat,
Leekes,
Dynyons
moche bled.

# Meates Whiche do hurte the teethe

Muttes.
Diverse meates and dynches,
Rodysche rootes.
Harde meates.
Mylke.
Bytter meates.
Moche bomyte.
Leekes.
Fythe fatte.
Lymons.
Colewortes.

Meates Whiche do hurte the eyes.

Topumennelle.

Leche

BOKE Rechery. Buste. Bil poulse. Dwete wynes and thycke wynes. Dempe lede.
Mery lalte meates.
Garlyke.
Dynyons.
Lolewortes. Radythe. Readynge after lupper immediately.

# Mahynge great oppilations.

TChycke mylke. All Ewete thynges. Rye bicadde. Dweete wynes.

# Meates inflatynge or thyndye

TBeanes. Licer. Mille. All ingce of herbes. Frages dire. Rapes. Mauews rawe. Mplke. Donge not well clarified, Swete wyne, Multe.

Thynges goodfor the heed

TLububes. Galpugale. Lignum aloes. spaioram. Baulme myntes.

Bladen. Pumpages. Mulke.

Molemarye,

Moles. Dionpe.

hillope. Spyke. Lamompll, Mellylote.

Fewe.

Frankpncente. Thynges goodfor

the harte

Tapnamome. Baffron. Corall.

Cloues. Lignum aloes.

Derles. Macis.

25 aulme myntes. Mprabolanes.

Mauche.

Autmigges. Rolemarge.

The bone of the harte of a redde dere. Maioram. Buglosse. Bojage. Betuall.

Thynges good for the liver

(I wormewode. withwynde. Agrymonye. maffron.

Cloues. Endpue.

Lpuerworte. Ephonie.

Plantapne. Diagons.

Raylons greate.

Baunders. Fenelle.

Miolettes. Rofe water.

Letple.

Thynges good for the lunges

T Elycampane. Polope. Scabtofe. Lykonice. Raplons. Maydenheare,

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Penidies. Almondes. Dates. Pistacis.

Thynges good for
the eies
Eyedinght.
Fenyll.
Meruyn.
Roles.
Lelandyne.
Agrymonye.
Lloues.
Loide water.

Thynges goodfor the stomake

Autimpages. Diganum. Pftaces. Duvnces. Dlybanum. wormewode. enaffron. Lozall. Agrymonye. Funitorpe. Galpngale. Cloues. Lignum aloes. Maltix. Ment. Spodium. The innermooffe them of a hennes gylar. Coriander prepared,

THE SECOND BOKE,
Of quantitie. Cap.1.



of

Ø¢.

HE QVANTITIE of meate must be proposioned at ter the substaunce and qualitie thereof, and according to the complexion of hym that eateth spiss it ought to be remedied, that meates hotte and mouste,

whiche are qualities of the bloudde, are coone tourned into bloudde, and therfore moche nous epheth the body. Some meates do nourish but lyttell

THE SECOND

lyttell, haupnge lyttell conformitie with bloude in they qualities. Of them, whiche do noupfhe. Come are more groffe, some lyghter in digeftion. The groffe meate ingendreth groffe bloude, but where it is wel concoct in the fromake, and well bigelted, it maketh the flelche moze firme, and the officiall membres more fronge, thanne fyne metes. wherfore of men, which ble moch labour or exercice, also of them, which have very chos lerike fromakes, here in England, groffe meates map be eaten in a great quantitie: and in a chole rike fromake biefe is better digefted than a chps kens legge, foralmoche as in a hotte stomacke Erne meates be Mortelp adufte and corrupted. Loutrarywyle in a colde or fleumatike fomake groffe meate abydeth longe budigefted, and mas Beth putrifped matter,lyght meates therfoze be to fuche a fromacke more apte and convenient. The temperate bodge is best nouryshed with a lyttell quantitie of groffe meates: but of tempez rate meates in substance and qualitie, thep map Cafely cate a good quantitie. Foresene alwaye. that they eate without gourmandple, or leaue with some appetite. Ind here it wold be remema bred, that the cholerike fomake, doth not delpre to moch as he may digefte, the melancholye ftos make may not digelte fo moche as he despreth: for colde maketh appetyte, but naturall heate concocteth or boyleth. Pot withstandunge bus naturall or supernaturall heate distroyeth appea tyte, and corrupteth digestion, as it appereth in feuers. Mojeouer fruptes and herbes, specially tawe, wolde be eaten in a smalle quantitic, all though the persone be very cholerike, forasmoch

as they do ingender thynne water bloudde, apt to recepue putrifaction, whiche althoughe it be not thoutely percepued of hym that bleth it, at length they fele it by fonday discases, which are longe in compage, and thortly fleeth, or be hard: ly escaped. fynallye excelle of meates, is to be abhorred. For as it is tapde in the booke called Ecclesiasticus, In moch meate chall be fpcknes, and inordinate appetite thall approche unto choler. Demblably the quantitie of dignit wold be moderated, that it excede not, not be equalle bnto the quantitie of meate, specially wine, whis the moderately taken, apoeth nature, and coms forteth her, and as the fapde author of Eccleft: asticus sayth, wyne is a reiopcynge to the soule and body. And Theognes Capthe in Galenes warke, A large draught of wyne is pile. I mos derate draught is not onely not plle, but also co modious or profitable.

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Ecclesiasti co.37.

Eccl.31.

Galen. de tuenda sa.

of qualitie of meates. Cap.2.

Cape, it is the state thereof, as Hotte or cold, mopste or drye. Mso some meates be in wynter colde in acte, and in vertue hotte. And it wolde be conspdered, that every coplexion temperate a vntemperate, is coserved in his state, by that which is lyke therto in sourme and degree. But that whiche ercedeth moche in dystemperature, must be reduced to his temperature, by that whiche is contrarge to hym in fourme or qualitie, but lyke in degre moderatly vscd. By fourme is vnderstande grossenes, synce nesses.

THE SECOND

melle, thy chenelle, or thynnelle, by degree, as the fyifte, the feconde, the thride, the fourth in beate colde, morsture, or derthe.

# Of Custome. Cap. 1.

tes aphorilmo. 2.

Galenus.

Aftome in feedynge is not to be conteme med, of lettell regarded : for those meates. to the whiche a manne hath ten of longe tyme accustomed, though they be not of substace Hippocras commendable, yet do they fomtyme laffe harme than better metes, wherento a man is not bled. allo the meates and divinkes, whiche do moche delyte hym that eateth, ar to be preferred before that, whiche is better, but moze bulauery. But if the custome be loo pernicioule, that it nedes must be lefte, than wolde it be withdrawen by lyttell and lyttell in tyme of helthe, and not of lychenelle. For yf it shoulde be withdrawen in tyme of Cyckenelle, Pature Gulde fulleyne tres ble detriment, fyilt by the grefe induced by lycks nelle, leconde by recepupage of medicines, thurds ly by forbearing the thing, wherin the delyteth.

> FOf the temperature of meates to be receyued. Cap. 4.

D kepe the body in good temper: to them whole naturall coplexion is morfe, ought to be gruen meates that be mofte in bertue or power. Contrarpwife to them, whole nas turalle complexion is dive, oughte to be gruen meates dipe in vertue of power. To bodpes bne comperate. Luche meates or dunkes are to be apuen.

men, whiche be in power contrary to the diftems perance, but the degrees are alway to be confps bered; as well of the temperance of the body; as of the meates. for where the meates do moche excede in begree the temperature of the bodpe, they anoge the body in caulyng distemperance, As hotte wynes, pepper, garlyke, onnons, & Calt, be noyfull to them , which be cholerite, bycaule they be in the hyghest degre of heate and drieth, aboue the infte temperance of mannes bodye in that coplexion. And yet be they oftentymes hol-Come to them, whiche be fleumatike. Lontrary wyle, colde water, colde herbes, and cold fruites moderately bled, be hollom to choleryke bodies; by puttying awaye the heate, excedying the natus rall temperature : and to theym, whiche be fleu ! matpke, thep be buholfome, and do bapnge into them distemperance of colde and moufte.

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excesse of sondry qualities in meates and drynkes. Cap. 5.

Lolde, do congele and mortifye.
Moylte, do putrifie and halten age.
Drye, sucketh by natural moysture.
Clamy, stoppeth the issue of vapors
and vrine, and ingendreth toughe
fleume and gravell.

fatte and oply, swymmeth longe in the stomake, and bryngeth in loths sommesse.

Better, doth not nourythe. Salte, do frette moche the Comake. THE SECOND

Harrysche, lyke the taste of wylde fruytes, do constipate, and restrayn. Swete, chausseth the bloudde, and causeth opilations of stoppynges of the poles and cundytes of the body. Sower cooleth nature, and hasteneth age.

moderate vse of the sayd qualities of meates and drynkes. Cap. 6.

Lolde all wageth the bournynge of choler.

Moyste, humecteth that whiche is

Dipe, consumeth superfluouse moye

Clammye, thycketh that, whiche is fubtril and percenge.

Bytter clenketh and wypeth of, als to mollifieth and expelleth fleume. Salt, relenteth fleume clammy, and direth it.

fatte and buctuoule, nourytheth, and maketh lokuble.

byndeth and comforteth appetite.
Sweete dothe clente, distolue, and

nourythe.

Meates!

Of

GOffruites. Cap. 7.

Dialmoche as before that tyllage of come was invented, and that denouryng of fleth and fpibe was of mankpnde bled, men bus doubtedly lyued by fruites, & Mature was therwith contented & Catisfied:but by chaunge of the diete of our progenitours, there is cauled to be in our bodies fuch alteration from the nas ture, whiche was in men at the begynnyng, that nowe all fruites generally are nopfulle to man, and do ingender pile humours, and be oftetomes the cause of putrified feuers, pf they be moche and contynually eaten. Aot withftandynge bus to them, whiche have aboundaunce of choler, they be comtyme couenient, to represe the flame whiche procedeth of choler. Ind Comme fruvtes whiche be Apptike, or byndynge in tafte, eaten before meales, do bynde the bealy, but eaten afa ter meales, thep be rather laratiue. Rowe Gall it not be bnexpedient, to wipte of come fruites particularly, declarynge they? novefull qualis ties in appayinge of Mature, and howe they may be vied with leste detriment.

#### 好Of Gourdes.

O.

Durdes rawe be bupleafant in eatynge, yll for the stomacke, and almost neuer disgested, therfore he that wylle nedes eate them muste boyle them, roste them, or fry them, every way they be without sauour or tast, a of they proper nature, they grue to the bodye colde and moyste nouryspement, and that berre

Galen-de

lyttell, but by reason of the sipppernesse of their substance, and bycause all meates, whiche be morste of they nature, be not byndynge, they lyghtly passe forth by the bealy. And being well vided, they will be metely concocte, yf corruption in the stomake do not prevente theym; they be colde and morste in the seconde degree.

### Of Melones and Pepones.

Clones and Pepones be almoste of one kynde, but that the melone is round like an apple, and the innermofte parte thee: of, where the feedes are contenned, is bled to be eaten. The pepon is moche greatter, and fome= what longe, and the inner parte therof is not to be eaten: They bothe are bery colde and mopft, and do make pll inpre in the body, yf they be not well digested, but the pepon moche moze thanne the melon, they doo leeft hurte, pf they be caten afore meales. All be it pf thep do fynde in the fo make fleume, thep be tourned into fleume, pf they fynde choler, they be tourned into choler. Pot withstanding there is in thepm the bertue to clence and to prouoke brine, they be colde and mopfle in the feconde degree,

## Cucumbers.

Galen.de aliment.2.

Galen-de

Acumbers do not creede to moche in moissure as melons: and therfore they be not fo soone corrupted in the stomake: but in some stomackes, beynge moderatelye vsed, they doo digeste well: but yf they be aboundauntly eaten

eaten, or moche bled, they ingender a colde and thycke humour in the bapnes, whiche neuer or Celdome is tourned into good bloude, and fomes eyme bryngeth in feners. Allo they abate carnall lufte. The feedes as well thereof, as of melones and gourdes, bepng byed, and made clene from the hulkes, are very medicinable agayufte fycks nelles procedyinge of heate, also the difficultie or lette in pyllynge, they be colde and moyle in the Leconde degree.

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The harde to dygelte, therfore beynge mothe eaten, and not well dygested, they anoy the hed, and caufe gnawpinge in the flomacke, and make groffe iupce, and fomtyme caufe obstructions or froppinges in the liner and fplene. Ind where there is inflammation or hardnelle in the body, they are buholfome, but berng wel digefted and temperately bled, they nourplife and make the flethe firme, and also bindeth the bealy: olde das tes be hotte and dipe in the fyilte degree : newe gathered are hotte and mort in the fratt degre.

# 4 Of fygges.

Igges eaten, do thostly paffe out of the ftos macke, and are fone diftrybuted into all the Actius ale partes of the bodge, and have the power to clence, specially granell, beynge in the raynes of the backe, but they make no lubstancial nourish ment, but rather somewhat lowse and wyndye, but by there quycke passage, the wynde is soone distoluted. Therfore pe they be rype, they do leek harme L iiii

THE SECOND

harme of any fruytes, or almost none. Dre figs ges and olde, are more hotte and morfe thanne newe gathered, but being moch eaten they make pil bloudde and jupce, and as some do suppose, do ingender lyce, and also anoyeth the lyuer and the Cylene, if they be inflamed, but haupinge the power to attenuate or make humours current. they make the bodye foluble, and doo clenfe the rapnes. Also beynac eaten afore dyner with ain= ger or pepper, or powder of tyme, or penpropall, they profpte moche to them, whiche have oppis lations or hard congeled matter in the inner par tes of the body, or have distillations or reumes fallynge into the brefte and fromake. Pewe fygs ges are hote and morste, olde frages are hote in the fyiste degree, and dive in the seconde.

# 4 Of grapes and raylons.

Galen.de aliment.2.

Diofco.s.

Rapes do not noury the fo moche as fras ges, but beinge rype, they make not moch fyll tupce in the body: all be it newely gas thered, they trouble the bely, a fylleth the stomake with wynd, therfore pf they be hanged by a whyle, er they be eaten, they are the laste norfull. Sweete grapes, are hottest, and doo lowfe fomewhat, and make a manne thyiftye, Some graves are colde, and do also lowfe, but they are harde of digeliyon, and yet they do not nourythe. They which are in tafte bytter or hars rothe, be lyke to theym that are fowe. Rayfons do make the fromake firme and fronge, and de prouoke appetite, and do cofort weake bodies. being eate afore meales, they be hote in the first degree

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#### Of Cheries.

theries, yf they be tweete, vey do foone flyp downe into the stomake, but yf they be compe or sharpe, they be more hollom, a do louse, yf they be eate freshe, a newly gathered, they be cold a moult in the fyrst ware.

## 4 Of peaches.

Pter inyce in the bodye, for they are not soo soone corrupted beyng eaten. De the inyce of them maye be made a syrope, very hole some against the distemperance of choler, where of procedeth a stynkinge breathe, they be colde in the first degree, and mouste in the seconde.

## Of appulles.

Lappulles eaten soone after that they be gathered, are colde, hard to digest, and to make yll and corrupted bloudde, but beynge well kepte butyll the next wynter, or the yere folowynge, eaten after meales, they are erght holsom, and do conframe the stomake, and make good digestion, specially yf they be rosted or baken, moste properly in a cholerike stomake, they are best pserued in hony, so that one touche not an other. The rough tasted apples are holesome, where the stomake is weake by dystemperature of heate or mothe morsture. The bytter

THE SECOND

apples, where that grief is increased. The foure appuls, where the matter in congeled or made thycke with heate. In distemperature of heate and direct by directing moche write, they have ben founde commodiouse: being eaten at night, goinge to bedde, withoute dinkinge to theym, they be colde and morite in the friste degre.

# 4 Of Quynces.

meale, they bynd a restraine the stomak, that it may not digeste welle the meate, except that they be rosted or sodden, the core taken out and mixte with honge claryfyed, or sugar, than they cause good appetyte, and preserveth the heed from drunkennes: taken after meate, it closeth and draweth the stomake to gyther, and helpeth it to dygeste, and mollisteth the bealy, of it be aboundantely taken: they be colde in the fyrste degree, and drye in the begyns nyuge of the seconde.

# Of Pomegranates.

Phytable to the stomake, specially they, whis the are sweete, but in a hotte feuer, they that are sowie be more expedient and hollome. for than the sweete do intende heate, and puffe by the stomake.

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Of Peares.

but they are heuper, but taken after meate routed or baken, they are not baholome, and do restrayme and unytte the stomake, beyng type: they be colds and moute in the full degre.

#### Medlars.

Edlars are colde and dipe, and constrict time or straynynge the stomake, and there fore they may be eaten after meales, as a medicine, but not vsed as meate, for they ins gender melancholye, they be colde and dipe in the seconde degree.

#### 13 Walnuttes

posed to be good for the stomake, a some what lowsynge the bealt, myrte with sus par, they do nourys the temperately. Of two dre nuttes, as many spages, and rr. leaves of Rewe with a grayne of salte, is made a medycine, where s fone do eate fastynge, nothynge whis the is venemous may that day hurte hym, and it also prescrueth against the pessilence, and this is the very ryght Mithridate, they be hotte and drie in the seconde degree, after some oppinions hotte in the thyrde degree, dree in the seconde.

They are more strong in substance than wall nuttes,

nuttes, wherfore they are not so easily or soone digested. Ilso they do inflate the stomacke, and cause heed ache, but they ingender fatte. And yf they be rosted, they are good to restrayne rewe mes. Ilso eaten with pepper, they are good as gaynst tourmentes of the bealte, and the stops pynge of vivne. They be hotte and dive in the fyiste degree.

#### 4 Of Almondes

byndynge, wherfore they purge the breste and lunges, specially bytter almondes. Also they do mollifye the bealy, proudke sleape, and causeth to pysse well, frue or syr of theym eaten afore meate, kepe a manne from beynge drunke, they be hot and moust in the frist degre.

# 4 Of Chestyns

They beinge rosted buder the ymbers of hot asshes, doo nouryshe the bodye strongely, and eaten with hony fastynge, do helpe a manne of the cowghe.

#### Prunes

f the gardeyne and type, doo dispose a man to the stoole, but they do brynge noo maner of nouryshement. To this fruyte lyke as to fygges this propertie remays neth, that being dryed they do profyte. The das maske prune rather byndeth than lowseth, and is more

is more commodiouse buto the formake: they be solde and morfe in the feconde deare.

4 Olyues

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Dndyte in Calte lycoure, taken at the bes apunpage of a meale both corroborate the Stomake, fireth appetite, and loufeth the bealp, bepnge eaten with byneger. Thep whiche be rppe, are temperatly hote, they which be grene, are colde and dipe.

4 Of Capers

Dep nourythe nothunge after that they be falted, but pet they make the bely loufe and purgeth fleume, whiche is therin con: Galen.de terned. Allo Appreth appetite to meate alime.2. and openeth the obstructions or stopppinge of the lyner and Cplene, bepage eaten with oximell, before any other meate : they be hotte and dire in the feconde degree.

# 4 Orenges

The ryndes taken in a lyttell quantitie, doo comforte the ftomake, where it digefteth, fpecis ally condite with fugar, and taken faftynge in a fmall quantitie. The furce of orenges, haupinge a tofte of bredde put bnto it, with a lyttell pows der of mentes, lugar, and a lettell conamome, maketh a very good fauce to prouoke appetite. The impee eaten with fugar in a hotte feuer, is not to be discommended. The ronde is hotte in the frist degree, and dipe in the fecand: the impre of them is colde in the feconde degree, and dive in the fpaste.

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# THE SECOND Herbes vled in potage or to eate.

Capitulo. 8.

Enerally al herbes rawe, and not footen;

do ingender cold and watry ingre, yf they
be caten customably, or in abundance: all
be it some herbes are more comestyble, a
boo lasse harme unto nature, and moderatelys
bsed, maketh metely good bloudde.

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A Monge all herbes, none hath soo good invee as letiseifor somemen do suppose, that it maketh aboundance of bloude, at be it not very pure or persyte. It doth set a hote stomake in a very good temper, a maketh good appetite, and eaten in the evennynge, it provosketh slepe, albe it, it neither doth lowse nor bynd the bealye of his owne propertie. It increases mylke in a womans breastes, but it abateth cars nall appetite, and moche vsynge theros, hurteth the eye syghte. It is colde and moys temperatly

# Colemortes and Cabages.

Before that anarice caused marchantes to fetche out of the easte and south partes of the worlde, the traffishe of spyce and sons dry droughes, to contente the unsaciablenesse of wanton appetites, Lolewortes for the vertues supposed to be in them, were of such estimation, that they were sudged to be a sufficient medye epne agapust all diseases, as it may appere in the books of wyse Lato, wherein he writeth of husbane

hulbandipe. But now I will no moje remems ber, than hall be required, in that whiche hall be bled as meate and not pure medicpne. The tupce therof hathe vertue to pourge : the holie leanes bepnge halfe fodden, and the water poured out, and they beynge put eftiones into hotte water, and sodden butpll they be tender, so eas ten they do bynde the bealy. Some do suppose, pf they be eaten raw with vineger, before meat, it thall preferue the flomacke from furfettynge, and the heed from dunkennelle : all be it moche bipnge of them bulleth the fyght, except the eies be very morft. Fynally the tuyce that it maketh in the body is not to commendable, as that whi the is ingendzed of lettple. It is hote in the first Degree, and dape in the feconde.

# Of Cikorie or suchorie,

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Teth choice wonderfully, and therfore in all choice the feners, the decoction of this herbe of the water therof stylled, is ryghte expedient. Cemblably the herbe and rote boiled with fleshe, that is freshe beyng eaten, kepeth the stomacke and hed in verye good temper. I suppose that Southystell and Dentdelyon, be of lyke qualisties, but not so convenient to be vsed of theym, whiche are hole, bycause they are wylde of nature and more bytter, and therfore causeth fasticiousnesse or lothsomnesse of the stomacke. It is colde and days in the seconde degree.

# THE SECOND Endyue and Scariole

Be moche lyke in they operation to Cykos rie, but they are more convenient to medistine than to meate. All be it Scariole cally white Endyue, having the toppes of the leaves towned in, and layde in the erthe, at the latter ende of sommer, and covered, becommeth white and crispe, lyke to the great stalkes of ca bage lettife, whiche are in wynter taken by and eaten. And to they me that have hotte stomakes and dive, they be right hollome, but beinge to moche vsed, or in very great quantitie they in gender the humour, whiche maketh the cholike. they be colde and mouste in the syste degree.

Malottes

Gale.2.de alimentis. Mare not colde in operacion, but rather somes what warme, and have in them a slyppernesses wherfore beynge boyled and moderately eaten with oyle and vyneger, they make metely good concoction in the stomake, and causeth the superfluous matter therin casily to passe, and clens seth the bealye. It is hotte and moyste in the fyrste degree.

13 Whyte betis

Mre also abstersize and lowseth the beaty, but moche eaten, annoyeth the stomake: but they at eright good against obstructions or stoppinge of the lyuer, of they be eaten with byneger or mustarde, lykewyse it helpeth the splene. It is colde in the fyrst degre, and morst in the second.

Porslane,

Pourselan:

Doth mitigate the great heate in all the inswards partes of the body, semblably of the hed and eies: also it represent the rage of Menus, but ye it be preserved in salte or bryne, it heateth and pourgeth the stomacke. It is colde in the thirde degre, and moyste in the seconde.

Cheruyle.

Is very profptable vnto the stomacke, but it maye not sustepne very moche boylynge, eaten with vineger, it prouoketh appetyte, and also verne. The decoction therof drunke with wyne, clenseth the bladder.

Sorell.

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Beyng fodden, it louseth the bealy. In a tyme of pestilence, yf one beynge fastynge, do chewe some of the leaves, and sucke downe the inyce, it meruapsousely preserveth from infections, as a newe practiser called Guainerius, doth wryte. And I my selfe have proved it in my household. The sedes therof brayed and drunke with wine and water, is very holsome agaynste the cholike and frettynge of the guttes: it stoppeth flures, and helpeth the stomake anoyed with replecion. It is colde in the thyrde degree, and dree in the seconde.

Dioscoris des li.2. ca pit.106,

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Js very convenient to the stomake, and come forteth appetite, and maketh the breath sweete, the sedes and roote causeth vrine to passe well, and breaketh the stoone, dissolueth wyndes: the tootes boiled in water, and therof orymel being made

made, it diffolueth fleume, and maketh good bis gestion. It is hotte and dipe in the thyid degre.

Fenell,

Depnge eaten the fede or rote maketh abuns dance of mplke, lpkewple bunke with ptplane or ale. The fede Commemhat reftrapneth flure, prouoteth to pylle, and mytigateth frettynges of the flomacke and guttes, fpecially the Decoca tion of the rote, pf the matter, caulynge fretting Galen.lim be colde, but pf it be of a hotte caule, the ble therof is daungeroule, for inflammation or exulceration of the rapnes or bladder. It is hotte in the thyrde degree, and dipe in the fyile.

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Anyle lede.

Maketh Cwete breathe, prouoketh brine, and divueth downe thinges, cleauping to the raynes, or bladder, ftyrreth bp courage, and caufeth as bundance of mylke. It is hotte and dige in the thyide degree.

Beanes.

They make wonde, howe fo ener they be og= dered : the fubstance, whiche they doo make, is fpungpe, and not firme, all be it they be absters fpue, or clenfpnge the bodpe, thep tarpe longe, or they be digested, and make groffe iuyce in the body, but pf onyons be lodden with them, they be lasse nopfull.

Pealyn. Bre moche of the nature of beanes, but they be laffe wondy, and paffeth fafter out of the bos by : they be also absterspue, or clensying, specially white pealon, and they also cause metely good mous TRape rotes and Nauelus, Cap. 9.

De jupce made by them, is very groffe: therfore beyng moch eaten, if they be not perfytely concocte in the Comake, they do make crude of tame tupec in the bapnes. Blo pe they be not well boyled, they cause wyndes, and annoye the fromake, & make fomtyme frettyn= ges: If they be well boyled fyifte in cleane was ter, and that beinge caste away, the fecond tyme with fatte flethe, they nourpline moche, and do nerther lowfe not bynde the belp. But Rauews do not nourythe to moche as rapes, but they be euen as wondy.

Turnepes,

Bepng well bopled in water, and after with fatte fleche, nourpheth moche, augmenteth the lede of man, pronoketh carnall luft. Caten raw, they fine by appetite to eate, beynge temperatly bled, and be concenient bnto them, whiche haue putrifyed matter in they, breftes or lunges, caus lynge theym to lyptte ealily, but beynge moche and often eaten, they make raw juyce and wyns dynelle.

Parlneps and carettes.

They do nourpthe with better innce than the other rootes, specially carettes, whiche are hote & dipe, and expelleth wynde. Mot withstanding Gal. fimp. moche bled they ingender all impre:but carettes medi.li. 70 LAHE

lasse than parknepes, the conc and the other exceptleth vaine.

Radyfihe rotes.

Paulus Ae ginera.
Dioscorides.
Li.7. de az liment.

make the vertue to extenuate, or make thyn, and also to warme. Also they cause to breake wynde, and to pysserbeyng eaten afore meales, they lette the meate, that it may not descend, but being eaten laste, they make good digestion, and louseth the bealy, thoughe Galenus write contrary. For I, amonge dyners other, by experience have proved it: Notwithstanding they be buildsome for theym, that have contynually the goute, or payne in the sounces.

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Garloke.

At doth extenuate and cutte grosse humours and slymy, dissolveth grosse wyndes, and heasteth all the body: also openeth the places, which are stopped, generally where it is well digested in the stomake: it is holsom to dyners purposes, specially in the bodye, wherein is grosse matter, of moche colde inclosed: if it be sodden butyll it loseth his tartenesse, it somewhat nourysheth, and yet looseth not his propertie, to extenuate grosse humours: beinge sodden in mylke, it prospetteth moch agaynst distillations from the heed into the stomake.

Onyons.

Do also extenuate, but the longe onions more than the rounde, the redde more than the white, the dipe more than they whiche be greene: also cawe more than fodden: they styre appetite to meate, and put awaye lothsomnesse, and lowse the bealy, they quycken syght: and beynge eaten in great abundance with meate, they cause one

to fleape foundely.

Leekes.

Be of yll inyce, and do make troublous dreas mes, but they do extenuate and clenfe the body, and also make it soluble, and pronoketh brine. Prozeouer it causeth one to spette out easily the fleume, whiche is in the breaste.

Sauge Sauge

It heateth, and somwhat byndeth, and there with provoketh vrine, the decoction of the leasues and braunches beinge druncke. Also it stope peth bleedynge of woundes, beinge layde unto them. Moreover it hath ben proved, that wo men, whiche have ben longe tyme without chile derne, and have drunke. r. ounces of the inree of sauge, with a grayne of salte, a quarter of an houre before, that they have companied with they husbandes, have concepued at that tyme. It is hotte and drye in the thyrde degree, the very suggestive is good against palseyes.

4 Isope.

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Doth heate and extenuate, wherby it dyge: steth flympe fleume: beynge prepared with fygs ges, it pourged fleume downewarde, with hos nye and water bywarde, boyled in byneger, it helpeth the toth ake, yf the tethe be washed ther with: it is hotte and drye in the thyrde degre.

Bourage.

Lomforteth the harte, and maketh one mery, eaten rawe before meales, or layde in wone that is drunke: Also mollyfieth the bealee, and prespareth to the stoole. It is hotte and morst in the myddell of the frust degree.

D iii

Daue:

Galen. 7. cap. 138.

Sauery.

Purgeth fleume, helpeth dygestyon, maketh quycke fyghte, prouoketh vryne, and styreth cars nal apetite: It is hot and dry in the thyrd degre,

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了Rohat.

heateth mothe, and increaseth seede of man, proudeth courage, helpeth digestion, and somes what louseth. It is hotte and mouste in the ses conde degree.

Tyme.

Dissolueth wyndes, breaketh the stone, expels leth vrinc, and ceasseth freattynges. It is hote and drye in the thyrde degree.

Penyryall.

Dothe extenuate, heate, and decocte, it reformeth the stomake, oppicsed with fleume, it doth recomforte the faynte spirite, it expelleth melans thosy by stege, and is medicinable agaynste many diseases, it is hotte a dive in the thyrd degre.

Townecresses.

Lib.1. Adams dyscommendeth, fayeng, that it restants the formacke, and maketh yll impres in the body, taken as medicine, it helpeth many diseases. It is hotte and differ in the thyrde degree.

Rolemary.

Dath the vertue to heate, and therfore it disols ueth humour congeled with colde: It helpeth as gapust palseys, fallyng syckenes, olde diseases of the breake, tourmentes or frettyng, it prouoketh vine and sweat: it helpeth the cough taken with pepper and hony, it putteth away to the ake, the roote beyng chewed, or the suggesthere put into the

the tothe: beinge bourned, the fume therof relys fleth the pestylence: the rynde therof sodden of burned, & the fume recepueth at the mouth, stop peth the reume, which falleth out of the heed ins to the chekes of throote: whiche I my selfe have proved, the grene leaves brugsed, do stoppe the hemograides, yf they be layde unto them: this herbe is hotte and dige in the thyrde degree.

Spices growing out of this realme vsed in meate or drynke. Cap.10,

## 4 Pepper.

Blacke pepper is hottest, and mooste dipe, whyte pepper is next, longe pepper is most temperate. The generall properties of all kyndes of pepper is to heate the bodye, but as Galene sayth, it perceth downsward, and dothe not speade into the vaynes, yf it be grosse beasten. It dissolueth fleume and wynde, it helpethe digestion, expulseth vine, and it helpeth agaynst the diseases of the breaste, procedynge of colde. It is hot in the syste degre, & dip in the second

Heateth the stomake, and helpeth dygestyon, but it heateth not so soone as pepper: but after: warde the heate remayneth longer, and causeth the mouth to be moyste: Beynge grene, or well confectioned in syrope, it comforteth moche the stomake and heed, and quyckneth remembrance. if it be taken in the morowe fastynge. It is hote in the seconde degree, and dree in the syrste.

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Saffron,

Somwhat byndeth, heateth, and comforteth the stomake, and the harte specially, and maketh good digestion, being eaten or drunken in a small quantitie. It is hotte in the seconde degree, and drye in the fyrste.

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Cloues.

Dath vertue to comforte the lynewes, also to consume and dissolve superfluouse humoures, They be hotte and dive in the thyrde degre: sode de with mylk, it coforteth the debilite of nature.

Mases.

Dioscorides commendeth to be drunke against spyttynge of bloudde, and blouddy fluxes, and excessive laxes. Paulus Aegineta, addeth to it that it helpeth the cholyke: they be hotte in the seconde degree and drye in the thyrde degre. It is to the stomake very commodicule, taken in a lyttell quantitie.

Mith they, twete odour comfote and dissolue, and comtyme comforteth the power of the fight and also the brayn in cold discrasses, and is hote and drye in the second degre.

4 Ofbreade. Cap. 11.

Beade of fyne floure of wheate, haupnge no leupn, is clowe of digestion, and maketh flymp humours, but it noury sheth moche: yf it be leupned, it dygesteth sooner: breade haupnge moche branne, fylicth the bealpe with ercrementes, and noury sheth lyttell or nothing, but shortely descendeth from the stomacke: The meane

meane betwene bothe, suffyciently leuyned, well moulded, and moderately baken, is the most hol some to every age. The greatest loves do norishe most faste, for as moch as the fric hath not exhausted the morsture of theym. Hotte breadle, moche eaten, maketh fulnesse and thriste, and slowely passeth. Barley bread clenseth the body, and doth not nourrshe so moche as wheate, and maketh colde inree in the body.

If Offlesshe. Capi.12.

Befe of Englande to Englythemen, whis the are in helthe, bypngeth stronge noury shynge, but it maketh grosse bloudde, and ingendreth melancoly: but being of yonge oren, not excedynge the age of foure yeares, to them, which have cholerike stomakes, it is more convenient, thanne chykens, and other lyke fine meates.

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Stoynes fleffhe.

Taboue all kyndes of fleshe in nouryshyng the body, Galene most comendeth poike, not beinge of an olde swyne, and that it be well digested of hym, that eateth it. For it maketh beste suyce, it is most convenient for yong persons, and them, whiche have susteyned moche labour, and there with are fatigate, and become weake. Yong pig ges are not commended before that they be one moneth olde, for they do brede moche superflusous humours.

Lambe.

Is very mopste and fleumatyke, wherfore it is not conveniente for aged men, excepte that it be very drye rosted, nor yet for theym whiche have in they, stomake moche fleume.

D b.

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Mutton.

De alime.

The Balene doth not commende it, not withstans ding experience proneth here in this realme, that if it be yonge, it is a ryght temperate meate, and maketh good inyce: and therfore it is bled more than any other meate, in all diseases. And yet it is not lyke good in all places, nor the spee, whis the beareth fynest wolle, is not the swetch in eastynge, nor the most tender. But I have founde in some countrays mutton, which in whitenes, tendernesse, and swetenesse of the fleshe, mought be well nygh compared to kydde, and in digestis on have proued as holsome.

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Kydde and veale.

Of Galene is comended next but poike, but some men do suppose, that in helth and sicknesse they be moche better thanne poike, the super of them both being more pure. Ind here it is to be noted, that of all beastes, whiche be dry of they nature, the yongest be most holsom: of them that are mouste, the eldest are lest hurtfull.

Hare, Conye.

Maketh grosse bloude, it direth and stoppeth, but yet it proudketh a man to pysse. Longe maketh better and more pure nouryshement, and is some digested than hare. It is well proued, that there is noo meate more holsome, or that more cleane, firmely, and temperately enouryshethe than rabettes.

Dere redde and falotte.

Dippocrates affrimeth the fleshe of hartes and hyndes, to be of pll iupce, harde of digestion, and dipe, but pet it moueth vine. Df falowe derc, he not any other olde witter doth speake of.

Hippo.de ratione vi dus lib. 2. capit.19. Plin.18.

of, as I remember. I suppose, bycause there be not in all the worlde so many as be in England, where they consume a good part of the best passive in the realme, and are in nothinge profystable, sauringe that of the skynnes of theym is inade better lether, than is of calues: the hunsting of them being not so pleasant, as the hunstinge of other venerye or vermine, the flesshe moche more vinholsome and vinpleasant, than of a redde dere, ingendringe melancholy, and maskinge many fearefulle dreames, and disposeth the bodge to a feuer, of it be moche eaten: not withstandinge the fatte theros (as some lerned menne have supposed) is better to be dygested, than the leane.

Of byrdes.

The flethe of all byides, is moche lyghter, that the flethe of beaftes in comparison, most specysally of those foules, whiche truste most to their wynges, and do brede in hygh countreyes.

Capons, hennes, and chyckens.
The Lapon is about al other foules prayled, for as moch as it is easily digested, and maketh lyttell ordure, and moch good nouryshement. It is commodiouse to the breste and stomake. Henenes in wynter are almost equall but the capons but they do not make so stronge nouryshement. Aupeen sayth, yf they be rosted in the bealy of a kydde or lambe, they wyl be the better. Chikens in sommer, specially yf they be cockrelles, are be try convenyent for a weake stomake, and nourys sheth a lyttell. The flesshe of a cocke is harde of dygestion, but the broth, wherin it is boyled, lous seth the bealy, and having sodden in it colewores.

tes, Polypodium, or Cartamus, it pourgeth yll humours, and is medicinable agaynste goutes, toynt aches, and feuers, which come by courses.

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Fesaunt.

Excedeth all fowles in Iwetenesse and hole somnesse, and is equall to a capon in nourishing, but he is somwhat diver, and is of some menne put in comparyson, meane between a henne and a patryche.

Partriche.

Df all foules is moste soonest digested: and hath in hym moche nutriment, comforteth the brayne, and maketh sede of generation, and resulveth suste, whiche is abated.

Quayles.

All though they be of some men commended, yet experience proueth theym to increace melans tholy, and are of a smalle nouryshynge.

Larkes.

Be as well the flethe as the brothe, very hols come:eaten rosted, they do moche helpe agaynste the cholyke, as Dioscorides sayth.

A plouer.

Is flowe of digestion, nourytheth lyttell, and increaseth melancolye.

Blacke byrdes or oufyls.

Imong wylde foule hath the chiefe prayle, for lyghtnes of digestion, and that they make good wourthement, and lyttell ordure.

Sparowes,

Be harde to digeste, and are very hotte, and styreth by Menus, & specyally the heavnes of them. wood: woodcockes.

Are of a good temperaunce, and metely lyghte in dygeltyon.

Pygeons.

Be eatily dygested, and are very hollome to them, whiche are fleumatike, or pure melancoly.

Goole,

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Is harde of digestion, but beynge yonge and fatte, the wynges be easy to digest in a hole sommake, and nourysheth competently.

Ducke,

Is hotter than goole, and hard to digest, and maketh warle invec, sauping the brannes on the breaste boone, and the necke is better thanne the remnaunt.

Crane and buftarde.

Crane is harde of digestyon, and maketh yst inyce, but being hanged by longe in the agre, he is the lasse buholsome. Bustarde beinge fat, and kepte without meate a day or two afore that he be kylled, to expuse his ordure, and than drawwen, and hanged as the crane is, beynge roofted or baken, is a good meate, and nourysheth well, yf he be well dygested.

Hearon, Byttour, Shouelar,

Beynge yonge and fatte, be lyghtlyer digested than crane: and the byttour sooner than the heseon. Indithe shoular sooner than any of theym, but all these fowles muste be eaten with mothe gynger or pepper, and have good olde wyne drunke after them, and so shall they be more eastly digested, and the suyce communge of they we the lasse noyfull.

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The partes and members of byr-

des and heastes, Cap. 11.

The wynges braunes and nethe of geese, capons, hennes, fesaunt, partryche, and small byrdes beyng fatte, are better than the legges in dygestyon, a lyghter in nouseyshyng, of wyldfoule and pygeons beyng fatte the legges are better than the wynges: the brauses of ducke, teale, and wygeon excepte, whiche is better to dygeste than the respoche.

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The gylar or stomake.

Of a goole of henne being fatte with branne and mylke, beinge well fodden of made in pouls ber, is good for the stomake, in making it strong to digeste, and nourysheth competently.

The lyuar, Of a capon, henne, fesaunt, or goose, beynge made fatte with mylke myrte with they meate, is not only easy to digest, but also maketh good supre, and nourysheth excellently. But the lyuers of beastes be yll to dygeste, passeth slowely, and maketh grosse blod, but it is strong in norishyng

The inwarde of beaftes, as trypes

and chitterlynges.
The fleshe of them is more harde to dygeste, and therfore although they be well digested, pet make they not suice naturally languine, or clene, but rawe supce and colderand requiresh a longe tyme, to be connected into bloode.

The lunges or lyghtes.

Are more easy to dygeste than the lyner, and lasse nourysheth, but the nouryshement, that it maketh, is fleumatyke: All be it the lunges of a fore

Fore, is medicinable for them, which have lyks nelle of the lunges.

The splene or mylte.
Is of yll sugge, for it is the chaber of melancoly.
The harte.

Is of harde flethe, and therfore is not soone dygested, nor passeth thortely, but where he is well dygesteth, the inyce that it maketh, is not to be dyspraysed.

The brayne.

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Is fleumatike, of groffe inpre, flowe in diges flynge, noyoule to the stomacke, but where it is well dygesteth, it nourysheth moche.

Marotte.

Is more delectable than the brayne, it is yll for the stomacke, but where it is well dygesteth, it nourysheth moche.

The stones and vdders.

Beyng well digested, do nouryshe moche, but the stones are hotter with they, moysinesse, the voders colde and fleumatike, they bothe do ins crease sede of generation; but the bloudde made of the voder is better than that, whiche cometh of the stones, excepte it be of calues and lambes. Also the stones of cockes, maketh commendas ble nouryshement.

The heed.

The fleshe therof nourisheth moch, and angmenteth sede: but it is slowe of dygestyon, and noyeth the stomacke, but to theym, whiche ble moche exercyse, it is not discommendable.

The tongue.
Is of a spoungy and sanguine substance, but

the kernelles and gristell, whiche are in the roos tes, yf they be welle dygested, they make good nouryshement, yf they be not well dygested, they make fleume.

The feete.

Beynge well boyled and tender, in a holle stomake, dygesteth well, and maketh good inyce, and passeth forthe easily. Galene commendeth the fete of swyne. But I have proved, that the feete of a yonge bullocke tenderly sodden, and layde in souse two dayes of thre, and eaten colde in the evenynge, have broughte a cholerike stomake into a good digestion and slepe, and there with hath also expulsed salte fleume and choler, and this have I founde in my self by often experience: alway foresene, that it be eaten before as no other meate, without drynkynge immediatly after it.

# Of fyshe generally. Cap. 14.

is that, whiche swymmeth in the pure see, and is tossed and lyfte by with windes and sourges. The more calme that the water is, the warse is the fyshe, they which are in muddy waters, do make moche sleume and ordure, taken in sennes and dyches be warste, beinge in freshe ryuers and swyste, be somtyme commens dable: albeit generally, all kyndes of fyshe maketh more thynner bloudde, than sless so that it doth not moche nouryshe, and it doth sooner passe out by vapours: to a hotte cholerike stosmake, or in seners, somtyme they be holsome, beynge

beinge newe, freshe, and not very harde in subs stance of climp, harde fyshe is hard of digestion, but the nourishement therof is more fyrme, than that, whiche is softe: those whiche have moche grosse humours in them, are best powdred.

49 Of butter. Cap.15.

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Patter is also nouryshynge, and profiteth to them, whiche have humours superflusous, in the breste or lunge, and lacketh ryspyng & clensynge of them: specyally if it be eaten with sugar or hony. If it be well salted, it heateth and clenseth the more.

Of Chefe. Cap. 16.

hele by the hole centence of all auncyent witters, letteth digestion, and is enemye but the stomacke. Also it ingendreth yil humours, a bicdeth the stone. The chese whiche dothe leste harme, is softe chese, reasona bly salted, whiche somme men do suppose, nous tysheth moche.

宁Of Egges. Cap. 17

be of all other meates most agreable vnto nature, specially pf they be newe layde: pf they be newe layde: pf they be reere, they do clense the throte and the breaste. If they be harde, they be slowe in disgestion: but beynge ones digested, they do nous ryshe moche. Mean betwene rere and hard, they dygeste concentently, and nouryshe quyckely. Egges well poched, ar better that rosted. If they be fryed harde, they be of yll nouryshement, a do make stynking sumes in the stomake, a do corrupt other meates with whom they be mingled. They be moste holsome, whan they be poched, and

and most unholsome whan they be freed. Diose corides fayth, If they be souped warme, before any other meate, they do heale the griefes of the bladder, and raynes, made with gravelle: also sometime of the chekes, and throte, and spytting of bloudde: and they be good agaynst catarres, or stylings out of the heed, into the somake.

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of drinkes, and fyrite of water Capit. 18.

Adoubtedly water hath preempnence as boue all other lycours, not onely bycaufe it is an element, that is to fap, a pure mat ter, wherof all other lycours have they? original substance: but also foralmoch, as it was the very naturall and frist dipuke, to all maner of creatures. wherfore the layeng of Dindarus the poete, was euer welle allowed, which farth, water is belte. And one thyng is to be well confpdered, that from the creation of the world, bu tyll the bniverfaile beluge or floudde, durynge whiche tyme, men lyued epght or nyne hundred peres, there was none other daink bled not knos men, but water. Wilo the true folowers of 197= thagoras doctrine, dranke onely water, and pet lyneb longe : as Apollonius, and other : and in the Cerchynge out of Cecrete and misticall thyns ges, their wyttes excelled. Pore ouer, we haue fene men and women of great age, and fronge of body, whiche neuer, or very feldome, dranks other dipnke, than pure water: As by example, in Cornewall, although that the countrap be in a very colde quarter, whiche prouethe, that pt menne from their infancee, were accustomed to none

none other dipuke but to water oncly, modes rately bled it hulde be lufficient to kepe natu; rall mopfture, and to caufe the meate that is eas ten to perce and descende buto the places of dis geftion, which are the purpofes that dapnke ferueth fore. But nowe to the qualities of water, after the fentence of auncient philosophers and philitions, The rayne water, after the opinion of the most men, of it be recepued pure & cleane, is mofte fubtyll and penetratyue, of any other waters: the nexte is that, whiche pflueth out of a Corpnge in the eafte, and paffeth Cwpftely, as monge great stones or rockes: the thyrde is of a cleane ryuer, which rennethe on great harde fos nes of pebles. There be dyuers meanes to trpe out, whiche is the beste water, for that which is lyghteft in pople o; werght is befte. Alloo that, wherof commeth lefte Chymme or frothe, whan it doth boyle. Allo that, whiche wyll Coonest be hote. More ouer deape lynnen clothes into Cun= dipe waters, and after lave them to dipe, & that whiche is foonest dive, the water wherin it was depid is mofte lubtylle. After a greate lurfette, colde water dunken is a generall remedy. Bips pocrates affrimeth, that in harpe and feruent difeafes, none other remedy is to be requpred, than water. And Galene wylle not, that chyls derne chulde be lette from dipnhpnge of water: but that whan they fele them felues very hotte, aftet meales, and bo defpie to dipuke water, specially of a cleane fountapn, they thuld be suffred. Also hippocrates lapth, In luche lyknes where asthou fearest, lest the heed shuld be behe mently greued, of the minde perpihed there muft thou

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with moche water. Not withstandinge there be in water causes of dyners diseases, as of swellings of the splene, and the lyner, it also flyt teth and swymmeth, and it is long of it perceth, in as moche, as it is colde and slowe in decocetion, it loseth not the bealy, not pronoketh vine. Inso in this it is vicyous, that of his proper nature, it maketh none ordure. Fynally, alway respecte muste be hadde to the persone, that drynketh it, for to yonge men, and them, that be hot of complexion, it doth lasse harme, and somtyme it profyteth; but to them that are feble, olde, fless matches, or melancoly, is not connenient.

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# Of wyne, Cap.19.

Lato, the wpfest of all phylosophers, both affirme, that wyne moderatly dunke, nos tytheth and coforteth, as well all the body, as the spirites of man . And therfore, god opde ordepne it for mankynde, as a remedy as gapufte the incommodities of aege: that thereby they thulde feme to retourne buto pouth, & forgette heuynes. Andoubtedly wyne heateth and monteth the body, which qualities chiefly cons ferneth nature. And Galene of all wynes, coms mendeth that, which is yelowe and clere, faing, That it is the hotelt, and whyte wyne left hote. And the colour meane betwene bothe, of Cembla ble temperature. The pelowe wone, whiche is the proper colour of very hotte wynes, to olde men doth bipnge thefe comodites, fpifte it heas teth al they? membres, also it purgeth by brync, the

the water Cubstaunce of the blondes. Moreouer the wynes, whiche be pale or pelowe, and full of lubstance, they do increase bloudde, & nourpshe the body, but for the more parte olde men haue nede of luche wynes, whiche do prouoke brine: for as moch as in them do abounde watrpe cr= crementes, or fuperfluities. And they whiche do tary longe in the bealp, be not apt for aged men. Blacke of depe redde wones and thicke, do bind and congele that which they do fynde in the bos dye, and although Come of them do not longe as byde in the bealy, pet they moue not brine, but rather withdraweth : but pet they do harme to olde men, for as moche as they do ftoppe the cudites of the Colene, the louer, & the rapnes. Alloo groffe wynes be beft for them, whiche befre to be fatte, but it maketh oppilations : olde wone and clere is better for them, that be fleumatike. Balene alfo prohibiteth chyldern to brynke any wyne, foral moch as they be of an hot and moilt temperature, and foo is wone : and therfore it heateth and morfeth to moch they, bodyes, and fylleth them beedes with vapours. More ouer, he wolde, that ponge men thoulde daynke lyttell wone, for it thall make them prone to furp, and to lechery: and that parte of the foule, which is called rationable, it chall make troublous and bulle: not withstandpinge, pet it is Commetonie profptable to mitigate or expell ordure, made of coler of melancolpe. Alfo it profeteth agapufte dipthe, whiche hapneth in the fubstance of the bodye, eyther by to moche labour, or by the propre temperature of age : for wone morfteth and nourytheth that, whiche is to dipe, also mytigas

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teth and dissolueth the Marpenes of choler, and purgeth it also by brine and Iweate: finally (as Theognes lapth) Poch dipnhynge of wone is yll, but moderate daynkyng of wync is not only not pli, but also commodious and profitable, whiche fentence is conframed by Jefus Syrac, in the boke named Eccleliafticus, fapeng, wyne moderatly dunke, reiopleth bothe the body and foule. wherfore to coclude this chappter, There is nepther meate not dipnke, in the ble wherof ought to be a more diferete moderation, than in wyne, confpderpinge that bepinge good & brunke in due tyme and mefure, it not onely conferueth naturall and radicall mopfture, wherby lyfe ins bureth, but alfo it helpeth the papacppall mems bres, whiche belonge to digelipon, to do theys office: On the other parte, bepnge pil er corrupt or taken out of order and meafure, it both cons trarpe to all the prempiles, belpdes that it tranf formeth a man or woma, makpng them beaftly. More of the qualities of wyne, hall be touched hereafter in the order of drete.

# Of Mylhe. Cap. 26.

Islhe is compacte of three substances, creame, where, and cruddes. The most excellent mylke is of a woma. The milke of a cowe is thyckest, the mylke of a camelle is most substyll, the mylke of a goote is between come mylke, and camelle mylke. Ewes mylke is between come mylke and asses mylke. Also the mylke of beastes, fedying in large pastures, and oute of fennes and marsshes, is better than of them

Eccle. 31.

them, whiche be fedde in lyttell clotes, or in was try groundes. In fpringe tyme mplac is moofte Cubtyll, and milke of yong beaftes, is hollomer, than of olde. To chylderne, olde menne, and to them, whiche be opprelled with melancolpe, og haue the flethe confumed with a feuer ethike, mplke is concenient. Ind generally to all them, which do not fele the mplke eple in thepr fromos hes, after that they have eaten it : and in those persones, it dothe easply pourge that, whiche is in the bealp fuperfluous. Ind afterwarde it ens treth into the barnes, and bigingeth good nous rpfhement. Moho to euer hath an appetit to eate or dipnke implke; to the entente that it thall not arple or abrapde in the fromake, lette hom put in to a beilel, out of the whiche he woll recepue it, a feme leaves of mentes, fugar, or pure honge. And in to that bellet cause the best to be milked, and fo dipnke it warme from the boder : or els lette hom do as Baulus Aegineta teacheth, that is to cap, bople fpilt the mplke with an ealp fier. and fethe it after with a hotter fire, and fhimme it cleane, and with a fpunge beaped in cold was ter take that cleane away, whiche wold be burs ned to the belleli, than put to the mpike falt and fugar, and ftere it often. More ouer mplke taken to pourge melancolpe, wolde be djunke in the morning abundantly newe mylked, as is before tione cibo wytten. And he that dynketh, Gulde abstepne rum.li.3. from meate, and exercise, butyll the mylhe be Dis gested, and have somwhat pourged the bealp. for with labour it becommeth Cowse: and there fore it requipreth refte and watche, or to walke bery fofteig. finally, where men and women be bleb

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be vied from their chyldhode, for the more part, to mylke, and do eate none or lyttell other meat, but mylke and butter, they appere to be of good complexion and facion of body, and not so mosche vered with sickenesse, as they whiche drinke wyne or ale: not withstandynge moche vie of mylke in men sanguyne or choleryke, dothe ins gender the stone.

# Of ale, biere, cyder, and Whay.

Lan nevther here not rede, that ale is made and bled for a commen brynke in any other coutray than England, Scotland, Treland and Pople. The latine worde Lereuitia, is indifferent as well to ale as viere, and the onely difference betwene them is, that biere hath hops nes fodden in it, ale ought to have none. If the come be good, the water holfom and cleane, and the ale or biere well and perfytely brewed and clenfed, and by the fpace of. vi. dapes of more, lettled and defecate it muste nedes be a necestas ry and convenient dipnke, as well in fyckenelle as in helth:confpderping that barley come, where of it is made, is commended, and bled in medis cine, in all partes of the worlde: and accompted to be of a lyngular efficacy, in reducing the bos op into good temper, specyally which is in a dis Aemperature of heate. for what auncient phis fition is there, that in his workes commendeth not profane, which is none other than pure bar lev braved in a morter, and fodden in water, the fame thonge is fmalle and clene ale or biere, las upuge that perchaunce, the drienge of the malte is cause

is cause of more drythe to be in the ale, than in ptysame. And the hoppes in viere maketh it colder in operation. But to say as I thynke, I sup pose, that neyther ale nor viere is to be copared to wyne, consporringe, that in theym do lacke the heate and morsture, whiche is in wyne. For that beynge moderately vsed, is most lyke to the natural heate and morsture of mannes bodye. And also the lykour of ale and viere, beyng more grosse, do ingender more grosse vapours, and corrupte humours, thanne wyne dothe, beynge

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Ind one thenge is to be noted, whiche was lately wel marked, of a man of excellent lerning. beinge vered with the Cyknes of the ftone. That in them, which w alway vie to drink ale or bere the sone & gravel ingendeed in them, is white of colour: And in them, whiche do vie to dipnke wone for the moste parte, the stones and gras uell, whiche be ingendreth in them, be redde of colour. Pot withstandyng commonly the colour of the stone foloweth the humour, whiche bothe moffe abounde in the pacpent. As coler maketh the grauell moze redde, fleume maketh it moze whyte. Allo fome men do suppose, that red gras uell is ingendred in the rapnes: white gravell in the bladder. More ouer, who to ever bleth ingurgitation of ale or biere, his breathe thall be more lothefome, than the breathes of them, whis che do take the excelle of wome: for the wone, by the reason of his heate, is soner digesteth, and doth leue behynde hym, fewer diegges. Is for Lyder, may not be good in any condicion, confy= derynge (as I say) that all fruytes do ingender pli ha

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pli humours, a do coole to moch naturali heate: but to them, whiche have abundaunce of redde choler, moderately bled, it fomewhat profiteth in mytigation of excelline heate. But who that well delegently marke in the countrays, where Coder is bled for a comon daynhe, the men and momen haue the colour of their bplage palled, e the Chonne of thep: bplage epueled, although that they be yong. Mohap pf it be lefte of the but ter, bepnge well ordied, and not drunke, butplie it have a thycke curde of mylke over it, lyke to a hatte, is a ryght temperate drinke : foralmoch as by the buctuolitie of the butter, wherof the whay retayneth come postion, it is bothe mople and nourphynge, and clenfeth the breffe: and by the Cubtplneile of it Celfe, it descédeth sone from the fromacke, and is though digefted. Allo by res fon of the affinitie, which it hath with mylke, it is connectible into bloudde and fleihe, Epecially in those persones, whiche do inhabite the northe partes, in whom natural heate is conglutinate, and therfore is of more puillaunce and bertue in the office of concoction. Allo custome frome chylhoode dothe elevate the power of meates and dynkes in they? disposition, not withstans dringe that the foure humours, languine, choler, fleume, and melancoly, must also be confydered as it thall appere in dyuers places hereafter.

49 Of Hony, Cap. 22.

I I Onyc as well in meate as in drinke, is of incomparable efficacy, for it not only clen (eth, altereth, and nourysheth, but also it longe

longe trine preserveth that bicorrupted, whiche is put into it. In fo moch as Wlinie farth, bus che is the nature of hony, that it luffred not the Pli-li-22. bodyes to putrifie. And he affirmeth, that he did fee an Dippocentaure (whiche is a beafte halfe man, halfe horfe brought in honne to Claudius the emperour out of Egypte, to Rome. Ind he telleth also of one Pollio Romulus, who was aboue a hundred peres olde, of whome Augus fus the emperour demaunded, by what meanes he ipued to longe, and retapned Apl the bygoure or lyuelyneffe of body and mynd, Dollio antwes red, that he dyd it inward with meade (whiche is dipuke made with hony and water) outward with ople. Mohich faveng agreeth with the fens tence of Democritus, the greatte philosopher: who beynge demaunded, howe a man moughte lyue longe in helthe, he aunswered, If he wette hom within with hony, without with onle The fame philosopher, whan he was a budged peres olde and none, prolonged his lyfe certaine daies with the enaporation of horp, as Ariflorenus writeth. Df this excellent matter , mofte wons derfully wrought and gathered by the lytel bee, as wel of the pure dewe of heuen, as of the most fuhirl humour of Iwete and vertuous herbes & floures, be mate likous comodious to mankind, as meade, methegipn, a orymel. Meade whiche is made with one parte of hony, and foure tys mes to moche of pure water, and boyled butyll no stymme do remarne, is much commended of Batene, dzunke in fommer, for preferupnge of Galen. de helthe. The came author alwaye commendeth tuend, fan. the blynge of hony, eyther rawe eaten with fine 116.4. breade

meade Commbat leuened, or Codden, and receps ued as dunke. Tho meade perfectly made, clens feth the brefte and lunges, caufeth a man to Cppt eafily, and to pyffe abundantly, and purgeth the bealp moderately. ABethegipn, whiche is molte bled in wales, by reason of hotte herbes bopled with hony, is hotter than meade, and more coms forteth a colde ftomake, if it be perfectely made, and not newe or very fale. Drimeli is, where to one parte of bineger is put double fo moche of hony, foure tymes as moche of water, and that beynge boyled unto the thyrde parte, and cleane skymmed with a fether, is bled to be taken, where in the stomacke is moche fleume or mats ter budygested, so that it be not reade choler. Loke the ble therof in Alexandro Evalliano. Many other good qualities of honge, I omptte to wive of, butyll some other occasion that hap pen, to remember them particularly, where they Mall feme to be profptable.

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# Sugar. Cap.23.

of grekes or latrnes, to write by name, but onely Paulus Aegineta, who farthe in this wrie, after that he hath treated of hony, Moreover Lugar, whiche they calle hony, that is brought to be from Arabia, called felix, is not fo swete as our hony, but is equalle in vertue, and doth not anop the stomake, nor causeth thriste. These he wordes of Paulus. It is nowe in dayely experience, that sugar is a thringe verye temperate and nouryshringe, and where there is choler

is choler in the stomake, or that the stomake after horreth houp, it may be vied for honp in al then ges, wherin hony is required to be.

# 4 Of tyme. Cap.24.

A the confroctation of tyme, for tahpinge of meates and dynkes, it is to be remembred. that in wonter meates ought to be taken in great abundance, and of a more groffe fubftance than in Commer, foralmoch as the exterior aire, whiche compasseth the body beynge colde, caus feth the heate to withdrawe inso the inner pars tes, where being inclofed, and contracte togither in the Comake & entraples, it is of more force to bople & Digelt that, which is received into it. 21: Co meates rofted, ar tha better than Codden, and flethe & filhe powdzed, is tha better than in Com mer. Derbes be not than commendable, Specially raw, neither fruites, except quences rofted or ba hed, orpuk Guld be than taken in lyttel quatitie. Mozeouer wines thall nede no water, or berp lie tell, and that to colerence perfons : redde wones. and they, whiche be thicke & Cwete, may be than mofte furely taken of theym, whiche haue none oppilations, or the frome. Alway remember, that in wynter fleume increafeth by reason of rapne and mopfineffe of that featon, also the length of npghtes and moche refte. And therfore in that tyme cholerike perfons, are belt at eale, fembla= bly are ponge men, but to olde men wynter is ment.in aennempe. It begynneth the bill. dap of Poucm ber, & endureth butyll the biti. Dap of february. The fpipng tyme both participate the fpifte

Gal. in co pho. z.li.s.

parte.

Hipocrat. de natura humana. parte with wynter, the latter parte, with soms mer. Mohersoze yf the syste parte be colde, than thall the diete be accordinge to wynter. If the ende be hotte, than thall the diete be of sommer. If bothe partes be temperate, than thulde there be also a temperannee in diete: alwaye consides ryag, that sleume yet remayneth, & bloud than increaseth. And meate wold be lasse in quantitie than in wynter, and drynke somwhat more. Springe tyme begynneth the. viii. daye of feed bruary, & cotinueth diether.

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Gal.co. in aphor. 13. lib J.

Hipocra tes de hu moribus.

Galen.in coment.in aphor.

In fommer the inward heat is but lytel, & the flomatic both not digelt fo ftrongely nor quytis lp, as in wenter, wherfore in that leafon, eatpng often, and a lyttell at ones, is moste convenient. and Damascenus faythe, that fallynge in foms mer drieth the body, maketh the colour falowe, ingendicth melancoly, and hurteth the fpght. als to borled meate, breade fteped in whyte brothe. with fodden lettyle, or cyhoric, are than good to be vled also varietie in meates, but not at cone meale, potages made with colde herbes, dipnke in more abundance, wone alayde with water, to hotte complexions moche, to colde natures laffe. In this feafon bloudde increafeth, and towarde the ende therof, choler. And therfoze thep, which be colde of nature and mopfte, are than befte at eale, hotte natures and dip warffe. Boge ouer, chyloren, and very ponge men in the begynnyng of fommer are holest, old folke in the latter end and in haruelt. Comer beginneth the. bill. dape of May, & cotinueth butpll the. biii. dap of August. Autumne beginneth the. bill. dav of August, &

endeth the. bill. day of Pouember, that lefon of

the pere is variable, at the aire changeable, by ocealed wheref, happen fondy siknessis, a blod de creaseth, a melancoly abundeth: wherfore al sus mer frutes wold that be eschewed, forasmoch as they make yll suyce and windes in the body. In this tyme meate wolde be more abundant than in somer, but somwhat drier: drink must be lasse in quantitie, but lasse myrte with water. This tyme is daungerous to all ages, al natures, and all countrays, but the natures hote and moyste, be leste indamaged.

Diete concerning sondry tymes of the yere wrytten by the olde phisition

Diocles to kyng Antigonus.

Rom the rii. daye of December, at the which che tyme the day is at the shortest, butyl the nynthe day of Parche, which do conteque lerry. dayes, reumes and mogstures do inserease, than meates and dipulses naturally very hotte, wolde be moderately vsed, also to dipulse abundantly wone without alaye or with lyttell water, and to vse lyberally the companye of a woman, is not buholsome to the body.

From the nunth daye of Warche, at whiche tyme is eaquinoctium vernu, but the rev day of Apill, swete fleume and bloudde do increase, therfore vse than thruges haupuge moche increase and charpe, exercise the bodge dilygently, than may be vse safely the company of a woman.

Of From the.rrv.day of Appyll.to the.xiiit.daye of June, Choler increaseth, than vie all thynzes, that are swete, and doo make the bealy los luble, forbeare carnall company with women.

From

From the. riiii. day of June, at whiche tyme the day is at the legelt, buto the. rii. day of Sep tember, dothe melancoly reigne, forbeare leches

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From the.xii. daye of September, buto the xbii.daye of October, doo abounde fleume and thyfine humours, than wolde all fluxes and dis Aillations be prohibited, than all Charpe meates and drynkes and of good inyce, are to be bled, and lethery eschewed.

Afrome the rvii. daye of October, to the. rii. daye of December, increaseth grosse fleume, vse therfore all bytter meates, sweete wynes, fatte

meate, and moche exercife.

### Of ages. Cap.15.

Gal.de tu. fan.li.r. Chyldern. Applosen wold be nourpsheth with meates and dipnkes, whiche are moderately hote and morste, not withstandinge Galene dothe prohibite them the vse of wyne, by cause it morsteth and heateth to moche the bodye, and fylleth the heedes of them, whiche are hotte and morste, with vapours. Also he permit teth them in hotte wether to dipnke clere water of the fountagne.

Oribafius de virtute simpli-li.t.

warde a man, soo that he semeth well fedde in the bodye, is than to be feared of fulnes of hus mours, and if it be percepued, that he is replete, than muste be withdrawen and minished some parte of that nutriment, and according e buto his age, some evacuation wold be devised, other while by exercyse, walkings by and downe fas sping.

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Apage, and before that they eate any meate, lette them exercise them selfes with they own tabors and do they own accustomed busynes, and eate the meates wherunto they be most evied, so that it be suche, that may not hurte theym. And this nede they not to knowe of phisitions, but by experience and diligent serche by they stoole, they norices shall perceyue what dygesteth well, and

what both not.

Thut yf it appere, that by excellive feedynge the bealy of the chyld is fuller and greater than it was wonte to be, and that whiche palleth by the bealy, is corrupted, or his sweate stynketh, these thynges knowen, if they eate stronge meastes, give them not one kynde of meate, but dysters, that the noveltie of the meate may helpe, that they may go more easily to the stole. For if any have an unreasonable appetite, he is sooner recovered, of he be pourged by a boyle or impossiume comen sorthe and broken, before that the meate be corrupted and after that let hym cate from meates, and beynge ones hole, resource by lyttell and lyttell to his olde custome.

Mal eate meates more groffe of substance, colder and morster; also salades of colde herbes, and to dipunke seldome while except it be alayd with water. All be it all these thruges musto be temped, according to their complexions, a exercise and quietnesse in lyingas, where he shall reede

in thep: proper places hereafter:

Dide men, in whom natural heate & strength femeth to decay, shuld ble alway meates, which are of qualitie hotte and moost, and therwithall easy

Paolus Egueta,li.t.

Opilatios What they

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Paulus Egineta.li.1. cap.23.

> Opilatios What they are.

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Olde men

ealy to be digetted, and abiteyne betterly from al meates & brinkes, whiche wyll ingender thicke supce and fipmy, Cembiably from wyne, whiche is thicke, fwete, and barke redde wynes, and ras ther ble them, whiche well make then humois, and well purge well the bloudde by bryne: there fore whyte or pelowe wynes, and perchaunce frenche clarette wynes, are for them bery com, mendable. Also wyne prepared with pure hong clarified, wherin rootes of perfely of fenelle be Reped, specially of they suspecte any thonge of the ftoone, or goute. And pf thep more delpre to clenfe thep; rapnes and bladder: than is it good to ble fmall white wine, as racked renifhe wine, of other like to it. and fommetyme to frepe oner night therin a perfely roote flyt, and fomwhat brupled, and a tyttell tpkozice. Fynally, let them beware of all meates, that wyll froppe the poos res, and make obstructions or oppilations, that is to fape, with clammy matter froppe the plaz tes, where the naturall humours are wroughte and digefted, the whyche meates I haue before Cette in a table. But if it chaunce thepm, to eate any fuche meate in abundance, lette them take Mortely fuche thynges, as do refpfte opilations, or refolus theym. As white pepper, bruifed and inprte with thepr meates or bipnkeigarlpke alfo or onpons, pf they abhorre them not. Alway res membre, that aged men Guld eate often, and but Apttell at every tyme, for it fareth by theym, as it dothe by a lampe, whiche is almoofte extincte, whiche by powiynge in of ople lyttell and lyte tell, is longe kept bournynge : and with moche aple poured in at ones, it is cleane put out, alfo they

they must forbeare all thynges, whiche doo incesender melancolye, wherof ye shall rede in the table before: and breadde cleane without leven, is to they musholsome.

Moderation in diet, hauyng respecte to the strength or weakenes of the person. Cap. 16.

Dwe here it muft be confpdered, that all though I haue writen a generall diet for cuery age, pet netheles it muft be remema bred, that fome chyloren and yong men, epther by debilite of nature, or by Come accydens tall caule, as Cyckenes, or moch ftudy, happen to gather humours fleumatike or melancoly in the places of digeftio, fo that cocoction or digeftion is as weake in them as in those, which are aged Semblably Come olde men fynde nature fo bes neficiall buto them, that they? fromakes and lys uers are more fronge to digefte, than the farde ponge men, fome perchaunce haue moche choler remayninge in thepin. In thefe cafes the fayde ponge men mufte ble the diete of olde menne,os nigh buto it, butpl the discrafp be remoued, has upnge always respects to they, buincrsall coms plexions, as they, whiche are naturally choics rike, to ble hotte thouges in a more temperance than they, whiche be fleumatiche, or melancos lpe by nature. The Came observation shall be to olde menne, faupuge that age, of his owne pros pertye is colde and dipe, therfore the olde man, that is cholerpeke, Mall have more regarde to morfture in meates, than the gonge man berng

Hipocrate aphore Galenein commente

of the came complexion. Foresene always, that where nature is offended or greued, the is curyo by that, whiche is contrarge to that, whiche of: fendeth or greneth, as colde by heate, heate by colde, dipthe by moysture, mopsture by dipthe. In that wherby nature fulde be nourifhed in a hole and temperate bodye, thynges mufie be tas ken, whiche are lyke to the mans nature in quas litie and degre. Is where one hath his body in a good temper, thyinges of the fame temperance dothe nourpliche hom. But where he is oute of temper, in heate, cold, mopfture, or depth, tempes rate meates or dipukes, nothing do profit hom, for beynge out of the meane and perfpte tempes rature, nature requireth to be therto reduced by contraries, temembyinge not only, that contras ries are remedue buto they contraries, but alfo in enery contrary, confideration be hadde of the proporcion in quantitie. adle antel sinaidmod escricuali unto elementale de la la como la como de como escontra

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# Tymes in day concernynge meales. Cap. 27.

Belydes the tymes of the yere, and ages, there be also other tymes of eatynge and dipphhynge to be remembred, as the sondig tymes in the daye, whiche we call meales, whis the are in noumber and dystaunce, accordinge to the temperature of the countrey and persons. Is where the countrey is colde, and the persons susty, and of a strong nature, there may mo meales be vied, or the lasse distance of tyme between them. Lontrarywise in contrary countrays and personages, the rause is afore rehersed, where I have

have fpoken of the diet of the times of the pere, not withstadping here must be allo confideratio of excreife and refte, which do augmente or apet reth the naturall disposition of bodges, as shall be moze declared herafter in the chapiter of erercife. But concernyng the general blage of cois treps, & admittyng the bodies to be in pfit fate of helth, I fuppole that in England pong men, butyll they come to the age of. rl. yeres, may wel eate thre meales in one dave, as at breakcfafte, Dyner, & Cupper, fo that betwene breakefalt and opner, be the space of foure houres at the leaste, betwene dyner and supper. bi. houres, and the breakefalt laffe that the opner, and the opner mo derate, that is to fap, laffe than faciete or fulnes of beaty, and the dipute therbuto measurable, accordinge to the divenelle of moultnelle of the meater for moch abundance of dipnit at meale, browned the meate eaten, and not onely letteth contient concoction in the fomake, but alfo caufeth it to paffe fafter than nature requireth. and therfore ingendreth moche fleume, and cons fequently reumes, & crudenes in the baynes, des bilitie and Cippperneffe of the flomake, contys muall flure, and many other inconueniences to the body and membres. But to retourne to meas tes, I thynke breakefastes necessary in this realme, as well for the caufes before reherfed, as Brekefaft. alfo foralmothe as choler, bepng feruent in the flomake, fendeth bp fumolities buto the brayn, and caufeth heed ache, and fomtyme becometh abuffe, and fmouldzeth in the ftomake, whereby happeneth perplous tycknes, and fommetyme fodayn deth, yf the heate inclosed in the fromake

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haue nat other concenient matter to worke on: this dayly experience proueth, and natural reson confirmeth. Therfore men and wome not aged, having their fromakes cleane without putrifico matter, fleppng moderately and fondely in the nyght, and felynge them felfe lyghte in the mors nynge, and fwete breathed, lette them on gods des name breake thepr fafte: Colerphe men with groffe meate, men of other complexions with lyghter meate, fore fene, that they labour fomes what before: Cemblably their dyner and Cupper, as I haue befoje witten, fo that they fleape not incontinent after thepr meales. And here I wyll not recite the fentences of authors, whiche had neuer experience of englyfthe mens natures, or of the fufte temperature of this realme of Ens glande, onely this countell of Dipocrates hall be lufficient. Me ought to graunt somewhat to tyme, to age, and to custome:not withstandynge where great werpneffe or dipthe, greued the bo op, there oughte the opner to be the leffe, and the lenger diftance betwene dyner and fupper. alfoo moche refte, excepte a lyttell fofte walkyng, that by an bpjyght mourng, the meate berng fried, may descende. This is alway to be remembred. that where one feleth hom felfe full, and greued with his oyner, or the lauoure of his meate by eructation afcedeth of that his fomake is weke by late fyckeneffe or moche ftudy, than is it most convenient, to absterne from Supper, and rather prouote hym felfe to fleape moche, than to eate or dipnke any thonge. Allo to dipnke betweene meales, is not laudable, excepte bery great thieft constrapneth, for it interrupteth the office of the Comake

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Romake in concoction, and caufeth the meate to valle fafter than it bulde do, and the dipnke bes inge colde, it rebuketh naturall bete that is wors king, and the meate remaining rawe, it courus pteth bygestyon, and maurth crudenesse in the vapnes. wherfore he that is thpilip, let hom cons Cyder the occalpo. If it be of Calt fleume, let him walke farze and Coftely, and onely walthe his mouthe, and his throote with barley water, or fmall ale, or the downe and fleape a lyttell, and to the thylite well palle away, or at the leafte be well all waged. If it happen by extreme heate of the apre, or by pure choler, or earninge of hot fpi= ces lette hym Dannke a lyttell tulep made with cleane water and lugar, or a lettell Imall biere or ale, to that he dirnke not a great glutte, but in a lyttell quantitic, let it fipll bowne foftly into bis Comake, as he Cytteth, and than let hym not moue todepnly. If the thyrite be in the evenyng, by eatynge to moche, and dipnhpnge of wone, than after the opinion of the befte lerned philis tions, and as I my felfe haue often experienced, the best remedy is, pf there be no feuer, to brinke a good daught of colde water, immediatly, or els of it be not pernefull for hom to bompte, to prouoke hom therto with a lyttel warme water, and after to wathe his mouth with bineger and water, and fo to fleape longe and foundly, yf he can. And pf in the mornpug he fele any fumolis ties epipng, than to dipnke fulep of violettes, os for lacke therof, a good draught of very fmall ale or biere Comewhat warmed, without eatyng any thynge after it. de fecestitt pe meale compremel

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Dw let this be a generall rule, that fons dip meates, bernge dyuers in lubftance and qualitie, eaten at one meale, is the areatest ennemy to helth, that map be, and that whiche ingendreth most liknesses, for come meas tes berng groffe, and harde to dygefte, Come fine a easy to dygest, do requipe divers operations of nature, and divers temperatures of the Ros make that is to lay, moch heate and temperate heate, whiche may not be togyther at one tyme. Therfore whan the fyne meate is suffyciently boyled in the fromake, the groffe meate is rawe, to both juyces, thone good and petfite, the other groffe and crude, at one tyme dygefted, and fent into the bernes and body, nedes muste helth des cave, and speknedes be ingendred. Lykewyle in divers meates being divers qualities, as where fome are hotte and mopft, fome cold and mopft, fome hote and dipe, fome colde and die, accors dynae therbuto hall the juyce be dyners, which they make in the body. Ind lyke as betwene the Cavo qualities is contrarietie, to therby thall be in the body an bnequall temperature, for almoch as it is not pollible for man to efteme fo iufte a proporeron of the qualities of that, whiche he recepueth, that the one hall not excede the other in quantitie. wherfore of the land buequall mixs ture, nedes must ensue corruption, & consequetly fyknesse. And theofore to a hole man, it were bet ter, to fede at one meale competently on very grous

BOKE. THT 43

groffe meate only fo that it be fwete, and his na ture bo not abhore it than on divers fone meas tes, of Conday Cubstance and qualities. I hauc knowen and fene olde men, and olde women, whiche eatyng only befe, baken, chefe, or curdes, have continued in good helthe, whome I have proupo, that whan they have eaten fondry fyne meates at one meale, haue Cone after felte them felfe greued with frettinges and hed ache, and after that they have ben hole agapne, there hath ben apuen to theym one kynde of lyght meate, they have done as well therwith, as they were mont to do with groffe meates, whan they eate it alone, whiche proucth to be true that whiche Thave reherled. And it is good realon, for after the generall opinion of philosophers and philis tions, the nature of mankynde is beste contents with thynges most symple and bumixte, all thin ges tendynge to bnitie, wherin is the onely pers fection. Also it is a generall rule of philyke, that where a lyckenes may be cured with lymples, that is to fay, with one onely thyng, that is mes dicinable, there foulde the philition grue no coa pounde medicone morte with many thonges. Thele thynges conspoered, it mape seme to all men, that have recon, what abuse is here in this realme in the contynuall gourmandyle & daycly fedringe on fondir meates, at one meale, the fpis rite of gluttony, triumphynge amonge bs is his alomoule charpot, called welfare, dipunge bs afore hym, as his profoners, into his dugeon of furfet, where we are turmedted with catarres. feuers, goutes, pleurelies, frettynge of the guts tes, & many other lycknelles, and fynally cruelly notes an or assistant of the post

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put to beath by them, oftentymes in youth, or in the mofte pleafaunt tyme of our lyfe, whan we wold most gladly lyue. for the remedy wherof. howe many tymes have there ben dpuiled ordy= naunces and actes of countaple, althoughe pers chaunce bodyly helthe was not the chyefe occas fron therof, but rather prouition agepuft bayne and fumptuous expenses of the meane people. For the nobilitie was exempted and had libertie to abyde fivil in the dongeon, of they wolde, and to lyue laffe whyle than other men : But whan, where, and howe longe were the fand good des uples put in due execution, for all that thereof thuld fuccede double profite, that is to fap, helth of body, and increle of lubitance, by elchewyng of luperfluous expences in Condip dythes: Alas how longe wyll men fantalpe lawes and good ordynaunces, and neuer determyne them. fan= talp procedeth of wytte, dete, mination of wiles dome. write is in the deuplying and speakinge, but wyledome is in the performance, whiche re= feth onely in execution. Here I had almost for gotten, that my purpofe was to wipte of the ors der of diete, and not of lawes, but the feruente loue that I have to the publique weale of my countray, conftrapned me to digreffe Comewhat from my matter:but nowe wyll & procede forth to wipte of order, whiche in takinge of meates and dignkes, is not the lefte parte of diete.

Of order in receivynge of meate and

drynke.Cap.29.

I derbes as welle sodden, as vnsodden, als so fruptes, whiche do mollyfye and louse the bealt, oughte to be eaten before any other

other meate, excepte that commetyme for the represignge of fumolities, eplynge in the heed by moch dipuliping of wyne, rawe lettyle, or a colde appull, or the tupec of orenges or lymons maye be taken after meales in a lpttel quatitie. ABois ouer all brothes, mplke, rere egges, and meates, whiche are purpotely taken to make the bealye foluble, wolde be fyafte eaten. All fruites and 02 ther meates, that are Apptike or byndyng, wold be eaten lafte after all other. fruites confectios nate specially with hony, ar not to be eaten with other meates. But here is it to be bplpgentelpe noted, that where the stomacke is colerpke and ftrong, groffe meates wold be fpift eaten: where the fromacke is colde or weake, there wold fyne meates be frifte eaten:fo; in a hot fromake, fine meates are bourned, whyle the groffe meate is Digeffing. Contrary wife in a colde ftomake, the lettel heate is fuffocate with groffe meate, & the fpne meate lefte rame, for lacke of concoction, where if the fyne meat be frift taken moderatiy, it fereth by and comforteth naturall heate, and maketh it more able to concoct geoffe meates, pf thep be eate afterward: fo that it be but in Imall quantitie. not withftandyng, as I late affirmed, one maner of meate is mofte fure to euery coms plexion. forefene that it be alway most comonly in conformitie of qualities, with the person that eateth. Bogeouer take hede, that flipper meates be not fieft eaten, left it drawe with it to haftilp other meates, or they be digefted, nor that fliptik or reftraining meatis, te taken at the begrnning as quences, peares, and medlars, lefte thep map let other meates, that they descende not into the bottom 2182

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bottom of the flomake, where they thulde be bis gelted, not withstading the cofection made with the jupce of gupnces, callid Dacitonites, taken two houres afore dyner, or lupper, is commeded of Galene, and other, for reftorpng appetite, and making good concoction. Allo cocernyng daynke at meales, it wolde not be afore, that fomwhat were eten. And at the beginning the drink wold be frongest, & Co toward the end more fmal, if it be ale of bere, & if it be wine more a more alaide with water. Ind after the better opinion of phis Cicions, the drink wold rather be mixte with the meate by fondip lytle draughtes, than with one great draught at thend of the meale, for the mix ture templeth wel the meate without anovance. a great draught with moch brink, drowneth the meate, rebuketh natural hete, that than worketh in concoction, & with his weight driveth downe the meate to haltily. Dot wines and Cwete, or co fectioned with spices, or very strong ale or bere. ar not convenient at meales, for the meate is by them rather corrupted, tha digested, & they make hot and flinking vapors accende by to the brays nes. All be it pf the stomake be very wondy, or to colde and feble, that it can not concoct fuche a quantitie of meat, as is required to the fuffys event nourishement of the body of hym that eas teth, or hath eaten raw herbes or frutes, where by he feleth fom anopance, than may he dipute laft incontynent after his meale, a lyttell quanti= tie of Cecke, or good aqua vite in Imal ale:but pf he haue moche choler in his fomate or a heed full of vapours, it were much better, that he dyd nepther dipuke the one, not the other, but rather cate

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eate a lyttell colpander fede prepared, or a pece of a quince rofted, or in marmelade, and after refte, to amende the lacke of nature with fleve. moderate exercise, and playsters proupded for comfortpuge of the flomatie. Ind here well ? leave to wapte any more of the diete in eatyng bitnhyng, faurnge that I wold, that the reders duld have in remembraunce thefe two countars les. fpift, that to an hole man, to precise a rule is not concenient in diete: & that the difeates, whis che do happen by to moche abstinence, are wars to be cured, than they whiche come by teplecion. And as Comelius Cellus Capth, & man that is hole and wel at eale, and is at his liberte, ought not to bynde hom felfe to tules, or nede a phifis tion; but pet where the flomake is feble, as is of the more parte of citelpus, and wel nigh al thep that be fludious in lernyng or weighty affapies, there ought to be more circumspection, that the meate may be luch, as that epther in qualitie or quantitie, nature beynge but feble, but not rebus hed, or to moche oppreffed.

Cor.Cel.

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## IF Of sleape and watche. Cap. 30.

The commoditie of moderate slepe, appeareth by this, that naturall heate, whiche is occupied about the matter, wheref plosed eedeth nourythement, is comforted in the places of dygestion, and so digestion is made better, or more perfite by slepe, the body fatter, the mynde more quiete and clere, the humours temperate: and by moche watche all thynges happen cotrastye. The moderacyon of sleape muste be measure

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ged by helthe and fpckeneffe, bp age, by tpme, bp. emptynelle or fulnelle of the body, and by natus rall complexions. ffpifte to a hole man, haupings no debilitie of nature, and digeftynge perfytely the meate that eateth, a lyttell Cleape is Cuffic cient:but to them, which have weake fromakes, and do digelte flowely, it requireth, that flcape be moche lengar. Cemblable temperance is requis red in youth and age, wynter and sommer. The body beinge full of pil humours, very lytel fleps is fufficient, except the humors be crude or raw. for than is flepe necessary, which digesteth them better, than labour. Demblably, where the body is longe empty, by longe Cychnelle or abstinence, Clepe comforteth nature, as well in the principal membres, as in all the other. Bilo regarde mufte be habbe to the complexion, for they that ar hot and do eate lyttell, and digefte quickely, a lyttell Tleape ferueth, specpally to cholerpke persones, for in them moche flepe augmenteth heate, more than is necessary, whereby hote fumes and inflamations are often ingendred, and fomtyme the naturall choler is adulte or putryfied, as experis ence teacheth. fleumatike persons ar naturally included to Cleave : and bycaufe they ingender mothe humours, they require more fleape than fanguine or cholerite. Perfons haupng naturall melancoly, not procedyinge of choler adulte, do require bery moche fleape, whiche in them come forteth the powers animal, vitall, and naturall, which re map find write in the tables preceding Sleape wolde be taken not immediatelpe after meales, and before that the meate is dyscended from the mouthe of the flomake. For thereby is ingen

Cor.Cel. li.t.cap.i.

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ingended paynes and noyle in the bely, and bis geltion corrupted, and the flepe by pll bapours, afcendping, made biquiete and troublous. More ouer immoderate flepe maketh the body apt bis to palfers, apopleris, fallpinge fpeknes, reumes, a impoliumes. Allo it maketh the wettes bull, and the body flowe and bnapte to honeffe exercife. Semblably immoderate watche duieth to moch the body, and both bebilptate the powers animall, letteth digeftion, and maketh the bodye apte to consumptions. Mherfore in these two thynges, as well as all other, a diligent tempes rance is to be bled, the moderation is bell contes cted for it is harde perfytely to knowe it by the Centible lyghtnes of all the body, specially of the branne, the browes, and the eyes, the passage downe of the meate from the fromake, the well to make brine, and to go to the foole. Lontrary wife, heumes in the body and cres, and fauoz of the mete before eaten, fignifieth that the Clepe was not lufficient. They that ar hole must slepe first on the right side, bycause the meate may ap proche to the lyuer, whiche is to the fromake, as fpre buder the potte, and by hym is digefted. Co them, whiche haue feble digeftion, it is good to Clepe profirate on their bealpes, or to have thepr bare hand on theps fromakes. Lyeng bpsight on the backe, is to be betterly abhorred.

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The commoditie of exercise, and the tyme whan it shulde be vied. Cap. 31.

There menunge is not an exercise, but only that which is behemet, the end wheref, is alteration of the breath or wond of a man

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Df exercple do procede two comodities, euacua ation of excremetes, and also good habite of the body. for exercyfe bepng a behemet motion, ther of nedes mufte entue hardneffe of the members. wherby labour that the leffe greue, and the body be the more fronge to labour, also therof coms meth augmentation of heate, wherby hapneth the more attraction of thynges to be dygested. alfo more quycke alteration, and better nourpls Monge. Doie ouer, that al and fongular partes of the body, be therewith fomwhat humected. wherby it hapneth, that thinges harde be mollis fred, morft thrnges are extenuate, and the pores of the body ar more opened. And by the biolence of the breath or wond, the pores are clenfed, and the fylthe in the body naturally expelled. This thing is to necessary to the preferuatio of helth, that without it, no man may be longe withoute Spekneffe, whiche is affrimed by Loznelius Cels fus, Capeng, that fluggyfhnes dulleth the bodre. labour doth ffrength it; the frift bipngettrthe in comodities of age Moztly, the last maketh a man longe tyme lufty. Pot withftandpage in exercyle ought to be foure thinges diligently considered, that is to fap, the tyme, the thonges preceding, the qualitie and the quantitie of exercple.

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Frist as concerning the trime concenient for excreise, that it be not whan there is in the stormake or bowels, great quatitie of meate not sufficiently dygested, or of humours crude or raw, leste thereby perpli mought insue by concernance of them into all the membres, before those metes or humours be concerted boyled sufficiently. Galen sayth, that the tyme most concenient for excrepte

Cor.Cel.

Galen. de tuend.san. lib.2.

exercife is, whan bothe the frift & feconde diges Apon is complete, as well in the fomake, as in the vagnes, a that the tyme approcheth to eate eftlones. for pf pe do exercyle looner or later, pe hall epther fyll the body with crude humours, of elles augment pelowe choler. The knowledge of this tyme is percepued by the colour of the bine, for that which relebleth buto clere water betokeneth, that the tuyce, whiche cometh from the Comake, is crude in the bapnes: that whiche is well colouryd, not to high or bale, betokeneth that the fecond digestion is nowe perfpte: where the colour is very high or redde, it lyghnifreth, that the concoction is more thanne luffgegent. Moherfore whan the bigne appereth in a tempe rate colour, not reode not pale, but as it were Bylt, than thulde exercice have his begynnyng.

Of fricalies or rubbynges precedynge exercife. Cap.3 2.

S touchynge thynges precedynge erers cife, for almoch as it is to be feared, lefte by behement exercice any of the excreme tes of the bealy or bladder, thulde haftely be recepued into the habyte of the body, by the byos lence of heate, tiendled by exercple : allo left com Oribafius, thynge, whiche is hole, be by heuynelle of excres Actius. mentes, or bpolent mocion, broken or pullyd out of his place, or that the excrementes, by biolence of the breathe, mulde stoppe the powres or cun= optes of the bodye, it thall be necestarpe lyttell and lyttell, by chafpinge the body, fyifte to mollis fre the partes confolydate, and to extenuate or make

Galenus. Paulus.

make thonne the humours, and to lowfe and os pen the poores, and than hall enfue to hom that exercifeth, no pervil of obstruction or rupture. And to bipnge that to paste, it shall be expedient, after that the body is clenfed, to rubbe the body with a course lynnen clothe, frist foftely and eas filpe, and after to increase more and more, to a harde and swyfte rubbynge, butyll the flesche do swelle, and be somwhat ruddy, and that not only downe ryght, but also overthwart & round Some do ble fricalies in this forme, in the mor nonge, after that they have ben at the stole, with they; thirte fleues or bare hande, if they; fleth be tender, they do frist loftely, and afterwarde fas fter, rubbe thepr brefte, and lpdes downewarde, and ouerthwarte, not touchyng their stomacke or bealy, and after cause their servat semblably to rubbe ouerthwart their houlders, and backe, begynnyng at their neckbone, and not touchyng the rapnes of their backe, excepte they doo fels there moche colde and wynde, and afterwarde their leages fro the knees to the ancle:lafte their armes from the elbowe to the hand wreste. Ind in this forme of fricaly I my felfe have founden an excellent commoditie. Dld men, or thep, whis the be very dipe in their bodyes, of they put to fome fwete oples, as Yinum, Rardin, Chame= melmum, or other lyke, myrte with a lytel Cwete ople of rooles, I suppose they do wel. I wyl not here speake of opntementes bled in ode tyme as monge the Romannes and Grekes, in fricalies or rubbynges. For I suppose, that they were never here bled and in the lapde places, they be also left, onelesse it be in palsies, or apoplexies,

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or against the rigour, which hapneth in feuers. onelp. I will remember the faveng of Dipocras tes, fricalpe hathe power to lowle, to bynde, to increace fletihe, and to mpnpfihe hit. for harde frycalies doo bynde or consolidate, softe rubbynge doth lowfe or mollyfre, moche dothe mpuphe fleche, meane rubbynge bothe augment or increase it. De that well knowe more aboundantly herof, lette hym rede the boke of Galene of the preferuation of helth, called in latene De tuenda fanitate, translated most truely and elos quentely, out of Greke into latine, by doctour Linacre, late philition of moste worthy memory to our fouerapgne loide hynge Henry the eight. The same mattier is waitten moze briefely of Baulus Aegineta, Dzibalius, Zetius and Come other late wipters, but bnto Galene not to be compared.

## The diversities of exercises. Cap.33.

The qualitie of exercise, is the dynersytic therof, forasmoche as therin be many differences in mouynge, and also some exercise moueth more one parte of the body, some an other. In difference of mouynge, some is slowe or softe, some is swyfte or faste: some is stronge or biolent, some be myrte with strength a swift nesse. Stronge or biolent exercyses be these, deluyng specially in tough clay and heur) bearing or sustepnynge of heur burdeynes, slymming or walkings against a stiepe buright hill: holding a rope, a clymming by therby, hanging by the handes on any thenge, about a mannes reache,

that his fete touche not the grounde: fandynge and holdinge bppe, or spreadinge the armes, with the handes faste closed, and abydynae foo a longe tyme. Also to holde the armes stedfaste, caulynge an other man, to affap, to pulle theym out, and not withstandynge he kepeth his arme Redfalte, inforcynge therbuto the fynewes and muscles, wrastlynge also with the armes and legges, pf the persones be equall in frengthe, it bothe exercice the one and the other: pf the one be ftronger, than is it to the weaker a more byo lent exercise. Wil these hyndes of exercises, and os ther lyke them, do augmente frengthe, and thers fore they ferue onely for younge men, whiche be inclyned, or be apte to the warres. Swefte cr. excise without violence is, runnynge, playenge with weapons, temple, or throwpinge of the balle, trottpng a space of ground forwarde and backewarde, goynge on the toes, and holdringe bppe the handes. Also Ayrrynge by and downe his armes, without plummettes. Mehement cra ercife is compounde of byolent exercise, and Cwyfte, whan they are forned togyther at cone tyme, as daunlynge of galvardes, throwynge of the balle, and rounnynge after it: footeballe plave may be in the number therof, throwings of the longe darte, and contynuynge it many tys mes, ronnynge in harneys, and other lyke.

The moderate exercise is longe walkinge or going a fourneye. The partes of the body have sondy exercises appropried but othem, as runs ninge and goinge is the mooste proper for the legges. Mounge of the arms by and downe, of stretchinge theym oute, and playinge with

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weapons, ferueth most for the armes and thulders, flouppinge and epspinge oftentyme, or lpf= tynge great weightes, takpuge bp plummettes or other lyke poples on the endes of fraues, and in lyke wyle, lyftyng by in euery hande a lyeare or morispphe by the endes, specyalive croffynge the handes, and to lave theym downe agapne in thep; places, thefe do exercpfe the bache and lois nes. Of the bulke and lunges the proper exers eple is meupinge of the breathe in lyngyinge or erpenge. The entraples, whiche be budernethe the mpddreffe, be exercpted by blowpinge, epther by constraynte, or playenge on Shaulmes, or Backbottes, or other lyke instrumentes, why= che doo requyze moche wynde. The Muscus les are best exercyfed with hologinge the breath in, a longe tyme, soo that he whiche bothe exercyle, hath welle dygested his meate, and is not troubled with moche wynde in his bodye. ffynally lowde redynge, counterfapte battaple. tenple, or throwinge the balle, runninge, wal= Cellus kynge, adde to Motyng, whiche in myn opinion excede all the other, to exercpte the body commo diousely. Alwaye remember, that the ende of bis olent exercple, is difficultye in fetchynge of the brethe. Df moderate erercple, alteratio of breth onely, or the begynnynge of sweate. ABore ouer in wynter, runnynge, and wraftlynge, is conues nient. In Commer waltlynge a lyttell, but not runnpage. In very cold wether, moche walking, in hotte wether, reste is more expedpent. They whiche feme to have morfte bodres, and lyue in pdelnelle, they have nede of bpolent exerepte. They which ar leane and choleryke, must walk

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Che plummettes, called of Balen Alteres, whische are nowe moche vled with great men, being of equall weight, and according to the Arength of hym, that exerciseth, are very good to be vsed fastynge, a lyttell before brekefaste or dyner, hold dynge in every hand one plummet, and lyttynge theym on hyghe, and bryngynge theym downe with moche vyolence, and so he maye make the exercise byolent, or moderate, after the popse of the plummettes, heurer or lyghter, and with moche or lyttell labourynge with theym.

is caried, and is of an other thynge mened, and not of hym

Paul, Egi.

Dere is also an other hynde of erercyle, which is called Gestation, and is myrte with mouninge and rest. For as moch as the body. Irttyng or lyeng, femeth to reft, and not withstanding it is mened by that, whis the beareth it, as livenge in a bedde, haupinge by cordes or chapnes, or in a cradell, fpttinge in a chaire, which is caried on mens fhulders with Stattes, as was the ble of the aucient Romanns or fyttynge in a boote or barge, which is rowed, epdynge on a horse, whiche aumbleth bery east: Ipe, or goth a very fofte pace. The bedde, cradel, and chapte caried, Cerneth for thepm, that are in longe and continuall Cychenelle, or be lately res concred of a feuer. Also them, whiche have the frenelpe og letarge, og haue a lyghte terciane fes uer, 古古の山田田は古山

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uer, or a cotidiane. This exercise swetch asswar geth troubles of the mynd, and prouoketh flepe, as it appereth in chylderne, whiche are rocked. Alfo it is convenient for them, whiche have the palley, the frome, or the goute. Bestation in a charyotte or wagon bath in it a hahpnge of the body, but some behement, and come more fofte, the fofte ferueth in opfeales of the heade, and where any matter runneth downe into the fos make and entraples. But the vehement haking is to be bled in the griefes of the brefte and fos mache. Alfo in Ewellyng of the body and legges in dioplies, palleps, mpgrimes, and Ccotomies, whiche is an imagination of darkenelle, beynge retourned, at the ende of his tournepe, he mufte Cytte bp, and be eafily moued. I haue knowen, Capth Zetius, many persons in suche wyle cu: red without any other helpe. Pauigation or ros wynge nigh to the lande, in a clame water, is er pediet for them that haue bropfies, lepries, pals Cepes, called of the bulgar people, takynges, and francies. To be caried on a rough water, it is a byolent exercise, & induceth fonday affections of the mpnde, comtpme feare, comtpme hope, nowe coward harte, nowe hardineffe, one whyle plea fure, an nother tohple opfpleafure. Thefe exercis tes, pf thep be well tempered, thep mape put out of the body, all longe durpnge lyckenestes. for that whiche is myrte with refte and meupinge, pf any thonge elles maye, it mofte excellently causeth the body to be well nourylined. Leifus Celfus. 2. both prohybite gestation, where the body feleth pepne, & in the begynnyng of feuers, but whan they ceasse, he aloweth it. 批约当 T iiii

Rydynge moderately, and without gryefe, is bothe coprobopate the spylite and bodye aboue other exercyses, specyally the stomake, it clenseth the sences, and maketh theym more quycke: all be it to the breste it is very noyfull. It oughts to be remembred, that as well this, as all other kyndes of exercyse, wold be vsed in a hole couns treye, and where the agre is pure and vncorrups ted. Foresene, that he that woll exercyse, do go fyrste to the stoole, for the causes rehersed in the laste chapiter.

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## 4 Of vociferation. Cap.35.

De chiefe exercpte of the breft and inftens mentes of the bopce, is vociferacion, whi che is lynging, redyng, or crienge, wherof is the propertie, that it purgeth naturall heate, and maketh it alfo fubtpll and ftable, and mas keth the membres of the body lubftancpall and ftronge, relyftpinge difeales. This exercyle wold be bled, of persones thorte wynded, and thepm, whiche can not fetche thepr brethe, but holoring their necke freight byzight. Alfo of them, whose fleshe is consumed, speciallye about the breaste and houlders also which have had apostumes broken in thepr breaftes: moreover of them that are hoose by the moche moviture, and to them. whiche have quartene feuers, it is convenient, it louleth the humour, that Arcketh in the breft. and direth by the moultenelle of the ftomacke, whiche properly the course of the quartayne is wont to brynge with hym, it also profiteth them whiche haue feble ftomakes, or do bomyte cons spnus

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tynually, or do breake by fowsenelle out of the Romake. It is good allo for grefes of the heed. The that intendeth to attempt this exercise, after that he hath ben at the foole, and foftly rubbed the lower partes, and washed his handes. Lette hym fpeake with as bale a boyce as he can, and walkunge, begunne to lynge lowder & lowder, but fivil in a bale boyce, and to take no hede of Eweete tunes or armonye. For that nothynge bothe profpte buto helthe of the body, but to ins force hym felfe to fynge greatte, for therby mos the apre drawen in by fetching of breath, thrus firth forth the breaft and fromache, and openeth and inlargeth the poores. By hygh crienge and lowde readynge, are expelled superfluouse hus mours. Therfore menne and women, haupinge they bodyes feeble, and they flefthe lowle, and not frime, mufte reade oftentymes lowde, and in a baale voyce, extendende oute the wynde pppe, and other passages of the breathe. But not withstanding, this exercise is not bled alway, and of all persons. For they in whome is abundance of humours corrupted, or be moche difeated with crudite in the flomak and baines, those doo I counsaple, to abstayne from the ex-

ercyle of the voyce, leste moche corrupteth inyce or vapours, may therby be into all the body dysstrybuted. And here I conclude to speake of exercyle, whiche of them, that desyre, to remayne longe in helth, is most diligently, as I mought

fay, mofte fcrupuloufely to be obferued.

## THE THYRDE

## THE THIRDE

BOKE.

Ofreplecion. Cap.r.



EPLECION IS A fuperfluous abundance of humours in the body: and that is in two maner of wyse, that is to say in quastitie, a in qualitie. In quantitie, as where al the foure humours are more in abustance, that be equalle in

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proporcion to the body, that conterneth theym, or where one humour moche excedeth the rems naunt in quantitie. In qualytie, as where the bloudde og other humour, is hotter, og colder, thycker or thynner, that is convenient buto the body. Fyifte where all the humours, beynge fuperfluousely increased, fylleth and extendeth the ecceptories of the body, as the ftomake, the bays nes, and bowels, and is most properly called fulnelle,in greke Dlethora,in latine Dlenitudo. The other is where the body is infarced, epther with choler, velowe or blacke, or with fleume, or with water humours, and is properly called in greke, Lacochymia, in latin Miciolus luccus, in englysh it may be called courupt impre. I wol not here write, the subtyl and abundant definitions and descriptions of Balen in his bokes de Ples nitudine, and in his commentaries bypon the apho=

aphoritmes of hipocrates. For it hall here fuf: fyle, to thewe the operations of replecton good or yll, rymyttynge them, whiche be curious, and delyze a moze ample declaration, to the most exp cellent warkes of Galene, where he may be fa: tisfied, yf he be not determined to repougne as gaynft reason. Dipocrates faythe, where meate is recepted moche about nature, that makethe Cyckeneffe. Galene declarynge that place fayth, More meate than accordeth with natures meas Cure, is named replecion. Ind afterwarde he er= poundeth that worde aboue nature, to lignifie to moch and superfluously as who sayth, where the meate is superfluonsly taken, it maketh fik: nelle. for meate but a lytell ercedynge tempes rance, map not forthwith make fpckeneffe, but maye yet kepe the bodpe within the latitude or boundes of helthe, for the meat that thall make Cyckenes, must not a lyttell excede the exquisite measure. The incommoditie, whiche hapneth therby is, that mopfineffe is to moche extended, and naturall heate is debilitate. Also naturalle heate resolueth somewhat of the superfluouse meate and dipuke. And of that, whiche is refole ued of meate budigested, procedeth fumolytic groffe and budygefted, whiche afcendynge bp into the heed, and touchpage the epme, wherin the brane is wrapped, causeth heed ache, trems blyng of the membres, duckythnes of the lyght, and many other fpckneffes: also by the Garpnes therof, it psycketh and annoyeth the fynewes, whiche make lenlibilitie, the rootes of whome, ar in the brayn, and from thense passeth through all the body. Fynally, the land fumolitie, ingendred

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died of repletion, percynge the innermost parte of the land spnewes, called sensible, it grewously annoyeth the power animall, there confpllynge, by the occation wherof, bnderstandpnge and res fon, as to the ble of thepm, are let and troubled. And also the tongue, whiche is reasons exposps tour, is depryued of his office, as it appereth in them, which are dunke, and them, whiche have greuous paynes in their heed, procedyng of res plecion. Spgnes of replecion be thefe, loffe of appetyte, delite in nothpinge, flouthfulneffe, dul= nelle of the wytte, and fences, moze fleape, than was accustomed to be, crampes in the body, ster tynge or faltion of the membres, fulnelle of the vapnes, and thyckenes of the pullis, horrour oz Chronelynge of the body myrte with heate. The remedyes are abstynence, and all euacuations, whereof I wylle make mencyon in the nexte Lhappter.

Oribafius Euporisto lib.1.

## F'Of euacuacion. Capit.

the bodye, if the stomake and lyner do their natural office, be altered by conscotion and digestion, in such wyse that the beste parte therof goth to the nouryshment of the bosty: the warste, beinge separate by the membres officiall, from the residue, are made excrementes in sondry fourmes, and substances, whiche are lyke in qualitie to the natural humour, whiche than raygneth moste in the bodye. These excres mentes be none other, but matter superfluous, and busauery, whiche by natural powers may

Excremen= tes. BOKE.

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not be converted into flethe, but remaynynge in the body corrupt the membres, and therfore nature abhorrynge theym, delyseth to have theym expelleth. These excrementes be thre in number, ordure, bune, humour superfluouse. More over there be two fortes of ordure, that is to fap, one digested, whiche vasseth by siege, the other bus dygested, whiche is expelled by bompte. where I Cape dygested, I meane, that it is passed the stomake, and tourned into an nother fraure. Lyke wyle I calle that budigested, whiche styll retays neth the fpgure of meate. Wrine is the watre Thine fubstaunce of the bloudde, lyke as whave is of mplke, whiche out of the meate that is altered and concocte or boyled in the stomacke, is stray= ned in the bapnes called Melaraice, which pros redeth from the holowe parte of the lyuer, and Cente by the rapnes into the bladder, passethe by the Instrumente, the whiche is orderned as welle to that purpole, as for Generation.

Dumour luperfluoule is in thie fortes, epther myrte with any of the foure humours, called na turall, or els it is gathered into the branne, or it is betwene the Ckynne and the flethe, or lyeth as monge the lynewes, Muscules or iopntes. DE humours some are more groffe and colde, some are subtyll and hotte, and are called vapours. Pow for to expelle the Capo excrementes, are.ir. Condup kyndes of evacuation, that is to cave, ab Apnence, bompte, purgation by liege, lettynge of bloudde, Cearifienge called cuppynge, Iweating, prouocation of vaine, spyttynge, bledyng at the note, or by hemorrodes: Ind in women, their nas turall purgations. Of thefe eugenations 3 well

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briefely declare, with the comodities, whiche by the discrete vie of theym do happen unto the bodye.

If Of abilinence. Cap.3.

Cel.lib. 2. Hipocrat. apho.li.7.

Confidera= tions in ab= Kinence.

Apho.li.1+

Galen. in coment.

Blinence is a forbearringe to recepue as np meate or drynke. for if it be but in part, it is than called rather temperance than abstinence. It ought to be bled onely after replecion, as the proper remedye therfore. And than if it be moderate, it confumeth superfluis tics, and in confumpage them, it clarifieth the humoures, maketh the body faple coloured, and not onely kepeth out syckenesse, but also where Lychenelle is entred, nothringe more helpeth, pf it he bled in leason. To them, whiche have verve morfe bodyes, hunger is ryghte expediente, for it maketh theym more drye, not withstandyinge there ought to be conspderations, in the meate before eaten, in the age of the persone, in the eyme of the pere, and in custome. Fyiste in the meate before eaten, pf it be moche in erceffe oz very arosse, or not moche excedunge, or lyghte of digekpon, and accordinge therto, wolde abilys nence more or laste be proporcioned. Concerning age. Divocrates Capthe, olde men may Custeyne fallynge eatilpe: nexte buto them, men of mpds dell age, yonge men mape wars beare it, chylberne warft of all, specially they that be luffpe, not withandrnge, here Galene correcteth hipocrates, fapenge, that he thuld have excepted men very olde, who, as experience declareth, muste eate often and lyttell. Is touchynge tyme, it must be remembred, that in wynter and sprynge epme

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tyme, the Comakes be naturally verye hotte, and Cleape is longe, and therfore in that tyme meates wolde be more abundaunt, & all though moch be eaten, it will be fooner digefted, wherfore abilinence wolde not be than so moche as in Commer, all be it to absterne moche in commer, excepte it be after replecion, Damascene Capth, it dipeth the body, it maketh the colour Calowe, it ingendzeth melancoly, and hurteth the lyghte. More over, custome mave not be forgots ten, for they, whiche are bled from chylohode, to eate fondep meales in the daye, wolde rather be reduced to fewer meales, and lyttelle meate, than to be compelled to abstannevtterly, to the intent, that nature, whiche is made by custome, be not rebuked, and the power digestyne therby debilitate. And note well, that by to moche ab= finence, the morfture of the body is withdrawe and confequentely the body direth, and wareth leane: naturall heate, by withdrawpinge of mois Aure, is to moche incended, and not finding hus mour to warke in, tourneth his byolence to the radicall or substanciall mopsture of the bodge. and exhaustyng that humour, bapngeth the body into a confumption. wherfore Dipocrates faith, that to scarle and exquisite an order in meate and dipnke, is for the more parte more daunges rouse than that, which is more abundant. Contrarywyle moderation in abstinence, according to the layde conlyderatyons, is to helthe a lure

Damascenus apho.

Apho.li,2

#### THYRDE THE Of Vomite. Cap.4.

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Aetius.li.

De meate or dipnte fuperfluous, or cors rupted in the fromake, is best expelled by bompte,if it be not berp greuous to him whiche is difeated. Alfc the moderate ble of it, pourgeth fleume, lighteth the heed, cau feth that the excelle of meates or dipnkes, thall not anoy or brynge fpckeneffe. Doceover it ame deth the affectis of the raynes, bledder, and the fundement. It also helpeth agapuft lepries, can= hers, goutes, dioplies, and also divers sicknesses proceding of the flomake. For pf any grefe hap neth of the heade, bompte is than bucommodys ous. It is better in winter, than in Commer. Allo good for them, whiche are replete, or very chos lerpke, pf they have not well dygested. but it is pll for thepm, that be leane, or have weake fos makes. And therfore where one feleth bytter ba pours rplpnge out of his stomacke, with griefe and werghtpnelle, in the ouer partes of his bo: dpe, lette hom runne forthwith to this remedve. It is also good for him that is hart burned, and harh moche fpyttell,o: his ftomacke wambleth, and for hym that remeueth into fondine places. Celf.lib.1. Yet I countage capth Leifus, hym that wyll be in helthe, and wold not be to foone aged, that he ble not this dayly. And I my lelfe haue knowen men, whiche daply blynge it haue brought ther= by they? Stomakes into fuch custome, that what so euer they byd eete, they coulde not longe res tapne it, wherby they Morten they lyues. where fore it wolde not be bled, but onely where great furfet, og abundaunce of fleume do requipe it. he that

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Be that wyll bompte after meate, lette hym dipute fondip diputes myrte togyther, and laft of all, warme water: or pf that be to easy, lette hym myrt therwith falte or hony. If he wyl bos mpte fastynge, lette hym dzinke water and hony all anis A Codden togyther, or plope with it, or eate of a cadpine roote, and dipuke warme water bypon tt.alfo water wherin radythe is bovled, and afa terward pronoke hym felfe to it, Them that wil have more byolent pourgations, I remptte to philitions lerned. But pet I do eftiones warne them, that therin they be circumspecte, and doo not moch vie it. More over in bomites, the mats ter brought forthe, wolde be confpdered, accor= dynge to the rules of Hipocrates, in his feconde boke of pronoftications, that is to cape, pf it be myrt with fleume & choler, it is most profitable if it be not in very great quantitie, noz threke, the lade myrture it hath, the worle is it. If it be greene,lyke to leeke blaades, thynne or blacke, it is to be judged pile. If it have all coloures, it is extreme peryllous. If it be leady coloured, and lauoureth houribly, it lignifieth a fort abox licion, or distolution of nature. For as Galene affirmeth there in his comment, Luche maner of bomite declareth corruption with extinctinge of nature. Also every putrifyed and flynchynge fa: wour in bompte is pll. Thele thynges be ryghte necessarp, to be loked for, where one bothe bos mpte without any difficultie: but to inforce one to bomite, whiche can not, is very odious, and to be abhorred.

Hipocrat. prælag. 24 cap.7.

Galen. de locis affe dis.lib.t.

Empyodicours, erreculences are

#### THE THYRDE

Of purgations by fiege Cap.5.

Cel.lib.2. Actius.li.3

If the heed be heupe, or the epen dymme, or pf there be papue felte of the cholyke, or in the lower parte of the beaty, or in the hyps pes, or fome cholerpke matter or fleume in the flomake. Allo pf the brethe be hardely fet= ched, yf the bealpe of hym Celfe fendeth forthe nothynge, or pf beynge confirfe, one feleth pil fa mour or betternelle in his mouth, or that whiche he maketh, hath an hogryble fauour, og pf abitis mence do not, at the frifte put awaye the feuer. or yf the ftrength of the body mape not fusteyne lettynge of bloudde, or elles the tyme therfore concenient is palt, or yf one haue dronke moche before his tyckenelle, or yf he whiche oftentys mes biconstrapned hath hadde great lieges, be fodapnly stopped:in all thefe cales, & where it is pernefull to bompte, and in gnawynge or frettynges of the fromake, finally in all reples cions, where a man can not or woll not be lette bloudde or bompte, it is expedient to prouoke Tiege by purgations, whiche are recepued by two waves : vpwarde at the foundement bp Suppolitories or clysters. Downewarde at the mouthe, by potions, electuaries, or pylles. Suppolitories are bled, where the pacpent is

weake, and mape not recepue any other purgastions. Comtyme for as moche as the firayt gutte is stopped with excrementes, whiche are drye and harde: Cometyme where there nedeth none other purgation, specially in bourning severs, where the matter ascendeth into the heed, than elysters may doo harme, and by the benefitte of suppositories, excrementes are brought forthe

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without any annoyaunce. And often tomes it bipngeth forthe that whiche clufters maye not. Suppolitories are made fometyme with honne onelp, fodden, rolled on a bourde, & made round, smaller at the one ende, than at the other, and of the length and greatnesse, accordinge to the quantitie of the body that taketh it. Sometyme there is myrte with the hony falte diped, or falte peter, or the powder of luche thynges, as do eps ther purge the humour, whiche offendeth, or dit Colueth groffe wyndes, or other matter : they be Commetyme made with roleys, pytche, ware, or gummes, Comtyme of rootes, or the leaves of Mercury grene, bery fmalle buyled. Allo with frages or raisons, the stones taken out, or of whyte love, made in the fraure aforelayde, and bernge made in the fourme afore laid, they must be put bype in at the fundement, to the great ende, & the patient mufte kepe it there the Tpace of halfe an houre or more.

Liviters are made of incour Cometyme Cymple, as water fodden, mplke, ople, or wpne. fometyme myrte, as water and ople togyther, or decoctis ons, as where herbes, rootes, fruites, febes, or gumes, haupinge propertie to make loft, disfolue brawe forth, or expelle matter that greeueth, be boyled, and the lycour therof, Comtyme warme, Comtyme hote, is recepued at the fundament in to the body by a lyttell pppe of golde or Cyluer, puope, or woode, therfore ordepned and called a civiter pppe. This is necessarie, where the ftos make is wapke, and map not sustepne the wars apage of medicines recepued at the mouth, also in feuers, colphes, and other difeales in the bos mels D) ii

wels, griefe in the raynes of the backe of hurkle bone, ventolities in the bealy, inflamation of exulceration in the guttes of bladder. It is a conuenient and lure medicine, and leste hurte dothe ensue of it. The makinge and ofdyinge therof, I will omitte to write in this place, partly that I wolde not, that philitions thuld to moch note in me presumption, partely that another place may be more apte to that purpose.

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The particular commodities of every purgacion. Cap. 6.

A potions, electuaries, and pylles oughte to be moche more observation, than in clusters or fuppolitories, foralmoch as thele do enter mo further than into the gutte, where the ordure lveth, and by that place onely, bringeth forth the matter, whiche cauleth difeale. But the other entrynge in that way, that meates and dipukes Do, cometh into the fromacke, and there is bop; led, and cente into the places of digestyon, and afterwarde is myrte with the iupce, wherof the Substance of the body is made, and expellynge the adverlarge humours, fommewhat thereof doubtelesse remarneth in the bodye. Mherfore menne have neede to beware, what medicynes they recepue, that in them be noo benenosptie, malyce or corruption, left for the expellinge of a Caperfluous humoz, which perchance good diet. or come brothes mate of good herbes, or the faid enacuation, with suppositorie or clifter, mought hipnge forthe at lepfure. by despringe of to has The remedye, they receive in medicine that whis ches

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the that ingender a venemous humour, and bus enitable deftruction bnto all the body. Ind thers fore happpe is he, whiche in frekenesse fyndeth a deferete and welle lerned philition, and foo trewe a potycarve, that hath always diowass bucogrupted, and whome the phylition maps furely trufte, to dispence his thinges trewelp. But nowe to retourne to the fayde fourme of pourgation, I wylle nowe fette forthe fomms countayles, concernynge that mattier, whiche I have collected out of the chiefe authours of philyche. Bodies hotte and mopfte, mape ealys ly sustepne pourgation by the stoole. They whis the be leane or thyune, haupinge the members tender, may take harme by purgations. To men that are cholerike, and theym that eate lyttelle, pourgations are greuoule. In ponge chylderne and olde menne, it is daungerouse to lowse mos che the bealte. To therm that are not wonte to it, pourgation is noyfulle. De that lyueth in a good order of diete needeth nepther pourgatis on not bompte. After that the pourgation hathe wroughte, thyritnes and founde flepe be frgnes that the bodyclis lufficiently pourged. By days ly takinge of medicines, nature is corrupted. whan pe wyll purge any thonge make friste the matter flowpinge & foluble. De edicpne to pourge oughe not to be myngled with meate, but to be taken foure houres at the lefte before meales, or thie houres after meales, excepte certapne ealp pylles made to clenke and comforte the Comakc. whiche wolde be taken at the begynnynge of Supper, or after Supper a lyttell before that one goeth to bed, makinge a lighte supper of none. After

Hipocrat

After purgation taken, the pacyent chulde reste, a not walke, butyll the medicyne hath wrought, not eate of dignicke in the meane space. These thynges have I remembred, bycause I have knowen ryght good phisitions, to have forgots ten, to instructe therof their pacietes. How wyll I sette forthe the table of suche thynges, whis che of theyr propertie do digest of pourge supers sluous humours particularly, whiche I have gathered out of the bookes of Dioscopides, Gas sene, Paulus Egineta, Oribasius, and Aetius, and other late writers, not withstandinge, I have not writen all, for as moche as there be disters thynges, where mot we have not yet founs den any names in englyshe.

Digestiues of choler. T Endpue. Lettyle. Lykszye. Dcabiole. May denheare. Malowes. Mercury. The tupce of pomes garnades. Dourfelane. HOOPP. Berberies. Moles. Miolettes the lefe and flowie. Sozeil.

Hipocrat

Apuerworte.
Sorell de bople.
Mhay clarityed.
The great foure colds ledes, that is to lay, of gourdes, cucumbers, melones, and citruls.
Plilium,
Tyneger.
Saunders.
Barley water.
Prunes.
Tamaryndes.

Choler.

Mylde hoppes.

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**卫特政和联系的执行** 

Mointemode Tentonie. Fumptorie. Mhap of butter. Miolettes. Mercury. Juyce of Roles Dunes. Eupatorpe. Camarindes, halfe an ounce in a becoction. Manna. bi . diammes at the leafte, and fo to rrb. in the brothe of a henne or capon. Rebarbaru by it felfe frome two diammes, bnto foure, infuled ez fliped in lycour, frome ffit. djames buto. biti.

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Digeltyues of fleume.

Thenell, the rootes Smallage.
Lapers.
Lawiell.
Spany.
Puly.
Maioram.
Penpropall.
Mylde parenyp fede.

Mont. Oympernell. Dozempnt. Bladen. Agrymonye. Lalamput. Aep. Betapne. Dauge. Radpibe. Mugworte. Junpper. laplope. Pponp. Baulme. Honge. Gyngee. Squilla. Artitolochia. Lynamome. Depper. Lumpne.

Pourges of

Activil.
Agrimonye.
Alder.
Polypodik of the oke.
Obylabolani kebuli, infused frome halfe an ounce to an ounce,

and two drammes. In Substance, frome twoo drammes to halfe an ounce. Agaricus, fro a diame to two drammes, ins fuled from, ii, diames to fyue. Vicos. Maydenheare. Sticados.

> TPourges of melancolp.

TThe brothe of coles wortes, lyght boyled. 25 aulme mynte.

Sticados. Epme. Seene, boyled in white wine, or in the broth of a henne. Laced Cauery. Erthimus. Unwrought Cylke Diganum. Lalament. Bolage. Dartis tunge. Dupckbeme. Maydenheare. Mythwynde. Dulyall mountagne. Dony. Sugar.

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T Melancoly for the thynnesse and subtylnesse of the humour, nedeth no Digestine.

They whiche well take tharper purgations, or compounde with druers thringes, lette theyms take the countable of an honest and perfpte phis fytion, and not aduenture to myrte thynges to: gyther, without knowinge the temperaunce of them in degrees, and that he canne proporcion theym to the bodye, that thall recepue theym in Comples, as they be wrotten. And so he maye ble theym without perpil, agaynste the humours, wher vuto they ferue. thrufeb fromse halfs

Lettyng

Sories parings fees, an owner to an ounce, With the

The parte of Euacuation by lettyinge of bloudde, is incispon or cuttynge of the vapne, wherby the bloud, whiche is caule of fyckenelle or griefe to the hole bodye, or any partycular parte therof, both mofte aptly paffe. The commodities wherof, beyng in a moderate Arnoldus quantitie, and in a due tyme taken, be thefe that folowe, it clerifieth the wpt, and maketh good memozye, it clenfeth the bladder, it dipeth the ua. brapne, it warmeth the marowe, bepnge in the bones, it openeth the hearyng, it stoppeth teares or droppyinges of the epen, it taketh awaye loths Comnelle, and confirmeth the Comake, it nouris theth that, whiche is proper to nature, and the contrarge expelleth. It is thought, that therby lyfe is prolonged, and the matter making fycks nelle Mortely confumed. Mherfore lettynge of bloudde is not onely expedient for thepm, which are fulle of bloudde, or have aboundaunce of Arengthe, but also for theym, in whome, with ne compe oute plenitude, called fulnelle, inflammations begynne to be in they bodyes, or by fome outes warde strooke, the bloudde bepnge gathered within, by collection therof, doo feele griefe oz disease. Also where there is moche pepne felte, of debylitie of some member, wherof is suppos Ced to be ingendred some grenous disease. ABore ouer thep, whiche ble excelle of meates and diputes, may be cured by lettpuge of bloudde. But thole, whiche be temperate, keppuge good diete, be holpen without lettynge of blode: as by fricalies, vlynge of bathes, exercice, walkynge,

de uillang

Oribalius in medici

and rydynge moderately. Alloo buctions with oples and opntementes, called Diaphojetice, whiche by enaporation, do houtly enacuate the fulnelle. All be it,pf the fulnelle be of melancolp bloudde, than alway nedes mufte be lettpnge of bloudde. Abundaunce of melancoly bloudde is knowen by thele lygnes. There is felte in the en traples, or within the boulke of a man or wos man, a werghtpues with tention or thullynge outwarde and all that parte, whiche is about the nauel, is more heup, than it was wont to be. allo mothe brine and fatty, the relidence or bos tome, thycke, troublous, and fatte, Commetyme blacke pouthes or boples, with inflamation and moche pepne. Thele multe be chortip let bloude, and the melancoly humour also purged by siege They, whyche have crude or rawe humoures, mufte be warely lette bloudde, befoze that fycks neffe ingender, but haupng the feuer, in no wife, Concernynge lettynge of blonde, thele thynges folowynge, wolde be had in continuall remema brance, and be afore thought on. In abundance of the bloudde, the qualitie and quantitie, the greatnelle of the fycknes, and pf it be prefente, or loked for. allo the Diet precedyng, the age and Arength of the perfon, the natural fourme of his body, the tyme of the pere, the region or cons erep, the prefent state of the apre, the difvle of ac customed exercple, the ceasipnge of enacuations pled before. In qualitie conlyder, of what hus mour the fulnes procedeth. In quantitie the as bundance of that, whiche is to be pourged. In Spekenelle, if it be dangerous or tollerable: if the Cychnelle be prefent, it requireth the more dilys gence

gence: if it be loked for, it may be the better pro: Cor. Celporcioned. In diete, the cuftome in eatynge and fus.lib.2. brinkping, must be Specially noted. In ponge men and women, lettpage of bloudde wolde be moze lpberall. In olde menne and ponge chploeene, it molde be fcarfer:ftronge men mare fufterne bles dunge, they whiche are feble, may not endure it: Large bodies haue greatter bellelles, than they, which be little.leane me haue moze blod, corporat men haue more flethe. The time of the vere muft be specially marked. For in the begynnynge of fpringe tyme, it is befte lettynge of bloudde, as Dibalius laythe, and lo dothe contynue, after the opinion of Arnolde, buto the erght calendes of June. Betius affirmeth, that in wynter, or in a colde countrep, or where the person is of a bery colde nature, the vapnes Guld not be opened. And Damalcene lapth, They whiche in youthe haue ble to be moche lette bloudde, after thep. be thre Croze peres old, their nature wareth cold. and naturall heate is in them fuffocate, fpecially if they were of a colde complexion . but that is to be buderstande, where they that are in helth, are often let bloude. for in the laple from belth. and in dpuers difeates, wherein the bloudde is corrupted, or where it ingendicth impostumes, or reforteth to any place, where it ought not to be, or passeth by any other cundyte, than nature hath orderned, or where it is furrouse or inflamed, o: by any other meanes bredethe greuoule difeates, in all thefe cafes it ought to be practys Ced, pe fometyme in aged perfones, women with childe, and pong infantes. for in extreme necels Citic, it were better experience come remedy, than

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Oriba.[a-Arnold.de uilla nous de flobothomia. Io.Damas scenus in arte medi

to do nothynge. All other thynges concernynge this matter, pertayne to the part curatyue, whis the treateth of healynge of Cycknelle, wherof I wyll not nowe speake, but remytte the reders to the counsayle of discrete philitions.

Of scarifienge called boxinge or cup pynge. Cap. 7.

Galenus Actius lis

Oribafius in medicinæ copen.

Aetius

De as moche as it is not conuenient, to be lette bloude often tymes in the yere, bicaule moch of the vital Spirite passeth forth with the bloudde, whiche beynge exhauste, the bodye wareth colde, and naturall operations become the more feble, I therfore do countaple (farthe Balene) that the bale partes of the body, as the legges, be fcarified, whiche is the moste fure res medy, as well in concerupnge helthe as in repais epinge therof, bepinge decaped. For it cureth the epen bernge anoped with longe distillations. It profeteth also to the heed, and ouer parte of the body, against fondip difeates. In what member the bloudde is gathered, the body beynge frifte purged by Ccarification, the grefe may be cured. Allo Drivalius affirmeth the lame, and allo ads beth therto, that it helpeth fournances, or quins ces in the throte, and dissolueth the constipatis ons or stoppynges made of all places, if the plas ces be fcarified: not withstandynge applicacion of boxesabout the fromake, in hot feuers, where reason is troubled, are to be eschued, for feare of Cuffocatio. Likewife put to the heed budifcretes ly, it hurteth bothe the heed a the cies. The late authors do affirme, that fearifieng is in the fede

of lettynge bloudde, where for age, debilitie, or tyme of the yere, or other lyke confederation, a man maye not susteyne bloudde lettinge, and it bryngeth forth the thynne bloud, whiche is next to the skyn.

Of bloude suckers or leaches. Cap.8.

Dere is also an other fourme of enacuation by wormes, founde in waters callyd bloude fuckers or leaches, whiche beinge put buto the body or member, to draw out blok. And their drawpinge is more convenient for fulnelle of bloudde than fcarifyenge is, foralmoche as they fetche bloud moze deper, and is moze of the substance of bloud, pet the opinion of some men is, that they do drawe no bloude but that, which is corrupted, and not proporcionable bus to our body. And therfore in griefes, which haps pen betwene the Capnne and the flelibe of blode courupted, thefe are more convenient than fcaris fienge. But before that they be putte bnto any parte of the body, they muste be friste kepte all one day before, grupng buto them a lyttel blode in frethe flesche. And than putte theym in cleane water, fomwhat warme, and with a spounge wype awaye the Clyme, whiche is about theym, and than lave a lyttell bloudde on the place gres ued, and putte thepm thanne to it, and lape on theym a spounge, than whan they be fulle, they may falle away. or pf pe wyll Cooner haue thems of, put a horse heare betweene they mouthes, and the place, and drawe them awaye, or putte to they; mouthes falte of athes, of byneger, and Forths.

Oribafius in medicinæ copen-

Forthewith they thall falle, and than wathe the place with a spounge, and yf there do issue moch bloude, lay on the place the poulder of a spunge, and pytche burned, or lynnen clothe bourned, or galles bourned, or the herbe called Bursa pastoseis, bruyled. And this suffyleth concerninge bloudde suckers.

## Of hemoroides or piles. Cap.9.

Emoroides be vapnes in the funtement. of whom do happen fondip pallions, fom I tyme Ewellynge, without bledynge, Come tyme Cuperfluous bloudde by the puissaunce of nature, is by them expelled, and thanne be thep bety conticutent, for by them a man thall escape many great fychnelles, whiche be ingendreth of corrupted bloude, or of melancoly. Semblably, if they be haltily stopped from the course, which they have ben vied to, therby doo increase the Capde Spekenelles, whiche by them were expel-Ipo, as diopfpes, confumptions, madnelle, frans tres, and dyners dyfeates of the heed, and other tpchnelles, palenelle of the bplage, gryefe in the earnes of the back, and thies. And of they flowe to moche, there infueth febleneffe, leaneffe of the body, alteration of colour, great paynes in the lower partes of the body. And pf the fluxe be bn moderate, it engendzeth mplcheuous difeales. wherfore it wolde be dilpgently taken hede, that thep runne in measure, or elles to ble some thons ges moderately, whiche may restrayne them.

Concernynge other enacuations, I do pura polely omytte to write of them in this place, for as moch

Of affectes of the mynde. Ca. 10.

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De lafte of chynges callyd not naturall. is not the latte parte to be confydered, the whiche is of affectes and passions of the mynde. for pf they be immoderate, they do not onely anop the body and horten the lyfe, but als to they do appaire, and fometyme lofe beterly a mans estimation. Ind that moche more is, they bipinge a man from the ble of reason, and some tyme in the displeasure of almighty god. Mhers fore they do not onely require the helpe of phys fyche corporalle, but also the counsell of a man wyle and well lerned in motall philolophye. Moherfore after that I have recited, what thep be, I wyll bypefely deciare fuche countaples, as Thave gathered. Ind as concerninge remedies of philphe, laupnge a fewe lymples, whiche do comforte the harte and spirytes, the respone woll remptte to the countaple of philitions, lyke as I have done in enacuation. Affectes of the mpnde, wherby the body is annoyed, & do bipng in sycknes, be these, Die or wrath, heuynesse or Corowe, gladneffe or reiopcynge,

## 4 Of Ire. Cap. 11.

Tike is kendled in the harte, inordinately that fynge the spirites there, and than is let forth into the membres, and bothe superfluouselye heats

heate them, and disturbeth reason, where the bos dres be hote afore, where natural heate is feble, the heate may not be dispersed buto the extreme partes, and than dothe the extreme membres, that is to lave, whiche are farre from the harte, remanne colde and tremblynge. Df this affectis on commeth Cometyme feuers, Cometyme apos plexies, or prination of fencis, tremblynge, pals Ceps, madnelle, franties, deformitie of bylage: and that warle is, outragious fwearinge, blals phempe, belpre of bengeance, loffe of charitie, as mitie, credence, also forgetfulnelle of benefptte precedynge, and of obedience, buptie, and reues rence. There also do succede contencion, charges able fuite, buquietnes of mynde, lacke of appes eite, lacke of flepe, feble digestion, scome, dpf. darne, and hatred of other, with perpil of los . Tynge of all good reputation. Thefe incomodis ties of Tre, perfitely had in remembraunce, and at the full motion therof one of them thoughte on, may happen to birnge in his felowes, and therby the flame may be quenched. og lette hom that is angry, even at the frifte confyder one of thefe thynges, that lyke as he is a man, fo is al= to the other, with whome he is angry, and there fore it is as lefulle for the other to be angipe, as onto hym, and if he so be, than thall that anger be to him displesant, and stere him more to be an ary, whereby it appereth, that Fre is to him loths Some. If the other be pacient, than let hom ab: horre that thong in him felfe, the lacke wherof, in the other contenteth hym, and all wageth his malice. More ouer, let hom before, that occation of Ire bothe happen, accustome hym Celfe to beholde

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Scholde, and marke well they mithat be angry, with the fuccelle of that anger, and ruminate it in his monde, a good fpace after. Ind in that tome, let hom remember, howe Lhuff, the Conne of god and God, who (as he hom felfe fapde) mought have had of god his father, of he wolde have afked theym, legions of aungels, to have Defended him, pe with laffe tha a winke mought have Clayne all his aductfaries, pet he not with: fandyng, rebuked, fcomed, fallely accused, plucs hed hyther and thyder, freped, bounden with halters, whipped, ipptte on, buffettes, crowned with tharpe thome, labed with a heuve piece of epmber, his owne proper tourmente, halpo, and Dipuen forthe lyke a calfe to the flaughter hous, efteloones beaten and ouerthiowen, retched, forthewith ropes, armes and legges lapbe on the Croffe, and therebuto with longe you nays les throughe the handes and feete napled, with manye ftrookes of hammers, with many papes tipnges, or euer the naples moughte perce by his tender and most blessed fleshe and spnewes, quyte throughe the harde tymber, bppe to the heedes of the naples, and all this bernge bone for the offence of mankynde, and not his : pet with the men, which byb it, his molte bukynde countrepmen, his most vimaturall kynnesmenne whome he fyille made of nothynge, preferued by mpracles, belyuered from perplies, and cured of dyleales, in all his veration and trouble, he was never feene or percepued angry. If one work Cap, that anger is naturall, let lipm allo confider that in Chipfies manhode, were all naturalle powers. If he well fape, that Ire is token of courage

Pfal.4.
Genel.51.
Exod.51.
Leuit.10
Marc.11.

courage, and in Chipfte it lacked not, whome bothe angels and deupis trembled and feared. The prempiles often renolued, and borne in the enpude, I wyll not fay, thall betterly extincte all motions of wrathe, which is not pollyble, but it thall, whan it kyndleth lightly, represte it, and let that it Mall not growe into flame. And in speas konge here of weath, Too not meane that, whis the good men haue agaynfte byces:02 wyle and difcrete gouernours and mayfters, agaputethe defautes or negligences of therr lubiectes or fer mauntes, bled in rebuking them, or moderately pumpfdpng them. For that is not properly prebut rather to be callyd displeasure, and is that wherof god speaketh, by his prophete Daugd Capengi Be you angry & do not finne. And that maner beanger, hath ben in druers holy menne, prophetes, and other. And it appered in Chapfe whan he draue out them which made their mar hette in the holy teple of god, where there ought to be nothing but prayer. And in lyke wife wha he rebuked the hypocrites But pf none of thefe thinges may come so thoutly to his remebrance, that is mened with anger, at the left lette ipm thouse on the lesson, that Apollodorus the phys lecopher taught to the Emperoure Detauian, chat before he speake or do any thonge in anger he to recite in order, at the letters of the I, B, L, gremoue commhat out of the place, that he is in and feke occaspon to be otherwyle occupied. Whis that for this tyme fuffple, for the remedies of Ire. And he that wol know more of this mat ter, let hom reade in my warke, called the Gouer nour, where I therof do write more abudantly. DE TOMPHER.

the part of the book of the bar and to be the bar and the bar and

Pfal.4.
Genel.31.
Exod.32.
Leuit.10
Marc.11.

## BOKE Of dolour or heuinesse of mynde. Capitulo+12+

Dere is no thouge more ennemy to lyfe, then forowe, callyd allo heuenelle, for it exhausteth bothe naturall heate and mops Auro of the body, and bothe extenuate of make the hody leane, dulleth the wit, and darkneth the fpirites, letteth the ble and jugement of reason, and oppressed memorie. And Salomon Capthe, Pro.17.256 that folowe direth by the bones. And also lyke as the mothe in the garmente, and the wourme in the tree, foo bothe heuynelle annope the harte 25. 38. of a man. Allo in the boke called Eccleliafticus, Solowe hathe holled manpe, and in it felte is founde no commoditie. Also by heupnesse dethe is haftened, it hydeth bertue or frengthe, and heupnesse of harte boweth downe the necke. This is so puillaunt an ennempe to nature and bodyly helthe, that to resplie the malpre and bis olence therof, are required remedies, as well of the holfome countables founde in holy feripture a in the bokes of motall doctrine. As also of cer tapne herbes, fruptes, and (pyces, haupnge the propertie to expelle melancalphe humours, and to comforte and kepe lyuely the fpirites, whiche have thepr proper habitation in the hart of ma, and moderate nourything of the naturall heate and humour, called radical, which is the base of foundation, wher bypon the lyfe of manne stans beth, and that faplping, lyfe falleth in rupne, and the body is dissolved. Rome friste I wille des clare some remedyes agapuste sozowfulnesse of harte, concernpage necestary countagle. Domtyme

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Ecclefiasti

Somtome this affecte hapneth of Ingratis Aude, eyther wherfore benefpte, or specialle loue employed, one receptioth damage, or is abandos ned in his necessite, or is deceived of hym, whom he trufted, or fyndeth hym, of whome he' hathe great expectation, forgetfull or neglygent in his commoditie, or percepueth the persone, whome of longe tyme he hath loued, to be estraunged from hym, 02 to have one of later acquaphtance in moze estimation. This affection nyppeth the harte, ye of mofte wyle men, for they loue mofte hartily, not prouohed by carnalle affection, but eather by good opinion, ingendred by fimilitude be honest fludies, and vertuous maners of long tyme mutually experienced. And it is not onely bnto man greuous, but also bnto god most dils pleafant and odiouse, as it is aboundantly des clared in feripture, wherfore the persone, which feleth hom felfe touched with this affecte, before that it growe into a passion, and wareth a freks melle, lette hym calle to remembraunce thele ars tycles folowynge, or at the lefte wayes fomme of theym, for enerythe of theym maye eafs hpm, thoughe perchance they can not forthwith perfitely cure hom.

Conlyder, that the couruption of mans nasture is not so mache declared in any thynge, as in Ingratytude, whereby a man is made warfe, than dyners but e beaftes. The lyttell ante of emote helpeth by his felowe, whome he seeth os nerthiowen with burdepn, of by other occasion. Also whan olyphantes do passe oner any greate water, the greattest and enoste puissant of them deupde them selves, and settynge the weakest in

**Lounlailes** agapult mi gratitude.

Appianus in uaria hi Horia, the myddell, parte go before, tryeng the depness and perylies, parte come after, succourpnge the weakest of leaste, with they longe notes, whan they see them in dauger. The same beastes have ben seene not onely byings men out of desertes, whiche have loste they wayes, but also revenge the dyspleasures doone to them, the which gave them meate, as one that slewe hym, whych had commytted advoutrye with his maysters wyfe. The terrible Lyons and Panthers, have bene sene in they maner, to render thankes to they benefactours, ye and to object their owne hos dies and lyves for they defence. The same we maye dayely beholde in oure owne dogges.

Chan in whom thou fyndelt the detestable bice of Ingratytude, reputyinge hym amonge the warfte forte of creatures, thynke not that thou haste loste a frende, but thynke that thou arte delpuered frome a monster of nature, that des noured thy love, and that thou arte nowe at ipbertye, and haste wonne experpence to chese the a better. But of this mave not fuffole, than efteloones conlyder, that pf thou loke welle on thy felfe, perchaunce thou mayft fynde the faute wherof thou complaynest, within thone owne bolomme. Calle to thy remembraunce, pf thou hafte alwaye rendied buto every man condygne thankes or benefytte, of whome thou hall kynds nelle recevued, or of thou halt alway remembred euery one of them, that have done to the any cos moditie or pleasure. Thou halt well percepue, that what thong thou receptedit in chyldehode, thou forgattelt, or dyddelt lyttell efteeme, whan thou camest to the state of a man, and whas 3 us thou

Seneca de benefi.7.

thou byddelt remember in pouthe, in age, thou bydded lyttell thynke on : thy nourges pappe. her rockynges, her watchynges, thou haft not al wave remembred, or equally recompensed. Thy fcoole maylters ftudpe, his labour, his dilpgence in a lyke degree, thou hafte not requpted, what greatter frendes hafte thou had, of whome thou couldest recepue any greatter benefites, than the nourpffppng and preferupage of thy lyfe, in the mofte febleneffe, or thone erudicion, wherby tho nature was made moze ercellent. Remembapinge this leave to be angry or forowful, for fo comon a bycespet pf it celle not to greue the, comferte the ingratitude that doth bere the, with that ins gratitude, which was thewed by the Mraelytes whome god chale for his owne people, deliuered from feruage, fewed for thepm wonders, pre= ferued them fourty peres in delert, deftroied for them hynges, gaue to them the countrey, which flowed mplke and hony, defended them agaynft all outwarde hoftplitte, fent bnto them Luche a: bundance of rpches, that Cpluer was in Bierus falem as flones in the firete, had his tabernacle, and afterwarde his mofte holpe temple amonge them, whiche he dod davely bylite with his dys upne maleftie, made thep; kynges to reigne glos rioufely, and Cpake with their prophetes famis lyarly, and corrected their errours mofte gentils Iviand vet for all this, they, imbracong the pays nyme poolatrie, they lefte foo gracpous and los upnge a loide, and lyupnge god, and to his great Delpite, gaue dinine honours, to calfes of braffe, and other monffruouse pmages, and at the lafte put to mofte cruell deth, the onely fonne of god, thas

Seneca de benefista that hadde done to mothe for them. The of the

And ye we chapften men, doo loke well on oue Celues, renoluyage the incomparable benefite, whiche we haue recepued by Chustes passyon, and confpder the citcumftance of his moofte exs tellent pacience, and molte feruent loue toward bs, with our forgetfulnes, and they dayly breche of our prompte, whiche we made at oure baps tylme, conferryng our mutuall bukyndnes thers buto, there thall appere no ingratitude, that muide offende vo. frynally for a conclusion, bes holde well aboute the, and thou halte all dage fpnde the childerne ingrate to thepr parentes, and wrues to they hulbandes. And write thou looke that thy benefpte, or bayne expectation, mulo make themose fre from ingratitute of the frende, whome chaunce hath fente the, than nas ture may the parentes towarde thepr chyldern, or the confunction of bodres by lefull marpage, take bukpuduelle from the wrues toward their hulbandes. This byce therfore of Ingratitude, beinge fo common a chaunce, make no worldipe frendellyp to precioule, that lyfe or heithe thera fore thulde be Cpent or confunted. I have ben the lenger in this place, bycaule I haue had in this griefe lufficient experience.

If death of chylocene be cause of thy heups melle, call to the remembrance fome cheldern(of whome there is no lyttell nomber) whose lyucs epther for bucortigyble byces, or infortunate chaunces, haue bene more greuouse buto thepe parentes, thanne the deathe of thy chylderne ought to be buto the : conspoerguge that beath is the discharger of all gryefes, and myseries, and

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OF FOLLINGS

and to theym that due well, the fulle entrie into

tofe euerlastynge.

Loffe of goodes.

The losse of goodes of authoritie do greeus none but fooles, which do not marke dyligently, that lyke as neyther the one not the other dothe always happen to them that are worthye, so we have in dayely experience, that they fall froms hym sodeynely, who in increasings of keppings them senieth most buly.

Macke of promotion.

Thaunces.

of fortune.

Oftentymes the repulle frome promotion is cause of discomforte, but than consyder, whyse ther in the opinion of good men, thou art demed worthy to have suche advancement, or in the owne expectation fantaly. If good men so suge the, thanks thou god of that felicitie, and laugh at the blyndnesse of theym, that soo have refussed the. If it procede of them, that soo have refussed the. If it procede of them owne folge, abshore all arrogance, and inforce the self to be advanced in mennes estimation, before thou can fende the selfe worthy in the proper opinion.

Mil other chaunces of fortune esteme as noo thringe, and that longe before they doo happen. The ofte recordings of impleres, prepareth the impide to fele lesse advertitie. And the contempt of fortune is fure quietnesse and mooste perfete

felpcitie.

focatil of

This nowe thall suffice concernings remedies of morall phylosophie. Howe will I write somewhat touchings the countails of phylyke, as in relieuvings the bodye, whiche either by the saide occasions, or by the humoure of melans coive is brought out of temper.

The fyilte counsaple is, that durynge the tyme of that pallyon, eschewe to be angree, since diouse.

dpoule, or folitarpe, and reiopce the with melodre, or els be alwaye in luche company, as belie mape contente the.

Auopde all thonges that be nopoule in frahe. Emellynge and herynge, and imbrace all thynge

that is delectable.

fice darkenesse, moche watche, and buspnesse of mynde, moche companieng with women, the ble of thypaes very hotte and dive : often purs gations, immoderate exercple, thyaft, moche abs

Ainence, dipe wyndes and colde.

Abstern from dayly eatyng of moch old biefs or old mutton, hard chefe, hare fleth, bozes fleth, benplon , faltefpthe, coolewortes , beanes , and vealon, very courle breadde, greate fylibes of the fee, as thurlepole, poppie, and frirgeon, and other of like natures, wine redde and thickes meates bernge very falte or fowre, olde, burned or freed, garlyke, onpons, and lekes.

Tile meates whiche are temperatelye hotte. and therwith Comewhat moute, boyled rather than rofted, light of digestion, and ingending bloudde clere and fonc. As mylke hotte from the boder, or at the leste newe mylked, ruen chese, Ewete almondes, the yelkes of rere egges, lyttell byides of the buthes, chyckens, and hennes. wone whyte or clarette, cleere and fragrauntes wete fauours in writer hot, in commer colde.

in the meane tyme temperate.

Confortatives of Baulmynte. the hart hot. TBourage the floure Lloues. or leafe. Bugioste.

Elycampane. Lardamomum. Rolemary.

**基Ignum** 

#### THYRDE THE

Lignum aloes. Mulke. Ambergryce. Baffron. The bone of the barte Saunders. of a redde diere. Marites. The rynde of Litron. Been. Lububes. Basple.

T Confortatpues of the harte colde.

Miolettes. Derles. Lozail.

The buicoines home. Dide appulles whiche be good. iRofes. The olyphantes tothe. Mater lplies. Louiander picpared.

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T Lomfortatyues temperate. Jacinet. Saphire. Emerauldes. Aprabolanes, called kebulp. Bugiosse. Bolde, Spluer.

## 4 Of loye.

Dyc or gladnelle of harte both prolonge the lpfe, it fatteth the bodye that is leane with troubles, bytynge the humours to an equall temperance, and biawinge naturall heate outs warde. But of it be fodanne & feruent, it oftens tymes flesth, for as moche as it draweth to fos Deputy and excellpuely naturall heate outward. And therfore opuers men and women haue ben Cene to falle in a counde, what they have codayns lpe beholden the persons, whom they fertiently loued. I a woman in Rome, herynge fyifte, that her sonne was flapne in battaple. After whan he same to her, the feynge hem alpue, imbracenge

Ti.Linius.

ethe other, the dyed in his armes. This wells confedered, against suche inordinate gladnesse, the best preservative is to remember, that the extreme partes of mundayne tope is sorow and heupnesse: And that nothings of this worlde, mape so mothe recopee bs: but occasion mayorause it to be displeasaunt buto bs.

## The dominion of fondry complexions. Cap. 13.

Temeth to me not inconvenient, that To declare as well the counsaples of ancient & -approued authors, as also mone owne ovi nion gathered by dilpgent markynge in dayely erperience, concernynge as well the necessarye Diet of euery complexion, aege and declinatio of helthe, as also the meane to relyfte discrasies of the body, before fychenelle be therin confyrmed. leaupinge the respone buto the substancyall lers nyinge and circumspecte practice of good phys Citions. whiche wall the more eafilye cure they? pacientes, of they pacientes do not doldavne to beare awape and folow mp countaple. and first it ought to be confydered, that none of the foure complexions, have fooly fuche bominion in one man or womans body, that no parte of any os ther complexion is therwith morte. For whan we call a man fanguine, cholcephe, fleumatuke. or melancole, we doo not meane, that he hathe bloude onely without any of the other humois. or choler withoute bloudde, or fleume withoute bloubde or melancolpe, or melancolpe withoute bloudde or color, And therfore the man, whiche is Cana

th

is languine, the more that he draweth into age. whereby naturall morflure decaped, the more is he colerphe, by reason, that heate, surmouns tynge mopfture, nedes mufte remayne heate and digthe. Cemblably, the colerycke man, the more that he wareth into age, the more naturall heate in hom is abated, and divide furmountynge nas turall mopfture, he becommeth melancolyke:but Come languine man hathe in the proporcion of temperatures, a greatter myrture with choler, than an other hath. Lykewyle the cholerycke or fleumatoke man with the humour of Cangupue or melancolve. And therfore late practylers of phylphe are wonte to call men, according to the imprinte of thepr complexions, as fanguyne cos lerike, fleumatike languine. ec. Mozeouer, bes Code the naturalle complexions, whiche man res cepueth in his generation, the humours, wherof the fame complexions do confeste, bernge augs meted superfluously in the body or members by any of the Capde thonges called not naturall,es uery of them do semblably augment the comple xion, whiche is proper buto hym, and bryngeth buequall temperature buto the bodye. And for thele caules, the languine or fleumatike man op woman, felynge and discraspe by choler hapned to them by the larde thynges, called not natus eall, they thall ble the diete described hereafter to hym, whiche is naturally coleryke. Semblas bive the colerphe of melancolphe manne of wos man, haupinge any dyscreaspe by fleume, to ble the diete of hym, whiche is naturallye fleumas tyke, alwaye temembrynge, that fanguyne and Clemnatyke men haus more respecte buto dryth. cole

BOKE.

cholerghe and melancalphe bnto mopfture, and that alway as the accedentall complexion becap eth, to reforte by lyttell and lyttell to the byete. pertagninge to his naturall complexion.

The tymes appropried to euery naturall humour. Cap.14.

At frist it must be conspdered, that where the foure humours, be alway in man, and in come man comonly one humour is more abundant than an other naturallye, that is to Cap, from his generation. The Capde humoures haue also peculpar tymes allygned to every one of them, wherin eche of them is in his molte pos wer and force, as after enfueth, after the deferis

ption of bosanus.

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fleume hath moft puilfance in wonter, from the. viii. Jous of Pouember, bnto the. viii. 3: dus of february, whereby are ingendred Cas tarres or reumes, the buula, the cough, and the Aptche. This humour is parte in the heed, parte in the flomacke. It hathe dominion frome the thpide houre of neght butyll the neuth hours

of the came nyaht.

T Bloudde increaseth in spryng tyme from the bitt. Jous of februarpe, buto the. bitt . Jous of Maye, whereof are ingendied feuers, and sweete humours, whiche doo chortely putrifpe, the power of this humour is aboute the harte. and hath dominion from the.ir. houre of npahe butyll the.iii.houre of the morninge.

ar Redde choler hathe power in fommer frome the. viil. Idns of May, butyll the. biti. Ious of

Soranus Ephelius

Auguste/wherby are ingendred hote and sharpe feuers/this humour is specially in the lyuer/and hath dominion from the thyrde houre of days butyll the ix. houre of the same days.

Yelow choier, wherof is ingendreth the fleume of the stomake/is nouryshed in Autumne, which begyineth the, visi. Jous of Auguste / and dureth but the bis. Jous of Auguste / and dureth shahping feuers and sharpe the blacke choses of the blode in the vapues. Blacke choler or messamely most expuesh in the splene/and it taps

meth from the ir houre of daye butyll the thyide houre of nyght.

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Peculyar remedyes agaynst the distem perance of euery humour.

Sozamis en arte mes dendi,

Soranns

If the difféperance be of bloud/ helpe it with thynges colde, tharpe, and bipe: for bloude is monte, hote & Cwete. If it be of redde choler apue thinges cold/mopfte/ and fwete/for redde coler is bytter and frap. If it be of blacke coler/ grue thinges hot mort & Cwete/for blacke coler is tharpe & cold. If the difeafe be of falt fleume grue thinges tweet hot and die, thus farth So canus. Potwithstandpinge where there is abus dance of colde fleume not myrt with coler/there thinges very tharpe and hotte be mofte conuenis ent as tarte byneger with hotte rotes and ledes or wones fronge and rough/hony being fodden in the one and the other/or where choice is myrt with fleume/Crione acetoule made with bineger and lugar boyled/comtyme with herbes/rootes

of sedes/which may dissoule fleume & digest it.

Diete of them, which e are of languine complexion. Cap.15.

moste raygneth/whiche is soone corrupted, it shall be necessary for them whiche are of that completion, to be circumspecte in eatynge meate/that shortely wyil recepuse putrifaction, as the more parte of fruites/specyally not being perfitely type, also meates that be of yl suyce/as fleshe of beastes to olde/ or to yonge / voders of beastes/braynes excepte of capons and chykens marowe of the backebone/moche vse of onyons lekes/garlyke/moche vse of olde fygges/ moche vse of neces/garlyke/moche vse of olde fygges/ moche vse of hete/colde/or morsture / meates that be stale/fyshes of the fennes or muddy waters/and to moche slepe/as experyence sheweth.

Topete of cholerphe perlons, La. 16. D them which be cholerike/bepng in their 'naturalle temperature/ and haupinge not from theprouth bled the contrary groffe meates moderately taken be more conues enient/than the meates that be fone, and better mall they dygelte a piece of good biefe / than a thyckens legge. Choler of his propertyerather burnpage than well opgeffpage meates of lyght fubstance/ not withstandpage some gentylmen whiche be nycely brought by in they infancy! may not to well fuffeyne that diet as poore men being the more parte bled to groffe meates. wherfore they diet mufte be in a temperance/as gonge biefe / olde beale / mutton / and benplon pomoled

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powdied, ponge geefe, and luche like, colerupna their complexion with meates lyke there buto in qualitie and begree, accordynge to the countaple of Hipocrates. Ind as he percepueth choier to abounde, fo to interlace meates, whiche be colde in a moderate quantitie, and to alay they? wone more or laffe with water, efchewynge hotte fpis ces, hotte wynes, and ercellpue labour, wherbp the body mape be moche chaufed. Alfo he mape eate oftener in the day, than any other: forefene, that there be fuche diffance betwene his meales as the meate before eaten be fully opgelted, wht che in some persone is more, in come laffe, accors Dynge to the heate and frength of his flomake, notyinge alwaye, that the colerite persone diges feth more meate than his appetite delpreth, the melancolphe persone despreth by falle appetite more than his fromacke mape dygefte. And to a cholerike percone, it is ryght daungerous, to ble longe ablipnenceifor choler, fyndynge nothyng in the flomache to concocte, it fareth than, as where a lyttell potage or mpike, bepnge in a bels Tell ouer a great frie, it is burned to the bestelle. and bufauery fumes and vapours do iffue oute therof. Lykewple in a cholerike fromake, by abs Uinence, thefe inconveniences doo happen, hus mours adult, confumpage of natural mopfiere, fumolities and fipnhynge vapours, afcendynge by to the heed, wherof is ingendied, bufhpinge of the eyes, beed aches, bot and thynne reumes, after energe lettell Curfette, and many other ins conveniences, wherfore belove the oppinion of beste lerned men, mone owne pepnefull experps ence, also moueth me, to exhorte them, whehe be of this estables.

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of this complexion, to eschewe moche abstinece. And although they be ftudpous, and ble lpttell exercple, pet in the mounpage to eate Comewhat in lyttell quantitie, and not to fludy immediatly, but fyilt to fette a whyle, and after to ftande or walke foftely, whiche blynge thele two peres, and also other, that have longe knowen me, haue percepued in my bodpe a great alteration, that is to fap, frome plle aftate to better. Alway remember, that pf any other humour do aboude in the cholerphe persone, as fleume, or melancos lpe, than butyll that humour be expelled, the die ete must be corrective of that humour, and thers fore more hotte and fpne, than the natural dyete before reherled : but pet there wolde be alwaye respecte habbe to the naturall complexion, some tyme fufferyng the person to eate or drinke that, whiche nature workinge, he feruently delyzeth.

## Diete of fleumatike persons Capitulo.17.

This to be remembred, that pure seeme is properly colde and moyste, and lacketh taste. Salte fleume is myst with choler, and there fore hath not in hym so much colde nor humidistic, as pure fleume hath: and therfore it requesteth a temperance in thynges hote a drye, where by fleume is digested or expulsed. To fleumatike persons all meates are noyfull, whiche are very colde, vyscous or symp, fatte or sone putrisped, eatynge muche and often, specially meates insgendrynge fleume, whiche be remembred in the table precedynge. All thynges be good, whiche

are hote and dipe, also meates and dinkes whis che be come : onpons alfo, and garlyke, modes rately bled, be very commendable, in pure fleme not myrte with choler, moche blyng of falt, fpe= cially daved. Depper groffe beaten, and eaten with meate, oughte to be with all fleumatycke persons familyar, also gynger is tyght conuenis ent, but not to be fo frequently bled as pepper. for as mothe as the nature of pepper is, that be= page eaten, it paffeth through the body, heatpag and comfortynge the Romake, not entrynge into the barnes, or anopeng the lyuer, whiche vertue is not in gynger. Gynger condite, the whiche we do call grene gynger, tpecpallye candpo with fugar, pf it map be gotten, and allo Mirabolanes, called kebuli condyte in India, be moft excellent remedies agapuft fleume, also the herbes which are remembred afore in the table of digelipues of fleume, and the rootes of perfely, fencl, preos, Elpcampane, and carettes be berp commenda: ble. Exercple twple in a day, the ftomache bepng almoste empty, to that I weate begyn to appere, is bery expedient, clenfynge of the body from all fylthynes, with rubbynge and wyppnge, often: tymes with washinge, speepally the heed and partis there about, moderate Cweatinge in hote bathes of ftufes be to this complexion necestarie specially whan they have eaten and drunken exs cellpuelp. The heed and fete to be kepte frome colde, and to dwell hygh and farre from mozes and marthes, is a rule ryghte necessary, also to abstance from eatynge herbes and cootes not boyled, and generally from all meates, whiche woull not be eafply opgefted. **E**tte

Elancoly is of two fortes, the one is cals ipd naturall, whiche is onely colde and dip, the other is called abuft of bourned. Maturall melancoly is (as Galene faith) the relidence or dregges of the bloudder & theres fore is colder and thicker than the blotide. Mes fancoly adulte is in foure hyndes, eyther it is of naturall melancolpe adulte, or of the more pure parte of the bloude adufte, or of choice adufte, of calte fleume aduffe. But of all other that melancoly is warft, whiche is ingendeed of chos ler: fynally all aduste melancolye annoyeth the wytte and iugement of man. for whan that hus mour is hette, it maketh men madde, and whan it is extincte, it maketh men fooles, forgetfulle, and dull. The naturall melancolpe kepte in his Ex Marcitemperance, profeteth moche to true ingemente of the write, but vet of it be to thocke, it darke: neth the sprites, maketh one timozous, and the wytte bulle. If it be myrte with fleume, it moss tifieth the bloudde with to moche colde, wheres fore it may not be so lyttell, that the bloude and spirites in thep; feruentnesse, but as it were bus bydelpd, whereof do happen vnstablenesse of watte and flypper remembraunce:nor pet fo mos che, that by the weight therof (for it is heup, aps prochynge night o the erthe) that we feme to be alwaye in Cleape, and nede a spurre to pipche bs forwarde. Mherefore it is epglite expedient, to kepe that humour as thomne as nature well fuf fer st, and not to have to moche of it. But

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But nowe to the diete pertenninge to theym. whome this humour annoyeth. The knowlege that melancoly regareth, is oftentymes heups nelle of mynde, or feare without caule, flepinelle in the membres, many crampes without reples con or emptynelle, lodarne furpe, lodarne incontynencee of the tongue, moche Colpeptude of lught thunges, with palyneffe of the bylage, and fearefull dreames of terrpble bilpons, dreaming of parkenelle, depe pyttes, or death of frendes or acquarataunce, & of all thrange that is black. The meates convenient are thep, which be tem: peratly in heate, but specially they that be morst meates cone orgefted, and they rather boyled thanne rofted, temperately myrte with fpyces, mplke hot from the voder, or late mplked, is bes ry convenient for that complexion, (wete almon= des blaunched, and almond mylke, the pelkes of rere eages, and fynallye all thonges, whiche in: gender pure bloudde, and all that is wipten in the chappter of age. All thefe be pli for theym, wone thycke or troublous, specpally red wone, meates harde, day, bery falte, or foure, bourned meate, frped meate, moche biefe, hares flethe, beanes, roket, colewortes, mustard, radpshe, gars loke, except there be moche wynde in the body, for than is it very hollome, onyons leekes, fynal ly all thynges whiche heateth to moche, keleth so moche or divert to moche also wrathe feare, compassion, solowe, moche studge or care, moch phelnelle or refterall thynge that is arenous to fee, to fmelle or to heare, but moft fpecpally dars kenesse. Poseouer moche dipenge of the body, epther with longe watche, or with moche care and

and toffpage of the mynde, or with moch leches eye, or moche eatynge and dienheng of thenges that be hote and daye, or immoderate enacation. labour, abstinence, thyist, goyng in the ayze bn= temperately hotte, colde of dipe, all thefe thyns ges do anop them that be greued with any mes lancoly. It is to be dylygentely confydered, that where melancolpe happeneth of choler adduite, there meates whiche be hotte in warkyng, wold be wyfely templed, and dipnkynge of hotte wys nes wolde be eschewed: semblable cautele wold be in fauours . Rot withstandunge moderate ble of fmall wynes, clere and well berdured, is herein very commendable, the humour thereby bepage clarifyed, and the Copyrtes clenfed, but the abuse or excesse thereof bothe as moche das mage. Also it is erghte expediente, to put into wyne or ale, a gadde of fpluer or golde, glowing hotte oute of the fpie, to temple hotte meates with roles, byolettes, faunders, role water, bourage, bugloffe, baulme called in latync Mes lysta, or the water of all thre dunken with good wyne, whyte or clarette, or made in a Julep with fugar, is wonderfull hollome, chewyng of lphopple, or raplons of coraunce is ryght expedy ent, but moofte of all other thringes, mysthe, good companye, gladnelle, moderate exercyle, with moderate feedynge. And thus I leave to speake of dyetes, aptely belonging to the foure complexions.

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# THE FOURTH

BOKE.

Mhat cruditie is, and remedies there fore. Lapitulo primo.



Oncerning lyckenes, and thin ges accident therbuto, I wylle not treate of, in this warke, la uyug onely that I wyll somes what write of two discrasses of the body, which do happen by the excesse or lacke of thyus

ges called not naturall, wherof I have spoken before. The one is called cruditie, the other laf= Citude, which although they be wordes made of latyne, haupinge none apte englythe word theres fore pet by the definitions and more ample decla ration of them, they chalbe understande Cufficis ently, and from hensforth bled for englyth. But fpifte it falbe necestarpe to confpder, that cons coction is an alteration in the flomacke of meas tes and dipukes, accordinge to thepr qualities, wherby they are made lyke to the substance of the bodge. Crudyte is a bycions concoction of thynges recepted, they not beyng hollye or pers fyttely altered. The cause therof is somtome the opstemperature of the flomacke, Comtyme inflamations, fomtome mattier congeled, or impoftu: mes in the flomacke, otherwhyle ingurgitation of meate and dipnkeror for the vicpoule qualitie of the fame meates or dipukes, or the recepuping therofout of order, or lacke of exercple, or of cos uenient

uenient enacuation. The meane to escape crus dytie, is to be diligente in observation of the counsaples before written, concerning the thins ges called not naturall, not moch blenge meas tes that be very harde to concoct, also fat meate and meates longe kepte, also corrupted or ftyns hynge, swete fruptes, and bankettynge dylshes, haftpe feedynge without good chewpinge, alfoo moch or very offe drynkyng at meales, very mos che heate, or very moche colde after meate. This affect of crudytie, percepued by some plle sauour epipnge out of the flomacke, the moste fpedy res medy is bompte, of that it may be bone without great difficultie : but pf it be grenoule buto the pacpent, than let hom refte and absteyne all that daye or more, pf that nede be: Afterwarde, with Suppositories or other lyght remedyes, prouoke hom felfe to the fole. Actius wolde that he chuld dipnite a diaughte of coide water, affrimpinge, that thereby the flomacke beynge corroborate, mone.6. deputth out of hom downe into the bealy, that whiche cleaveth fafte to it. I my felfe blynge to dipute falling verye small bier of ale, whan I haue ben in that cale, haue founden ealy by it. Paulus Begineta wylleth, that at the begyn: nynge, the legges and armes thoulde be rubbed with a courfe lynnen clothe, the legges downes ward to the feete, the armes to the toppes of the fyngers, and whan they be wel chaufed, than to rubbe them agapne with fome ople, that dothe open the poores, and dyscusse the vapours, as ople of camompli, ople of anete, and other lphe: he prayfeth moche Mulle, or the water of hos nge, specyally of comme Hope be boyled in it. B ini obalene.

Aetius Cer

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Paul. Egi. lib.2.

Galene and all other, do agree in this cafe, 19ep

per bupled and caten with meate, is very expes dient: 2nd where there is moch wynde in the fo make, than to eate all tymes of the daye of the medicyne made of the three kyndes of pepper, tyme, anyle lede, and honye clarified, whiche is called Diatrion piperion, or that whiche is cals lpd Diafvolitico.or Diapiganon, which is mate of cumpne flieved one day and a nyght, or lenger in tarte byneger, and after fryed or layde on a bourning hot stone, and made in vowider. Also pepper and rewe bried Commbhat, and made into powder, all in equall porcyons, and myrte with claryfied hony. Galene addeth therto falt peter. called in latyn Ritrum. The confection made with the impre of gurnces, and is callyd Diacy: toniten, is bery excellent. but it is to be bylygent ty noted, that where crudytie is in a choleryke persone, there wold the sapo medicynes be tem= peratip bled, and the land Diacrtonite, to haue ipttell or no fpices in it. And for my parte, bepna the space of foure veres contonually in this crus bytte, I neuer founde any thynge to be compared to frue Reubarbe, chewed with raylons of cozens, which I toke by the coulaple of the wor thypfull a well lerned phylitio, mapfter doctour Augustyne, who in his maners Declarethe the aunepent gentylneffe of his blode: which medys cone 3 do not leave to ble dayly faftynge, whan I fele fuche crudytie to begyn. Alfo fprope aces tole, that is to lay, frant lodden in pure bynes ger, and lyttell water, butvl it be thycke as a fy-

rope, is comtyme convenient, and that as well to sholeryke persones, as buto fleumatyke, and ye

fleume

Galen, de tuenda sa, lib.s. fleume be abundant, than with rootes & feedes of fenell and perfely fodden with it. alfo in that cafe Drymel, that is to far, honne & water Cods den togyther, with the land rotes and ledes, and a quantitie of byneger put therto in the boyling is bery commendable: yf the pacient be very cos Arue, than the medpeyne of Balene, callpd Dies capicra, from halfe an ounce to an ounce, taken in water of honge or ale, or taken in pylles the weight of a grote and a halfe, or two grotes, pe the fluffe be good, well pourge the bodpe luffps evently, without making the body weaker. Alfo that medpeine by clenfpng the fromake & body. Delpuereth a man and woman, from many per eyllous lycknesses. If the humours in the stos macke be not putryfped, but that it is greued with abundance of falte fleume, I haue founde that mylke newe mylked, wherin is put a quans titie of good honge of fugar, and the leaves of good fpeare mentes, and a lettell boyled, fo bes page dunke warme fallpng, the quantitie of a pynte, and reflynge on it, without eatynge oz diputipuge any other thyinge the space of three houres after, haue abundantly pourged and tos forted the fromak; but where there is no fleume but onely choler, it is not fo holfome, but rather hurteth, makinge fumolytics in the heed, where of commeth heed ache.

If Of lassitude. Cap.2.

Issitude is a disposition toward sycknes, wherin a man feleth a soozenesse, a swels lynge, or an inflammation. Gorenesse haps neth of humours sharpe and gnawyng, as the beafter

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Actus lis

Galen, de tuenda sa, lib.s.

after great exercise and labours which laffitude hapneth to them, whose bodges are fulle of pile tupce, & excrementes. Also after cruditie in them which ar not exercited, or do abyde longe in the heate of the conne. It may also be in the bodye, wherin is good iupce, pf he be fatigate with im= moderate exercise. In them, whiche do feele this laffitude, the fayn apperett thyche and rough, & there is felte a griefe Comtyme in the Capnonely, Comtyme also in the flethe, as it were of a sooze. The cure therof, is by moch and pleafaunt rub; bynge, with Eweete oples, whiche have not the bertue to restrapne or close, and that with many handes, and afterwarde to exercyle moderately, and to be bayned in water fwete and temperate in heate, alfo tha mult be gruen meates of good tupce, potage but feld, wyne is not to be forbod den: for buto wone, bueth any thong may be coa pared, that to well dygefteth crube humours: It alfo prouoketh Cweate & brine, and maketh one to flepe fundly. But pf this lassitude do abpoe the night and day folowing, or wareth more & more, than pe the pacpent be of good frengthe and ponge, and hath abundauce of bloude, lette hym be lette bloude, or prouoke the hemoroides or piles to blede, pf they do appere. But pf it pro cede of the malyce of any humour, without abu dance of bloude, than reforte to purgations apte for the humour that greueth. The tokens wher= of, thall appere as well by the colour of the Chyn and diete precedyng, as by brine, ordure, fiveate, thyafte, and appetyte, as it is reherled before in the complexions. If the yll bloudde be lyttell in quantitie, and the crude humours aboundant, than

than thall he not be lette bloude, no; behemently pourged, nepther, that exercpte or moue hymitelfe not be bayned, for all exercyle carpeth humours throughout all the body, & floppeth the powers. Mherfore thefe maner of perfons muld be kept in refte, and fuch meates diputes and medicons thuld be gruen to them, which hould attenuate or distolut the grossenes of the humours, with out notable heate, as ommell, barley water, and multe, of the pacpent abhore not hony. And for as moch as in the fayd persons, comonly there is abundance of wonde about they fromakes. therfore pepper specially longe pepper or whyte is bery convenient to be bled, and the medicine befoze wyytten, callyd Diaspoliticum. whan the humours are dissolved, than it is good to drinke whyte wone, or fmall clarette wone moderately.

Lassitude extensiue. La.3. Man one thynketh, that he dothe feele a fwelling or bollinge of the body, where in dede there doth not appere in fratt os touchpinge any Iwellpinge, that is called Laffis tude extensine, of it hapneth without exercise oz behement mouyng. This doth happen of ercels fine multitude of humours, which do extend the muscules or fyllettes. In this no forenelle is felt but only an heavnes with extention or thrustyng out of the body. And bycaufe that there is abun= dance of bloude in the body, befte remedye is to be letten bloude about the elbowe or ancle, after to be pourged, than to ble lofte frycalpes with oples afore reherfed, afterward moche refte and temperate bathes, and meates lackpage Charpes nes, and bepage absterfpue,

Lassitude

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f without any mouynge, the muscles and flesh eple bp in the body, as it (welled with great papues & excedynge heate, than fone after foloweth molt hotelt feuers, except it be prevented by lettyinge of bloud, and that in as bundance, and almoste to Cownynge, but it were more fure to be lette bloud twyle in one day, the fyill tyme without fownynge, at the nexte tyme Cownynge is not to be feared. If the grefe be in the necke or heed, the bloud mufte be lette of the vayne called Cephalea, or the Quider vayne. If it be in the bulke or bypermolt part of the body than must the bayne be cut, which is callyd Ba: filica, or the innermost bayne. If all the body be greued tha cut the beyn, which is named Dediana, or the myddel bepn. If a fewer remapne af: ter bloud lettyng, than order hym, with the diete of them that have feuers, whiche ve hall funde wipten hereafter. If no feuer remayne, thanne ble moderate fricalies, and lyttell eatynge, and that of meates haupinge good iuce, increafpinge by lyttell and lyttell to the naturall dyet.

TDyete of them that are redy to fall into cyckenesse. Lap. 5.

Dive retourne eftecones to speake of die ete, it is to be remembred, that they, which che are redy to fall into diseases, they are prepared therbuto, eyther by replecyon of superfluous humours, or els by cruditie or malyce of humours, which are in them. Is tous chying the fyrst, the generall dyete must be such, as

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as therby the humours mape be attenuate, and by convenient evacuatio, brought to a moderate quantitie. Is for the leconde multe be corrected with meates and dynkes of contrary qualities, hauping alway respecte to the age of the person, tyme of the pere, place of habitation, and molte specially the universal complexion, for choler of= fendyng in an old man, in winter tyme, in a cold countrey, or the person beynge of his naturall complexion fleumatike of melancoly, wolde not be fo habundantly expulled or fubdued, as pf it be in one ponge and lufty, in the hote Commer, in the coutrais, where the conne feruently burneth or the persone of his proper nature is very coles rphe. Ind in lphe wyle contrary. wherfore every man, knowpage his owne naturall complexion. with the qualitie of the humour that offendeth, let hom make temperance his chiefe coke, and re membipnge that which I have before beclared. ordepne tothem felfe fuch diete, as may reforme the offence with none or lyttell annoyance, to his bniverfall complexion. Ind pf he can to do, he that happily escape, not only dyners syckenesses but allo the molt permitious danger, procedyng of courupted drowges or spices, wheref some co uetous poticaries do make medicines, maugre the heedes of good and well lerned phylicyons.

T Spekenes mofte commune to particular tymes of the yere and ages. La. 6. Athough I do not intede to write of the cure of egritudes or fyckeneffes confys med, as well bycaule it moughte be res puted in me a great prefumption, as also forals shoche THE FOURTH

moche as it were very perplious to diunigate that noble fcience, to comune people, not lerned in lyberall sciences and philosophie, whiche be regupied to be luffyciently in a philition. And more over, many bokes of hipocrates and Bas lene ought to be radde, befoze that one do take bpon hym the generall cure of mens bodtes; pet not withstanding, I truste I may without any note of arrogance write, what difeales bo moft commonly happen in fonday tymes of the pere & ages of men and women, with some signifycas tions, wherby the discrasie or distemperature of the body is percepued, to the intent that the phis Cition beinge farre of, mape be truely informed/ confidering that brines farre carped, doo often decepue them and lphe wyle lacke of the Cyahte of the pacpent/and inquisition of thinges which do precede or folowe the Epckenelle. And with this I trufte none honelt and charptable phili: tion wolle be offended / but rather gyue to me thankes for my dyligence in the aduquecynge of theprestimation, which by lacke of perfite in-Acuetion hath ben appapred.

Dischenesses of spynge tyme.

Dischenesses of melancoly / as made nesse/ fallynge spekenesse/ bleedynges/ quynses/ poses / hoorsenesse / coughes / lepries / scabbes/

ache in the topntes.

The principles of commer.

(I Many of the layd diseases / also fevers consequently hotte fevers / fevers tertiane / quartay nes/bomites/flyres/ watryng of eies/ peynes of the eares/blysters and soozes of the mouth/and sweattynges.

Specks

Chychenelles of Butumme.

Dyners of sommer sychenesses / also oppilas tions of the spleene/diopsies/consumptios/strasgulyons/costyuenesse/ache in the huckle boones/spitnesse of wynde/frettynge of the bowelles/fallynge sychenesse/and melancoly dyseases.

Dyckeneffe of wynter.

Stitches and griefes in the sides/inflamation of the lunges / reumes / coughes / paynes in the breste/sydes/and loynes/heed ache/& palseyes.

Dycknesses happening to childern.

Dhan they be newe borne/ there do happen to them socies of the mouth called Aphte/bomistyngc/coughes/watching / fearefulnesse / inslammations of the nauell/moultures of the eares.

Mowhan they breede tethe/ ytchynge of the

gummes/feuers/ crampes/and laftes.

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Mohan they ware elder/than be they greened with acrnelles/oppennesse of the moulde of the heed/shortnesse of wynde/ the stone of the blade der/wourmes of the beaty/wartes / swellynges buder the chynne/and in Englande commonlys purpyly/measels/and smalle pockes.

Sychenesse happenyng to yonge men from.xiiii.veres of age.

feuers cotydiane/tercyane/ quarteyne/ hotte feuers/spyttynge or bomitynge of bloude/pleus resies/ diseases of the spdes/ inflammation of the lunges/lethargies/franspe/hote sychenesses/ cholerik passios/costinenes or behement laskes.

Copekenesse of Age. TDifficultie of breathe/reumes with coughes/ Arangulyon/and dysficultie in pyssynge/ ache in the THE FOURTH

the forntes, difeafes of the rapnes, fwpmmpne ges in the heed, palleyes, ytchynge of all the bos op, lacke of Clepe, mopfture in the cpes and cares dulneffe of freght, hardnes of herrnge, tifikneffe

or Mortnelle of breth.

Withough many of the Capa Cyckenelles doo happen in every tyme and age, yet bycaufe they be mofte frequent in the layde tymes and ages. I have wipten them, to the intent, that in the as ges and tymes mofte incipned buto them, fuche thonges mought be than eschewed, whiche are apte to ingendre the Capde difeafes.

The generall Cygnifications and tokens of fpchenes. Lap. 7.

f the bodpe be hotter, colder, mopfter, dier, leance, fuller, the colour moze pale, oz fwarte. the epes more holowe, than is accustomed to be it fygnifieth that the body is disposed to fpks pes, of alredy fycke.

The bravne Epche.

suple sounded in

Raupnge. Forgetfulneffe. Fantalpe. Dumours commyng from the roufe of the mouth, the epes, the note, or the eares. Moatche. Sleape.

The harte Cycke.

Difficultie of breathe. Cremblynge of the harte. Beatynge of the pulle. feuers. Lolde. Dinerlite of colours. Griefe about the harte. Lacke

BOKE. Lacke og abudauce of humours. The fourme of the body altered. Palenes. Loncoction. Digestion. The lyuer Alteration of excrementes accus Epcke. Depne in the place of the lyuer. Swellpnge. Difficultic of breath. Concoction, Clowe or guycke. Appetite of morfte or dive, dull or quycke. Separatio of excremetes moif or harde with thepr colours. Perpnge. Belkpnge. The Comache Mometynge with peyne and tycke. Difficultie of brethe. Arpne moche or lyttel with the Dupth, two colour and Cubitaunce to redde the colour. or to pale, to thicke or to thenne e lucitanece. Difficultie of breathe. Lowgh. The breatte. Spyttpnge. Depne in the breafte. TEhis haue I writen, not to grue ludgement thereby, but onely for the pacpent to haue in a redynelle, to the intent, that what lo euer he fes leth or percepueth in enery of the layde thynges thereof to instructe his philition, wherbuto he maye adapt his countagle and remedyes.

THE FOURTH
TOf vipnes. Lap. viii.

The mune indgement in syckenesse is by vines, whiche being farre caried of moche meued, of standing longe after that it is made, the fourme thereof is so altered, that the phisption shall not perfytely perceive the natural colour, not contentes, although it be never so wel chausfed at the fyze, as Actuarius and other greatte lerned men do affirme. I will therfoze somwhat speake of vines, not soo moche as a physition knoweth, but as moche as is necessarieto every man, for to perceive the place and cause of his griefe, whereby he maye the better instructe the Hyplition.

Thrifte in vine, foure thringes are to be consipored, that is to say, the substance, the colour, the regions of partes of the vine, and the cons

tentes of thonges therin conteined.

Also foralmoch as in the body of man be foure qualities, heate, colde, mordine, and dryth, two of them, heat and cold, are causes of the colour, dryth and mordine are causes of the substance.

Moreover in vivne, beinge in a vessell apt ther buto be sene, are thre region. The lowest region in the bottome of the veynall, contempnge the space of two spugers or lytell more. The myddel region, from when the lowest ended buto the cerkle. The hyghest region is the cerkle.

the place, blacke, or grene, spgnifyeth heate,

Wish the grossenes of the keness of the vigne spanifieth mousture, the clerenes of the prines, sufferth dithe.

BOKE.

Take colours of bipnes . Colour of byght goulde . Perfyte dys Colour of gylte. gestyon .

Red as a red apple or cherp. Bafe redde, lyke to bole ars Excelle of menake, or Caffren dry dygeltion'. Redde glowynge lyke fyje.

Colour of a beaftes lyuer . Colour of darke red wyne . Abuftion of Grene lyke to colewortes. humours .

Leaddy colone. Feblenes of mortifycation Blacke as home. of nature, excepte it be in Blacke as home. purginge of melancoly.

Mohyte clere as water. Gray as a home. Lacke of bys Mohyte as whap. Colour of a camels heare.

geftyon.

Pale lyke to brothe The beginnyngs of fleche lodden. of digeltyon.

Litrine Colour og pelowe, The myddell of Subcitrine of paler . Opgeftyon.

Mohpte and thinne betokeneth melancolpe to haue bompnpon . -Mhyte and thycke, Cygnifieth fleume. Redde and thycke betokeneth fanguine . Bebbe and thinne betokenethe choler to haus the Coueragntie . ESECULT.

athe

#### THE FOURTH

The fubstance of the brine. Cap.if. The first pisting, all brines well nigh do appere then , as longe as they abide warme . for naturall heate , buryng the tyme that it prevaileth, luffreth not that the lys sour, which is the substance of the brine, to cons gele or be thycke for any occation:but after that heate is gone, some brines though, some a loger time after, ware thyck, lyke wife Comtime, Come ar pilled thicker, after ware clere, Come remain Apile as they were made, Come be metely thicke. as they were troubled, some very thick & groffe. Theithat ware clerc, sone do gather that, which is thick into the bottome of the brinal, come res maph troubled, the groffenes not withfandpinge gathered in the bottome. & eblably the dinerlitie of then or fubtel brines, muft be perceiued, that ts to fape, that fome are very fubtpil, as water. Come laffe fubtyll, Come in a meane betwene thyche and thynne.

Of thynges contepned in the brine, come door discende downe to the bottome, a be called in a greke worde deppostasis, in englyshe some talle it the groudes, some the resposee, which ps it be whyte, lyght, rispage by fro the bottome of the brinall, lyke a pearc, it signifies helth, it it be of any other fraure or colour, it betokeneth some a novance. If lyke thynges be sene in the myddell of the brynall, they be called sublations, if they approche but the hyghest region of the brine, they be named cloudes, in latin Aebule. The groudes or resideces not perfite, some is lyke lit telle redde betches, a is called in laten Drobea, some is like to brane of wheat groude, a sewered

from the meale, and is cally branny relidece, in latin furfurea, some be like but o plates, having bredth and length wythout thycknes, a may be named platy relidece, in latine Laminea. some is lyke to meale, wheate, or barley, and may be named mealy relidence, in latyn Himilacea.

There is also seene in the brine like to white heares, some lengar, some Couter. fotime lyke to ragges Commhat red.there is also sene in the bp permofte parte of the brine, Cometime a fome os froth, Comtyme belles or bobles. Cometyme there Swymmeth in the brine a thing like a copwebbe otherwhile ther is about the cerkle, as it were the retyng of clothe, fotyme there is in the brine lyke motes of the Conne, Cotyme lyke the matter of a fore, other whyle lyke the fede of a man, alfo gravelle of fande. And in thefe thynges mave be dpuers colours, some whyte, some red, some bes twene bothe, fome pelow, fome grape, and fome blacke. All this muste be diligently marked, and therof separatly to advertise the Philitio, buto whome I referre the indgement of the Cychenes, for the caule afore reherled, and for as moche as the judgement of them is very lubtyll.

Deblably of ordure, whyther it be very thyn or very thicke: what other matter plueth out with it, what colour it is of the fauour very great, litell or none, yf it were easyly expulsed, or peynefully, how oft or how seldom. Moreover of sweat, what colour it is of, a of what sauour yf in tasting it be salt, sowre, bitter, or unsavery.

Also the vomite, prit be of one colour or mas ny, yf it do smell hourybly, of what humour it had most habundaunce, yf it were fastynge, or List after

after meales, pf it were peynefull og ealy .

Likewise spettil, whether it be thicke or thin or mirt with bloude or matter corrupt. according gly of the humour issuinge out at the nose, & ye that be bloude, than whyther it be red, warrye or blacke.

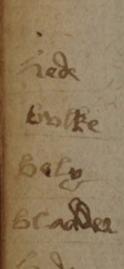
Moreover, it may not be forgotten, to advers tyle the Philition of the dyet vled by the pacis ent, alwell afore the lyckenelle, as in the tyme of the lyckenelle, his age, the Arength of his body. his exercyle, and place, where he lengelt abode in his youth, whether it were hye or lowe, watry or dry, hotte or colde.

This I trust hall be suffycient, to instruct a physicion, he that desyreth to knowe more partis cularly hereof, let hym rede the bokes of Hyposerates, Galene, Lornelyus Celsus, Actuarius, Baulus, and dyners other late wrytters, for this lytell treatyse may not recepue it.

The preceptis of the auncient phylition

Dyocles bnto kynge Intigonus.

The will nowe divide the bodge of man into foure partes, the heed, boulke, cals led in latin thorax, which conteyneth the brest, the Cydes, the stomake, and entrays les. The bely, called in latyn venter, conteyneth the panche & the bowels. Also the bladder, called in latin vesica, in the whiche name is also constepned the cundites, by the which vipne passeth. Whan any disease approcheth to the heed, these tokens do commonly precede, swymmyng in the heed, heed ache, heuines of the browes, sounding in the eares, pryckynges in the temple, the eyes in the



in the moinpage do water, of ware dyname, the Emellynge is dulle, the gummes do Imelle. Mbha thou felest suche tokens forthwith pourge the heed with fomwath, not with vehement medecis nes, but takinge Icope or Diganum, & the crops pes of them bople with whyte or claret wyns half a pynte, & therwith gargarife your mouth faftyng, butil the fleume be purged oute of pour heed, this is the easyest medicine in discrasies of the heed. It is also very hollome to gargarple the mouth and breft with hony water, wherinto mustarde is put & myngled, but fpiste the heed must be rubbed with a warme clothe, that the fleum maye easply come out of the heed. And pe thefe tokens be neglected, thefe maner of fyckes neffes do folowe sone after, blaced eyes, and hus mour lettinge the fight, cleftes in the earcs, fwel lynges in the necke full of matter, called the kins ges eupli, corruption of the brane, poles, or reus mes, heupnelle of the heed, and tooth ache.

Moha the boulke is like to suffer any sickenes it is perceived by these tokens, all the body is in a sweatte, the bulke most specially, the tonge was reth thicke, the spectral is either salt or bitter, or cholerycke, the sides and houlders do ake with out any occasion, the pacient gapeth often, also there dothe happen moche wakinge, suffocatis ons or lacke of breth, thirst after slepe, the mynd is bered with heuinesse, also the brest and armes are verye coulde, and the handes do trembele.

Against these thyges this remedy may be proused bed. After a moderate soupper, assaye to bos mite without any medycine, bompte is also prosessed by the whiche meate dothe follows: be that in such whiche meate dothe follows: be that in such which we meate dothe follows: be that in

Scope.

booke

Domete

fuch wyle well bomite, let hym eat haftply fmall radyline rootes, townkerlis, rokat, fpnup, or purllane, and barnke after it a greate quantitie of warme water, and prouoke hym felfe to bos mpte. De that fetteth lpttell by the fapde to: kes, let hym feare thefe Cychnelles folowing, the pleurefic, the Cychenes of the lunges, melancolpe or madnes, tharpe feuers, the frantpe, the letars

gie, inflamation with pexinge.

If any spekenesse be towarde the bealy, they maye be espied by these tokens, the bealpe is frifte wrapped together, and in it felfe is trous bled, all meates and drinkes do feeme bytter in taft, he feleth heupnesse in hos knees, a Apffenes in hys lopnes, a wearpnelle in all hys body wits hout any occalio, a Cleppnelle in his legges, with a lyttell feuer, whan thou felefte thele tokens, mollyfie the bealp, not with medicine, but with good order of diete, for it is belt and most fure, to ble those thrnges, wherof lyghtly may ensue none annoyace, in the number of them are betes boyled in water of hony/garlike fodden, mas lowes, forel, mercury, and all thynges condite in hony. Al these do expel the ordure of the bely:but if any of the land fignes bothe more and more increace, the lyquour, wherein the fede of Lars thamus, callid allo Lnicus, is borled, is a plefat and fure medicine. fmall colewortes boyled in a good quatitie of water, the licour therof in meas fure.ii, pintes, faupng the thirde parte of a pint, with hone and falt being dunken, thall profite moch. Licer, and the pulle callid in latdo ernum, in englishe I suppose chittes ) in water dunk falling, hath the fame effect. To them, which fet lyticil

Desen

littel by the faid tokens, thefe difeates do fodely happen, fluxe of the bealy, bluddy fluxe, Clyps pernes of the bowels, peynes in the guttes, ach in huckle boncs the feuer terciane, the gowte, the apoplerie or palley in the lymmes, hemoroides.

aking of iopntes.

Mohan the bladder is towarde any lickenes. it is percepued by thefe tokes, fulneffe felt after letel meat, brekeng winde downwarde and bps marde, paleneffe of colour in al the body, heur or troublous fleapes, the brine pale, and pallyinge forth pepnefully, Iwellynges about the coddes & priup members. Mha thefe tokens appeare, tha is it expedient to haup remedy of odoliferous thinges, whyche do expell brine, whyche thall be done without any perpli with the rotes of fenell and perfely flieped one or two dayes in good whyte wyne and to drinke therof fastinge euerpeper morning thre ounces and two drames, with the water of wylde carettes, or clycampane, whyche of thefe is next at hande, euery of the haue lphe \_\_ ( effect. Allo water, wherin the pealpn called in latone Liceres, are flieped, beynge dunke wyth ! wone, is lyke comodiouse: he that neglecteth the cree Capbe tokes, let him loke for thele frekenelles fo loweringe, the dropfy, the greatnes of the Cplene. griefe in the lyuer, the frome, ache of the backe, or pepnes in the rapnes, the difficultie of brine, ful = nes of the bely. In al thefe thinges that we have spoke of, we shal grue to childie most easy medi cines, to me those, which be ftroger in workeng.

This diete of Diocles, althought at this time it femeth not mofte pleafaunt, nor accordinge to the plactife nowe bled, pet beynge templed with

that, which I have before remedied, some thyng maye be founde in it, which beinge experienced, maye be as commodious for the helth of mans body, as that diete, which is more curyous or pleasaunt.

Orupted. Lap. 11.

ted, let them afore that they eat any meat affare to bomite, dynkynge swete wine, absteine from meat, that ingender botches inflamations, sumous ructuations or bapours, and take suche as noryshe good inyce, a chose them out, which do molyfy the bely, at sondry tymes take them. It is also good to take tems peratly that which lowseth the bely, as the mes dicyne called picra, and to absterne from suche thinges, whereby yll inyce is gathered, a do ingender syckenesses, harde to be cured or never, as goutes, boneache, peynes of the raynes &c.

Oribalius de medici sa simpls. In that is studious about the coservation of healthe, he nedeth to knowe the vertue of meates. The meat whiche hath vertue to extenuate, or make humours subtylle, it openeth the poores, and bryngeth forthe that which is faste in the fleshe, it maketh that whis the is clammye, subtylle, & doeth extenuate, or relent that which is fatte, it bringeth forthe that which abideth long in the bealy, but that which is eaten, is a superfluitie watry & coleryke, and at length maketh melancolike bloud. Wherfore moche

mothe blinge of them is prohibited, specially to them, that are colerike, & only Cerueth for them that ar replete with fleume, crude og budigefted humours, clammi og fatte. The diete of fattinge thinges, bothe nourith aboundantly, fo that the Comate & lyuer do digeft well : meate of good fuice, maketh good bloud, but pet it ftoppeth the lpuct & Cplene . Thefe do thep, whiche make fat humours onelp, as the poulle callio Lenticula, & they that are flimy like malowes, fome do make fat humors, & be also climp, as fithes with hard thelles . finally the diete, whiche doth extenuate e make leane, is more fure for keppng of helth. than that, whiche fatteth moch. Poriffing meas tes wold be therfor moderateli bled, whan a ma percepueth hym felfe to have nede therof, it may be moft fureli bled of them that be exercifed tem porately, a can flepe whan they luft . They that can not flepe by realo of exercife, lette theim els chewe fattinge meates, lette none poelle persone attempte to ble theim. In the preservation of helth, fluggardy is the greattelt milchiefe. Lyke as the temperate mouing is good, to is the meat which betwene thycke & thynne, is to mannes helth moft couentent, which ingendzeth bloude, according to the competent collitution of mans body, a therfore is it to be chifly vled. Meate of pll tupce is alway noiful, wherfor it ought to be eschewed. Likewise the varietie of meates is to be obsertted diligently, for it is a great thinge to couple wel togither thinges of cotrarie bertues. for pf they be not well digested, that whiche is recepted, may bypnge displeasure.

Diete preservative in the tyme of pestilence. Lapitulo, riii.

He bodies most apre to be infected, are spe cially fanguine, next colerike than fleumas tike lafte melancolphe, for in them the hus mour being colde and die is mofte bnapt to recepue putrifaction, haupnge also strapte passages, by the whyche benim must paste. The diete couenient for that tyme is to abstein from metes inflaming and opening the pozes also fro the heat of the lone, from to moch heate of fire. or garmentis, from very hot herbes, and moche ble of tart thinges, except onions and cikory, or radifie with bineger. for they do relift agapufte benum, from wine berp fumiche, exercile incontis nent after meales, fro fwetting, from all thingis that well cause oppilations and putrifaction, fro thinges hot and moift, where moisture bath the dominion in degree, specially being not fuffis ciently boiled: also from milke, except it be in a littel quatite, and that with a litel lugar. Frutis and herbes cold and day, and ther with foure or Commbat bitter, are not probibited. If re eate figges, grapes, or twete cherics, eate after them of an ozenge wyth falt. If pe eate thinges colde and morft, as cucubers, melones, fythe foft and freshe, or daminus, eate by and by after some fes nell, and ozenge wyth falt, drinkinge therwyth a draughte of good wone. Beware of mucherons, moch purflane, gourdis, and all other thonges, whych well cone putrific:not wythfra nornge, I wyll not forbyd eatynge of lettyle, wyth a fewe mentes, or mert weth cenamom. All thenges fomie ar comended, as wel in diete coleruatine,

Marlinus licinus.

as in that whyche is curatine or healeth, excepte where there is ftraptnelle of the brefte, or weake nes of the fromack, than oughte they to be tem. pred wyth lugar falt, almond milke, cynamom. pepper, fenell, laffron, egges and fome thonge that is fatte or buctuous. Lapers ar good to be pled with bineger. Chefe very fatte and faltis not commended no more is colewortes or any avnde of pulle excepte chittes: greate peafon! rapes/nor fpynache is good. Allo there be forboden rotat and mustard/ moche wyne and ege ges/ excepte they be eaten with forell fauce/ bys neger of impre of orenges: perfely and alfo pars Inepes be good, newe wones be norfull/ let the meate be fomewhat more than drinke, but pet fustern not to moche hunger nor thrift, beware of lechery/of a clowdy wether and close/eschem moche reforte or thronge of veople/wyndes com inpuge from fenes or mores/from Clepe at none: ble with your meate this poulder/laders redde! halfe an ounce / cynamom the drammes and a halfe/Caffron halfe a dramme. After pour meate/ eate a lyttell of coriander Cede/ welle prepared. In the morninge/ at a temperate free kembe pour heed backwarde / clente your body and heed of all superfluities: ble also moderate fris calles/wyth fwete perfumes/and odours/wathe oftentimes pour face and handes with pure bps neger mirt with rolewater. In cold wether mirt it with mentes/baulme/rue/or mertes/and fome tyme cloues. In hotte commer with roles or bio lettes. Iboue all thynges ble to take white wine good/white byneger rolette/water of roles/in e. qual portios/ put ther buto a littell fetuale/or of

# THE FOURTH

the rende of a citron, and dienke therof a letten and oftentymes wathe therwith your handes

and bilage.

Medicynes preferuatque agagnfte the peftis tence, whiche be alwaye most ready, are thefe, a fpage with rue, and a wall nutte eaten faftyng. allo triable, or mithridate, to old men a dramme werghte, to ponge men halfe a diamme, or a Ceruple dissolued in bineger and role water, or in water of tomentyll, fcabiofe og balme, pf the plage be in fommer:pf it be in wynter,put to the waters some whyte wyne. Ilso the pplies called comonly. Willule Ralis, (but in dede they were invented by Rufus) are very excellent, specially pf the aloe, whiche is it, be walhed, and therbn= to added a lyttell Bolus armenus, & terra ligils lata. And yf the person be of hotte complexion, a quantitie of forell fede, and red corall, this con fectioned with Cyzope of citrons, in colde coms plexions or to old men with wine, ble them eues ry thysde dape one pille at a tyme, the hours or foure afore dyner or supper. If ye take triakle or Mithidate, absteyne from meate at the leafte for houres after. A pece of the rote of fetuall, bome in the mouth preferueth, from infection. In lphewple doth losell chewed fallyng, and the tupce lucked downe. Co poore men, Marlilius was wont to grue a tofte of bread freped in bis neger, with a piece of an onyon or rewe. Il thyn: ges whiche be cordiall, that is to lave, which do in any wyle comforte the harte, do relpfte peftis lence, behement anger, or heuineffe, be berp pers nicioule. Dther more exquilite and collip prefers natyues, I purpotely palle ouer, whiche Mars filing

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Mins, and other philitions, do wapte of abune dantly, for as moche as I delpre to be in this marke compendioule. Due thyinge I hadde als mofte forgotten, that there is no better preferuas tyne, than to flee frome the place courupted, bes tyme and farre of, and to let none approche you. that hath made thep; abode, where the plage is feruent. Moie ouer recepue not into pour house any fruffe, that commeth out of a house, wherin any person hath ben infected. for it hath bene Cene, that fuch fluffe lyenge in a cofer futte by the space of two peres, after that the coffer hath ben opened, they whiche haue ftande nigh to it, haue ben infected, and fone after haue died. But there I alwaye excepte the powie of god, which is wonderfull, and also mercifull, aboue mans reason or cousell, preserving or stryking whom. whan, and where it hall lyke his maiestie, to whom be glorpe and praple everlaftynge. Amen. TEhus make I an eude of this treatife, des Tripinge them that thall take profpte therby, to defende it agapuste enupous deldapn, on whom I have let the aducture for the love that I bare to my countrep:requerynge all honest phisitions to remember, that the intent to my labour was that men and women redpinge this warke, and obserupnge the counsaples therin, shulde adapte therby their bodyes, to recepte more fure remes bre by the medicines prepared by good philitis ons in dangerous lykenelles, they kepying good dpet, and infourmpnge dilpgently the fame phis fitions, of the maner of thep: affectes, paffpos, and fensphie tokens. And so thall the noble and most necessarpe fcience of phisiche, with the mis Milters

have of longe tyme sustepned/and according to the precepte of the wyle man/ be worthely hos noured/for asmoche as the hyghest god dyd create the phisition/ for mans necesitie. And of the earth created medicine/ and the wyle man shall not abhore it. Thus fare ye well gentyl reders/ and forget me not wyth your good reporte/ and praye to God that I be never wars occupied.

Londini in ædibus Thomæ Bertheleti typis impress. Cum privilegio ad imprimendum solum.

ANNO .M.D.XXXIX.



and leufphle tobend And is hall the noble and

